

Happy Holidays

THE Seabrooker

VOL 21 • ISSUE 12 • DECEMBER, 2018

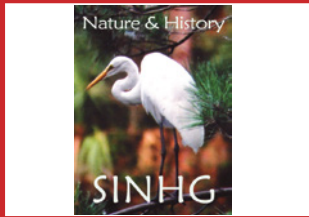
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Monday, December 17, 2018

12 Noon -- 2 p.m.



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SEABROOKER ONLINE at : www.townofseabrookisland.org

A LOT WAS ACCOMPLISHED THIS YEAR ...AND PLANNING AHEAD FOR 2019



FROM TOWN HALL

RON CIANCIO

I would like to review some of the highlights of what was a very active 2018 for the Town of Seabrook Island, and take a glimpse into what we can anticipate next year.

The most visible of this year's undertakings was the overdue work on the drainage system on the Town's portion of Seabrook Island Road. The project was delayed while we obtained required easements from affected property owners and permits from SCDHEC-OCRM (SC Department of Health and Environmental Control - Ocean and Coastal Mgmt). The initial work involved the cleaning of drainage easements across adjacent properties, replacement of a number of reinforced concrete pipes, installation of check valves to prevent the backflow of storm water and the installation cure in place lining for existing drainage pipes. This work will continue into the early part of next year when we will install additional check valves and replace damaged drainage boxes on either side of the entrance to Bohicket Marina.

Other aspects of this project will continue well into next year. We have retained a professional engineering, planning and landscape architecture firm to prepare a master entry plan for Seabrook Island Road from the circle to the gate. As part of this effort, and in anticipation of the future development of the properties on both sides of Seabrook Island Road, the consultant will review and provide recommendations on alternative street sections, widths, capacities and locations of future access points; streetscape elements including landscape, and pedestrian access. The consultant will also

develop an engineered plan proposing the placement of pipes, swales and other drainage devices to address the ponding problem on Seabrook Island Road which we experience after each heavy rain. Seabrook Island Road is the gateway to our community and provides visitors with their first impression of Seabrook. That impression should be a positive one.

We made some changes to Town Hall as well, including repainting the interior, moving the conference room to a larger space, purchasing new conference room table and chairs and upgrading the recording system in council chambers and our telephone and computer systems. We intend to add additional storage space in council chambers and replace the furniture in our waiting room. Next year we will paint the exterior of town hall, replace the front door and purchase outdoor deck furniture. We will also restripe the parking lot and construct a garage adjacent to town hall for the two new vehicles we intend to purchase next year and to provide additional storage.

We were also active on the beach. We worked with our legislative representatives to correct the unintended consequences of SCDHEC's decision to extend the comment period on its Beachfront Jurisdictional Line proposal to April 6, 2018. The extension adversely affected a number of property owners where SCDHEC's proposal moved the baseline seaward of its original location. The legislation supported by the town corrected that situation. We added additional hours and additional personnel for the beach patrol during our peak tourist season. We amended our beach ordinance to exclude electronic shock collars from the definition of "on lead" and to authorize members of the beach patrol to address fishing on the beach where that activity presents a threat to other users of the beach. Lastly, we entered into a collaborative agreement with the Low Country Marine Mammal Net-

work which monitored our beach during peak times to observe and record dolphin strand feeding and educate beach goers on this unique behavior. LCMMN together with 12 Seabrook Island volunteers spent 320 hours on our beach and spoke with 1,252 people through September. Next year, among other things, the town will be placing trash receptacles on the beach to promote a cleaner beach.

We were active on off-shore drilling issues. In response to the Bureau of Ocean Energy Management's request for comments on its 2019-2024 draft Proposed Outer Continental Shelf Oil and Gas Leasing program, the town submitted extensive comments in opposition to the proposed opening of the Outer Continental Shelf, particularly along the Mid and South Atlantic coastline, to oil and gas exploration. The Town agreed to participate as a party plaintiff in litigation proposed to be filed by the South Carolina Environmental Law Project against the National Marine Fisheries Services with respect to its proposal to issue geophysical and geological permits authorizing seismic testing off of South Carolina's shores.

The Town hosted an open house to give Seabrook Island residents a chance to ask representatives of Charleston County questions regarding how the new FEMA flood maps would affect their individual properties. The town also hosted a forum to provide residents with an opportunity to ask questions of the Berkeley Electric CEO Dwayne Cartwright regarding the power outage resulting from Hurricane Irma. Finally the town co-sponsored a well-attended forum where residents were given an opportunity to hear from each of the county council Republican candidates for the District 9 seat from which Jenny Honeycutt was elected to the council.

With the assistance of the Charleston County Planning Department we began work on updating the Town's

Comprehensive Plan. To aid in preparation of the plan we sent out a community survey and held a number of "stakeholder" meetings to gain input from town residents, business owners and organizations on the plan's nine elements. As required by statute, the revised comprehensive plan must be adopted by council by July of 2019. Next year we will also begin work on the five-year update of our Beach Management Plan. Next year we also plan to retain a consultant to undertake a complete review and revision of the Town's Development Standards Ordinance which currently contains a number of inconsistencies and less than precise definitions.

The most controversial issue of the last half year has been the application of Atlantic Partners II for a permit to construct an entrance on Seabrook Island Road for a 200 unit senior living complex. On October 3rd, the Town's Planning Commission approved the application for a permit subject to a number of conditions. Atlantic Partners II has filed a Notice of Appeal with the Charleston County Court of Common Pleas. The initial step in the process will be a mandatory mediation where the parties attempt to reach a settlement on the issues. If we are unable to reach a settlement, litigation on the issue will extend into 2019 and possibly beyond.

What would October be without the threat of yet another hurricane? Council worked closely with the Charleston County's Emergency Management Department to implement Governor McMaster's mandatory evacuation order and the Town filed a request for Public Assistance for expenses related to Hurricane Florence.

It has been an active year, and I believe we have accomplished a great deal. I want to express my appreciation to our Town Administrator, our administrative staff and the members of council for their hard work and effort. We look forward to another productive year in 2019. ▲

TURKEY TROTTERS

ADDITIONAL PHOTOS PAGE 9



Karen Coomer and Isabella Minkin



...and, they're off!!



The turkey!

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THE Seabrooker

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"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

Editor: Michael Morris; Publisher: Bernstein Lash Marketing; Advertising & Layout: Teri B. Lash

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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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The Island Choraliens 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.

The Kiawah Seabrook Group Wishes You a Happy and Healthy Holiday Season. Karen Hilty, Joy Millar, Jane Lowe, Jack Wilson, Sharon Welch, Brendan Magee. dunes properties Real Estate Sales at Bohicket Marina Village and Market | 843.768.9800

Seabrook Island Town Hall Christmas Drop-In. Monday, December 17, 2018. 12 Noon -- 2 p.m. Please bring your Toys For Tots donations. Happy Holidays!

GATE PASSES FOR VRBO GUESTS. Our Security staff is finding that many of these properties do not have gate passes on file when the rental guests arrive at the gate. To help us serve our guests promptly and accurately, please remember to arrange gate passes for your rental guests prior to their arrival, and verify guest name(s) and arrival/departure dates. Thank you!



EXCHANGE CLUB NEWS

Thirty-seven Organizations on Johns and Wadmalaw Islands receive grants from the Kiawah-Seabrook Exchange Club



(L-R) Andy Francis and Vicki Johnson, Friends of Fisher House, with President Jerry Stephens



Lyn Magee, Next Step Johns Island, with President Jerry Stephens



(L-R) Bill Britton, JT Carpenter, John Sandy, Water Wellness, with President Jerry Stephens



Gail O'Malley, Lowcountry Orphan Relief, with President Jerry Stephens



(L-R) Louise Baucom, Marie Hornsby & Principal Judy Condon, Angel Oak Summer Program, with President Jerry Stephens



(L-R) Ben Singleton and Rev. Sidney Frazier, Sea Islands Cares, with President Jerry Stephens

It was a big night on Johns Island, with the Kiawah-Seabrook Exchange Club announcing and providing grants to 37 non-profits that benefit the island's citizens. The grants are the result of the organization's advertising sales for the Kiawah-Seabrook annual directory as well as contributions from other fundraising activities across the year. Over \$120,000 was distributed at the event. All the organizations receiving grants provide services to the people of Johns and Wadmalaw Island. The grants fell into five categories that reflect the needs of the community. The following organizations received grants from the club this year:

- Fields to Families; Hebron Zion food pantry; Meals on Monday; Meals on Wheels; Next Step John's Island; Community Service - Health; Adaptive Expeditions; Barrier Island Free Medical Clinic; Bumper T Caring Clowns; Camp Happy Days; Habitat for Humanity; Our Lady of Mercy; Respite Care of Charleston; Water Wellness; WaterWise; Child Abuse Prevention; Dee Norton Lowcountry Center; Lowcountry Orphan Relief; Florence Crittenton Programs of South Carolina Youth and Education; Angel Oak Summer Program; Barrier Island Environmental Learning; Camp HI Hopes; Charleston Animal Society; Charleston Collegiate School Library; Communities in Schools, General Program; Johns Island Regional Library; Junior Achievement; Mt. Zion Weekly Dance Lessons; Americanism; Vets on Deck; Veterans Day Golf Outing; Friends of Fisher House

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### Chateau Musar "Jeune"

Over the last few weeks I have had a new favorite by the glass pour at Vintage Lounge. The wine is a blend of Cabernet Sauvignon, Syrah and Cinsault. Medium bodied with firm tannins, the wine drinks like \$30-\$40 Bordeaux. The exciting part is that the wine can be found retail in the \$18 range. While it's a remarkable deal, it's not so unusual that I would take the time to write an entire article about it. So what makes this wine different?

The name of the wine is Chateau Musar "Jeune" and it is the second wine from Chateau Musar. Now the interesting part, Chateau Musar is located in the Bekaa Valley in Lebanon. Yes, Lebanon. If you ever doubt the passion that many winemakers possess, imagine the challenges that this winery confronts in making wine in a part of the world where instability is the lay of the land.

Musar's story begins in the 1920s, when Gaston Hochar left for France to study medicine and in the process discovered a real love for wine. Upon his return in 1930 he started Chateau Musar. When his son Serge took over in 1959, winemaking remained the same - a non-interventionist 'natural' style, vinified with wild yeasts and using minimal sulphur. All now very fashionable, but back then natural wine was unheard of.

The coming out party for the winery occurred in 1979 when Michael Broadbent, a very successful auctioneer and one of the top names in

the wine industry, named the 1967 Musar "Discovery of the Fair" at the 1979 Bristol Wine Fair. Since then the win has become well known in the industry for both its high quality and the availability of back vintages. In fact, you can still acquire a bottle from a very successful string of vintages in the late 80's and early 90's in the \$200 range. A similar quality wine of that age from Bordeaux would push \$1000.

The current vintage (2010) can be found in the \$50 range and remains one of the most affordable ways to experience a world class wine that is still gaining secondary aromatic and flavor notes. It is not lost on this writer that although it is incredible bargain at that price, not everyone has a desire to spend that kind of money on a bottle of wine. Which brings us to their young wine bottling "Jeune" the current 2015 release of which can be found for \$20 or less.

The young wine bottling, which is fermented in cement, sees no oak and is meant to be consumed upon release (although I'm confident it will drink well for years). Inky-dark, silky-textured and aromatic, with blackcurrant and raspberry notes and a spicy finish, it evokes the wines of Bordeaux or the Roussillon. I would recommend decanting it as the wine throws a noticeable amount of sediment, but I can't think of a better wine to enjoy with a steak or roast chicken to turn your Friday night dinner into something that feels quite special.

It certainly provides a memorable wine experience at an incredible price.▲

### Pineapple Appearance on Christmas

By Kathleen McCormack  
Follow on Instagram @seabrookeats

In Colonial America, pineapple, the favorite fruit of English royalty, was rare and very expensive. A pineapple displayed on a holiday dining table signified a family's wealth and Christ-rand in society. There's evidence of this symbolism all over Charleston where pineapples adorn everything from door knockers, to cocktail napkins, to bedposts.

When preparing to receive guests, the Colonial hostess would cleverly situate her pineapple up on a pedestal, literally, to ensure its visibility to guests. Ironically, that privileged pineapple was often rented to the hostess by a shrewd entrepreneur who would later take back the fruit and go on to rent it to another neighbor eager to put it on display at their house. Then, as now, image was everything.

Today, the pineapple is more a reminder of tropical vacations and

a symbol of hospitality rather than status. Now that it's no longer rare or pricey, sweet and juicy pineapple is a crowd favorite. Looking for an easy way to delight your family on Christmas morning? Introduce pineapple to bread pudding and serve this twist on a classic for your holiday breakfast.

#### Pineapple Bread Pudding

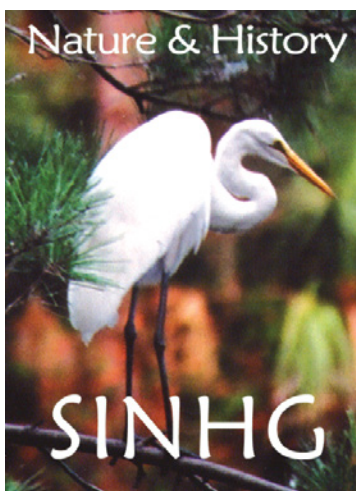
Serves 6-8  
8"x8" baking dish, buttered lightly

#### INGREDIENTS

- 4 tbs unsalted butter, melted
- 1 1/2 cups sugar
- 3 eggs, beaten
- 1 cup milk
- 1/2 tsp vanilla extract
- 2 cups chopped pineapple, drained
- 1/2 cup chopped pecans or walnuts (optional)
- 4 cups cubed bread (or croissants)

#### METHOD

1. Preheat oven to 325 degrees
2. In mixing bowl, combine butter and sugar
3. Add beaten eggs, milk, vanilla, nuts, and combine well
4. Add bread, mixing gently
5. Pour into buttered baking dish
6. Bake for one hour. Allow to cool before serving.▲



Nature & History

SINHG

### SINHG ANNOUNCES 42 TRIPS FOR SPRING

Forty-two signature SINHG Trips are on the schedule for the new year for SINHG members, with eighteen new expeditions included on the list. Among the new entries are a Segway tour of the Old Village at Mt. Pleasant; two fishing trips aboard a 25-foot SeeVee, one off-shore and one near-shore; and a private tour of the newly-opened South Carolina Historical Society Museum at Charleston's landmarked "Fireproof Building".

Popular Trips returning for the new year are a downtown Pirate Tour led

by well-known tour guide Carol Ezell-Gilson; two kayaking tours to Echaw Creek and Bohicket Creek; a Charleston Brewery tour; and a journey across Charleston Harbor to historic Morris Island and its iconic lighthouse with historian Dr. Stephen Wise.

The spring schedule of trips begins in February and continues through April, 2019. The signup deadline for spring Trips is December 14th. To learn more about SINHG Trips and to explore membership, visit [sinhg.org](http://sinhg.org).▲

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Thank you for your continued support! Happy Holidays!

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### Parking and Gate Access Addressed

In the COVAR August meeting, the Gate Access software was demonstrated and discussions took place around gate passes and challenges experienced this summer with parking issues. A representative from COVAR presented the list of concerns and suggestions to the SIPOA Safety and Security committee. The following is the list of items discussed and the Safety and Security committee responses as documented by the COVAR representative.

- ◆ There is a preference that renters be limited on the number of gate passes that can be requested for their rental unit during the same time period. Most Owners suggest 3 or less gate passes per rental unit. All vehicles should fit into the rental unit driveway.
- ◆ SIPOA is working on establishing criteria for vehicle parking maximums for all rental units - both single and multi-family. Not all multi-family rental units have driveways for renter parking.
- ◆ The above suggestion of 3 or less gate passes, will not only assist with parking issues when there are vehicles outside the driveway, but it may also limit the number of occupants beyond their agreed number.
- ◆ Owners would prefer that gate passes be only requested by an Owner using their password or online gate access software or a rental company that holds a current business license. They do not like that renters can request gate passes.
- ◆ Tenants expressly identified in rental documents are permitted to obtain passes for guests as an implicit right delegated by the renting Property Owner. (Rules & Regs III.A.1 and Covenants Section 1). Renters cannot use the online system to arrange guest passes. They must contact Security directly. If a renter requests a pass for a guest, Security can verify the identity of the renter through the gate pass system. Guests that are not authorized renters cannot obtain passes for guests. SIPOA also urges anyone who rents their property to NOT disclose their confidential Gate Access ID number/word to any guests.
- ◆ Owners could temporarily exceed the number of gate passes if they are having a one-day event or party.
- ◆ This is already allowed for both multi-family and single-family properties. Most owners notify Security in advance.
- ◆ Should a penalty be considered for rental companies that continue to not request gate passes ahead of time for their customers?
- ◆ This is planned for 2019. The gate pass system was new in 2018 and people needed time to become familiar with the system. The rental companies have been using the Fast Access pass system since it began. VRBO's have been slower to comply and SIPOA will be contacting them to require use of that system.
- ◆ Overnight parking should be off all SIPOA owned roads. Security should have the authority to issue a ticket if the owner of the vehicle does not move off the road when requested.
- ◆ Overnight parking is not allowed on SIPOA roads. Security issues Citations. (Rules & Regs E.1.a).
- ◆ If anyone is parked in front of or within 50 feet of a fire hydrant, Security should immediately issue a ticket.

◆ Parking is not permitted within 50' of a fire hydrant or traffic island. Security issues Citations. (Rules & Regs E.1.c).

◆ The Town is going to purchase a new software system from Bear Cloud Software. The software is called Short Term Rental (STR) Helper Code Enforcement programs. Consider working with the Town to purchase additional modules for parking oversight and occupancy. Joe Cronin the Town Administrator can provide more detail information on the benefits of some of the modules for the POA. The Town is going to use at least one module to assist with monitoring business licenses for rental units.

◆ SIPOA has looked at similar informational/enforcement software in the past. We are aware of the Town's intent to purchase Bear Cloud and contacted them several months ago about the possibility of collaborating to obtain modules that could serve SIPOA's needs.

Implementing the few changes above should reduce the lines at the gate when passes are not requested prior to the arrival of the guest or renter. It should also assist with some of the parking issues that were experienced in the summer and Holidays. When requesting gate passes, if you also request a voucher, this will speed up entry by providing the scanning box instead of Security having to look up each name. You need the guest/rental customers email address to request a voucher.

Access for Emergency Vehicles should always be considered when individuals park on both SIPOA owned roads and private roads within Association and Regimes (villa communities). The Board just approved fines to be administered when parking violations occur. Parking in a fire lane and unauthorized parking in a handicapped parking space will now incur a \$250 fine per incident.▲

### 3RD ANNUAL BOHICKET MARINA CHRISTMAS PARADE OF BOATS

Saturday, December 8th • 5:30-9PM



Join this year's 3rd Annual Parade of Boats at Bohicket Marina & Market! Great fun for the whole family! Come down and enjoy the Charleston Coastal Choir singing Christmas Carols with Hot Chocolate & S'mores by the fire! All this in a beautiful venue on Bohicket Creek while watching the Parade of Boats will be the best way to get you into the Holiday Spirit!

To participate in the Parade of Boats please stop by the Marina Office for the Rules & Registration Form or go to [www.holycitysailing.com](http://www.holycitysailing.com) for more information. There are great prizes planned for participants! ▲



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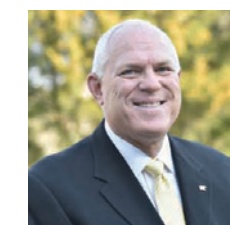
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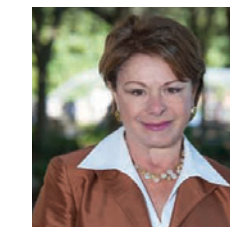
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# HEALTHY AGING

Jerry Reves, MD

## New Exercise Guidelines Just Published



Hot off the press (published November 10, 2018 in the Journal of the American Medical Association) are the new National Exercise Guidelines for Americans. A committee of scientists and physicians used available, recent scientific literature to update the 10 year old, 2008 guidelines. The recommendations do not break new ground but do help us understand the benefits of exercise and what is needed to achieve these benefits. One important new recommendation regarding exercise is that you do not need to have your exercise done in sessions of 10 or more minutes a day but rather, as long as you exercise during the entire day, any exercise counts towards your minimal needs. The new guidelines are available at: <https://jamanetwork.com/searchresults?q=The+Physical+Activity+Guidelines+for+Americans.&SearchSource=Type=1>

**Recommendation for "Seniors"**  
The full report breaks down recommendations according to age and condition (like pregnancy), but we will focus on the older adult age group. Exercise should be part of your everyday plan – in fact, the best way to see that you get minimal exercise is to schedule it like any other important appointment in your day. What is now recommended is a minimum of 2.5 hours a week of moderate to vigorous exercise. The more one does the better. The goal should be 2.5 or 5 hours per week. One easy way to think about this is to plan 50 minutes a day for 6 days of the week that gives you 1 day a week "off." Some people prefer morning exercise and other mid-day or afternoon. Whatever works for you is good. Variety of times is also good as long as the minimal amount is achieved. Remember it no longer is mandated that all your exercise needs to come in one or two sessions a day. You can spread it out over the entire day. Just Do It as Nike has taught us to say.

**Intensity of Exercise**  
Now that we know how much exercise we are supposed to get it is important to discuss the various types of

exercise required for optimal results. Exercise is classified into intensity and types. There are three intensity levels: low, moderate and vigorous. Moderate and vigorous are the two that confer the most health. A convenient way to grade your exercise is on a scale of 0 to 10, with 0 being none and 10 your maximum. Zero would be sitting in a chair and 10 jogging up a mountain. A brisk walk for most people is defined as about 5 mph and still able to talk constitutes a grade 5. Jogging up a hill and breathless would be a grade 10. The further you are toward 10 the better on your daily intensity scale. The goal is to try to do most of your exercise at 5 or above.

**Types of Exercise**  
There are 5 general types of exercises we should be doing (see table 1). **Aerobic** activity is defined as using up oxygen and involves exercising the large muscle of the body in activities such as walking, biking, swimming, jogging, and many other sports. There are 3 self-explanatory components to aerobic exercise: 1) intensity, 2) frequency and 3) duration. The goal is to balance all 3 so that you get a "good workout" which translates to a 5 or higher for about 30-60 minutes a day. Aerobic exercise should be the foundation upon which all your exercise is built, meaning that this must be done and the others should be added when and where possible. **Muscle-strengthening** include weight lifting and or resistance training. There are 3 components to this: 1) intensity, frequency, and sets or repetitions. Household chores like bringing in bags of groceries count as does any lifting. Rubber band stretching exercise are good ways to meet these needs. This exercise is aimed at the major muscle groups of the body – the legs, hips, shoulders and arms. **Bone-Strengthening** exercises also called weight bearing cause a force to be applied to the large bones in our legs and arms. Doing push-ups or jogging would be examples of this activity. Balance exercises are designed to help us maintain balance and ultimate-

ly prevent falls. Dancing, step classes, yoga and Tia Chi are examples of this activity. **Multicomponent Physical Activity** as the name implies is a combination of all the above exercise types. These activities are generally found in the athletic games we engage in like tennis, pickle ball, racket ball, basketball, swimming etc. Other activities in this category are gardening, yoga, dancing etc.

**Health Benefits**  
Exercising at the level discussed above has been shown to improve and maintain health. Specific areas of improvement are in reduced anxiety, lower blood pressure and improved sleep, brain function and insulin sensitivity (less adult onset diabetes). Furthermore new evidence shows that exercise reduces risk of cancer, reduces depression, reduces falls, and enhances quality of life. For people with chronic disease like arthritis, cardiovascular disease, cancer, various dementias exercise improves function and quality of life and in many instances duration of life. A full listing of the health benefits associated with regular physical activity is shown in table 2. The cognitive effects of exercise have recently proven important in diverse chronic diseases like previous stroke, spinal cord injury, Parkinson disease, muscular dystrophy, traumatic brain injury, limb amputations, mental illness and Alzheimer disease. Exercise has also been proven to prevent falls and other accidents.

**Bottom Line**  
Exercise if the single most important thing we can all do to improve our health status as we age. It is essential that we get 2.5 to 5 hours a week in of moderate to vigorous exercise. We should schedule aerobic exercise for nearly every day and add occasional days various additional activities like muscle strengthening and balance. The new guidelines are in and the news remains the same: the more we exercise the healthier we will be. ▲

### Table 1 Types of Physical Activity and Intensity

Aerobic	Large muscles improving cardiorespiratory fitness
Muscle-Strengthening	Skeletal muscle strength, power and mass
Bone-Strengthening	Promotes bone growth by exerting force on bones
Balance	Improve resisting outside forces for stability
Multicomponent	Involves 2 or more of other activities
Absolute Intensity	Expressed as metabolic equivalent of task (METs)
Relative Intensity	Grade individual activity easy to hard on scale of 0-10

### Table 2 Health Benefits From Regular Physical Exercise

Lowers all-cause mortality
Lowers risk of cardiovascular disease and mortality
Lowers risk of heart disease and stroke
Lowers risk of hypertension
Lowers risk of type 2 diabetes (adult onset)
Lowers risk of adverse blood lipid profiles
Lowers risk of cancers of bladder, breast, colon, endometrium, esophagus, kidney, lung and stomach
Improves cognition
Reduces risk of dementia including Alzheimer disease
Improves quality of life
Reduces anxiety
Reduces depression
Improves sleep
Slows or reduces weight gain
Reduces weight
Improves bone health
Improves physical function
Lowers risk of falls
Lowers risk of fall related injuries



# The Medical University of South Carolina to Support 2019 U.S. Women's Open Championship



First Ticket to the Open Given Away



Seabrook Jane Morris and Darius Rucker



Go Tigers!



The 74th U.S. Women's Open Championship will team up with the Medical University of South Carolina (MUSC) health system to provide onsite health and wellness services and junior programming, the two organizations announced today. Conducted by the USGA, the championship will be held May 30-June 2, 2019 at the Country Club of Charleston.

"We believe the U.S. Women's Open Championship will greatly benefit from the support of MUSC Health, and this collaboration further demonstrates the Charleston community's support for this championship – the most important championship for women in golf," said Matt Sawicki, U.S. Women's Open championship director. "MUSC Health is hugely impactful in Charleston, and their medical expertise as well as passion for inspiring juniors to lead healthy lifestyles align well with our championship's mission."

As part of its onsite medical support during championship week, MUSC Health will provide all first aid and medical treatment for fans, volunteers and players at various locations throughout the facility. In addition, it will lead a campaign focused on en-

ing fans prioritize sun safety and hydration while enjoying the championship.

Through their support of junior programming, MUSC will be an integral part of activities for juniors and their families leading up to and during the championship. All kids aged 18 and under will receive complimentary admission to the championship with a ticket-holding adult. Specific week-long onsite activities for junior will be announced close to the championship. "It's our pleasure to support the U.S. Women's Open Championship," said Dr. Patrick J. Cawley, MUSC Health CEO and Executive Vice President for Health Affairs, University. "At MUSC Health, we strive to do what we can to build healthier communities beyond our hospital walls and the family-friendly aspect of the championship is a great opportunity to do that. Children and women's healthy lifestyles are at the forefront for us as we plan the opening of our MUSC Shawn Jenkins Children's Hospital and Pearl Tourville Women's Pavilion next year, and teaming up with some of the world's greatest female athletes in our own backyard is a special opportunity to highlight our commitment to the care

of women and children in our community."

MUSC and the U.S. Women's Open will work together to engage with the community through a variety of programs and events leading up to the championship, with a special focus on the MUSC medical center and Children's Hospital. Along with today's announcement, the championship's co-chair and Charleston native Darius Rucker brought the U.S. Women's Open trophy to the Children's Hospital and spent time with patients engaging in conversation and even getting in some putting.

Championship tickets and Palmetto Pavilion packages are on sale now at [uswomensopen.com](http://uswomensopen.com). Opportunities to participate in the 74th U.S. Women's Open as a volunteer can also be found at [uswomensopen.com](http://uswomensopen.com). ▲

Julia Pine



# HAPPY HOLIDAYS

FROM THE GREEN SPACE CONSERVANCY

The month of December is synonymous with gifts, and the Green Space Conservancy has just received a wonderful holiday present! Great neighbors and friends of the Conservancy, Lynn and Bill Baker, have always felt strongly about supporting the communities in which they lived. They had been talking about ways they could give back to Seabrook Island, so when they learned that a friend had purchased a property on Seabrook and didn't quite know what to do with it, Bill and Lynn decided that they would buy it from their friends and donate it to the Conservancy. The property is located at 2906 Seabrook Island Road and is a perfect corridor between a marsh and a lagoon for many of the animals that call Seabrook Island their home. This generous donation brings the total number of properties donated to or purchased by the Conservancy to 29! In a recent conversation with Bill, he said "It wasn't a difficult decision for us at all and it was so easy to accomplish. We donated the property the same day we settled on it." What an incredible gift and we are grateful to the Bakers for their generosity!

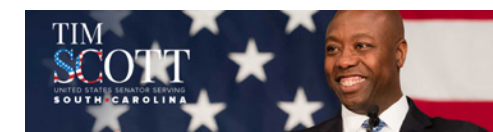
The Bakers were college sweethearts at Clemson University. After graduating, they married, raised three children and now have three grandchildren. They live on Johns Island

currently but owned property at Salt Marsh for years and loved vacationing on Seabrook and taking part in all the activities Seabrook had to offer. Although they still own a mountain home in Sunset, South Carolina, they spend most of their time on Johns Island and on Seabrook, enjoying the occasional game of golf or tennis, boating, long walks on the beach and many of the activities offered at the Lake House. "We simply love living here," said Bill.

We hope you had an opportunity to read the Green Space Brochure entitled "This Land is Your Land" inserted in the November Seabrooker, which explains the goals and objectives of the Conservancy. If you are interested in supporting this endeavor either by donating an undeveloped lot or making monetary contributions, please visit our website at [www.sigsc.org](http://www.sigsc.org) to learn how, or send contributions to the Seabrook Island Green Space Conservancy, P.O. Box 185, Seabrook Island, SC 29457-0185.

The Green Space Conservancy wishes all Seabrookers a peaceful and happy holiday season! And please mark your calendars for our Green Space Gala on Sunday, March 17, 2019 at the Island House. Watch for information on ticket sales in Tidelines and the Seabrooker. ▲

Beth Nichols, SIGSC



## Senator Tim Scott to Accept Applications for Spring 2019 Internships

U.S. Senator Tim Scott has announced he is accepting congressional internship applications for available positions in his Washington DC, North Charleston, Columbia and Greenville offices for the spring of 2019. The internship program offers undergraduate and graduate students practical experience in constituent services, the legislative process, government policy, and press. The internship provides students with the ability to work with and learn from public service professionals, as well as gain a better understanding of how their government functions.

**Washington, DC Office:** In Washington, interns have the unique chance to research legislation, attend Congressional hearings and briefings, assist with press tasks, and help with constituent letters on issues. Responsibilities also include answering phones, helping to coordinate meetings, and other administrative tasks. By the end of the program, students will come

away with a stronger understanding of the lawmaking process, will have improved their communication writing skills, and critical thinking abilities.

**South Carolina Offices:** (North Charleston, Columbia and Greenville): In the South Carolina Offices, interns will take an active role in the community, working on state-based projects of importance, while also answering phones, completing research and other projects, and being an integral part of day-to-day office operations. State office interns have the ability to assist with issues that are personally affecting our citizens.

Internship hours are flexible to accommodate students' course schedules, but can generally run 8:30 a.m. to 5:30 p.m., Monday through Friday. Interested South Carolina students should contact the internship coordinator at [internships@scott.senate.gov](mailto:internships@scott.senate.gov) or (202) 224-6121. ▲

## REMEMBER: Grief Support Group on Seabrook Island



The Grief Support Group will meet on December 19, 2018 at 7:00 pm in the Eagle's Nest room at the Lake House. 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.

It takes strength to make your way through grief, to grab hold of life and to let it pull you forward. In a peer

support group, there is permission to grieve and share with people who understand while gaining strength from each other.

For more information, please contact Mary Fleck at [marybleck@gmail.com](mailto:marybleck@gmail.com). Non-residents of Seabrook Island may register to attend by contacting Mary Fleck at [marybleck@gmail.com](mailto:marybleck@gmail.com) in advance. ▲

Seabrook Wild Things  
by Members of the Environmental Committee

# ACCESSING WILDLIFE SIGHTING FORMS

What does it mean to you to live in a community that has a large and diverse population of wildlife species occurring and thriving in their virtually natural habitats? The importance to Seabrook Island residents to observe and interact with the wildlife resources on the Island was reflected in a recent annual survey. Eighty-five percent of the respondents agreed that the presence and variety of wildlife was extremely important to them, and in some cases, the primary reason they chose to live here. Many residents look for ways to learn more about the animals they encounter almost daily. Where they live, what are their habits, what do they eat, how do they raise their young, are just some of the things we are interested in learning more about. Fortunately, there is a method in place that does allow residents to, not only to learn some of these things, but also to help contribute to the data collection.

For several years the SIPOA Environmental Committee has used information submitted on "Wildlife Sighting" forms that are accessed through the SIPOA Home Page. Most residents are at the least, curious about the diversity and habits of our non-human residents. They

are particularly interested in high profile species such as bobcats and piebald deer. Through information submitted on the sighting forms the committee can obtain several interesting facts about the number and location of individual species, their movements and habits, and other bits of helpful data. Residents are also encouraged to submit comments on any unusual, or interesting wildlife behavior they might observe. Although not statistically accurate, such a data base can give useful insight into the numbers and health of individual species populations. Through the Wildlife Sighting forms submitted in recent years, residents have reported location sightings of our four Piebald deer (Two Spot, Tarpon Pond, White Belly and this year's new baby Spinnaker), bobcats, coyotes, foxes, and recently the arrival of armadillos.

To report a sighting is easy; but as we are all aware the Seabrook Island web pages have changed and the method of accessing the form is slightly different. First go to the Discover Seabrook page, [www.discoverseabrook.com](http://www.discoverseabrook.com). Notice the SIPOA link on the top of the page. (photo 1). Drag your cursor over SIPOA and a

drop-down menu appears. Click on SIPOA Forms and you will be taken to a page that looks like this photo 2.

The second item is Wildlife Sighting and once you click on that link this form appears (photo 3).

Now, it is the simple matter of filling out the form. Your address or the location of the sighting is especially important. This will help members of the Wildlife sub-committee to plot the animal's location on a map and over time, to show how individual species are distributed throughout the Island. Your email address and phone number are needed only if something needs to be clarified. Periodically, maps will be published showing the locations of sightings. Your name, address and contact information is only used by the committee to contact you and would not be published.

The committee has enjoyed the pictures residents and guests post on social media, especially Next Door. However, we cannot place these sightings in our data base without an address. Perhaps if you post a photo you can also help us out by filling out the sighting form, too. ▲

Roger Banks and Lucy Hoover  
Members Environmental Committee



PHOTO BY CHARLEY MOORE

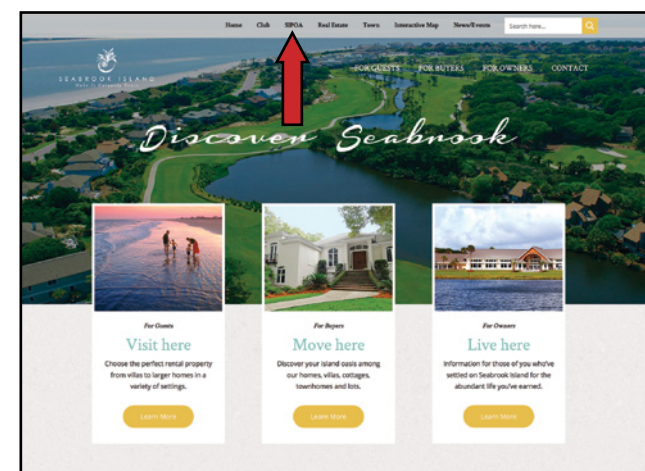


PHOTO 1

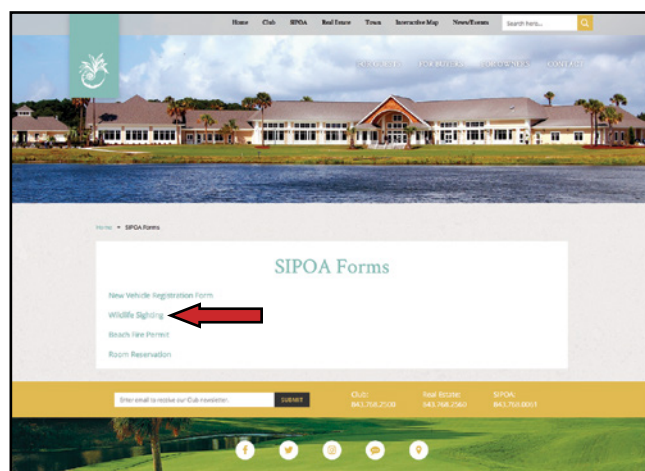


PHOTO 2

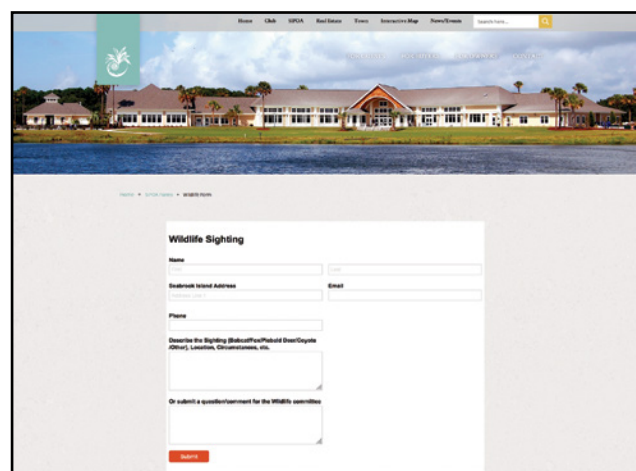


PHOTO 3



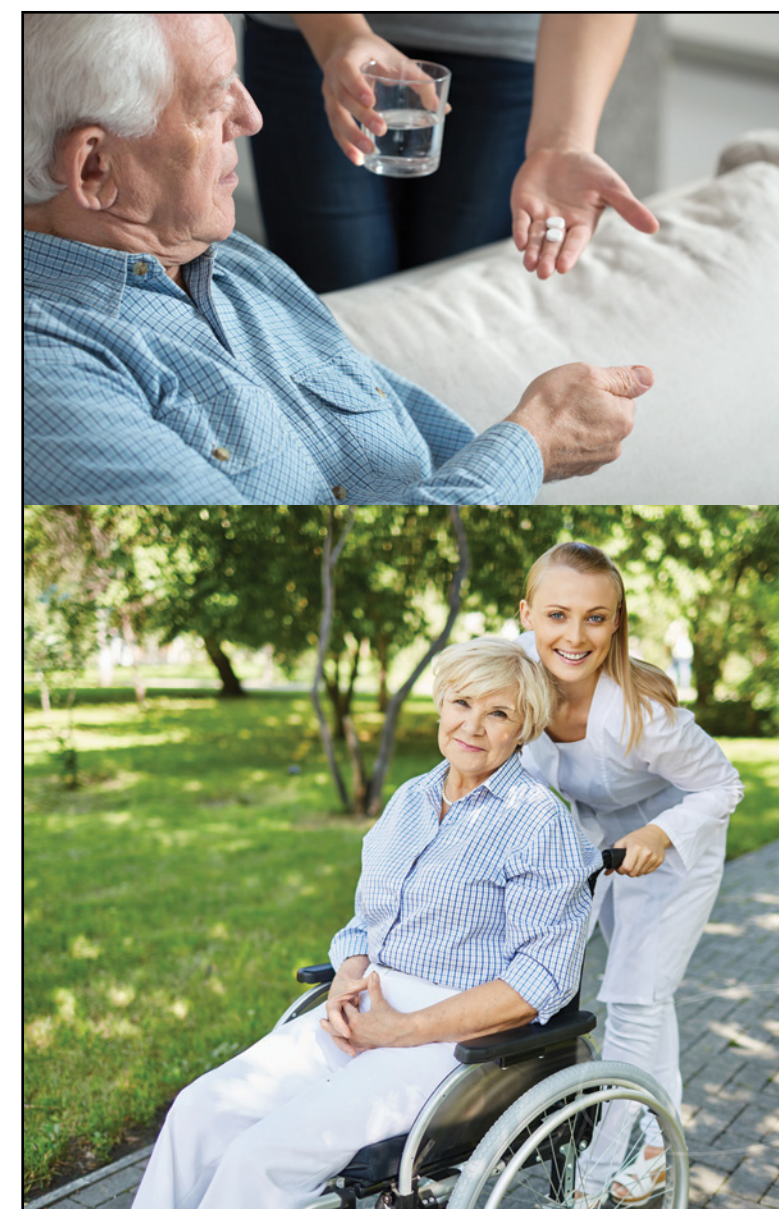
## RUN GOBBLE RUN!



## GOODBYE AND GOOD LUCK

Dr. John Benzel, a member of the Island Choraliers for the past 16 years and who taught an excellent weekly opera class on Seabrook Island for almost as long, has "retired" to Wilmington, Delaware where he grew up.

John is seated in the center of the group at a rehearsal this month (shown left) and with the Choraliers from 2002 (shown right).



## BISHOP GADSDEN IN YOUR HOME

Bishop Gadsden is now providing companion and personal home care services throughout the greater Charleston community.

Let us bring our experienced and reputable staff right to your door.



YOUR SOURCE FOR *Positive Living* AT HOME

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[bgconnections@bishopgadsden.org](mailto:bgconnections@bishopgadsden.org)

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*A thriving life plan community located on James Island*

**THE EDISTO**  
3/4 Beds, 4 Baths  
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**SALT MARSH REALTY GROUP**

**MODEL OPEN WED-SAT-SUN | 11 AM - 4 PM**

- Lives like a one-story home: master, study/4th BR, living areas, and screened porch on main level
- Community dock, salt water pool & cabana, putting green
- Upper Level - 2 BR / 2 BA & Den
- 3.5 miles of beachfront, 36 holes of golf, racquet ball, & various dining

**The Britton Group**  
WE SELL SEABROOK  
BILL BRITTON, CAROLINE SEUFERT, DIANE MCCOY





# THE SIP

Administrative News from the Seabrook



**EXECUTIVE DIRECTOR'S CORNER**  
Heather Paton  
hpaton@sipoa.org

The following information - as of the November Board Meeting:

**Operations & Maintenance:**  
Maintenance staff has prepared the Gatehouse and Lake House for the holiday season. The Boardwalk 3A crossover replacement is complete and the boardwalk is open. Winter seasonal plantings and winter pine straw application were completed in November.

**Administration:**  
SIPOA staff has been working with the Finance Committee to prepare the 2019 Operating and Capital budgets. The budget proposal will be submitted to the Board at the December meeting. There were 19 property closings in October totaling over \$8M in sales: 3 single family homes, 11 villas and 5 lots.

**Lake House:**  
Over 50 property owners volunteered to host trick-or-treaters for Halloween. Comments received afterwards indicated that there were fewer visitors than hoped at each house and reports of imminent weight gain from eating leftover candy. Many of our owners are very enthusiastic about Halloween and we are working with the Activities Committee to create a centralized event at the Lake House next year. We began our Annual Canned Food Drive on November 1st with a goal of 7,500 lbs.

ARC Activity:	
New Homes:	
Applications Pending = 7	
New Homes Approved, not yet started = 3	
New Homes Under Construction = 20	
Repair & Maintenance Projects:	
Maintenance Projects Approved by staff in October = 71	
Total YTD = 774	
Enforcement Actions = 29	
Enforcement Actions YTD = 200	

**Communications:**  
publiccomment@sipoa.org

Topic	# of comments/questions
Bike path	1
Boat storage	1
Camp activity	1
Community Center/Lake House Use Questions	3
Garden Plot waiting list	1
Governing Documents	1
<b>Total</b>	<b>8</b>



Thank you for your help in maintaining the cleanliness and quality of The Lake House Fitness Center by following the rules below:

- Wipe down equipment after each use.
- Return weights to the racks provided. Do not drop or throw weights.
- Children 15 and under MUST be under the direct supervision (within arm's reach) of an adult.
- Closed-toe athletic shoes are required.
- Shirts must be worn at all times. Swimsuits are not acceptable attire in the fitness center.

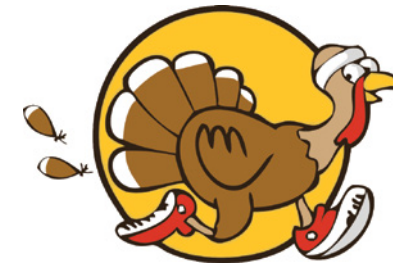
## DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 12:30pm Art Open Paint 1:00pm Mah Jongg 7:00pm Tech Forum	5 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	6 10:00am Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg	7 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	1/8 11:00am Seabrook Smashers
9	10 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm SIPOA Board Meeting 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	11 12:30pm Art Open Paint 1:00pm Mah Jongg 7:00pm Apple User Club	12 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	13 12:30pm Art Open Paint 1:00pm Mahjongg 7:00pm SINHG Evening Presentation	14 9:30am Garden Club 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	15 11:00am Seabrook Smashers
16	17 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	18 12:30pm Art Open Paint 1:00pm Mah Jongg 7:00pm Mah Jongg 4:00pm Men's Book Club 7:00pm Coin Club	19 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop 7:00pm Grief Support Group	20 12:30pm Art Open Paint 1:00pm Mahjongg 6:00pm Photography Club	21 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	22 11:00am Seabrook Smashers
23	24 9:00am Social Bridge 11:00am Sbrk Stitches  THE LAKE HOUSE CLOSSES AT 1PM.  NO FITNESS CLASSES	25  THE LAKE HOUSE IS CLOSED  NO FITNESS CLASSES	26 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 1:30pm Digging Into Roots Together  NO FITNESS CLASSES	27 12:30pm Art Open Paint 1:00pm Mahjongg	28 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	29 11:00am Seabrook Smashers
30	31 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers  THE LAKE HOUSE CLOSSES AT 6PM.					
	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

# OAPAGES

Island Property Owners Association

## LAKE HOUSE SPOTLIGHT



### Thanksgiving Fitness Events

Thank you to all who participated in our Thanksgiving fitness events, and congratulations to the winners! Full race results are available on Tidelines and in the e-blast.

#### TURKEY TROT



**MEN'S WINNER:**  
Callan Hasling, 21:09



**LADIES' WINNER:**  
Eleanor Morales, 25:26

#### SPRINT TRIATHLON



**WINNER:**  
TEAM TUCKER  
Eleanor Morales,  
Hunter Trefzger, and  
Cisco Morales



**SECOND PLACE:**  
ANYTHING GOES  
Jeff Pompe,  
Steve Penkus,  
and Kimsey Hollifield

### Lake House Reminders

#### HOLIDAY HOURS OF OPERATION

The Lake House will be CLOSING at 1:00 PM on Monday, December 24th for the Christmas holiday and remained CLOSED on Tuesday December 25th. Please note, there will be NO ACCESS granted during the closure.

The Lake House will reopen Wednesday, December 26th at 5:00 AM for Property Owners (with before/after hour's access) and 8:00 AM for guests.

There will be NO FITNESS CLASSES on Monday, December 24th, Tuesday, December 25th, or Wednesday, December 26th. Classes will resume Thursday, December 27th.

The Lake House will be CLOSING at 6:00 PM on Monday December 31st for New Year's Eve. The Lake House will reopen Tuesday, January 1st at 5:00 AM for Property Owners (with before/after hour's access) and 8:00 AM for guests.

#### EMPLOYEE HOLIDAY FUND

This holiday season, please remember our hard-working employees. We are very fortunate to have such talented, dedicated people looking after our island.

Each year we have a fund drive to provide our hourly employees with Christmas bonuses. You may drop checks off at the SIPOA office, or you may mail donations to:

SIPOA  
1202 Landfall Way  
Johns Island, SC 29455

Please make checks payable to SIPOA

The amount collected will be divided equally among all hourly employees.



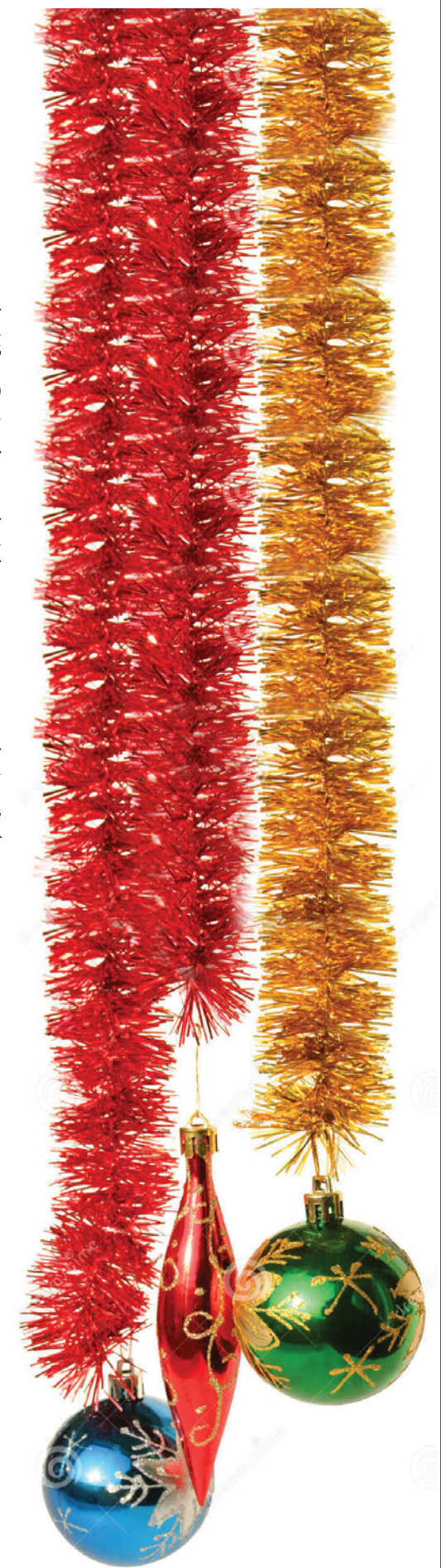
#### FYI - HOLIDAY CONTRACTOR HOURS

**Christmas, Tuesday 12/25/18**

Emergency contractor work only from Saturday 12/22 - Tuesday 12/25  
Normal hours resume Wednesday 12/26/18  
Admin Office is closed on Monday, 12/24 and Tuesday, 12/25.

**New Year's Day, Tuesday 1/1/19**

Emergency contractor work only from Saturday 12/29 - Tuesday 1/1  
Normal hours resume Wednesday 1/2/19  
Admin office is open a full day/normal hours on 12/31 and closed on 1/1



**PRESIDENT'S LETTER**  
Julie McCulloch  
President, SIPOA  
Board of Directors

"There's no such thing as a free lunch," was one of my Dad's favorite adages when I would ask for something I hadn't earned or whined about the expense of a particular item. I didn't know it at the time, but this popular saying has been in use since the early 1900s. All I knew was that it was one of his many life lessons...it's impossible to get something for nothing!"

I'd like to remind everyone of my Dad's lesson because as you are reading this, it's likely that the SIPOA Board of Directors has received the recommended 2019 budget from the Finance Committee and (hopefully!) referred it to the Property Owners for approval at the Annual Meeting. The annual budgeting process takes a lot of thought, preparation and time on the part of numerous committee members and staff.

As I've mentioned previously, the operating budget covers our routine, "predictable" expenses such as security, landscaping, trash/recycling, and normal repairs and maintenance. The capital budget covers major repairs and replacement of facilities, goods and infrastructure based on planned projects and guided by the Replacement Reserve Study and our Strategic Plan.

Those who work on the budget are diligent about managing the ebb and flow of these near-term expenses while also reserving monies for future expenses (i.e., relocation of Cap'n Sams cut). They offset these with our anticipated revenues to determine the resulting property owner assessment. Whether we like it or not, assessments provide the vast majority of SIPOA's annual income, but we also receive some revenue from commercial access

fees, fitness activities and other miscellaneous items. It's hard to believe, but SIPOA celebrates its 45th anniversary in 2019! And that means our "stuff" is getting old, whether it be the roadways, storm-water and drainage systems or buildings. SIPOA has been diligent about doing regular maintenance, upgrades and replacement of the items under our control. The 2019 budget will comprehend those ongoing activities, but they are with an ever-increasing cost for materials, contractors and other resources.

The 2019 budget will also take steps to ensure that we retain our hard-working staff members. It's been hard to miss the many headlines in area publications extolling the record-low unemployment rate and rising wages. Although we may think of ourselves as somewhat insulated from the "real

world", we are not immune to these competitive pressures. Seabrook Island is a beautiful place with wonderful amenities and services. Our property owners and their guests expect nothing less. And although there's no such thing as a "free lunch," I believe the 2019 annual assessment, or the price we pay for our "lunch", will still be a relative bargain for all that we get in return.

On a closing note, I wish each of you a happy, safe and healthy holiday season. I hope you spend it with friends and/or family, doing whatever it is that makes you happy. Let's all count our blessings and be joyful of spirit!

Happy holidays,  
Julie McCulloch  
President



**SEABROOK ISLAND HOUSE CONCERTS**  
Chamber Music returns to Seabrook Island  
Tickets are \$50 each and advance purchase is required -  
Please call: (843) 763-4941

**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  
FRANÇAI "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

Spring Theatre School Class Registration Is  
**NOW OPEN ONLINE!**  
Classes Begin January 14 at our  
**NEW WEST ASHLEY THEATRE CENTER!**  
Spots Will Fill Up Fast. Register Today!

Charleston Stage has one of the oldest and largest arts education programs for young people in the region. Led by Marybeth Clark, Associate Artistic Director and Director of Education, Sam Henderson, Resident Music Director and Director of Music Education, and Jesse Siak, Associate Director of Education, Charleston Stage's TheatreSchool classes are taught by seven full-time professional actors who make up Charleston Stage's Professional Resident Acting Company. These professional actor/educators introduce young people to the exciting world of the theatre. Students explore the craft of acting and learn the discipline of performing, as they develop their own unique creative voices. The goal of Charleston Stage's acting classes is to provide young people with performance and



creative thinking skills that will serve them in whatever profession they one day choose. Students develop poise, movement, speaking, and acting skills as they explore improvisation, theatre games, character development and the many skills of professional actors. ▲



December Artist of the Month  
**Bob LeFevre**  
Opening Reception  
Saturday, 12/1/18 • 5-7 PM



'I'm Gonna Getcha' by Bob LeFevre

The Seabrook Island Artist Guild Announces that the December Artist of the Month will be Bob LeFevre. Bob retired from a successful career in business at the age of 55 to pursue his passion – oil painting. He started taking private art lessons when he was 9 and continued with drawing, painting and sculpture lessons throughout his elementary and high school days. At 18, Bob took lessons from a retired sea captain in Cape Cod, MA, where he painted his first clipper ship. It was then that his passion for painting scenes of the sea and its surroundings was born.

Bob continued to develop his skills through life drawing lessons including



Headin' South by Bob LeFevre

nine years at the Art Academy of Cincinnati, plein air workshops and also by teaching drawing and painting to adults and teenagers, including many Seabrook and Kiawah residents and visitors. He was President of the Seabrook Island Artist Guild for 4 years and is currently V.P. of Education.

Bob's subjects include many parts of the Low Country's beautiful scenery...marshes, shrimp boats, birds, sunsets and, of course, the clouds and ocean. He has also been commissioned to paint many pets, grandchildren and local scenes by Seabrook and Kiawah residents.

Please join Bob for the opening reception in the front hallway of the Lake House on Saturday, Dec. 1, from 5-7 P.M. or stop by and view the exhibit anytime during the month of December.▲

To learn more about the Seabrook Island Artist Guild and upcoming events, please go to the website at [www.seabrookislandartistsguild.com](http://www.seabrookislandartistsguild.com).

**Drawing and Painting Shrimp Boats**

Free Art Workshop Offered by Bob LeFevre  
Eagle's Nest Studio • The Lake House • Jan. 10, 2019



Why not start the New Year with a new skill? Bob LeFevre, who recently taught a workshop on drawing the human figure, will be holding a free and open-to-everyone workshop on how to properly draw and paint shrimp boats at the Eagle's Nest in the Lake House on Thursday, January 10, 2019, from 1:00 until about 3:30 P.M.

This will be a discussion and demonstration, so just bring a note pad and pencil.

Although shrimp boats exist all around us, many times they are not

properly depicted in our art. In order to insure accuracy and depict their true character, i.e., the scars and wear and tear of their trade, Bob has taken his boat and anchored next to them many times with his pad, pencils and paints. He has also taken the Natural History Group's trips on shrimp boats to see them "at work". An artist since he was 9 years old, Bob has a keen interest in oceans, creeks and all types of boats. He has been an active member of The American Society of Marine Artists for over 6 years. ▲

The Charleston Museum

The Charleston Museum is pleased to announce the opening of its newest exhibition from its Historic Textiles Collection, *#YesterdayInMicrofashion: 150 Years of Charleston's Children*. Opening December 15, 2018, the exhibit will present more than a century of fashionable outfits and will showcase the evolution of children's fashion in Charleston and the Lowcountry.

Historically, Charleston has set the standard for Southern fashion, for both young and old. *#YesterdayInMicrofashion* will turn what you think you know about tradition on its head as it explores the dresses worn by boys, the boots worn by girls, and the colors worn by both. "Much of what we consider proper and traditional in regards to children's clothing actually comes from advertisements. Even the term

'toddler' as a category of childhood is entirely an invention of retailers," notes Teresa Teixeira, the Museum's Curator of Historic Textiles.

*#YesterdayInMicrofashion* features over 50 garments from every milestone of a child's life including christening gowns, mourning wear, fancy dress and skeleton suits. Other objects from the Museum's collections will also be featured such as varsity letters, class rings and samplers, including the recently acquired and never-before exhibited Charleston sampler stitched by Julia Margaret Bachman, daughter of the Reverend John Bachman.

*#YesterdayInMicrofashion: 150 Years of Charleston's Children* will be on display in The Charleston's Museum's textile gallery through May 12, 2019.▲



**INDOOR PICKLEBALL**



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



**SEABROOK STITCHERS**

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

**ISLAND NOTICES**



**HOME REPAIR MISSION DAY**

The C.H.I.P. (Community Home Improvement Project) of Johns Island Presbyterian Church is sponsoring a one-day Home Repair Mission Day on Saturday January 19, 2019 (Martin Luther King weekend) from 8:00 am until the last project is finished. Work teams will be assigned to properties on Johns and Wadmalaw Island that are in need of small repairs and improvements in order to make these homes more safe and secure.

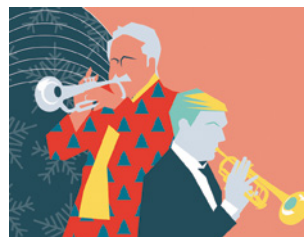
These repairs will include:

- Hauling trash and materials
- Home damage repair
- Doors that won't shut
- Painting
- Hot water tanks
- Kitchen or bathroom cabinet repair
- Trailer windows or door replacements
- Deep cleanings
- Bathroom handrails
- Smoke alarm installations
- Changing air filters, etc.
- Plumbing leaks
- Broken windows
- Soft floor repair
- Entry steps & ramps
- Winterizing
- Yard cleanups
- Pressure washing
- Bathrooms
- Termite or insect treatments
- Wood rot repairs

We are in need of volunteers of all skill levels including students age 14 and older who would like to add hours to their community service requirements. It would be wonderful if you could gather friends from your recreational, church, or community groups and form a team to help with this project. Or come by yourself! There will be plenty of work to go around. In addition to your time and talent, monetary donations are needed to cover the cost of tee shirts, box lunches and first aid kits.

If you are interested in donating your time, talent and/or treasure, please contact Linda at 843-640-7817.

**CHRISTMAS WITH THE CHARLESTON SYMPHONY**



**HOLIDAY BRASS WITH DOC SEVERINSEN AND PHIL SMITH**  
December 4th • 7:30PM • Gaillard

Don't miss the Charleston Symphony brass as they perform holiday classics with Doc Severinsen, legendary trumpet player, and former band leader for "The Tonight Show" starring Johnny Carson! Also joining is Phil Smith, the former Principal Trumpet player of the New York Philharmonic as conductor, trumpet player, and host.



**HOLY CITY MESSIAH; DOWNTOWN**

December 6th • 7:30PM • Cathedral of St. John the Baptist  
"Hallelujah!" Few excerpts are familiar to as many and Messiah remains Handel's best-known work. There is no better time of year to enjoy Handel's sacred oratorio that has long been associated with good will and charity.

Become a part of the glorious CSO holiday tradition as Maestro Ken Lam conducts our version, Holy City Messiah, with the CSO Chamber Chorus and four guest soloists at three beautiful churches around Charleston.



**SWINGIN' CHRISTMAS WITH TONY DESARE**

December 11th • 7:30PM • Gaillard  
Back by popular demand, celebrated vocalist and pianist Tony DeSare joins the CSO to perform Christmas favorites like "White Christmas," "Winter Wonderland," and "I'll Be Home for Christmas" in the enduring style of Bing Crosby and Frank Sinatra

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REFERENCES UPON REQUEST

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

Citadel Alumni Center • Wednesday, Dec. 12th  
5:15PM Reception • 6:00PM Speaker  
**Guest Speaker - Al Thibault**  
former deputy Ambassador and U.S. Charge d'Affaires of the U.S. Embassy in Saudi Arabia. Currently - Program Chair, World Affairs Council of Charleston

**Topic:** "Unpacking our Relationship with Saudi Arabia: Few Shared Values but Many Shared Interests - Navigating the Khashoggi Crisis" - addressing the current hot-button issue of the day - but also one that is key to U.S. strategy in the Middle East.

**Description:** Few countries have been as central to U.S. foreign policy goals and interests as Saudi Arabia, from as far back as 1945. There have been ups and downs in our relationship but few as potentially threatening as the fall from the murder at the Saudi consulate in Istanbul of Saudi journalist Jamal Khashoggi. Its potential impact ranges from the global price of oil, to U.S. policy toward Iran, and the domestic direction of the Saudi regime. Repercussions for Turkey, the Persian Gulf countries, Israel and others are still unfolding. The U.S. response is absolutely key, hence the need to focus on why our relationship with the Saudis has been and will remain vital.

WACC Program Chair Al Thibault is well qualified to discuss these issues. Al's 35 year career in the Foreign Service led him to serving primarily in South Asia and the Middle East, including many years in India and Pakistan. He headed the political section of the U.S. Embassy in Saudi Arabia where he was subsequently deputy Ambassador and U.S. Charge d'Affaires. He continues to follow Saudi affairs closely. He received his MA from the University of Toronto, was a Ph.D. candidate at the University of Pennsylvania, conducted research at the Indian School of International Studies in New Delhi, and studied Arabic in Jordan. In the State Department, he was Director for the Middle East in the Bureau for Refugee Programs when he traveled widely in the region.▲



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# SEABROOK ISLAND REAL ESTATE HAD A VERY SUCCESSFUL YEAR!

*We would like to thank our clients that have chosen to work with SIRE. We appreciate your loyalty and confidence in us.*

*We look forward to 2019 and would like to wish everyone "Happy Holidays."*

**-Gerri Franchini**  
*Broker in Charge*



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