

# THE Seabrooker

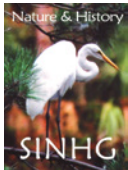


VOL 21 • ISSUE 11 • NOVEMBER, 2018

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## CLUB CHECK-UP: HEALTHY



It's easy to take for granted the many benefits of being part of the Seabrook Island Club community, from its first-class sports amenities to the elegance and efficiency of the Club's infrastructure. But there are, of course, other private clubs throughout the Southeast whose members could make similar claims. From a purely objective, dollars-and-cents standpoint, how does our club compare? To answer that question, the Club's leadership recently gathered data from two independent sources.

The first of these was a nationally-based economic study undertaken late in 2017 by RSM, a provider of audit, tax and consulting services to private clubs. The study was broken out by region and included benchmarking for private clubs comparable to SIC throughout the Southeast. To ensure an "apples to apples" comparison between clubs which vary in membership numbers and dues, services provided and other variables, a key metric was each club's Full Member Equivalent, or FME. (Clubs in Boca Raton, Florida, which collectively have disproportionately high dues and membership numbers, were excluded from most calculations.)

Calculating FME levels the field, so to speak, providing a uniform economic yardstick for club industry studies and offering lenders a uniform measure of credit risk. The higher the number of FMEs for any

club, the better it's utilizing its financial resources and the better it's providing services and value to its membership. In the Southeast, RSM reported that average number of club FMEs stood at 550. The Seabrook Island Club compares very favorably, with year-end FMEs for 2017 of 851, far above the regional average. (See the table below.) The club's health is even more impressive nationally, with a national median of 461 FMEs as reported recently by the Club Management Association of America. (For further comparison of SIC's financial strength, lenders consider 300 FMEs or lower as high risk, FMEs greater than 500 as acceptable risk.)

Other benchmarking metrics used by RSM in the study show that the Seabrook Island Club has a larger than average membership - this year approaching the 1,900 mark for the first time in club history - compared to other Southeast clubs while still maintaining dues for full members at a level below the Southeast average. The Club's net income, according to the study, is well above the Southeast average, providing available capital for improvements that's more than a million dollars above the regional median figure. This value for services provided led to the second independent source to which the Club leadership turned.

The St. Louis-based McMahon Group is a consultant for private clubs around the country. The Club

was pleased to welcome the McMahon Group's Frank Vain to the island recently for a one-day visit to provide a "first impressions" look at the club. While his report was a uniformly positive one, he was especially impressed by the Club's income from its for-profit real estate business, bolstering the organization's bottom line each year and helping to keep the Club's debt obligations within healthy boundaries. It's an income stream many clubs don't enjoy. (Seabrook Island Real Estate last year provided nearly \$500,000 in Club revenue.) He

also noted the Club's unique Equestrian Center amenity and the opportunity for members and guests to enjoy beach rides not provided by any other private club on the Southeast coast, as well as boarding and training for serious equestrians and their horses.

As reported at nearly every SIC Annual Meeting for the last several years, the Club's financial health is vigorous, its growth sustainable, and its goals attainable.

The table below provides a more in-depth comparison of major benchmarks.▲

Norm Powers

Figures as of 12/31/2017	Seabrook Island Club	SE Clubs (excluding Boca Raton, FL)
Total Membership	1,842	620
Full Member Equivalent (FMEs)	851	550
Mandatory Membership?	Yes	40%
Employees In Season	207	167
FMEs to Employees	4.1	3.3
Full Membership Dues (2018)	9,408	15,400
Full Membership Joining Fees	24,000	101,200
Full Member Annual Cost (dues, assessments, minimums & service charges)	11,628	20,775
Dues Rate Increase?	Yes	92%
Annual Capital Assessment?	Yes	52%
3rd Party Debt / FME	10,658	11,080
Total Revenue	13,943,000	14,064,000
F & B Revenue	3,038,306	2,492,700
F & B Dept. Subsidy	651,600	1,337,600
F & B subsidy per FME	766	2,500
Golf cost per hole	64,500	89,200



### FROM TOWN HALL

JOHN WELLS

Did you happen to notice that we have not had a high tide flooding event at the entrance to the Marina with the 7.2 high tides of October 10 and 11? Don't get too excited yet as we are just about half way with the improvements. So far the Marina has completed the repaving of the entrance

road and the Town has installed new 36 inch concrete piping, replaced two flood control valves and started lining the existing piping with CIP (cure in place) liners. In addition a change order is in process to contract TRIAD to add three additional flood control valves recently approved by OCRM. They also will be cleaning the drainage easements across adjacent properties. Completion has been moved to the end of January 2019.

I want to stress that these improvements are aimed at limiting flooding of Seabrook Island Road from the Town Hall to the traffic circle when tide levels are approximately 7.5 feet without

any additional rainwater. Any additional heavy rainwater that falls after the floodgate is closed by the rising tide may cause flooding as the storm water piping fills up and overflows with rainwater until the flow control valve is again opened as the tide level falls. Just remember if you are driving in a heavy rain during a high tide above 7 feet be aware of potential flooding.

The Town has hired ESP Associates, a large firm with extensive experience in planning, engineering, landscaping architecture, and transportation projects, to assist with development of a Conceptual Master Plan for future entrances and exits for adjacent parcels

of land. The intent of the plan is to identify future opportunities and constraints that may inhibit or deter the overall look and feel of Seabrook Island Road. As the entry road is very important to the initial experience for Seabrook Island, the access points will be studied to determine options for development. The intent is not to design the adjacent parcels, but only to determine the best access and public street side uses. ESP may be contacted in the future to assist with other elements in the Seabrook Island Road Improvement Program such as signage, landscaping, and ponding of rainwater on the road.▲



Top of tide gate at high tide October 11



Marina road entrance at high tide October 11



THE *Seabrooker*

Please send correspondence to: [TheSeabrooker@yahoo.com](mailto:TheSeabrooker@yahoo.com)

"Communication is the beginning of understanding." The Seabrooker will report regularly on Island happenings, as well as newsworthy events that affect property owners and residents. As Seabrooker volunteers with a common objective, we are committed to securing the facts and reporting to you in a forthright, honest and unbiased manner.

Red Ballentine,(1924-2006) Fred Bernstein (1924-2010) Co-Founders

<b>Editor</b> Michael Morris	<b>Publisher</b> Bernstein Lash Marketing	<b>Advertising &amp; Layout</b> Teri B. Lash
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THIS MONTH'S SEABROOKER VOLUNTEERS

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Please send correspondence and inquiries regarding editorials to [TheSeabrooker@yahoo.com](mailto:TheSeabrooker@yahoo.com) or call 843.408.3707

The entry deadline for all items is the 15th of the month. Please limit Cap'n Sams letters to 400 words. Photos should be in high resolution (5"x7" at 200 dpi or more).

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**MOVING**

...and still wish to continue receiving The Seabrooker?

Our mailing list is processed by the SIPOA office.

If you are not receiving your paper and are still a Seabrook Island property owner, please contact Allison Townsley at the SIPOA office to update your address.

She can be reached at

[atownsley@sipoa.org](mailto:atownsley@sipoa.org) or 843-725-1559.



**CAP'N SAM EDISTO**

**VETERANS DAY 2018**

Dear Cap'n Sam,  
I'm a former Naval Aviator (that's a pilot who is qualified to land on an aircraft carrier for you Air Force and Army pilots). I spent seven years in the Navy and often wear a baseball cap with my Naval Aviator wings on it. Frequently this prompts someone to come up to me and thank me for my service. Even though this happens quite frequently, I am always a bit surprised and grateful.

I know that Veterans Day is the time to thank veterans for their service, dedication to the country, and sacrifice. However I'd like to reverse the process a bit. I'm quite confident that I speak for thousands of my fellow veterans when I say that it is we who should be thanking you, not vice versa.

Let me explain my thinking:  
I went to college on a Naval ROTC scholarship. My family was not wealthy and this was a financial blessing for them. Even better, I got paid to go to college and was guaranteed a summer job as I was required to undergo military training for a good portion of the summer break. This training expanded my horizons tremendously and allowed me to experience new adventures and foreign countries that I would not otherwise have been able to do.

I met the love of my life in college and we have been married for over a half-century. We would never have met if not for the Navy scholarship.

I was able to go to Naval Flight School which provided me with all sorts of training and experiences, not just learning to fly. I became friends with several of my classmates and we (and our families) have remained friends for over 50 years. After getting my wings, I was assigned to a squadron whose mission involved extensive flying in the Atlantic and Europe allowing me to experience a variety of cultures and places greatly expanding my knowledge and perspectives. My experience as a Naval Officer provided opportunities to



acquire leadership and management skills that have allowed me to be successful in my subsequent career pursuits.

As a veteran, I was able to take advantage of the G.I. Bill to buy our first house. I later used the Bill to underwrite most of the costs of getting my Masters Degree.

Therefore, let me thank you readers, the citizens of our great nation, for the opportunities provided by my military service.

*Dr. Larry Phillips and Dr. Joyce Phillips are part-time residents of Seabrook Island and enjoy spending most of the fall and winter in our island paradise.*

**WE NEED A TOWN AUTHORITY FOR DRAINAGE**

Dear Cap'n Sam,  
Many homes in Seabrook have suffered the same problem with spills over from lagoons and golf courses onto private properties as described by COVAR President Debra Lehman (The Seabrooker, Sept 2018). Unfortunately, only catastrophic losses can be deducted for owner occupied properties due to recent IRS tax law changes; whereas, rental properties are allowed any losses to be deducted in the year of the event.

During the last three years, it has been our experience that just a few inches of rain during an incoming high tide causes the lagoons on our No.6 hole of the Ocean Winds golf course to overflow their banks, inundate the golf course and spill over to nearby properties such as where we live along High Hammock Road. Previously, at least 8 inches of rainfall on an incoming high tide would produce a similar flooding situation.

These golf course and lagoon waters contain treated effluent, storm water, tidal water, and rainwater. The SIPOA intern engineering report showed a reduction in water retention capacity in our ponds and lagoons because of heavy sediment.

Here is a recap of events during the last four years which may have contributed to the sediment in our drainage systems: the Historic Flooding Oct 1-5, 2015, delivered up to 25 inches of rain due to a stalled front (weather.gov); the 8OCT2016 Hurricane Matthew dumped approximately 11 inches of rain causing flooding throughout Seabrook Island. Surge and tide levels reached 12 feet above normal low tide producing flooding nearly one foot more than the October 2015 flooding event (Hurricane Central Report, 9 Oct 2016); the 11SEP 2017 Hurricane Irma caused "incredible flooding" which was 8 inches higher than the previous hurricane Matthew (Charleston Post and Courier, 11 Sep2017); the rare

3 JAN2018 snow/sleet/freezing rain event caused ice blockages in our drainage systems during five days of thawing.

No aspect of drainage which affects our Seabrook Island public health, welfare, and property values and participating Kiawah Island properties should be limited by the annual budgets of a few stakeholders. Wouldn't it be better to have "a single authority representing all stakeholders to oversee storm water drainage and flood management" (The Seabrooker SEP2018 Wildermann letter to Cap'n Sam)?

Only the Town can float a 30 year low interest bond to ensure affordable state of the art drainage improvements for the entire Seabrook Island community while still respecting individual property rights and overseeing stakeholder responsibilities. ▲

*Lori Hilker, 2432 High Hammock Rd, Seabrook Island, SC*



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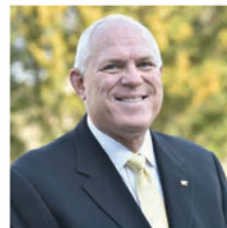
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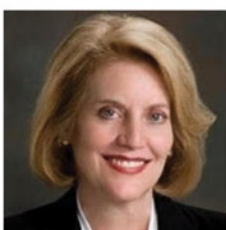
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# Should the Town of Seabrook become a Village?

Barbara Burgess and I recently attended a conference. One of the presenters was from AARP. How boring, I thought. What can he tell me of interest? Well, I was wrong. He started by showing a graph that contrasted the life expectancy of someone in the US in 1860, which was 45, with someone today, which is 79. He went on to say that life expectancy continues to increase. Do you know how many people in the US today are 100 years old? 75,000 are 100 or over! If you have a ten-year-old grandchild, this child has a 50% chance to live to 100. The US will have a life expectancy of 100 in 2070.

What does that have to do with the point of the conference we attended? Village to Village Network Conference gathered people interested in helping neighbors to age in-place. As people live longer and longer, it is important to see that they live well. Village to Village Network is the parent group that helps individual communities who want to establish and manage their own Village. Barbara and I were there to find out more about the Village concept and see if it would benefit Seabrook.

The Village Movement began in Beacon Hill Village in Boston 15 years

ago and now there are 300 Villages spread across the country and a few beyond. Probably the closest one to us is I'On at Home in Mt. Pleasant. They have been most generous in sharing their experiences with us.

Villages help people as they grow older to remain in their home and stay independent. To do so, volunteers provide services, programs and references. Every Village is different but 99% provide transportation, shopping, light housework, handyman, friendly visits, tech support and daily check-ins. Many Villages provide social programs to keep people connected with others. Some Villages provide a References List of recommended service providers. While some Villages vet these providers before recommending them, others more casually just list places that residents have used and found reliable. Members pay a fee for these services.

Some ten years ago Seabrook had a program under the auspices of SI-POA that provided services. It was discontinued because of a concern for liability. Village programs differ by protecting volunteers and Board members through insurance, a not-for-profit

(501C3) status, and vetted and trained volunteers. It is reassuring to be connected with the national Village Movement, happy to share their knowledge and experience dealing with liability concerns.

So where are we with this project? Harriet Ripinsky, who used to live on Seabrook, invited us to have lunch with her and the founders of the Village on I'On. They were so enthusiastic about what they were doing that Barbara and I decided to bring it back to Seabrook. Since then we have recruited six others who share our vision, forming a core group, to get this started. Barbara and I are just back from the fore-mentioned convention, excited and confident that a Village will benefit Seabrook.

Be on the look out for a community meeting that will explain more about the Village Movement. Following that we will have smaller, more intimate meetings so together with you we can fashion a Village that will work for Seabrook. In the meantime be thinking about what would help you continue to live comfortably at Seabrook and/or what you could do as a volunteer to help others.▲

Sally Kimball

## HOLIDAY ART SHOW & SALE

Friday, November 23, 2018 • 1:00 - 6:00 PM

Meet the Artists Reception • 3:00 – 6:00 PM

The Lake House, Seabrook Island

Come and celebrate the talents of your fellow Seabrook residents. Artists, photographers and crafters will display their work and host a reception on the day after Thanksgiving.

To kick off the start of the holiday season, some works will be for sale. A

painting, photograph or beautiful craft would be a unique and much-appreciated gift for family or friends. You might even discover a treat for yourself.

This is the Seabrook Island Artist Guild's last show of 2018, so don't miss this opportunity to see what your

neighbors have been working on all year.

For more information on the guild events, workshops and membership, please visit [www.seabrookislandartistguild.com](http://www.seabrookislandartistguild.com). ▲



Photo by Bob Hider



Tall Palms



They Like Charlie Moore



Kunkelman Carolina Wren



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### GUESS WHO?

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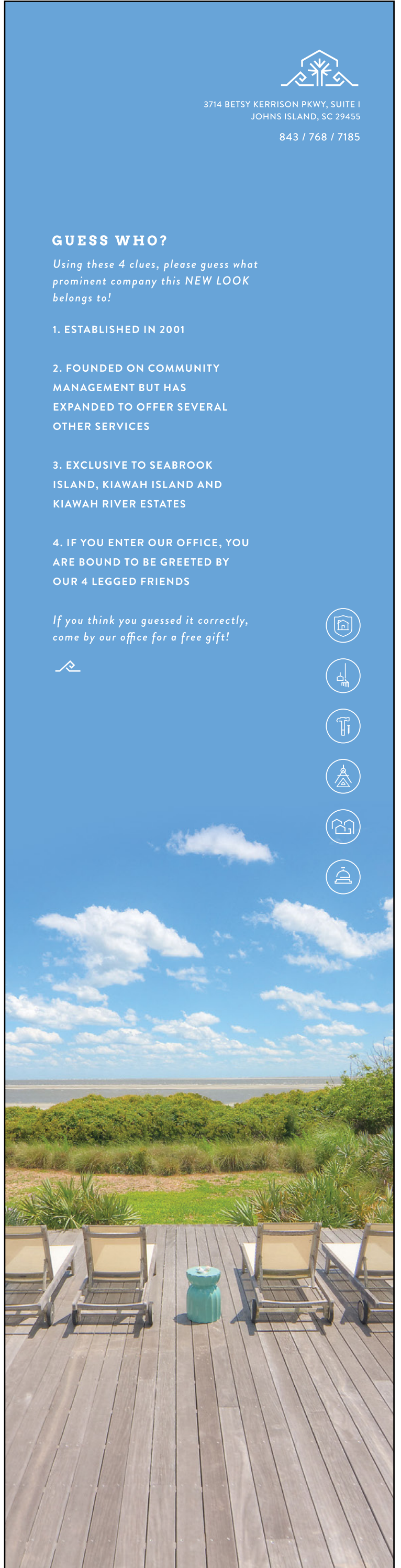
1. ESTABLISHED IN 2001

2. FOUNDED ON COMMUNITY MANAGEMENT BUT HAS EXPANDED TO OFFER SEVERAL OTHER SERVICES

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**On Wine**

Michael Morris - Vintage Wine

## WINE VALUES FROM FRANCE

A great many of our customers have the belief that sommeliers and others in the wine industry spend their nights drinking the crème de le crème of wines from around the world. Sipping burgundy, bordeaux or top notch Napa cabernet as we sit and unwind after a long day "at the office". The reality is that most of the really good stuff we drink is due to the generosity of others. So when we go to a wine shop, we are usually looking for something that gives us many of the same qualities but at a fraction of the price. When we are in the mood for Burgundy we are increasingly seeking out wines from the somewhat obscure region of the **Jura**.

Located in Eastern France, between Burgundy and the rise of the Jura mountains that border Switzerland, it is one of France's smallest wine regions in terms of production. Lush and green, this region may be most famous for its delicious Comté cheese. While there is plenty of Chardonnay and Pinot Noir planted here as well as the region's famous sherry-like Vin Jaune, it is not here that we will be looking for value. For reds, we will look to Poulsard and Trousseau.

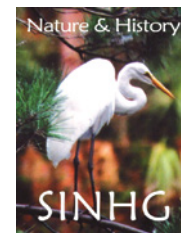
**Poulsard** has very thin skins and makes reds very light in color that almost resemble rosé. Many times it is blended with Pinot Noir to enhance both color and weight. The wines are light and fresh with Burgundian

characteristics of mushrooms, sour cherry and forest floor. Try it with lighter meats and vegetable heavy dishes.

**Trousseau** has some similar characteristics to Poulsard but with more weight, darker color and more tannic grip. Labeled Arbois for the sub-region where it is grown, the all important limestone rich soils add Burgundian like minerality and spice. They are wonderfully perfumed and work with slightly heartier fare. If you are spending Thanksgiving with someone who is a professed wine geek, picking up a bottle will surely get you a surprised yet very welcomed reaction. I had a bottle of 2016 Tissot "Singular" the other night that was stunningly delicious. At \$40 it may not be every day wine but it drinks like wine at twice the price. Look for producers like **Tissot, Puffeny, Domaine de la Tournelle** and **Overnoy**.

Interestingly there are also a few California producers who have begun making delicious versions of the varietal. In fact, during my visit to Arnot-Roberts while in Sonoma, his Trousseau was my favorite of all the wines we tasted, an opinion that was widely shared among our group. While the wines may not be found in every neighborhood store, it shouldn't be too difficult to find an example of these wonderful, good value wines.▲

Arbois is a commune in the heart of the Jura wine region of eastern France. The House of Louis Pasteur museum is the preserved former home and personal laboratory of the renowned scientist. Reculée des Planches is a valley flanked by rugged limestone cliffs, which are rich in birdlife. (pictured to the right)



## CAROLINA 'MAROONS' SUBJECT OF SINHG EVENING PROGRAM

The little known history of hundreds of enslaved African-Americans who escaped their bonds to live in inaccessible swamps and forests of the Carolinas will be the subject of November's Evening Program offered by the Seabrook Island Natural History Group on Thursday evening, November 8th, at the Lake House.

While most histories of escaped slaves discuss the Underground Railroad's path to northern cities and freedom, access to the Railroad did not exist in much of the Lowcountry. Dr. Ed West, historian and board member of the Somerville Dorchester Museum, will discuss "Carolina Maroons - Exiles Of Slavery" and his research with fellow Museum board member Ken Battle undertaken over the past several years. The two men have identified at least one possible community of escaped slaves in Cypress Swamp near Summerville. Other hidden communi-

ties have been identified in similarly inhospitable locations in the Carolinas and as far north as Virginia's Great Dismal Swamp. "Maroons were distinguished from runaways," Dr. West has pointed out. "They tended to get away and stay away."

Dr. West, a retired pediatrician, is an amateur historian and a longtime member of the Summerville Dorchester Museum's board of directors, for whom he frequently lectures on local antebellum and Civil War history.

All Seabrook Island residents and their guests are invited to attend Dr. West's presentation. Refreshments are available starting at 7pm, followed by the program at 7:30. There is a \$5 donation for non-SINHG members. To learn more about SINHG, visit [sinhg.org](http://sinhg.org). ▲





**C.O.V.A.R. CORNER**

**DEBRA LEHMAN**  
President  
**Council of Villa Associations and Regimes Information**

A COVAR monthly Board meeting was held on October 10th. All meetings are open to all Seabrook Island Owners. Most topics discussed or action items being pursued benefit all Owners and not just "Villa" Owners.

The following is a summary of the action items or subcommittee activity that is in progress.

**Update of COVAR Publication #5**

The Publication was written several years ago based upon a COVAR survey. It contains a broad range of information on Seabrook Island Associations and Regimes. This information is shared with all Presidents of these Associations and Regimes. It is also made available upon request to local Real Estate Agents and Seabrook Island Owners. Cindy will be reaching out to all Presidents in the near future to determine if updates are needed for their Community. If you would like a copy of this information, please email Cindy at [cbbrowncpa@gmail.com](mailto:cbbrowncpa@gmail.com)

**Suggestions to improve Gate Access & Parking**

In July, Jenn Miller, SIPOA Director of Security provided a demonstration of the new Gate Access software. Suggestions were made during the meeting and afterwards on improvements to the software and how the software could be used to resolve some of the parking issues which have increased in frequency in recent years. A list of suggestions was submitted to the Safety & Security Committee for discussion during their October meeting.

Some of the suggestions submitted for discussion were:

- Renters are permitted to request additional gate passes per the SIPOA Protective Covenants. There is a preference for rental customers

to be limited on the number of gate passes per unit during the same time period. Most Villa Owners are suggesting a limit of 3 vehicles per property. This would assist with some parking issues and would minimize abuses of occupancy in most cases

- Owners could temporarily exceed the number of gate passes if they are having a one day event. Overnight parking would not be included.
- Overnight parking on SIPOA owned roads should not be permitted. Security should have the authority to issue a ticket to offenders.
- Security will issue a citation to the owner of any vehicle that they observe parking within 50' of a fire hydrant. Security asks that anyone noticing such a violation, call them and report it if there is no evidence of a citation already having been issued.
- A penalty should be considered for Rental Companies or Owners that use VRBO if they continue to not request gate passes prior to the arrival of their rental guests.

Details of the outcome of the October Safety & Security Committee meeting relating to these suggestions will be included in the COVAR article in the Seabrooker December edition.

**Beach Front Association/Regime Committee status**

The committee met on June 19th. Many of the issues discussed have been addressed by the COVAR Board and/or SIPOA or Others. The following is the committee status report presented in the COVAR meeting.

The island-wide parking issue (to include beach parking) is being addressed by the SIPOA Board and its Safety & Security Committee on an ongoing basis. Currently, these are some of SIPOA's procedures for enforcing parking restrictions in association/regime parking areas:

- Spinnaker owners and guests/renters have been advised in writing that they must use Boardwalk 9 to access Pelican Watch Beach, not Beach Club Villa boardwalks.
- SIPOA sign at Boardwalk 9 directing

people to Boardwalk 9 as the only access to Pelican Watch Beach has not been acted upon by the SIPOA Safety & Security Committee. If installation of such a sign is still warranted, please let me know and I will redouble my efforts with the Committee.

- Opening of designated areas in the Community Center Parking Lot to Non-owners has been reviewed by the SIPOA Safety & Security Committee and their recommendation to maintain the status quo with the exception of the Boardwalk 1 Handicapped Parking, which is open to all qualified parties with a SIPOA Handicapped Parking Permit was referred to the Board, which approved it.
- Non-golfing hours use of SIC golf cart paths was explored with SIC Management, which said it was infeasible due to damage, enforcement and liability issues that the proposal presented.

**Drainage & Flooding status**

Caleb Elledge from the Seabrook Island Club provided an update on the drainage and flooding resolutions being pursued. The Engineers are working on their report and should have the concepts completed before year end. A focus is on the 16th and 17th holes on Ocean Winds course. The next steps are surveying of the crucial areas identified in their report. The Club does not expect to have approved permits before the summer of 2019. COVAR representatives will continue to work with the Club to monitor status and confirm that problem areas are being addressed within the Club Strategic and/or Maintenance Plans.

**Fire Department Services**

As part of the Fire Marshall's Safety Program, his team will evaluate your smoke detectors and determine if you need replacements or additional ones in new locations. They will install new smoke detectors if you need them. If you have difficulties changing your batteries in your smoke detectors, the Fire Marshall or Firefighters will assist you. They will also check your fire extinguishers to confirm that

they are current and you understand how to use. Safety and Prevention is a high priority with the St Johns Fire District. Their main phone number is 843-559-9194.

**Future COVAR meetings**

COVAR meetings will continue to be open to all Seabrook Island Owners. Reminders of future meetings will be sent via eBlast to all Presidents of Regimes and Associations along with the various Property Management companies. Tidelines will provide the meeting information to all Owners that participate in their services. Suggestions for future meeting topics are appreciated. Please forward your suggestions to Debra Lehman, COVAR President at [debraklehman@yahoo.com](mailto:debraklehman@yahoo.com).

- COVAR's next meeting is on Wednesday, November 14th from 4:00 to 6:00pm. It will be held at the Lake House in the Eagles Nest Studio. This will include a short business meeting and then a Social for all Owners that attend. This will provide a chance to meet the COVAR Board members, COVAR Committee Leads, Presidents of various Associations/Regimes and Seabrook Island Owners. The business meeting agenda is to encourage suggestions from the participants relating to:
  - ▶ Discuss the creation of a Capital Improvement Calendar/database for the villa Regimes/Associations to coordinate future projects (Alison Standard)
  - ▶ Discuss the property values relating to planning of remodeling or upgrades to maintain or increase the values (Debra Lehman & Alison Standard)
  - ▶ Comparison of ARB & Town Regulations relating to Villas (Lori Leary)
- Saturday, December 8th from 10:00 am to 12 noon in the Live Oak Hall will be a Meet the SIPOA Candidates opportunity. They will be running for open SIPOA Board positions in 2019.
- 2019 COVAR meetings will be scheduled for the 2nd Wednesday of each month from 4:00 pm to 6:00pm. ▲



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# HEALTHY AGING

Jerry Reves, MD

## Making the Holidays Healthy and Happy



Holidays originally were days reserved for commemorations of special occasions like the Pilgrims' religious harvest feast of thanks, the birth of Jesus Christ, and Jewish Festival of Lights. These are occasions that have deep meaning to those who observe them, but today's commercialism has transformed the holidays into more than originally intended. As a result, the month between the end of November and the new year is a time of events, parties, family gatherings, and other rituals like gift exchange, travel, and leisure time (meaning less formal work).

All this activity, the expectations, and the obligations mean that this annual time of year is one of intense feelings that range from extraordinary happiness to profound grief and sadness. In any one of us this full range of emotions can fluctuate between the two extremes. The goal of this column is to recommend some strategies to manage the month-long time so that the holidays are as healthy and happy as possible.

Ten Triumphant Tips (see table)

**Stay Connected:** It may seem absurd in this time of constant socialization that the first tip is for us to stay connected. Loneliness can be as depressing in a crowd or family gathering as when physically alone, maybe even more so. Real socialization requires sincere interest in others and communication. Thus, when with family and friends make maximal effort to stay connected. This brings a sense of meaning and comfort that is often lost in loneliness.

**Concentrate on the moment:** Psychological studies have shown that our minds like to wander. More often than not the mind will take us to unpleasant memories or fears. To combat this, as trite as it may seem, live in the moment. Concentrate on the here and now: do not ruminate about the good old days or the times when those now gone were present both of which are easy to do during the holidays.

**Focus on the good things:** Related to the above is develop the mental discipline to focus on the positive things in one's presence and overall life. Do not allow the mind to wander to those sad places when there are good things that are always before you. If one is in a holiday setting with friends or family – focus on all the

good aspects of the occasion and the people who will keep spirits up and not down.

**Set reasonable expectations for the season:** We are all veterans of many holidays. If we have learned anything during the years we have learned that this season cannot possibly be thoroughly "merry" and "happy" despite repeated salutations. It is most important to know what to expect from this time of year and not to hope for unrealistic occurrences. Disappointment because of unrealistic expectations can be avoided by acknowledging, for example, that you are never going to be complimented by so and so. The only surprise you might get is the compliment or endearing comment from that relative or friend!

**Holiday Plans:** Control the holidays; don't let them control you. Accept invitations you really want to attend; host events you really want to host; plan time in the calendar (ideally every day) for exercise. Do not over schedule or cram too much into the time.

**Sleep and Rest:** There is nothing more healthful than adequate sleep and rest. Likewise coping with the rapid-fire holiday period requires adequate sleep and rest, particularly as we age. Keep this in mind when planning and when attending the multitude of events.

**Eat healthy food:** We have used this column often to remind us of what is a healthy diet. Don't be surprised when attending parties to find more items on the unhealthy list than healthy. Nevertheless, stick to the vegetables, nuts, and lean meats and avoid the sweets. And, of course, don't overeat since this will interfere with sleep. One of the ways to accomplish this is to fill your plate once.

Make up your mind that, after eating this amount, you are done. Set as a goal not to gain a single pound over the month.

**Alcohol in moderation:** Any time of the year this is important, but particularly during the holidays when others on the road may not be observing this recommendation. (This is a dangerous time to be out on the highways.) But there are more important reasons to keep alcohol limited. The social interactions can be ruined by loss of inhibitions directly related to high alcohol blood levels. Alcohol can also allow the mind to return to sad places and certainly interferes with normal sleep.

**Share entertainment chores:** With all the dinners and parties some of which you will be responsible for – accept help and or ask for it from others. Trying to do everything causes stress and anxiety and denies others of the opportunity to share the burden which they appreciate.

**Travel wisely:** With family scattered around the country and family gatherings away from home, travel is inevitable. Make it reasonable in your decisions about conveyance, distance, time, schedule, and cost. Travel is another thing that you can control: it should not control you. Avoid decisions that tire or otherwise overextend your abilities.

### The Bottom Line

Make an early New Year's Resolution to have the healthiest and happiest holiday time in a long time by knowing yourself, being yourself, and enjoying all the wonderful things about your loved ones and friends. Consider the 10 things above and all the ones you know that work for you to be sure that you do indeed have a wonderful holiday season. ▲

## MT. ZION HOLIDAY FUND Christmas Cheer



'Tis once again that time of year  
When we seek your patronage to spread  
Christmas cheer.  
For the past eleven years, it has been such a joy  
To provide Mt. Zion students with gifts of clothing,  
books and toys.  
For many of the children, these gifts they receive  
Are the only ones under the tree Christmas Eve.  
Each family is also given certificates for food  
To help make a special holiday meal for their brood.  
The nurse at Mt. Zion and the teachers as well  
Are busy identifying families whose needs we can fill.  
Our main goal each year always has been  
To put smiles on the faces of these special children.  
But without you it can't happen, so please help us  
spread Christmas cheer,  
With your generous support,  
this can be their best year!

Donations made out to "Mt. Zion Holiday Fund" may be sent to Anne Smith, 2849 Cap'n Sams Road, Seabrook Island, South Carolina 29455. They may also be given to Marilyn Armstrong, 843-768-9252, Paula Adamson, 843-768-4881, Charlotte Moran, 843-768-3083, Pam Steele, 843-768-8027, Jane Morris, 843-408-3987, or Susan Colatsky, 843-243-0228. They may also be dropped off at the Racquet Club or Golf Club Pro Shops on Seabrook Island.

Table: Ten Tips for a Healthy and Happy Holiday Season

Steps	Mechanism
Stay connected (selectively)	Social support and communication
Concentrate on the moment	Avoids mind wandering, painful memories
Focus on good things	Positive feelings lead to more positive feelings
Set reasonable expectations	Avoids disappointment and resulting sadness
Plan the holidays (stick to it)	Avoids chaos and resulting anxiety, builds in exercise
Sleep and Rest	Maximizes ability to cope
Eat healthy food	Avoids indigestion and improves sleep
Alcohol in moderation	Improves sleep, avoids dangerous behavior
Share entertainment chores	Avoids burden and stress of over-commitment
Travel wisely	Limits frenzied schedules and long exhausting trips



# Seabrook Island Garden Club

Friday, November 9, 9:30AM • Seabrook Island Lake House

Guest Speaker Christina Fifer presents  
*Foods for Backyard Birds*



Christina Fifer

On Friday, November 9, at 9:30 AM, please join the Seabrook Island Garden Club welcome guest speaker Christina Fifer. The club meets at the Seabrook Island Lake House.

Among the many delights of Seabrook Island residents and guests is the profusion of wildlife. Birds in particular are fascinating and in sheer abundance on the island. There are more than 80 species, including federally threatened and endangered birds such as the bald eagle and piping plover. Many are routinely spotted in our own

back yards. Residents are so intrigued that in 2016, a birding club was started and continues to thrive.

For the love of birds, the club has invited Christina Fifer of Wild Birds Unlimited to tell us about best feeding practices and best food to attract and nourish our feathered friends. Christina started her career with Wild Birds Unlimited in Hickory NC and in 2013 she moved to Charleston SC to purchase the Wild Birds Unlimited in West Ashley. Since buying the store she has installed bluebird trails on the West Ash-

ley Greenway. Christina is very focused on community outreach and education. She will be opening a second store in Summerville in the spring of 2019. Christina's passion is bringing people and nature together.

Be sure to mark your calendars and join the fun as we learn from Christina this month as well as share our own stories and expertise on this interesting and amusing subject.

For information on membership please contact Holli Bolte, email: [hmbolte@yahoo.com](mailto:hmbolte@yahoo.com) ▲



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## 3rd Annual Holiday Food Drive

The 3rd Annual SIPOA sponsored Holiday Canned Food Drive begins on Thursday, November 1st.

We have a very ambitious goal this year of 7,500 pounds.

One way to make our own holiday celebrations even more meaningful is to help make the season more enjoyable for those neighbors in need on Johns Island, Wadmalaw Island and James Island. When grocery shopping, we ask that you grab a couple extra cans of food or better yet a couple extra cases for our neighbors in need.

As an extra incentive to be extra generous we'll be handing out colorful wrist bands that will designate the number of pounds you donated. Donate 15lbs



(about 3 cases) and get a gray wrist band, 30lbs (about 6 cases) gets you a blue one and 50lbs (8-10 cases) gets you a red wrist band. To get a wrist band, please bring your cases in together and during regular Lake House hours.

Don't forget, canned foods only and please check the expiration dates on all your cans before donating.

Please bring your contributions to The Lake House and place them behind the pillar under the "NEW DONATIONS" sign. We will weigh them before they are added to the cans on display and give you your well-earned wrist band. Let's get excited about watching the cans grow into a mountain overflowing with canned goods.

Together we CAN fight hunger!! ▲

*Happy Thanksgiving! We are truly grateful for our families, friends, first responders, and the communities we call home.*



Karen Hilty  
843.696.1325



Joy Millar  
843.425.2816



Jane Lowe  
843.709.1027



Jack Wilson  
704.661.9843



Sharon Welch  
404.444.6907



Brendan Magee  
843.224.0606

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### 911 Sealoft Villa Drive 2 beds, 3 baths, 1231 ft<sup>2</sup> | \$425,000

When you step inside this Sealoft, you definitely will not want to leave. What a find...a rare 2 bedroom, 3 full bath villa, with a loft that is being sold fully furnished with a few personal exclusions. This villa offers breathtaking panoramic marsh views, but the best part is that this villa's location has the shortest walk to the beach boardwalk of the entire Sealoft community.

**Karen Hilty**  
c. 843.696.1325  
[khilty@dunesproperties.com](mailto:khilty@dunesproperties.com)







### Seabrook Wild Things

by Members of the Environmental Committee

# LANDSCAPING FOR WILDLIFE

By Rich Siegel



Fringe Tree



Carolina Jasmine

When talking to Seabrookers about what they like most about their island, one of the most frequently mentioned topics is the wildlife. The marshes, the ocean, the river, the oaks and the pines provide a veritable smorgasbord for our varied wildlife. But as we beautify our personal landscape, we don't necessarily want to add to the diversity of their diet. Here are some tips to attract and preserve other members of the wild kingdom while enhancing the look of our properties.

If you live near fresh water, the wax myrtle (not the showy crepe myrtle) is the ideal wildlife habitat. Its berries provide sustenance for numerous birds and their overhanging branches provide shade and shelter for large populations of fish. And, as anyone who has them in their yard is aware, they grow like weeds because they are native to this area. But there are some shrubs you can plant such as the Fringe Tree, Beauty Berry, Bottle Brush, and the native Honeysuckle will be lovely additions and provide food and shelter for some of our smaller visitors.

The Fringe Tree and Beautyberry shrub are great additions to the yard while providing tasty berries for birds and great habitat in its foliage. Both grow well in this area and attract a wide variety of birds.

To attract hummingbirds, one might try the Bottle Brush shrub or vines like the native Honeysuckle or Carolina Jessamine. These plants provide food and shelter for butterflies and insects which are also food for birds.

These are just a few examples of what you can do in your yard. In landscaping any property, the question of deer tends to be ever present. According to most landscaping experts, when deer get hungry enough, they will eat anything. When planting any of these young species it is prudent to protect them until they are mature enough to fend for themselves. But with some care, we can continue to attract a wide variety of wildlife and still beautify our homes. Happy gardening!▲



Beautyberry Shrub



Bottle Brush Shrub



Honeysuckle

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# Senator Graham Visits Bohicket Marina

On Sunday, October 21st. South Carolina's Senior US Senator visited Seabrook's Bohicket Marina to meet and greet a large gathering of his constituents - an estimated 700 were in the audience.



(L-R) Kathy Gerhart, Senator Lindsey Graham and Todd Gerhart



US Senator Lindsey Graham



## Drawing the Human Figure

Workshop offered by Bob LeFevre  
Eagle's Nest Studio, The Lake House • Nov. 8, 2018, 1-3:30 pm



As part of The Seabrook Island Artist Guild's "free and open to everyone workshop program", Bob LeFevre will teach and demonstrate the important **perceptual skills** that, when applied to the human form, will allow you to properly and accurately analyze and draw the human figure. The class will address proper proportions, foreshortening, shading, lost/found edges, etc. No prior drawing experience required!

Materials required: drawing pad (minimum 11"x14"), drawing pencils (soft lead) or charcoal, eraser (kneaded is best). Bob will bring some backup supplies if needed. The class is free and open to everyone. To register contact Bob at: [rodory@gmail.com](mailto:rodory@gmail.com).

Bob started taking private art lessons at age 9 at the urging of his 4th grade teachers. These lessons set a

strong early foundation in art for Bob by teaching him important observational and drawing skills. He continued with these lessons for many years. He took art as a second major at Colgate University and actually convinced the University to start using live models in class.

After 33 years in business, Bob retired at age 55 to spend more time with his art. He took 9 years of life drawing classes at the Art Academy of Cincinnati and started teaching young artists at home.

Bob was President of the Seabrook Island Artist Guild for 4 years and is currently Vice President of Education. He has been represented by the Spencer Art Gallery for the past 10+ years. To see his art, visit his web site at: [www.lefevrepaintings.com](http://www.lefevrepaintings.com). ▲

## International Watercolor Artist and Teacher Helen K. Beacham Addresses Seabrook Island Artist Guild at November Meeting

The Seabrook Island Artist Guild is thrilled to welcome Helen K. Beacham, an internationally known watercolor artist and teacher who now lives in Summerville, to our meeting on Tuesday, Nov. 20 at 1:00 (NEW MEETING TIME), at the Seabrook Island Lake House. All are invited to attend and enjoy her presentation and demonstration of watercolor painting. Beacham describes herself as a "Painter of Elegant Tranquility".

Helen K. Beacham was born in Montreal, Canada, and became a U.S. citizen in 2016. Besides watercolor, she works primarily in acrylics and gouache (an opaque watercolor) and has studied with Dick Phillips, Brent Funderburk, Milford Zornes, Mira Lehr and other



greats. Her work is in numerous worldwide collections. In 2019 Beacham will be teaching workshops in Venice, Cinque Terra and the South of France. Visit the art guild's website at [www.seabrookislandartistguild.com](http://www.seabrookislandartistguild.com) to learn more about the organization and upcoming events. ▲



Live Oak Canopy



Morning on the Piazza



# "YOU ARE NOT ALONE."

Respite Care Charleston is a nonprofit organization dedicated to providing support to caregivers and those living with Alzheimer's or other forms of dementia. Our priority is to bring MORE. GOOD. DAYS.™ to families dealing with one of life's greatest challenges.

With several locations around the Lowcountry, RCC's social day programs provide caregivers a break while bringing smiles to the faces of those they love. While we provide activities like singing, painting, memory fitness and light exercise – all designed specifically for individuals with Alzheimer's disease and other types of dementia – the greatest benefit of our day program participants is simple pleasures of being with others.

For families and caregivers, RCC's support groups are a safe place to learn tips and tricks on dealing with the unique challenges that arise along the journey with Alzheimer's and dementia and to share laughter, tears and friendship in a confidential setting. ▲



Sara Perry, Executive Director and MC Todd Gearhart



Paula and Wayne Billian



(l-r) Chuck and Sandy Groetsch with Colleen Wiessmann



Jane and Mike Morris



# What My Stinky Trash Bins Are Telling Me?



Diagnosis of a Stinky Trash Bin  
*What's that Smell*

Around your household, there is one place an overabundance of bacteria and germs reside, care to venture a guess? I am sure the majority would reason it may be the bathroom, musky basement, or steamy hot attic, not true. The truth is your outdoor trash bin develops more germs per square inch than a hospital room. If food goes bad in your refrigerator, can you imagine what is growing in the outdoor trash bin for a week?

Outdoor trash cans hold all the waste from your uneaten, rotting food, dog waste, cat litter, and paper excess (plates, napkins, cups, foil, utensils). Even after the large bin is emptied the lingering effects are visible and smelled by passersby. However, it is what you can not see which is concerning. The pungent smell is a warning of bacteria growing, calling out to all nearby rodents and insects letting them know your can is the still host of a germ party. The bags placed in the can may tear allowing its contents to ooze out, enticing local wildlife to invade your trash can and leave behind their own urine and feces.

Annually, two million Americans are diagnosed with antibiotic resistant bacteria and 23,000 Americans die from those infections. Listeria, salmonella, and e-coli are listed among these bacteria and are spread across your trash bin through every visiting roach, rat, racoon, fly, lizard, and other unwanted guests. These insects and rodents carry harmful germs and diseases which are transferred to humans through your outdoor trash bins. Your bins are harboring dangerous bacteria and you touch them almost daily.

Cleaning the large trash can yourself is a monumental task at the least, you

also take personal and environmental risks. Consider the millions of bacteria particles which may cause infection and illness while spraying down the can, sending them airborne. As you are scrubbing the trash bin with a broom or mop, reflect on the exhaustion of a job which will ultimately only be partially effective and wastes a large amount of water. Ponder the effects of the cleaning chemicals on your lawn, your pets, your neighbors, and in our beautiful lowcountry waterways. Chemicals harm and kill local wildlife as well as pollute the rivers, streams and ponds which surround us.

The U.K. has been incorporating trash bin cleaning with trash collection services for over 20 years to curb illnesses and deter the invasion of pests and rodents. There are reports of reduced illness in those households employing the service monthly as well as a drop in the number of bacteria on the trash can. As of 2018 the Charleston area is privy to this up and coming service. There are less than 300 trash bin cleaning services across the nation which are environmentally friendly and self-contained.

As for cleaning your outdoor trash bin yourself, I recommend leaving it to the professionals and removing all the personal and environmental risks. Cold and flu season are upon us, cleaning your trash bin is an important part of quelling the germs. Even in cold weather, bacteria can grow and thrive, it is important to maintenance your trash can at least once a month, year-round, to keep the amount of bacterial growth at a minimum. ▲

*Katherine Roper*  
Clean Cans of Charleston  
[www.cleancans.net](http://www.cleancans.net)



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# Bohicket Half Marathon & 5K

Saturday, November 17 *RAIN OR SHINE*

1880 Andell Bluff Blvd, Johns Island

The Bohicket Half Marathon and 5K at Seabrook Island is a new spin on one of the Low Country's longstanding races. Hosted by the Charleston Running Club, with help from Bohicket Market and Marina and Seabrook Exchange Club. This event has historically been a 5K and 10K, 2018 brings change to the format...dropping the 10k and adding a HALF MARATHON!!

**Age group and award breakdown:**

- Top three overall male and female
- First Master (40 years and older) male and female
- First Grandmaster (50 years and older) male and female
- First Great Grandmaster (60 years and older) male and female
- Top 3 in the following age groups(14 and under,15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over )

**Packet Pick Up:**

- Friday November 16 TBD
- Saturday November 17: Race Site (1880 Andell Bluff Blvd., Johns Island, SC 29455) 6:30 - 7:45AM

*Proceeds from the race benefit the  
Kiawah-Seabrook Exchange Club  
and the  
Charleston Running Club*



## EXCHANGE CLUB NEWS

**October 3rd Meeting:**

The meeting was called to order by President Jerry Stephens. Jim Bannister led the invocation and followed up with the Fallen Hero Remembrance for U.S. Army Sergeant Michael Dunkin, age 25, of Columbia, South Carolina. He was assigned to the Army's 1st Squadron, 89th Cavalry Regiment, 2nd Brigade Combat Team, 10th Mountain Division, Ft. Drum, NY. He was killed in action on February 19, 2007 in Baghdad, Iraq when his Humvee was struck by an IED. Sgt. Dunkin was highly awarded, receiving the Purple Heart, Army Commendation, Army Achievement Medal, and Combat Action Badge. Jim then led the meeting in the Pledge of Allegiance.

Two new members were introduced: Robert Cherry, a Colorado State University graduate who has been a career high school teacher; and Craig Ludwig, an Appalachian State University graduate who has worked as an attorney.

Roger Steele spoke on the EC/CSO outings. Alan Armstrong requested input from members for Angel Oak Award candidates. Ken Kavanagh congratulated the 34 golfers who participated in the club's golf outing, Jerry Stephens reminded everybody that we will need 40 volunteers to assist in the Bohicket Marina 5K/Half Marathon on November 17.

The evening's dinner speaker was introduced by Laurel and Hank Greer and reflected their passion for animals. She was Jennifer Winchester, Director of Philanthropy at the Charleston Animal Society. For over 144 years, Charleston Animal Society has been preventing cruelty to animals. Its vision is one in which all healthy and treatable animals are saved.

**October 17 Meeting:**

The meeting was called to order by President Jerry Stephens. Jim Bannister led the invocation followed by the Fallen Hero Tribute. Tonight U.S. Army Chief Warrant Officer Jason G. DeFrenn of Barnwell, South Carolina was honored. CWO DeFrenn was assigned to the 1st Battalion, 227th Aviation Cavalry Regiment of the 1st Cavalry based in Ft. Hood Texas. He died of wounds suffered when his helicopter was hit by hostile fire in Taji, Iraq on February 2, 2007. October 17 is also the 2nd anniversary of the death of Army Sergeant First Class Zachary A. Bannister who was killed in action in Kenya, Africa. Jim Bannister his Dad, led the Pledge of Allegiance.

New member Rick Helms was introduced. He is semiretired in the insurance business and is from Charlotte, NC. Bob Leggett passed out sign-up sheets for erecting and removing flags for the Veterans Day holiday. Flags will be erected on November 9 and removed on the 14th. Pat Welch called for volunteers for the Bohicket Marina 5K/Half Marathon on November 1. Ken Kavanagh announced that the Wounded Warrior golf tournament will be played on November 12. Jesse Dove held up \$1000 dollar bills to emphasize the importance of the Trident Tech scholarship program and urged members to make scholarship contributions.

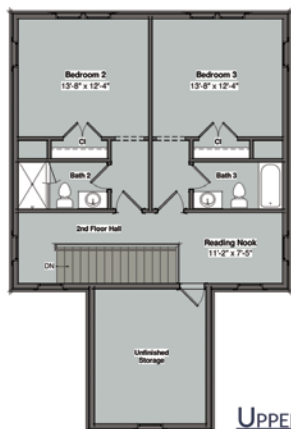
Following dinner, Bill Nelson introduced Congressman Mark Sanford. Congressmen Sanford spoke of fiscal responsibility in Washington. He focused on budget deficits both in the past and in the future. He is an advocate for the tri-county waterfront park planned for Daniel Island.

The Exchange's next meeting will be on November 7 at Turtle Point. This meeting is the culmination of the Club's year-long effort to fund worthwhile organizations and schools on Johns and Wadmalaw Islands. Awards totaling \$141,000 will be made to 40 organizations. All members are urged to attend ▲.



GROUND FLOOR PLAN

MAIN LEVEL FLOOR PLAN



UPPER LEVEL FLOOR PLAN

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*The Britton Group*

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**Honoring our Veterans: On Veterans Day & Everyday**

For more than 200 years, countless brave men and women have defended, fought and sacrificed for this nation- helping to create and protect American democracy and the country and freedoms we all love so dearly. Our service members are real-life heroes, who personify bravery and courage, and deserve our endless gratitude and respect. With two brothers who served in the military, I know firsthand the sacrifices our veterans and their families have made in order to protect and serve our amazing country. Their bravery, allegiance, and heroism make me proud to be an American. We are extremely blessed to be home to more than 400,000 veterans here in South Carolina.

As the fall approaches so does this upcoming Veterans Day- a time to remember and honor the service of our

country's brave veterans. This year, I want to stop and reflect on a very special group of veterans: women veterans. Women have played a vital role in our nation's armed forces, and our state is home to more than 43,000 female veterans. While often disguised or listed under aliases in early years, women have been a part of war efforts all the way back to the American Revolution. During the World Wars, more than 360,000 women served, often filling crucial roles in medical and administrative jobs. Since then, women in our military have taken on our nation's toughest battles, and filled positions in our highest ranks. Today, women make up more than 15% of our armed forces, and women veterans make up almost 2 million of our country's 22 million veterans.

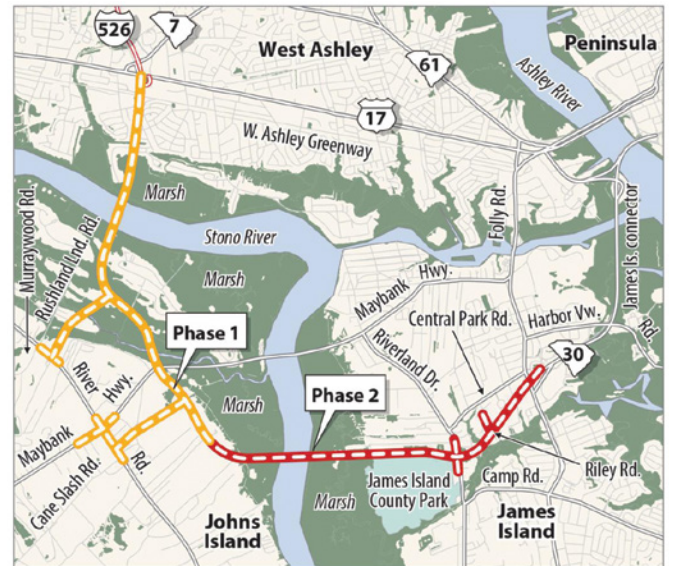
Their importance cannot be overlooked. Their achievements must

not be forgotten. And they deserve special recognition this Veterans Day. This year, on Saturday, November 10th, I will be hosting an event to honor South Carolina's women veterans. I am also excited to share that my friend and colleague, Senator Joni Ernst, will be joining us as the keynote speaker. As a combat veteran herself, holding the rank of Lieutenant Colonel in the Iowa National Guard, she will certainly bring a powerful and passionate message that will resonate with all those in attendance.

May God bless each of our courageous veterans - past and present - and their families. These are true American heroes, and we should continue to honor them today and every day. I look forward to Veterans Day, and hope you join me and my staff as we celebrate the wonderful women veterans of South Carolina. ▲



**Charlestonians FOR I-526**



We owe a huge thank you to Governor McMaster for his efforts to bring this money back to Charleston. Both of his appointees to the State Infrastructure Bank Board sided with us, making the vote 5-2. A new contract will be voted on in no more than 45 days (Nov 16) that will provide Charleston with the \$420 million for I-526. Our understanding is that the major points of contention have been ironed out. This was a very big day.

The state bank that funds large highway projects revived plans to complete Interstate 526 over James and Johns islands, four months after abandoning the venture.

The State Transportation Infrastructure Bank's board voted 5-2 Tuesday to negotiate a new contract with Charleston County and the S.C. Department of Transportation. That reversed the board's decision in June, when a majority gave up on the extension, complaining the county had repeatedly failed to come up with a reliable, practical plan for funding its portion of the \$725 million project.

While the county's plan is still unclear, the bank board showed a willingness to participate in the project under new terms, specifying the state won't pay beyond the \$420 million it committed more than a decade ago. The rest, \$305 million under the latest estimate, will be up to the county. That would make it the largest local investment in any single capital project in the county's history.

The shift occurred after Gov. Henry McMaster intervened. He became a supporter earlier this year after a partial closure of what's known as the Mark Clark Expressway — the section connecting Mount Pleasant to North Charleston — created a traf-

fic nightmare for weeks.

Representatives from the bank, county and DOT met in his office Aug. 28.

"There's a very grateful Charleston," Charleston County Councilman Elliott Summey told McMaster after the vote. Without Henry McMaster, there is no 526. "The completion of 526 is very important to the future of our state. Everything we do is based on infrastructure," McMaster said after the meeting. "It's going to take years to build. We need to get started."

With McMaster watching, his two appointees — Chairman John White of Spartanburg and Ernest Duncan of Aiken — backed it this time. Both snubbed the governor's request to support it in June. At that increasingly testy exchange, White and County Council Chairman Vic Rawl accused each other of not being forthright. White said the plan the county presented in May wasn't a plan at all, as it essentially left the bank picking up the balance. Rawl did not attend Tuesday's meeting. On Monday, he told The Post and Courier he had "no idea" what the bank board's meeting would be about.

The 7-mile extension of I-526 would create a new path from West Ashley through Johns Island all the way to the James Island connector. The idea is to connect it with other major roads and ultimately the existing parts of 526, completing a traffic loop around the center of the region.

In a 2007 joint agreement with the county and DOT, the state bank agreed to pay for its construction. At the time, its estimated price tag was \$420 million. But the project was put on hold in 2015 when new estimates

revealed it would cost more like \$725 million. Since then, the bank and the county have been divided on whether to raise additional funds to cover it or abandon the project altogether.

Under the new terms, if the project is scaled back and costs less than the projected \$725 million, the county would cover 30 percent and the state bank would cover 70 percent. Tuesday's vote provided 45 days for the details to be signed.

Charleston County Council ratified the bank's action at a special meeting in a 6-2 vote, with Councilmen Dickie Schweers of Mount Pleasant and Joe Qualey of James Island voting against it. Councilman Henry Darby was absent. Schweers and Qualey argued that originally, the project wasn't going to cost the county anything. "It's amazing how hundreds of millions of dollars doesn't seem like that much money anymore to this council, but it's a lot of money for me," Schweers said. "And I am just appalled that we are willing to pay that much money for something that we were not supposed to pay anything for." Councilwoman Anna Johnson, who represents Johns Island, called them "sore losers." "You've got plenty of roads in Mount Pleasant to go where you need to go," she said. "The people of Johns Island need to have another road."

Opponents said the board's action Tuesday still didn't address how the county will come up with the funds, the defining question of the years-long dispute. Jason Crowley with the Coastal Conservation League said the move is merely political pandering, noting the 45-day deadline comes after the November election. "We still don't have the money in place. Where is this money suddenly com-

*Continued next page*





**TOWN HALL MEETING**  
**Town Council Meeting**  
**September 25, 2018**

After the pledge of allegiance, Mayor Ciancio called the September 25, 2018, Town Council meeting to order at 2:30 p.m. Councilmembers Crane, Finke, Gregg and Wells, Town Clerk Allbritton and Town Administrator Cronin attended the meeting. The meeting was properly posted and the requirements of the SC Freedom of Information Act were met.

**Minutes:**

The minutes of the Town Council meeting of August 28, 2018, the Town Budget meeting of August 28, 2018, the Emergency Town Council meeting of September 11, 2018, and the Ways & Means Committee minutes of September 18, 2018, were each unanimously approved as written.

**Financials:** Mayor Ciancio reported that revenue for the month of August was \$188,520, which was \$140,834 over budget, primarily due to higher than anticipated business license receipts in Classes 7 and 8 and the timing of the receipt of business licenses taxes collected by the Municipal Association of SC and transferred to the Town. For the year to date through August, not including funds transferred from the General Fund for road improvements, total revenue was \$944,968. Expenses for the month of August were approximately \$84,897 and were \$20,483 under budget. Expenses for the year to date were \$518,290 or \$372,684 under budget, mostly due to lower than anticipated expenditures on the roadway project. For the month of August, revenue exceeded expenses by \$103,633. On a year to date basis, not including money transferred from the General Fund for the roadway project, revenue exceeded expenses by \$426,678. For the restricted revenues, Accommodations Tax amounted to \$85,517 for the month of August or \$18,477 over budget. For the year to date, Accommodations Tax revenue was \$114,486 or \$36,294 over budget. Accommodations Tax expenditures for August were \$54,794 and were \$25,029 over budget. For the year to date, Accommodations Tax expenditures were \$169,295 or \$7,926 over budget.

**Citizens/Guests Presentations, Comments:**

Mayor Ciancio introduced Katie Arrington, who is a candidate for the U.S. House of Representatives representing the 1st congressional district. After visiting areas of South Carolina that have severe flooding, Mrs. Arrington stated that she feels it is her job, if elected, to make sure that we have the infrastructure needed to prevent catastrophic damage if an event such as Hurricane Florence should hit the Charleston area. Mayor Ciancio remarked that a meet and greet for Mrs. Arrington is being held at Bohicket Marina later in the afternoon and invited everyone to drop by to talk with her.

**Reports of Standing Committees, Commissions, Boards:**  
**Public Safety/Club Long Range Planning Committee –**

**Ad Hoc Committee –** Councilman Gregg reported that Council had reviewed a revised draft of the Employee Handbook at the September 18 Ways & Means Committee meeting and proposed changes have been forwarded to outside counsel for further revision of the draft.

**Long Range Planning Committee –** The Club's Long Range Planning Committee met on September 21 and a draft revision of the Club's 2019 Strategic Plan was presented to the Committee.

**Public Safety Committee –** The Town's Public Safety Committee met on September 10, 2018. The Committee continues to work on planning guides that will address mass care and sheltering of displaced persons following a disaster event and staffing for emergency response when persons with emergency response roles are not immediately available within the community following a disaster event. The Public Safety Committee is scheduled to meet again on October 15th.

**Request of Public Assistance (Hurricane Florence) –** Councilman Gregg reported that the Town has filed its Request for Public Assistance for expenses incurred because of Hurricane Florence and the acknowledgment of the filing was received on September 21. Expenses to be considered include: installation and removal of storm panels at Town Hall; expenses for evacuation of Town Officials; and costs for renting by-pass pumps and generators for the Utility Commission's lift stations.

Mayor Ciancio expressed his appreciation to all members of Council for helping, during the threat of Hurricane Florence, to gather information in order to disseminate public information statements during the course of evacuation.

**Public Relations/Communications –**

**Communications Committee –** Councilman Crane reported that the Communications Committee did not meet in August. Their next meeting is scheduled for September 27 at 1 p.m. On October 24 and 25, the Town will hold a combined training and examination session for the FCC Amateur Radio Operator license (licensing by the FCC is required for operation of HAM radios).

**Social Media –** Social media content continues to be updated according to the ongoing schedule reviewed by the Communications Committee. Town Administrator Cronin reported that the Town's followers on social media increased dramatically during the period when Seabrook Island was threatened by Hurricane Florence.

**Town Website –** Councilman Crane reported that the design process of the Town's new website is basically complete. Time constraints and other priorities have interfered with the content area, but the website is expected to be fully operational by the end of the year.

**Special Projects/Beach Administration –**

**Lowcountry Marine Mammal Network Agreement –** Councilman Wells reported that the Dolphin Program is going well; but, due to a decrease in the number of visitors to Seabrook Island, volunteers are now

only working on Thursday, Friday, Saturday and Sunday for a period before and after low tide.

**Seabrook Island Road Improvements Update –** Councilman Wells reported that Triad Engineering & Contracting's work is continuing on one side of Seabrook Island Road. They are currently replacing the drainage pipes and have already installed two flapper gates. Other work has been added to Triad's scope but a quote has not yet been received for the additional work.

**Community and Government Relations: No Report**

**Ways & Means – No Report**

**Planning Commission – No Report**

**Board of Zoning Appeals – No Report**

**Reports of Ad Hoc Committees: Accommodations Tax Advisory – No Report**

**Reports of Town Officers:**

**Mayor – Committee to Examine Revision to Time Share Ordinance –** Mayor Ciancio stated that Seabrook Island has many rental properties and other properties that have multiple owners. While the Town does not want to discourage either use, we do not want Vacation Time Share Plans proliferating our community. The Town's ordinance currently provides that ownership of one-quarter (1/4) shares of a property are allowed. This does not mean that other fractional shares are either allowed or disallowed. "Vacation Time Sharing Plan," while defined in the State statute, is not defined by Town ordinance. Nor does the ordinance incorporate the State's definition. Because clarification of these issues is needed, Mayor Ciancio appointed Councilwoman Finke and Councilman Crane to a committee that will examine the time share ordinance in detail and come up with a rational proposal for Council by the December meeting.

**Planning Commission Hearing on Senior Living Complex –** Mayor Ciancio reported that the Planning Commission has scheduled two meetings to be held at the Town Hall in the coming weeks. The first will be September 26th at 1:30 p.m. At this meeting, in addition to its regularly scheduled business, the Planning Commission will discuss the meeting format and voting procedure for its consideration of the pending encroachment permit application for the Senior Living Facility. The second meeting will be on October 3rd at 1:30 p.m. At that meeting, the Planning Commission will hear and decide on the application for the encroachment permit. All meetings will be publicized and open to the public.

**Town Administrator –**

**FY 2019 Budget Update –** Town Administrator Cronin reported that the draft of the 2019 budget is about 98 to 99% complete and it will be presented to the Mayor on Wednesday, September 26th, for his review. The draft will then be sent to Council around October 1 and a budget workshop will be held on October 11th.

**Beach Patrol Year End Report –** Town Administrator Cronin reported that the Beach Patrol season for 2018 concluded after Labor Day weekend. The year-end report showed

that there were 134 warnings, 3 citations, 1 call to the sheriff's department, 133 leash law violations (35% residents/65% visitors) and 194 glass on the beach violations. This year's beach patrol contract was for the 2018 year but did provide for renewals of up to two 1-year increments.

Mayor Ciancio reminded everyone that the beach patrol report demonstrates that Seabrook Island residents are aware of and generally adhere to the Town's leash law. This will go a long way to ameliorate the concerns of the Army Corps of Engineers about dogs on the beach when the Seabrook Island Property Owners Association applies for permits to relocate the Kiawah River for beach renourishment.

**Town Hall Renovations –** The Town Administrator reported that renovations to the conference room are substantially complete and painting in the lobby and office spaces is almost complete. A new ceiling fan and artwork for the lobby remain to be done.

**Town Hall Wi-Fi Upgrades –** The Town Administrator is currently looking into increasing and expanding wi-fi capability at the Town Hall and should have a price by the Ways & Means Committee meeting in October.

**Town Council Members –** See Above

**Utility Commission –** Chairman Jim Bannwart reported that plant operations were normal for the month. Financials were positive for the month and year partly due to receiving reimbursement from FEMA for Hurricane Irma expenses. The Commission is currently working on their 2019 budget.

**Petitions Received, Referred or Disposed of:** None

**Ordinances for First Reading:** None

**Ordinances for Second Reading:**

• **Ordinance 2018-06,** An Ordinance amending the Zoning Map of the Town of Seabrook Island so as to change the zoning designation for Charleston County Tax Map Number 147-02-00-020, containing approximately 0.54 +/- acres located at 2460 Seabrook Island Road, from the SR Single-Family Residential District to the AGC Agricultural-Conservation District – Mayor Ciancio explained that 2460 Seabrook Island Road is a property that was purchased by the Green Space Conservancy and, consistent with its procedures, donated to the Seabrook Island Property Owners Association, subject to conditions on its future use. At its last meeting, the Planning Commission voted to recommend that Council approve the rezoning request. Councilman Wells moved to approve Ordinance 2018-06 on second reading. Councilman Gregg seconded the motion and the vote to approve was unanimous. Councilwoman Finke recused herself from the vote since she is President of the Green Space Conservancy.

• **Ordinance 2018-07,** An Ordinance amending the Town Code for the Town of Seabrook Island, South Carolina; Chapter 32, Waterways and Beaches; Article II, Beachfront Management; Division II, Restrictions; Section 32-44, Domestic Animals/Pets; so as to define the terms "on lead" and "on a lead" – Mayor Ciancio stated that, in this ordinance,

the term "lead" and "on-lead" will be defined as a physical restraint made of cord, rope, strap or other material effective for restraining the type and size of dog in question provided that it is no more than 16 feet in length. The Mayor stated that, in his research, he had found at least twenty South Carolina municipalities that have defined the term "leash" as a physical connection between the person controlling the dog and the dog. Still other communities – such as Kiawah Island – have interpreted their leash laws to exclude electronic shock collars. Councilman Gregg made a motion to adopt Ordinance 2018-07 on second reading. Councilman Wells seconded the motion and the vote to approve was unanimous.

• **Ordinance 2018-08,** An Ordinance amending the Town Code for the Town of Seabrook Island, South Carolina; Chapter 32, Waterways and Beaches; Article II, Beachfront Management; Division II, Restrictions; so as to add a new section, to be called Section 32-57, Fishing on the Beach – Mayor Ciancio stated that this ordinance gives code enforcement officers the authority, should they deem it appropriate, to request that individuals either stop fishing or fish elsewhere on the beach if they believe the activity is unsafe for other users of the beach. Councilman Crane made a motion to adopt Ordinance 2018-08 on second reading. Councilman Gregg seconded the motion and the vote to approve was unanimous.

• **Ordinance 2018-09,** An Ordinance amending the Development Standards Ordinance of the Town of Seabrook Island, South Carolina; Article 10, Buffers, Landscaping and Tree Protection; Section 10.60, Specifications for Walls, Fences and Hedges; so as to amend the general requirements for retaining walls and fences – Mayor Ciancio stated that this ordinance is to align the Town's requirements, as to the composition of fences and walls, with those of the Property Owners Association's Architectural Review Committee and to also make other changes involving height, location, drainage impact of walls and fences, etc. As noted by the Town Administrator in the cover memorandum to Council, the Planning Commission, because of Hurricane Florence, has not had an opportunity to review Ordinance 2018-09 and make a recommendation to Council. This ordinance is on the agenda for the Planning Commission's September 26th meeting and will be on the Town Council agenda for second reading on October 23rd. Councilman Gregg made a motion to table consideration of Ordinance 2018-09 until the Planning Commission has an opportunity to review it and make a recommendation to Town Council. Councilman Wells seconded the motion and the vote to approve was unanimous.

**Miscellaneous Business:** None

**Citizens Comments:** A trustee of the Marsh Pointe Homeowner's Association suggested that the ordinance pertaining to walls and fences have wording added that would grandfather existing fences. The Mayor stated that it is not the Town's intention to make something illegal that was legal at the time it was built.

The meeting adjourned at 3:13 p.m.▲

**Charlestonians FOR I-526**  
*Continued from page 12*

ing from?" he asked. "This was a campaign move." The project is still likely at least five years away, due to the permitting process and expected lawsuits, Summey said.

We have various sources for funding, and that's where they'll come from when the time comes," he said, adding that borrowing probably won't be needed. The county has agreed to

pay all costs for defending the project in court. "Bring on the lawsuits. The faster they come, the faster we can" dispose of them, said state Sen. Sandy Senn, R-Charleston.

Earlier this year, McMaster signed a law that put a 90-day limit on how long a permit can be tied up in court on an environmental appeal. Previously, state-issued permits could be blocked indefinitely. This isn't the first time the long controversial 526 project

has seemingly come back from the dead. Supporters call it a crucial link for relieving traffic congestion. Opponents contend it would further fuel suburban sprawl on Johns Island and that the money would be better spent on smaller road projects.

The bank board was on the verge of spiking the project in May but instead declined to make any decision — at McMaster's request. McMaster initially did not take a position on the

project itself, asking only that board members hash out questions openly. Weeks later, he told the bank to fund it, saying the closure of two lanes of the interstate over the Wando River later in May showed why the project on the other side of the peninsula is necessary.

Conservationists had hoped the June vote finally spelled the project's death knell. That previous decision essentially doubled down on the

board's May 2016 vote to unwind the project. Under state law, the governor gets two representatives on the seven-member bank board. McMaster appointed White in March 2017 to replace Charleston real estate developer Vince Graham, after Charleston-area legislators complained Graham was blocking the 526 project. Duncan is the governor's other representative, though he was appointed by former Gov. Mark Sanford in 2004.▲



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the Gibbes museum of art

## Gibbes Museum of Art "It Starts With a Dot"



Pilot Program at St. John's High School for 100+ students

Eye Spy is an established Gibbes Museum program designed to help elementary-level students learn how to examine and converse about art. At Arts, etc.'s request, the Gibbes Museum expanded this program for the 2017 - 2018 school year, developing a pilot project called "It Starts with a Dot" at St. John's High School. During the pilot year, a Museum educator worked in collaboration with acclaimed novelist and English professor Bret Lott, graduate students from the College of Charleston MFA program in Creative Writing and the visual arts and Spanish language teachers at St. John's High School. Students learned to write about their observations of various works of art to support their opinions and created poems based on paintings. A publication was produced at the end of the year that showcased the high

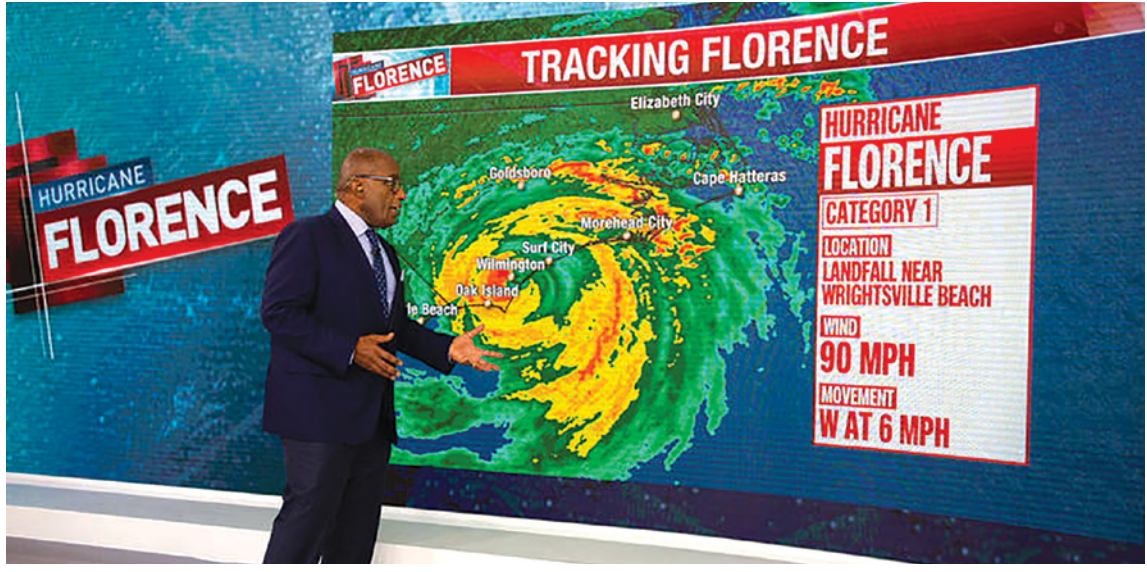
school students' creative writing along with the corresponding artwork. Based on the success of this project, Arts, etc. is again supporting "It Starts with a Dot". During the 2018 - 2019 school year, graduate students and Gibbes museum educators will work directly with St. Johns High School students to promote literacy and creative writing through art. They will meet with the students every other week and use artwork from the Gibbes' collections and special exhibitions as visuals for thinking about and talking about art. Literary and musical sources will be used to relate to the theme. The project will include a field trip to the Gibbes Museum, giving students access to an art collection that highlights works from colonial America to the present. With its new



facility space, the Gibbes Museum offers an ideal setting for inquiry-based learning and a center for creativity. For this group, the field trip will be an integral component as poetry writing activities take place in the galleries. Transportation will be provided. ▲

## Weather Forecasts Should Get Over the Rainbow

Hurricane season means the return of the color-coded weather map. But critics argue that the familiar spectrum of red to violet is confusing and ought to be replaced.



Rainbows may be rare in real life, but they're everywhere in the world of climate and weather data visualization. When the hurricane season arrives, even more of them pop up, offering guidance on the progress and severity of a storm. Their bright bands of color indicate expected wind speed or rainfall, with reds generally indicating higher values and blues and greens lower ones. When President Donald Trump appeared in the Oval Office to warn the public about the dangers of Hurricane Florence, he did so with a rainbow-colored image of the storm prominently on display. But scientists say that the rainbow is often the enemy of real understanding. "Our vision is really good at drawing boundaries and clustering similar colors," explains Rob Simmon, the senior data visualization engineer at Planet, an Earth imaging company. When it comes to the rainbow, this means that the transition from yellow to green jumps out at us, while shifts within, for example, the green part of the spectrum are much less apparent. This can create artificial boundaries in data that is actually smooth—a seemingly technical issue with serious consequences. For instance, the map consulted by Mr. Trump and his advisers during Hurricane Florence included a sharp boundary between yellow and green bands that appeared to represent a huge drop in the probability of tropical-force storm winds. This border stretched through Delaware, West Virginia, Virginia, North Carolina and South Carolina, affecting millions of people trying to determine the level of risk the storm posed. In fact, the difference was just 10%. Such visual confusion also can mislead policy makers tasked

with issuing evacuation warnings. 'Data scientists have been calling for caution in the use of the rainbow scale for decades.' Karen Schloss, head of the Visual Reasoning Lab at the University of Wisconsin, Madison, has advice for anyone trying to absorb this complicated information: "Be aware of the category boundaries in colors that we can see and take a moment to think about what the numbers represent, rather than making a quick judgment that, for example, 'I'm in this color region so I don't need to worry about this.' There's another drawback. While it is easy for most of us to sort a simple gray scale from darker to lighter, drawing conclusions from a rainbow scale often requires knowing the proper sequence of the colors (remember the mnemonic device Roy G Biv, for red, orange, yellow, etc.). Depending on the image, this may be hard to do quickly, and we can end up confused about which parts of a map signal higher or lower values. Finally, rainbow color scales are especially ill-suited for the many people who cannot visually distinguish between certain colors, most commonly red and green. Up to 8% of the male population has some form of color-blindness, and since the community of researchers who make and use data visualizations is largely male, this means that many of those who make and interpret these images are at a disadvantage. Given these limitations, it is no surprise that data scientists have been calling for caution in the use of the rainbow scale for decades. Awareness of the issue seems to be increas-

ing more recently. Matlab, a popular computer language used for image processing, long featured the rainbow as the default color scale. It recently replaced it with a new palette called parula, that ranges from purple through yellow, with a rich range of blues and greens in the middle and no reds. Used well, color can be a powerful tool for communication. "There are no hard and fast rules," says Prof. Schloss. "The question is how to choose colors to reveal the patterns in the nature of the data." On hurricane maps, reds and blues on their own can effectively indicate warmer and cooler water—especially when there are no confusing oranges, yellows or greens in the middle. An improved hurricane map might also take advantage of the way that we perceive sudden boundaries between colors to highlight the threshold of 82 degrees Fahrenheit in water temperature, which determines whether a hurricane will grow or shrink. Still, as a quick scan of weather forecasts, climate visuals and hurricane warnings will reveal, the rainbow is not giving up easily. One reason is that the rainbow palette is easy to program and requires no knowledge of color theory. A simpler explanation is that we like looking at rainbows. They look pretty, and we may even be drawn to them for ecological reasons, speculates Prof. Schloss. "It's a really ubiquitous experience we have," she says. "The rainbow at the end of a storm is a clear signal of a better time." ▲ Sarah Dry —Ms. Dry is a writer and historian of science. Her most recent book is "The Newton Papers: The Strange and True Odyssey of Isaac Newton's Manuscripts."

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# Charleston Symphony Orchestra

Saturday, November 3, 2018  
East Beach Conference Center  
5:00 p.m.  
This concert follows the Symphony Tour of Homes.

CHARLESTON SYMPHONY ORCHESTRA  
Ken Lam - Music Director

No tickets required.

## CHARLESTON SYMPHONY ORCHESTRA

Saturday, November 3 | 5:00PM  
East Beach Conference Center  
No Tickets Required  
Filling the stage with 60 exceptional musicians playing gorgeous symphonic music from Mozart, Schumann, Beethoven and more, the Charleston Symphony Orchestra conducted by maestro, Ken Lam, will perform a full masterworks style concert. The program will include beautiful compositions from a variety of classical artists. This concert follows the 21st Annual Symphony Tour of Homes.

*\*Thank you for not bringing food and beverages into this performance. Beverages will be available for purchase.*



Sponsored by the Kiawah Arts & Cultural Events Council

# Piano Bar at the Sandcastle

## PIANO BAR BLUE HERON POND BOYS

Wednesday, November 7 • 5:00PM  
The Sandcastle  
No Tickets Required  
Bring your own libations

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TICKETS \$10

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# Quiana Parler & FRIENDS

FRIDAY, NOVEMBER 30TH  
7:30 PM

EAST BEACH CONFERENCE CENTER

Ticket Release: Kiawah 11/13 Public 11/16  
Tickets available in person at the Municipal Center or online at [www.kiawahisland.org/events](http://www.kiawahisland.org/events)

## QUIANA PARLER & FRIENDS

Fri. November 30 | 7:30PM  
East Beach Conference Center  
Ticket Release Dates: 11/16

Sponsored by the Kiawah Arts & Cultural Events Council

# ANDY IRWIN PRESENTS LOVE and armadillo migration

Wednesday, Nov. 14, 2018

Seabrook Island House  
7:30 PM

Tickets Complimentary

Complimentary tickets available in person at the Municipal Center or online at [www.kiawahisland.org/events](http://www.kiawahisland.org/events)

## ANDY OFFUTT IRWIN PRESENTS LOVE AND ARMADILLO MIGRATION

Wed. November 14 | 7:30PM  
Seabrook Island House  
Ticket Release Dates: 10/31

Sponsored by the Kiawah Arts & Cultural Events Council

# The Western Wind presents Holiday Light

Joyous Music of Chanukkah and Christmas  
Tuesday, December 4, 2018 at 7:30 p.m.  
Holy Spirit Catholic Church

Ticket Release: Kiawah 11/15 Public 11/20  
Complimentary tickets available in person at the Municipal Center or online at [www.kiawahisland.org/events](http://www.kiawahisland.org/events)

## THE WESTERN WIND: HOLIDAY LIGHT!

Tuesday, December 4 | 7:30PM  
Holy Spirit Catholic Church  
Ticket Release Dates: 11/20



## State Representative Peter McCoy Leadership We Can Count On



### ✓ Protecting our Environment

The lead sponsor of the Shoreline Protection Act to help preserve and protect places like Captain Sam's Spit, Peter has received the Coastal Stewardship Award from the Coastal Conservation League and both the Green Tie Award and the House Conservation Leadership Award from the Conservation Voters of South Carolina for leading on solar energy, conservation issues, and strong opposition to offshore drilling.

### ✓ Growing Jobs and the Economy

Rated the strongest pro-business State Representative, Peter received the Business Advocate Award from the South Carolina Chamber of Commerce for his commitment to grow our local economy and create jobs.

### ✓ Fighting for Taxpayers and Ratepayers

Named a Taxpayer Hero by the South Carolina Club for Growth, Peter has been a consistent leader in protecting our tax dollars. Peter's leadership as the Chairman of the House Utility Ratepayer Protection Committee helped drastically reduce rates SCANA customers pay, following the nuclear plant debacle.

### ✓ Improving Education

The son and husband of former Charleston public school teachers, Peter has led in improving educational opportunities in our state, including co-sponsoring bills to enhance STEM programs, establish scholarships for exceptional needs children, promote our local charter schools, and advance the principle of more money going into the classrooms and away from bureaucrats.

Peter McCoy  
STATE HOUSE  
Leadership We Can Count On

Paid for by McCoy for House





# THE SIP

Administrative News from the Seabrook



## PRESIDENT'S LETTER

Julie McCulloch  
President, SIPOA  
Board of Directors

I was recently honored to represent SIPOA at a Newcomer's Party, held at the Lake House. This twice-a-year event serves as a "formal welcome" to people who have purchased property within the past year.

As is usual with Seabrook Island so-

cial events, it had a wonderful spread of food, prepared by both the Club and committee volunteers, plus an array of adult beverages. The room was abuzz with chatter from about 50 new property owners and other invitees. At the appropriate time, attendees were asked to introduce themselves and tell the group a little about themselves, such as where they moved from, why they chose Seabrook Island, etc.

Virginia seemed to be a popular "home" state and the variety of everyone's backgrounds was amazing. But what struck me most as I listened was that these newcomers were so HAPPY to be here. And over and over, they said they "fell in love" with Seabrook because of its natural beauty and its sense of community. It reminded me of the time, only 5 years ago (!), when my husband and I shared with other newcomers our dazzling sense of wonder, joy and excitement about living here.

As I was watching this group of newcomers, I commented to a friend, "it's so nice to see happy people!" As you might imagine, in my current role, I

often interface with property owners who are not happy for various and sundry reasons, so seeing this brilliant joy uplifted me and fortified my faith in our island.

But their comments also got me to thinking: "what am I personally doing to take care of the island's natural beauty" and "what am I doing to continue building a sense of community"? And as we enter this season of special thankfulness, I'd ask all of you to challenge yourselves with those same questions.

How are you taking care of our natural beauty? Do you diligently recycle? Are you pesticide-free in your yards? Do you let "wildlife be wildlife" by not harassing the alligators or feeding the deer? Do you pick up plastics and cans often found in common areas and on the beaches? Do you take care in where your dog runs free on the beach? Do you stay the heck away from the dolphins as they are strand feeding? Do you "leave no footprint" after a day at the beach?

How are you building community? Webster's Dictionary defines it as: "a

feeling of fellowship with others as a result of sharing common attitudes, interests and goals." Maybe like some of you, I often get caught up in my own life and group of friends and don't really reach out to people I don't know. For example, when I work out the Lake House, I'm so focused on sweating, I barely recognize there are others in the area with me. I've gotten out of the habit of going to Friday night happy hour at the Club, preferring a quiet glass of wine at home. And sometimes when I'm driving around the island, I forget about doing the Seabrook "friendly wave" that I found so utterly charming when I first moved here. Shame on me!

So to all of my fellow property owners, for my friends and my yet-to-be friends, I challenge you to do your part to keep our island vibrant and full of that special community spirit. Be a positive voice and a friendly handshake. Because whether we realize it or not, we are all ambassadors for our beautiful home. ▲

*Happy Thanksgiving.*

## SWITCH TO e voting

If you have not done so yet, please register to vote online in the annual SIPOA election. Skip the paper package and receive your voting materials by email, and vote from your computer or mobile device! Opt in by contacting Allison Townsley at [atownsley@sipoa.org](mailto:atownsley@sipoa.org)



The Lake House will be CLOSING at 1:00PM on Thursday, November 22nd for Thanksgiving and will reopen Friday, November 23rd at 5:00AM for Property Owners (with before/after hour's access) and 8:00AM for guests.

There will be NO FITNESS CLASSES on the following days:  
Thursday, November 22nd  
Friday, November 23rd  
Saturday, November 24th

The Lake House Indoor Pool will be CLOSED from 7:30AM to 9:00AM on Saturday, November 24th for the Sprint Triathlon Relay.

Thank you!



Volunteers will gather at the Lake House on **Saturday, November 3** before heading out to Betsy Kerrison Parkway for our fall clean-up. We will pick up our supplies and leave the **Lake House at 8:30 AM**. Sturdy footwear and weather appropriate clothing are recommended. Gloves and pick-up sticks will be provided. Please come and help out. We can use all the hands we can get!

Call Rich Siegel at 716-969-4731 or email at [richard.siegel2552@gmail.com](mailto:richard.siegel2552@gmail.com) for more information.

# NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30pm Art Open Paint 1:00pm Mahjongg	2 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	3 11:00am Seabrook Smashers
4	5 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:00pm Family Soul Healing Through the Constellation Approach 3:30pm Seabrook Smashers	6 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens  Election Day	7 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	8 12:30pm Art Open Paint 1:00pm Mahjongg 3:00pm Tech Forum 7:00pm SINHG Evening Presentation	9 9:30am Dup Bridge 9:30am Garden Club 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	10 11:00am Seabrook Smashers
11	12 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm SIPOA Board Meeting 1:30pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	13 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 7:00pm Apple User Club	14 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	15 12:30pm Art Open Paint 1:00pm Mahjongg 6:00pm Photography Club	16 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	17 11:00am Seabrook Smashers
18	19 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	20 9:00am Ikebana 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 2:00pm Art Guild Meeting 4:00pm Men's Book Club 7:00pm Coin Club	21 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	22 8:00am Turkey Trot  The Lake House will CLOSE at 1:00PM.  NO FITNESS CLASSES	23 9:30am Dup Bridge 1:00pm Scrapbooking Club 1:00pm Holiday Art Show and Sale 3:30pm Seabrook Smashers  NO FITNESS CLASSES	24 8:00am Sprint Triathlon Relay 11:00am Seabrook Smashers  INDOOR POOL CLOSED FROM 7:30AM—9:00AM  NO FITNESS CLASSES
25	26 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	27 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	28 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers 7:00pm Grief Support Group	29 12:30pm Art Open Paint 1:00pm Mahjongg	30 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	
	8:00am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch 10:45am Total Body Toning	8:00am Water Aerobics 8:45am Cardio Interval 10:00am Core Fusion 11:00am Get Pumped 4:00pm Deep Water Aerobics 6:00pm Evening RideSBI	8:00am Splashers 8:15am Core & More 9:15am HITT to be FIT 10:15am Strength & Flexibility Express 11:00am Total Body Toning 4:00pm Gentle & Restorative Yoga	8:00am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 3:00pm Pilates Core 360 4:00pm Deep Water Aerobics	8:00am Water Aerobics 8:15am Core & More 9:15am Strength & Conditioning 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am RideSBI 11:30am Zumba Gold 50/50



# O A P A G E S

Island Property Owners Association

## LAKE HOUSE SPOTLIGHT



### Thanksgiving Fitness Events

Join us at The Lake House on Thanksgiving morning for  
**Seabrook Island's Annual Turkey Trot!**

This (just over a) 5K race will start promptly at 8:00am from the Lake House and will take you through the front half of the Island. Event shirts are limited; availability and size are not guaranteed after Monday, November 5th.

Thursday, November 22nd • Time: 8:00 AM  
Cost: \$20.00

Registration forms are available at the front desk of The Lake House.

Remember, there is no better way for Seabrookers and their guests to start Thanksgiving Day!!



### 8th Annual Sprint Triathlon Relay Swim. Bike. Run.

Join us at The Lake House on Saturday, November 24th for Seabrook Island's 8th Annual Sprint Triathlon Relay.

Saturday, November 24th • 8AM  
Cost: \$50.00 per team

It's a triathlon with a team twist! Teams are comprised of one swimmer, one biker, and one runner that will work together to complete all 3 legs of the event.

Registration forms are available at the front desk of The Lake House. Please note, this event will be capped, so sign up early to ensure your team is a part of our 8th Annual Sprint Triathlon Relay!

For more information about the Turkey Trot or the Sprint Triathlon Relay, please contact Jamie Mogus Mixson at [jmogus@sipoa.org](mailto:jmogus@sipoa.org).

## Look and Feel Ten Years Younger Improve Your Posture



Have you ever noticed someone with bad posture? It significantly ages them. Good posture on the other hand, will do more to keep you looking youthful than most anything else you have at your disposal.

Although stooped posture may seem to go hand in hand with aging, you can help prevent this characteristic rounding of the spine by following these 5 tips:

**Stay limber:** Many of us spend hours sitting and/or hunched in front of a computer. In order to improve your posture, it is important to open up and increase your range of motion. Start by taking a break from sitting every 30-60 minutes in order to stretch, walk, or stand. In addition, make sure that you include flexibility exercises as part of your weekly training regimen.

**Sit up:** When you do have to sit and/or work at a desk, use proper posture. Sitting straight with your shoulders "dropped into their back pockets" is the correct technique. Your neck and back will also thank you for this.

**Strengthen your core:** Your core includes the muscles of your abdo-

men and pelvic area. Your core muscles form the foundation of good posture. Build up the strength of your core by dedicating part of your training regimen to specific core exercises and by engaging your abdominal muscles both in and out of the gym.

**Support your spine:** Strength and endurance in the spine and trunk muscles are necessary for great posture. Specific exercises targeting the back extensors, neck flexors, pelvic muscles, and side muscles are crucial to spine health and also enable you to stand for long periods of time without back pain.

**Pump Iron:** According to Harvard Medical School, the vertebral compression fractures that subtract from one's height—and can lead to the "dowager's hump" in the upper back that's a hallmark of old age—are due in part to the bone-thinning disease osteoporosis. In many cases, women and men can halt or reverse bone loss with weight bearing exercises such as weight lifting and resistance training. Make sure that you include these essential activities in your weekly training regimen.

Great posture is a life changer. It makes you look and feel younger, stronger and more confident; improves your breathing; advances your sports performance; decreases your risk of injury; improves the efficiency of your movements; and prevents painful physical strain on your joints.

By following the above 5 tips, your upper back will become stronger, your chest will be more flexible, and as a result, your shoulders will naturally pull back—a sign of improved posture. ▲



April Goyer is an orthopedic training specialist, health coach and personal trainer at the Lake House on Seabrook Island, SC. She provides a complimentary consultation to help you gain a fresh perspective on everything you have at your health and fitness disposal. For more information or to schedule an appointment, please contact April Goyer at 614-893-8519 or [april@goyer.com](mailto:april@goyer.com).



## REMINDER

The speed limit on Seabrook Island is **25 MPH OR BELOW**, as posted. Speed limit at the gate and by the Island House is **15 mph**. Please observe all signage, and drive safely, especially as the Summer months bring increased visitor and bicycle/pedestrian traffic.



### The Lake House Series Family Soul Healing Through the Constellation Approach

Presented by: Kathy Maher, Family Constellation Therapist

Date: Monday, November 5th  
Time: 3:00PM to 4:30 PM  
Place: Live Oak Hall of The Lake House

Come experience the possibilities of healing through your family lineage. Family Constellation is a therapeutic modality developed by Bert Hellinger. Presenter, Kathy Maher studied this work in a three year program through the Constellation Immersion Program and it has had a powerful impact.

This form of healing allows us to identify old destructive patterns in our families and make new positive changes by resolving entanglements. It helps us gain insight into our own blocks and loyalties to our families so we can have resolution, healing and more compassion for our families and ourselves.

Join Kathy Maher for a presentation of this work with the option of staying at the end to experience the work yourself. A short meditation will be part of the presentation, as well.

For more information, please contact Kathy Maher at [eksdmaher@aol.com](mailto:eksdmaher@aol.com)



**SEABROOK ISLAND HOUSE CONCERTS**

Chamber Music returns to Seabrook Island

Tickets are \$50 each and advance purchase is required – Please call: (843) 763-4941

**WEDNESDAY, NOVEMBER 14, 2018 AT 7PM**

*The Van de Graaf Residence, 2390 Cat Tail Pond Road*  
 HANDEL Trio Sonata in F Major for Flute, Viola and Harp  
 SAINT-SAËNS Fantasie for Violin and Harp, Op. 124  
 REGER Serenade for Flute, Violin and Viola  
 DEL AGUILA "Submerged" for Flute, Viola and Harp

**TUESDAY, FEBRUARY 5, 2019 AT 7PM**

*The Conyers Residence, 2415 Cat Tail Pond Road*  
 HÄNDEL Sonata for Flute, Violin and Piano in G minor,  
 Op.2 No.2, HWV 387  
 MOZART Violin Sonata No. 23 in D Major, K. 306  
 FRANÇAIX "Musique de Cour" for Flute, Violin and Piano

**WEDNESDAY, APRIL 10, 2019 AT 7PM**

*The Wildermann Residence, 3138 Privateer Creek Road*  
 THE EAGLES Hotel California  
 MCCARTNEY Live and Let Die  
 LED ZEPPELIN Kashmir  
 BEETHOVEN String Quartet No. 3 in D Major, Op. 18

**Calling All Hoosiers**

Seabrook Island residents are preparing for the  
**8th Annual Indiana Day**  
**Tuesday, December 11, 2018**  
 to celebrate the 202nd Anniversary of the state's admittance  
 into the Union on December 11, 1816.

The gathering has become an annual event which includes food, drinks, games, prizes, and singing all with a lot of Hoosier gusto. Participants (including spouses and significant others) are asked to bring a hearty appetizer to share. The organizing committee will provide plates, utensils, and soft drinks (BYOB). Participants are also asked to donate \$5 to cover costs associated with the event. The event takes place at the Oyster Catcher Community Center on Seabrook Island beginning at 6:00 P.M. and will last until 8:30.

If you have a connection (born, raised, lived, educated, traveled through; anything works) and would like to attend, please contact Max Willis at 768-8301 or [mwillissc@yahoo.com](mailto:mwillissc@yahoo.com).

*PS: the chair throwing competition will not be a part of this year's event.*

World Affairs Council of Charleston  
 A Member of the World Affairs Councils of America

FIRST REGULAR MEETING

Nov. 11, 1918: World War I Ended.

A Century Has Passed, but the Great War's  
 Aftermath Still Shapes our World

Citadel Alumni Center • Monday, November 12th • 5:15pm

Guest Speaker - Dr. Bryan Ganaway

*of the History and International Studies Dept., College of Charleston*

This year, around the world, major commemorative events will occur on Nov. 11, Armistice Day, today known as Veterans Day in America, exactly one hundred years after the guns fell silent on the Western front. These remembrances will underscore the war's devastating, calamitous cost. For example, the collapse of the German, Austro-Hungarian, Russian and Ottoman Turkish empires had enormous consequences, unleashing developments that directly impact us today as in Syria currently.



Dr. Bryan Ganaway is a scholar specializing in the events and impact of WWI and WWII on civil societies and military strategies. He will discuss the many ways in which the Great War's impact is felt today. Dr. Ganaway is a Faculty Fellow at the Honors College, College of Charleston, and affiliated with the International Studies and History Departments. He is a scholar of modern German and European history, teaching classes on World Wars I and II. Author of a book on late 19th century German history, his current project is a study of the impact of World War I on 20th century history, with special focus on American military leaders and strategy in the decades after 1918, entitled '1918 – The Dread Year: WWI and the Making of the 20th Century.' A unique teaching resource for his students is an oral history archive, drawing on his interviews of veterans of WWII and completed in conjunction with Rita Livingston. These have been deposited at the Adlestone Library with the Library of Congress.

Dr. Ganaway is a graduate of the University of Miami and received his Ph.D. from the University of Illinois.

To attend as a guest, the fee is \$20! ▲

GRIEF SHARE

## Grief Support Group

The Grief Support Group holds its monthly meetings on the fourth Wednesday of each month at 7:00 pm in the Eagle's Nest Studio at The Lake House. The next meetings will take place on November 28 and December 19.

Grief never ends, but it changes. It is a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love. In a peer support group, there is permission to grieve and share with people who understand while gaining strength from each other. New members are always welcome to join. Participants in the group include but are not limited to those who have lost a spouse as well as those who have lost a child. ▲

For more information, please contact Mary Fleck [marybfleck@gmail.com](mailto:marybfleck@gmail.com)

Non-residents of Seabrook Island may register to attend by contacting Mary in advance.

STEEPLECHASE  
of CHARLESTON

The Race Returns  
**11.11.18**  
 The Race Track at Stono Ferry

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**9:30 - 1:30**  
 Saturdays





# ISLAND NOTICES

## INDOOR PICKLEBALL



St. Christopher's Camp Fridays  
12:30-2:30  
If interested, please contact  
Mary Torello at  
mary.torello@yahoo.com



## SEABROOK STITCHERS

Lake House  
Mondays 11AM-1PM  
For more information,  
contact Denise Doyon  
dendoyon@gmail.com



## SEABROOK ISLAND RUNNING GROUP

Calling all runners!  
There is a running group forming on Seabrook Island. The goal is to get runners of all levels together for running and socializing.

### Group Run • Saturdays at 8:00AM

- We will meet in front of the Lake House. Any distance/level welcome.
- As the days get longer, we will schedule evening runs.
- For more information on all future events, runs, and socials, please join our SI Running Group Facebook page. For questions, please call or text Isabel at 912-399-1793.



## MONDAY MORNING BRIDGE

Welcomes New Members!  
Please join us for  
Monday Morning Bridge.  
You do not need to bring a partner.  
For more information or  
to register, please contact  
Ilse Calcagno at 843-768-0317.

SHOP, EAT & PLAY LOCAL

# HOMEGROWN HOLIDAY BAZAAR

December 1 @ 3546 Maybank Highway  
Johns Island

## The Island Choraliers

present

# A Jazzy Christmas

4pm Sunday, December 2  
Hbly Spirit Catholic Church  
Johns Island

Admission free...  
Donations accepted

featuring

## The Charleston Coastal Choir and The Joy Project Jazz Trio



## 2018 SIB BIRD BINGO & GAME NIGHT

Seabrook Island Birders (SIB) invites members and guests to join us to celebrate our 3rd Anniversary at our "Bird Bingo & Game Night." We will socialize as we eat, drink and be merry playing Bingo and trivia games during a fun-for-all evening! We even have a silent auction item that one of our lucky participants will take home!

**Date:** Friday November 9, 2018

**Registration & Social:** 5:30 pm

**Program Starts:** 6:00 pm

**Location:** Live Oak Hall at the Lake House on Seabrook Island

**Maximum Attendees:** 80

SIB will provide the beverages including wine, water and coffee. Otherwise you can BYOB and we'll provide ice and cups. Just sign up to bring a heavy hors d'oeuvre or dessert. We ask everyone to RSVP no later than November 6 so we know how much wine to purchase and tables to set.

You may renew your 2019 SIB membership for \$10 at the door. Not a member of SIB yet? Join that evening and your \$10 membership will not expire until the end of 2019. Guests are welcome for a \$5 donation.

Don't miss this chance to have a fun filled evening and win some prizes with our flock of Seabrook Island Birders! Space is limited so sign up by going to: [seabrookislandbirders.org/sib-evening-programs-2018/](http://seabrookislandbirders.org/sib-evening-programs-2018/)





**SEABROOK ISLAND**  
Real Estate

*A neighbor you know. A partner you can trust.*

**FEATURED LISTINGS**



**3603 BEACHCOMBER**  
\$995,000

*Location! Location! Enjoy panoramic ocean views and easy beach access from this well maintained four bedroom home on Beachcomber Run. The four story floor plan offers multiple living and outdoor spaces for family and friends to relax and enjoy their time at the beach.*



**2792 LITTLE CREEK ROAD**  
\$949,000

*This gorgeous custom coastal home is designed by Ray Phillips with the Design Group and captures the essence of southern coastal living at its best. As you walk up the stately Charleston brick entrance, you can pause and see the marsh from the front porch. As you enter through the doorway, you will be engulfed with natural light and beautiful views.*



**3029 HIDDEN OAK DRIVE**  
\$779,000

*Wonderful, large, private, beautifully maintained home just a stone's throw to the beach. 5 bedrooms, 4 baths, with a totally remodeled gourmet kitchen. This home offers incredible storage throughout and underneath. This property features an open floor plan and is a fabulous family home with tremendous rental potential.*



**1207 N. JENKINS LAGOON DR.**  
\$349,000

*Located in prestigious Jenkins Point Plantation, this .72 acre home site affords amazing sunsets and serene tidal marsh views. This wonderful location is only a short bike ride away from the Lake House wellness/community center, the Racquet Club, the Equestrian Center, Bohicket Marina and Freshfields Village.*

**SEPTEMBER SOLD LISTINGS**

2511 HIGH HAMMOCK	SOLD	2975 SEABROOK ISLAND RD.	SOLD
2857 BAYWOOD DR.	SOLD	3209 WOOD DUCK	SOLD
2455 THE HAUL OVER	SOLD	2941 BAYWOOD DR.	SOLD
931 SEALOFT VILLA	SOLD	2565 THE HAUL OVER	SOLD
1021 MARSH POINT	SOLD	1220 CREEKWATCH VILLA	SOLD
1731 FIDDLERS COVE	SOLD	2405 THE BENT TWIG	SOLD
3035 MARSH HAVEN	SOLD	1506 SOUTHWICK DR.	SOLD

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