

# THE Seabrooker

VOL 19 • ISSUE 6 • JUNE, 2016

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**SEABROOKER ONLINE** at : [www.townofseabrookisland.org](http://www.townofseabrookisland.org)

## SEABROOK ISLAND CLUB CELEBRATES SILVER ANNIVERSARY

On March 18, 1991 Seabrook Island Associates (SIA) and Bank South finalized an agreement that enabled SIA to buy the two Seabrook Island golf courses, the tennis facilities and various other amenities on the Island. The SIA had been formed in the summer of 1989 by the Property Owners Association to look into the feasibility of purchasing those amenities. Several of the Seabrook Island Club's current members were here during that period and a part of that fateful decision. They were honored at the Club's 25th Anniversary celebration and can be identified by the white carnations in their lapels in the photos of that event.

It had been a tough two years for Seabrookers. The golf courses and tennis courts were closed and property owners had to shuffle off to Kiawah to play. Two years of neglect had the golf courses in rough shape. But the determined efforts of those Seabrookers 25 years ago helped create the community we know today.

Two of those members who traveled on this bumpy road were Dan and Nancy Carretta. The Seabrooker recently visited with them to get a first person account of what had transpired 25 years ago and of the events leading up to those decisions. Dan will be 90 this coming October. Nancy celebrated her 90th birthday on May 22nd. He and Nancy moved to Seabrook in the Fall of 1978.

**Seabrooker:** Dan, you're running a promotion products company in the New York City area in 1978. How did you first learn about Seabrook?

**Dan:** I read an article in the NY Times about Kiawah. I was playing a great deal of tennis then and saw in the newspaper article that Roscoe Tanner was the head professional there and decided to "check it out". Nancy and I were looking into moving my business to the Southeast so that was another reason to see what Kiawah offered. While visiting Kiawah, we came over to Seabrook and really liked what we saw.

**Seabrooker:** The period from when you arrived, 1978 to 1991 when the members of the Club took control saw a great deal of change on the



The celebration goes on!



PHOTOS BY MARY BETH JOYCE



Nancy and Dan Carretta



Leo & Betty Webber with Bill & Ann Bradley



Stephen and Nancy Ward



Claire Allen



Kathy & Ed Rigtrup



Jim Allen



Ralph Lloyd



Patsy Zanetti & Lee Vancini



Miriam and Jim Leib

Island. What are your recollections?

**Dan:** Well...there were a number of different people and groups involved in the ownership and development of the Island. My first recollection is of the Gerry brothers who I believe were associated with Brown Bros Harriman in New York. Jack Kessler who lived on Bonita Court off

the 13th hole of Ocean Winds was brought in to oversee operations. He eventually bought out the Gerry brothers share.

**Seabrooker:** What were the amenities like back then?

**Dan:** In 1980 I believe, the Crooked Oaks course was built. Much of the

impetus of that was to create more golf course lots for sale. The main focus on the Island at that time was the conference-resort business. The developers wanted to build more high rise villa units. There was a referendum to change the Planned Unit Development (PUD) to satisfy those wishes but it was defeated by the property owners.

**Seabrooker:** Kessler got out in 1985 with Bob Russell taking command of the Island.

**Dan:** Russell's development company was the SOIC, Seabrook Island Ocean Club. But much of the focus of Seabrook residents at that time was the effort to make Seabrook an independent municipality. That was accomplished in 1987 by a landslide vote. However, the SOIC filed a lawsuit against us contesting the validity of that vote. This led to an acrimonious dispute between Russell and the Seabrook property owners. The lawsuit was settled about a year later in favor of the town. Russell declared bankruptcy in 1989.

**Seabrooker:** Well, "all's well that ends well" but that 1989 to 1991 period had to be pressure packed?

**Dan:** It was. There were a number of residents who wanted no part of owning a club coming out of bankruptcy. The real estate market as I remember was having a difficult spell. Bob Ferguson had put together a committee to buy the amenities from Bank South. I was given the addresses of out-of-town property owners and sought financial help from them. We asked for \$16,000 and needed a minimum of 400. My memory is that 460 of us got on board...fingers crossed.

**Seabrooker:** Glad you saw it through?

**Dan:** Are you kidding? I feel that through all of this I was on the right side of every issue. Look where we are now after the Horizon Plan. Things have worked out totally for the better.▲

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"PHOTO BOMBS" PAGE 11

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The Exchange Club remembers those in the military who paid the ultimate sacrifice for us



PHOTO BY HENRY RUSSELL

**MEMORIAL DAY WEEKEND**  
The Island Choraliers and The Sea Island Lady Singers honored America's veterans with a patriotic concert at the Holy Spirit Church.



PHOTO BY HENRY RUSSELL

# 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

**Editor** Michael Morris | **Publisher** Bernstein Lash Marketing | **Advertising & Layout** Teri B. Lash

THIS MONTH'S SEABROOKER VOLUNTEERS

**CREDITS:**  
**Faye Albritton** | **Gary Fansler** | **Mike Kiser** | **Joan Reed**  
**Ron Ciancio** | **Jerry Farber** | **Charley Moore** | **Monique Sporn**  
**Charlie Davis** | **Lisa Hillman** | **Jerry Reeves** | **Carl Voelker**  
**Denise Doyon** | **Allan Keener** | **Saffron & Curry**

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### CONTACTING THE SEABROOKER

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" x 7" at 200 dpi or more).

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## THE Seabrooker



# CAP'N SAM EDISTO



Dear Cap'n Sam,  
 Your reprint of mayor Ciancio's article on Hurricane Hugo was a welcome and most interesting job to my memory at a time when I am still deeply concerned about the recent rain storm and unexpected flooding of Old Forest Drive and Royal Pine Drive, where I live.

I returned here from New York for a visit some six months after Hugo, saw the extensive damage on either side of the highway from Pennsylvania on down. When I arrived, I was told by some officials that we had gotten off very lightly. There was no mention of power outages or loss of water, sewage treatment, debris removal, etc. there was no obvious destruction of property, but when I saw the roof of the boat warehouse at the marina still peeled back like a sardine can, and the water marks on walls, ceilings and floors in many houses that were for sale, I suspected my informants work downplaying the risk of living on a barrier island.

I lived on Heron Lake, and was used to seeing the lowering of the lake from time to time on the sluice system I believe John Wells, our ex maintenance chief, implemented. Rainwater would then run through the culverts into the lakes, keeping the roads clear. In all my years here since the 1980s, I have never seen Royalpine Drive flood even in the heaviest of downpours. Royalpine Drive was closed for four days during the rainstorm of October 2015. But what shocked me was the lack of visibility of anyone I expected to see out remedying the problem. Except for the fire department engine patrolling slowly late at night, I saw no one after security closed the street. Thank God for those who answered my phone calls. Mary Wells, who told me our long-time faithful employee Larry Swails was out there in the pouring rain attempting to lower the water in the lakes. I'm quite sure that John, her husband, was out there too.

On island, too, where our security people, one or two even sleeping overnight in that small hut at the

entrance gate, so that they would be there for work the following day. That includes Beverly, everyone's smiling read-headed friend at the front gate. And our fire department were home although they did not have the heavy equipment that would have pumped debris-filled water off the streets, they did talk to me. To each and everyone of them, and to those who were there without my knowing, I send my heartfelt thanks and praise.

The real heroes, however we're Seabrook Island utility manager Tommy West, and his staff, who had the foresight to order extra pumps to deal with the rain expected to deluge the sewage basins and plant. Having lived through years of problems with that plant, this was an astonishing miracle to me. Believe me, he was the first I personally thanked.

In comparison with the isolation and trepidation I suffered during the October 2015 storm, before the evacuation for the oncoming storm Floyd in 1999, the chief of security and the head of the architectural review board personally came to my house and offered any assistance I might need. When they got back to their offices, the PO way accountant called and urged me to leave with them. They had already reserved a room for me in Columbia. I chose to get my car out and drive alone, with food and blankets. It took 22 hours to get to Greenville to join up with a friend, two hours of which was spent on Bohicket Road! There was

also a mobile van with a loudspeaker which patrolled all the streets of Seabrook, advising us of the general a vacuolation order and keeping us abreast of the situation and the weather forecasts. Calls to the PO way offices did not go into voicemail. We did not have to email.

In those days, the executive offices of the POA was more of a home away from home. All the principles were Seabrook residence, and a visit there was met with a cheerful welcome and smiles from all the staff. There was no question that they enjoyed serving, not ruling. They made planning and building a house at my advanced age fun, exciting and pleasant, and took the trouble to teach me everything there was about the covenants, rules and regulations and caring for the plants that were chosen for my landscaping.

The main reason I write today, however, is because the photo accompanying mayor Ciancio's article shows Larry Swails to the right. Larry has served Seabrook Island even longer than I have owned property here. If you do not know who he is, next time you see our own maintenance people at work, the one with the most mud on him is Larry. He can and does just about everything to beautify and maintain this island, and I have often suspected that he was given the dirtiest jobs! Don't ever take people like Larry for granted, but thank the Lord for him. No harm in thanking him, too.

Sincerely yours,  
 Bunny Chamier



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## THE Seabrooker

# SEABROOK ISLAND FLASHBACK



Original SIC Clubhouse



Dee Gee McElveen, Mac Gibson, Mrs. Gibson, Mrs. Joan Cronan, Tom Cronan



Gerald Dliek, JoAnn Fowler, Mrs. John Sape, John Sape and Mrs. Bliak



Mr. and Mrs. Charles Gibson and Dr. and Mrs. Tom Cronan



Beth Daniel is Seabrook's Touring Professional

A Charleston native, Beth Daniel was a Seabrook Islander from her childhood. Beth is a familiar face on the Seabrook golf course, and when she is on the island, she can often be heard saying that Clean Wash and Covered Clubs are two courses she enjoys playing on. Beth has been a member of the Seabrook and Ocean View clubs for many years. Beth has been a member of the Seabrook and Ocean View clubs for many years. Beth has been a member of the Seabrook and Ocean View clubs for many years.

Robert Trent Jones, The "Dean of Golf Course Architects"

Often called the "Dean of Golf Course Architects", Robert Trent Jones has more of the top 100 courses in the country in his credit than any other architect. Jones designed the Seabrook Island's latest golfing challenge, a 9-hole executive course that is a great fit for an already great golf program. It was one who did the job right the first time. Last but not least, Jones was the architect for the Seabrook Island's new clubhouse, a beautiful building that is a true gem of the island. Jones is a true professional and a true gentleman. He is a true professional and a true gentleman. He is a true professional and a true gentleman.



General John Blanford and Congressman Mendel Davis



Mr. and Mrs. James C. Snyder, Canada



## Racquet Club Hosts Mount Zion Elementary

On May 17th the Seabrook Island Racquet Club had the privilege of hosting a fun end-of-the season party for the children from Mount Zion Elementary School. Despite inclement weather the children were able to enjoy fun inside games followed by cake and pizza. Each student was also able to take home two racquets to keep for their own thanks to the generous donations of used racquets from the tennis community. We hope this encourages all of the children to continue to develop their love for tennis.

Throughout this school year from October until May dedicated Seabrookers have volunteered their time to help teach the game of tennis to the students of Mt. Zion. This year's season was a huge success. The team finished with a 6-1 overall record and winning their division. We would like to thank all of our Seabrook Island Volunteers who helped with this program during their season.

We also want to encourage more Seabrookers (men and women) to volunteer for this program. Each year, the volunteers comment on how rewarding it is to spend time with the school children and introduce them to this great lifetime sport of tennis that we all love.

So, thank you Rich Goheen, Joan Johnson, Hutchie Cummin, Paula Adanson, Emily Goodwin, Chris Strobel, Marilyn Armstrong, Rita Tyler, Anita Schrenk, Bill & Mary Torello, Debbie Ott, Leo Weber, Linda Saver, Lynda Leffer, Maureen O'Berg, Ron Ellis, Sam Miller & Herbert Boehm.

We appreciate all of your help!

Mike Kiser

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**2734 Old Oak Walk**  
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**\$122,000**

**2755 Old Oak Walk**  
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**\$59,000**

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# FROM TOWN HALL

by Mayor Ron Ciancio

Given recent experiences on our beach, I thought it appropriate to review the Town's ordinance relating to where and when dogs are permitted on the beach, and some of the history behind the ordinance.

We need to start with the concept that when a species is listed as endangered or threatened under the Endangered Species Act (Act), the US Fish and Wildlife Service (USF&WS) is required to consider whether there are areas of habitat it believes are essential to the species' conservation. In July of 2001, USF&WS made that decision with respect to portions of our beach (along with portions of the beaches along the coast of seven other states, designating such areas as a "critical habitat" for the wintering piping plover. As defined and used in the Act, the term "critical habitat" is a specific geographic area that contains features essential for the conservation of a threatened or endangered species that may require special management and protection. Once an area is designated as such, federal agencies are required to consult with the USF&WS

to ensure that their actions (e.g., permit issuance) will not destroy or otherwise adversely modify critical habitat. In 2006 after much debate and public input, Town Council adopted an ordinance which established a "designated area" beginning at a point on our beach about 300 yards east of Boardwalk #1 and continuing for approximately 550 yards. Within this "designated area" (1) during the period of May 1st through October 31st, dogs are permitted off leash below the high water mark prior to 10:00 am and after 5:00 pm provided they remain under "voice control," and (2) during the period of November 1st through April 30th, dogs are permitted off lead below the high water mark at all times, again provided that they remain under voice control. The 2006 ordinance also provided that in all other areas of the beach other than the "designated area" (1) from May 1st through October 31st, no dogs are allowed that are not on lead at all times and (2) from November 1st through April 30th, dogs will be permitted (a) on lead between 10:00 am and 5:00 pm,

and (b) off lead before 10:00 and after 5:00. The ordinance was designed to protect the natural resources that make Seabrook Island unique and to preserve those resources for future generations.

As most Seabrookers are aware, as a condition to its recent efforts to relocate the mouth of Cap'n Sams Inlet, the Seabrook Island Property Owners Association (SIPOA) was required to obtain a permit from the United States Army Corp of Engineers. At that time, representatives of SIPOA and the Army Corp requested that the Town Council amend its ordinance to provide that dogs would not be allowed under any circumstances beyond the "designated area" on the Cap'n Sams Inlet side. The representative of the Army Corp indicated to Council that she was certain that SIPOA would obtain its required permit if the requested change was made to the Town's ordinance. Accordingly, in February of 2012, the ordinance was amended to add language providing that "No dog shall be allowed beyond the designated area on the Cap'n Sams Inlet side."

When SIPOA obtained its required US Army Corp permit, it agreed to a number of special conditions, including that the "[d]esignated critical habitat... on the Seabrook side of Captain Sams Inlet will be permanently closed to dogs above and below the high tide line 0.5 miles north of the last beach

access on North Beach." This location is essentially equal to the end of the "designated area" on the Cap'n Sams Inlet side. In addition, SIPOA was required to post signs at the beginning of the "no dog area" and it agreed to fund post construction monitoring by the South Carolina Department of Natural Resources (SCDNR) to assess the local piping plover winter population, available habitat and prey resources both before and after the inlet relocation.

For the most part, Seabrook Island residents and visitors have been mindful of the requirements of our ordinance and have adhered to the posted restrictions. On the relatively few occasions where the Town's beach patrol has encountered individuals with their pet beyond the "designated area" it has reminded the pet owner of the required restriction, and the individual has willingly complied. More recently however, we have had several instances where a SCDNR representative conducting its monitoring activity has noticed dogs both on and off leash past the "designated area." In addition, pictures have been taken of pet owners and their dog off leash past the "designated area." The pictures were sent to representative of the Coastal Conservation League with an inquiry as to what could be done to address the problem of dogs being where they shouldn't be, as well as an admonition

that the photographer's "Seabrook friends confirm that little is being done to keep dogs away from the critical habitat areas."

We will meet with representatives of the Coastal Conservation League to ensure they understand the efforts we have made both to enforce the terms of our ordinance and to educate residents and guests of the proper use of our beaches. We are also instructing our beach patrol to be even more diligent in looking out for violators of our ordinance.

What can you do to help? Firstly, if you are a pet owner, make sure that you adhere to the terms of the ordinance. In particular, don't allow your dogs past the posted signs. Secondly, you can make sure that your visitors and guests who are pet owners understand both the restrictions on the use of our beach and that adherence to those restrictions is an important issue for all of us. Continued violation of the ordinance (and SIPOA's permit requirements) could have potentially serious consequences for both the Town, SIPOA and all property owners. Do not confront violators. However, if you see individuals with their pets past the area where dogs are allowed, please bring the matter to the attention of our beach patrol who will address the situation. ▲



## TOWN HALL MEETING Town Council Meeting of April 26, 2016

After the pledge of allegiance, Mayor Ciancio called the April 26, 2016, Town Council meeting to order at 2:30 p.m. Councilmen Gregg, Turner and Wells, Town Administrator Pierce, Town Clerk Allbritton and several guests 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 March 22, 2016, the Special Town Council meeting of March 28, 2016, and the Ways and Means Committee meeting of April 19, 2016, were each unanimously approved as written.

### Financials:

Mayor Ciancio reported that revenue for the month of March exceeded budget by \$72,337 and year to date revenue exceeds budget by \$111,226. Expenses were under budget for March by \$31,769 and expenses, for the year to date, are under budget by \$82,249. Year to date, revenues exceed expenses by \$192,245.

### Citizens/Guests Presentations:

Comments: None

### Reports of Standing Committees:

**Commissions, Boards:**  
**Public Safety/Club Long Range Planning Committee** - Councilman Gregg reported that the Club Planning Committee met April 14 to begin preparation of the Club's 2017 Strategic Plan. The Committee's goal is to complete the plan during the month of August.

The Town's Public Safety Committee met on April 4 to complete the update for the Town's Comprehensive Emergency Plan. Councilman Gregg expects Scott Cave, the Town's

consultant, to have updated pages for the Comprehensive Emergency Plan by May 13. The Committee also considered the scheduled termination of the Town's standby agreement with Phillips & Jordan for debris management. Since the Town's standby agreement with Phillips & Jordan expires in September and there is an option for two one-year extensions, Councilman Gregg moved for Council to approve extension of the agreement with Phillips & Jordan for a one year term. Councilman Turner seconded the motion and the vote to approve was unanimous.

The annual Disaster Awareness Day will be held on June 16 at the Seabrook Island Club. Representatives from Kiawah Island, who co-sponsor the event, will be responsible for arranging for presenters and will contribute \$1,500 toward the event. A free luncheon will be provided and door prizes will be awarded throughout the day. Councilman Gregg moved to approve spending up to \$6,000, from the Emergency Preparedness budget, for the Disaster Awareness Day event. Councilman Turner seconded the motion and the vote to approve was unanimous.

Councilman Gregg also reported that the Disaster Recovery Council will hold a planning session on May 13 in preparation for the June training and exercise sessions that will be held on June 6 and 7.

### Communications/Environmental:

Councilman Turner reported that he represented the Town at the Earth Day event held on Seabrook Island and had used aerial views of the beach since 1954. At the event, he also handed out a sheet with beach rules for dogs. Councilman Turner reported that the Property Owners Association is currently looking into improving handicap access to the beach. Councilman Turner has also received a draft proposal for the Seabrook Island Shore Bird Ambassador Program from Ms. Zimmerman, who is the Coastal Conservation League's Program Director for Air, Water and Public Health, and the draft will be given to the Seabrook Island birding group.

### Advertising & Public Relations/Special Projects:

Councilman Wells reported that he is a member of the joint task force that is looking into hiring one company to represent the Town, Property Owners Association and the Club in the advertising area. This group is also looking

into establishing a group, the Ambassador Program, that would consist of volunteers from Seabrook Island who are willing to interact with visitors and give them advice and information about the area. Councilman Wells moved to approve the Town's participation with the joint task force in the formation of the Ambassador Program. Councilman Turner seconded the motion and the vote to approve was unanimous.

Councilman Wells reported that about 95% of the money designated for the Town's public relations/advertising budget is obligated for the remainder of the year. Ads are being placed in the Charleston Area Convention & Visitor's Bureau Visitor Guide, Southwest Magazine and Southern Living. The engineering selection committee, made up of Councilman Wells, Councilman Turner, Town Administrator Pierce and Jeff Bostock, recommend that G. Robert George & Assoc. should be selected as the engineering firm for the Town's Gateway Management Program. Councilman Wells moved to approve G. Robert George & Assoc. as the engineering company selected and that the Mayor be given the approval to enter into the contract for engineering services relating to the roadway drainage and the Gateway Program. Councilman Turner seconded the motion and the vote to approve was unanimous. Mayor Ciancio stated that the engineering contract should be brought back to Council for final approval once it is negotiated.

Councilman Wells reported that he represented the Town at the Earth Day event held on Seabrook Island and had used aerial views of the beach since 1954. At the event, he also handed out a sheet with beach rules for dogs. Councilman Turner reported that the Property Owners Association is currently looking into improving handicap access to the beach. Councilman Turner has also received a draft proposal for the Seabrook Island Shore Bird Ambassador Program from Ms. Zimmerman, who is the Coastal Conservation League's Program Director for Air, Water and Public Health, and the draft will be given to the Seabrook Island birding group.

### Community Relations:

Councilman Crane was absent from the meeting.

### 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:** Mayor Ciancio reported that Judge Scarborough entered an order of foreclosure on the house located at 1126 Ocean Forest Lane last week and set the sale date for June 7. Wells Fargo claims to have a lien plus costs of \$5.6 M at this point. Wells Fargo has agreed to waive deficiency as part of the settlement.

The Department of Transportation has responded to the letter sent jointly by the Towns of Seabrook Island and Kiawah Island regarding conducting a safety survey on Main and Bohicket Roads and it has outlined the following items as what they consider as an appropriate safety survey:

- It will focus on Bohicket Road.
- It will identify locations where accidents have occurred and look for any commonality on those accidents and make recommendations accordingly.
- It will review main access points to Bohicket Road and make sure the line of sight is clear.
- It will replace tree reflectors. They will mark trees that are within 8 feet of the road but will also differentiate trees that are within 2 feet of the roadway.
- It will trim foliage and make sure there is a minimum of 18 foot clearance along the entire route.
- It will focus on flooding issues on Bohicket Road.

Mayor Ciancio reported that the Charleston Symphony Orchestra, including a vocalist, will perform patriotic songs on July 3 just prior to the fireworks display but this expenditure was not included in the Town's 2016 budget. Councilman Turner moved to spend up to \$15,000 for the Symphony to perform on July 3. Councilman Gregg seconded the motion and the vote to approve was unanimous.

A town hall meeting will be held with Senator Chip Campsen, Representative Peter McCoy and Robert Clark, engineer for the Department of Transportation, on May 12 at 7:30 p.m. at the Lakehouse. The Kiawah Mayor, Town Council and residents will be invited.

### Town Administrator:

Town Administrator Pierce reported that he had started looking at space for offsite storage for Town files and that he had looked at two sites in West Ashley and one on Main Road. The one on Main Road is slightly cheaper but off island storage would probably be safer.

### Town Council Members:

See Above

### Utility Commission:

Chairman Jeff Bostock reported that financials for March for the Utility Commission were quite good due to good water sales and receipt of annual availability fees. Operations were

normal for water and waste treatment for March. Chairman Bostock also reported that the Utility Commission is required to collect samples of water to test for lead and copper every three years and notifications will be sent out to homeowners prior to the sampling.

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

### Ordinances for First Reading:

- Ordinance 2016-05, An Ordinance to Rezone 2531 High Hammock Road (TMS #147-10-00-006) - Mayor Ciancio explained that this property has been purchased by the Greenspace Conservancy and has been donated to the Property Owner's Association and the POA is now applying to rezone the property from Single Family Residential to the Agricultural Conservation District. Councilman Gregg moved to accept Ordinance 2016-05 as written on first reading. Councilman Wells seconded the motion and the vote to approve was unanimous.
- Ordinance 2016-06, An Ordinance to Amend the 2016 Town Budget - Mayor Ciancio explained that the Town has several unexpected expenses that will require the 2016 budget to be amended. The expenditures involve the engineering and related drainage work needed on Seabrook Island Road during 2016, which is estimated to be about \$300,000, and the cost to pay for the Charleston Symphony Orchestra performance on July 3 before the fireworks display, which will not exceed \$20,000. Councilman Gregg moved to accept Ordinance 2016-06 as written on first reading. Councilman Wells seconded the motion and the vote to approve was unanimous.

### Ordinances for Second Reading:

None

### Miscellaneous Business:

Chief Stanley reported that the St. Johns Fire Department will be on Marsh Gate Drive and Marsh Haven Lane on May 7 to put in smoke detectors; but, if at any time anyone needs safety tips or smoke detectors installed, they can contact the St. Johns Fire Department.

### Citizens Comments:

None

The meeting was adjourned at 3:20 p.m.▲



The Exchange Club of Kiawah-Seabrook Foundation was approved as a 501(C)(3) organization by the I.R.S. on March 30, 2016. Our Employer Identification Number is 81-1358132.

The Foundation By-Laws state that the Board of Directors of the Foundation will be the current Exchange Club Executive Committee, and two at-large members of the Club. The two at-large members that were elected at the initial Foundation meeting are Charlie Bianco and Pam Paroli.

I encourage you to consider making a tax deductible donation to The Exchange Club of Kiawah-Seabrook Foundation. Our Club is "Exchange Strong," and with your donation we

will be able to provide even more financial support for agencies and schools in our community. If you desire to restrict your donation to one of the four Exchange Club programs of service, we will honor your request. Please send your donation to the above address.

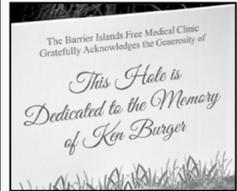
Thank you for considering my request. ▲

Charlie Davis  
President, The Exchange Club of  
Kiawah-Seabrook

- Americanism
- Youth Programs
- Community Service
- Prevention of Child Abuse



The Barrier Islands Free Medical Clinic hosted its ninth annual golf tournament at Kiawah Island Club's Cassique golf course on April 25th, and raised \$172,000 during the event. The proceeds from the fundraiser will equate to more than 2,800 free patient visits at the clinic



## Kiawah-Seabrook Exchange Chapter Awards \$15,000 in Scholarships



Left to right: George Conbeer, Pam Paroli, "Youth of the Year", Paolo Macias, Chris Strobel

Awarding college scholarships for local youth has been a well-supported Exchange Club endeavor through the years. On Wednesday, May 18th, members of the Kiawah-Seabrook Exchange Club continued this rewarding program by honoring five local seniors and their parents.

St. John's students, Alexis Dandridge and Christopher Johnson, along with Charleston Collegiate students, Claudia Soto, Elise Cai and Paolo Macias were recognized for their academic performance, leadership skills and volunteerism. Fol-

lowing dinner, each senior shared personal insights and future aspirations. Paolo Macias, selected as the exchange chapter's "Youth of the Year" spoke on the topic of giving back to the community.

The granting of university scholarships, mentoring and youth service recognition programs are funded by the generosity of local businesses that advertise in the Exchange Handbook.

Exchange Club is making a difference in the lives of our young people, our most precious resource. ▲



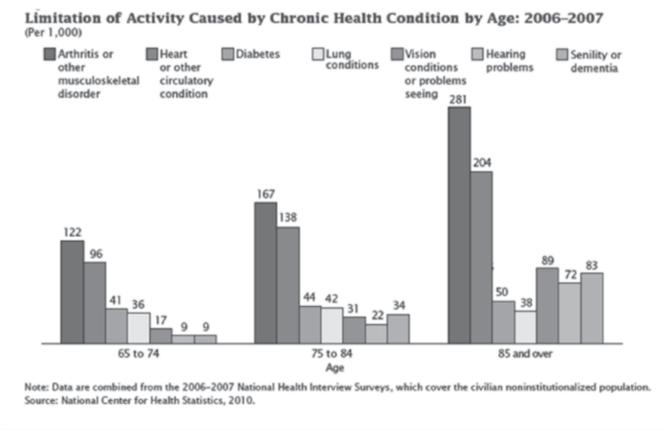
Todd Gerhart, this year's Angel Oak Award selection, throws out first pitch at Riverdogs game



# HEALTHY AGING

Jerry Reves, MD

## IMPLICATIONS OF AGING



From: <https://www.census.gov/content/dam/Census/library/publications/2014/demo/p23-212.pdf> accessed May 9, 2016.

Last month we explained how we baby boomers are making the country a lot older, and this month we examine the health consequences of being older than 65 with special emphasis on the common chronic diseases associated with age. The major implication of healthy aging is that we live longer. That, of course, is a good and proper outcome. However, living longer means that we increase in age and unfortunately older age inevitably means we are going to be at increased risk for a number of chronic diseases.

The U.S. Census Bureau compiles an enormous amount of data besides the number of people alive and they report some of it in a document entitled 65+ in the United States: 2010. There is a wealth of health information in this document and what follows relates to what I term the implications of older age found it the report.

### Arthritis and Musculoskeletal Disease

The figure shows the most common diseases that limit activity as we age. These are the common chronic diseases and you see that arthritis is listed as the most common. It is a chronic disease that progresses with therapy, but can become debilitating without appropriate therapy. The prevalence of the disease is about 50 percent of people over 65, which is a very high number. Women have a higher incidence of the disease. If you are one of the many people with arthritis it is vital that you have it managed by a physician to prevent rapid progression of the disease.

### Heart Disease

Heart disease embodies a number of specific chronic conditions of the heart and circulatory system. The heart diseases that is most prominent is coronary artery disease or sometimes referred to as ischemic heart disease, and is more common in men. It is a chronic disease secondary to the buildup of atherosclerotic plaques of cholesterol in the blood vessels of the heart that compromise blood flow to the heart. This is ironic since it is the heart that must pump blood to all tissues and when it does not get enough blood it puts all organs and life itself at risk. The same process of atherosclerosis also affects other blood vessels in the body jeopardizing the integrity of the vessels themselves and the organs they supply. Other heart diseases include the valves of the heart, primarily the aortic and mitral which may be either obstructed or incompetent with various processes related to the aging process. Altogether, it is reported that 96 per 1000 people have heart and cardiovascular disease that significantly impact their activity. This number increases with age so that 204

per 1000 are limited in the ages of > 85 years old and tends to afflict women and men about equally.

### Stroke

Stroke is the leading cause of severe long-term disability. It is much more likely in older Americans than younger. About 75% of strokes afflict people over 65 and the risks doubles every 10 years after age 55. The single greatest risk preventable risk factor is smoking.

### Hypertension

Hypertension or elevated blood pressure increases as we age and if untreated leads to heart disease and stroke. It is often called the "silent killer" since there are few symptoms. It is very common affecting about half of the population over 65, and it is slightly more prevalent in women than men. It can and should be treated aggressively by a physician to prevent the other diseases that it is known to cause like heart disease and stroke.

### Diabetes

Diabetes is a chronic disease of blood sugar regulation that is defined as type 1 or juvenile or type 2 which occurs later in life. Type 2 afflicts the large majority of older people, but unlike most other diseases as we age its development becomes less common. In other words, diabetes is likely a chronic disease that develops before age 65, but does not disappear with age. It is very important to manage the disease well since it is a precursor to a number of serious diseases, most serious being ischemic heart disease and stroke.

### Cancer

Half of the people diagnosed with cancer are 65 or older. In other words it is very common and age is generally a risk factor for the diagnosis of cancer. The good news is that the most common cancers in the elderly, prostate and breast now have 5-year survival of 90%. This is in stark contrast to lung cancer with the low survival of 16%. Screening is important in detection of cancer since most cancer survival is directly related to how early it is detected. Colonoscopy, mammograms, and prostate screens are among the known ways to detect cancer at an earlier stage for colon, breast and prostate cancers, respectively.

### Osteoporosis

Osteoporosis is a result of loss of bone density and makes bones more brittle and prone to fracture. Women are more prone to develop this disease in age than men. The bones most affected by the disease are spine, hip and wrist. Hip fractures are common and lead to physical impairment in mobility. A frightening statistic is that older people who have a hip fracture are 4

times more likely to die in 3 months than those without this osteoporosis related event. Clearly treatment of osteoporosis is warranted and something everyone should discuss with their physician.

### Cognitive Impairment

Nothing in the body works as well as we age and the brain is among the organs that function less well with age. Cognitive impairment is a term that includes the loss of higher mental functions that we associate with being human. Chief among the functions is memory, but there are others like planning, thinking and performing mathematical skills. All tend to deteriorate as we age. There are two classifications of cognitive impairment, mild cognitive impairment and dementia. Mild cognitive impairment is common but can progress to the more incapacitating dementias like Alzheimer's Disease that has an incidence of about 23 per 1000 in people over 70. The incidence of mild cognitive impairment is far more common in the elderly at approximately 60 per 1000. All loss of cognitive function is frustrating and when severe is incapacitating to the individual and catastrophic to the family.

### Sensory Impairment

The two most common sensory losses are hearing and seeing. Both are important and if the loss is severe can lead to loss of activity. Hearing is more of a problem in men and advances with age, but as women age they tend to catch the men in hearing impairment. Visual impairment occurs more frequently in women but advances in both genders. When vision is severely impaired it can cause major limitations in activity.

### Mood Disorders

Depression is the major mood disorder of the aging population. It is more common in women than men: the rate of diagnosed depression in women and men over 65 is reported to be 16% and 11%, respectively. This is a fairly high incidence in both genders and depression needs to be diagnosed and treated since it is associated with mortality from other causes than solely suicide. Depression should be discussed with one's physician like any other symptom. There are many very good treatments for it.

### The Bottom Line

It is good to age! That is the purpose of healthy aging. However, the consequence of getting on in age is that a great variety of health problems are going to occur and it is up to us to prevent those we can, detect those we cannot prevent and with our doctor treat and manage the many chronic conditions that come with our superannuated time. ▲



C.O.V.A.R. CORNER

ALLAN KEENER

Council of Villa Associations and Regimes Information
Open Letter to all Seabrook Island Property Owners, Guests and Visitors

As I sit at my computer, writing this article over the third consecutive Mother's Day weekend that I have written this column, no tropical storm has darkened our doorsteps. By the time you read this article in June, which marks the start point in the Atlantic Hurricane Season, such storms will likely have spanned in the Atlantic and come our way. Hopefully, they will have minimal impact. Keep in mind, however, that the height of the Season is still months away, so this article is timely and reminders about preparedness for other acts of nature (earthquakes, floods and tornadoes, to name the most likely) are always appropriate. Our experience last October with the thousand-year flood coupled with king tides only serves to reinforce this observation.

Town/Property Owners Association Responsibilities

First, I'd like to familiarize you with the actions that have been taken by official Seabrook Island (Town of Seabrook Island and SIPOA) to prepare for a broad range of natural disasters. From January through April of this year, the Town's Public Safety Committee under the leadership of Councilman John Gregg conducted an annual in-depth review and update of the Town's Comprehensive Emergency Plan (CEP). SIPOA previously published its own updated Emergency Plan on October 30, 2013. Excerpts from this document as well as other related information are posted on the SIPOA Public Website under "Emergency." Related instructions for registering for transportation to an emergency shelter during a mandatory evacuation of Seabrook Island are contained in the Town publication entitled Are You Prepared for Flooding in your Neighborhood?, which is updated and distributed annually to all residents. In order to avoid the potentially dire consequences of being stranded on the Island after a mandatory evacuation is ordered, it is crucial that those individuals needing assistance and/or those aware of them provide the requisite information to the Town.

In addition to the foregoing, the Town has in place a current memorandum of understanding with each of the following: SIPOA, the Seabrook Island Club, Bohicket Marina & Yacht Club and St. Christopher Camp and Conference Center to, among other things, "...improve communication, coordination and cooperation among them with respect to future emergency and disaster events." The Town has, since May 2014, periodically reviewed and updated the Emergency Preparedness portion of the Town's Website (townofseabrookisland.org), which is posted under "Emergency Preparedness" with the goal of providing user friendly access and relevant information to aid individual preparations for an emergency. The Town has, since the October flood, also "stepped-up" its use of social and other media to enhance the timeliness of delivery of emergency information and is taking ongoing action to assure access to the emergency evacuation route during flood events.

At this point, it bears reinforcement that the Town CEP, which "...addresses the Town's personnel, elected and appointed officials, and services provided to its residents.... does not attempt to address the individual responsibilities and preparations required by the Town's residents...." The latter statement also holds true for the SIPOA Emergency Plan. Individual responsibilities and preparations are where you, as property owners and your guests and renters come into the picture.

Individual Responsibilities

Have you considered what you could or would do in case of a disaster? Especially for your guests if you are not present and for your renters? The first thing that I would advise that you do is to communicate with your association/regime property manager

(or, if you have none, the responsible board member) and find out what assistance they will provide in case of a disaster. Have they reviewed and completed the lists contained in the Building and Strengthening Disaster Readiness among Neighbors brochure that is available from our Community Emergency Response Team (CERT), which is discussed in more detail, below? Are the lists current and in the hands of full-time residents and are they prepared to respond? It should be noted that your association/regime property manager or responsible board member are the same people that the Town plans on using as a conduit for information passing to and from your association/regime in the event of a disaster, as well as during its aftermath. If you have a rental agent and/or caretaker, you should similarly communicate with them. Again, it should be noted that your rental agent is the same person that the Town plans on using as a conduit for information passing to your renters in the event of a disaster. I would also advise you to sign up the telephone number at your villa to receive "Code Red" weather warnings from the Town. This service automatically notifies those in the path of severe weather just moments after a warning has been issued by the National Weather Service and is available to you at no direct cost. You can sign up for it on the Town Website by clicking the "CODE RED" button under "Emergency Preparedness."

Types of Emergencies

Here on Seabrook, we usually think of hurricanes as the most prevalent type of disaster that we face. We generally feel prepared to deal with them with checklists and emergency evacuation plans, as recommended on the Town and SIPOA Websites, to include registration for transportation to an emergency shelter by or on behalf of those who require Town assistance in evacuating the Island. However, hurricanes are something we usually have warning of days or weeks in advance of them nearing and/or directly hitting our Island. Other disasters such as earthquakes, fires, flooding, tornadoes or some other unexpected happening may occur with little or no warning. In such cases, first responders, such as SIPOA Security and/or St. Johns Fire Department, may be overwhelmed and it will be up to us to have plans in place to respond and to be prepared to help ourselves and our guests and renters. Fortunately, we have at our disposal a small group of about thirty 30 residents trained by the Charleston County Emergency Management Department to assist us and our associations/regimes with both preparation and response. These residents form our CERT under the current leadership of John Reynolds (JohnR99773@aol.com or 843-768-0434). The group meets once every two months to discuss safety issues and update and review their skills. They are a subcommittee of the SIPOA Safety and Security Committee and work closely with the Town, even participating in their disaster exercises. As previously mentioned, CERT can provide invaluable assistance to your association/regime in its preparedness efforts.

This review of emergency preparedness is the CliffNotes version, intended to start you thinking and preparing for all potential emergencies on Seabrook Island, not just hurricanes. I hope that you will take this matter to heart and step up your preparedness efforts so that come what may, you and your association/regime are as fully prepared as possible for it. COVAR's next meeting will be held on September 10, 2016, from 10 am to 12 Noon at the Lake House unless the need should arise for an earlier meeting. All Seabrookers are invited to attend.▲

BON APPETITE

Appetites and Anecdotes

by Saffron and Curry
Information for Seabrookers by Seabrookers
Email: saffronandcurry@yahoo.com • Photos by Paprika



By chance we dropped in to Southend Brewery and Smoke House at 161 East Bay Street on a recent Saturday. Although this restaurant in the historic Wagener Building had not been our original destination, it turned out to be an excellent choice for lunch. Close to Rainbow Row and Waterfront Park, it was just the place to start our adventure—good food, good service, good view through the large, high-arched windows surrounded by cast iron interior pillars.

A quick history of the eatery makes it even more interesting as a destination. F. W. Wagener built the building in 1880 to house his firms various business including large offices and a grocery store. The Poirier family rented an office and used the firm's services to broker their cotton sales. The next year phosphate fertilizer helped cotton planters to produce record crops. Unfortunately, the result was an overabundance of cotton, which sent profits plummeting. With the advent of the boll weevil in 1885, the Poirier son had spent his inheritance. When his last load of cotton was loaded and leaving the port, he decided to go to his third floor office, sit in his captain's chair, and watch the boat sail. The young man watched in horror as he saw plumes of smoke rising from the vessel. A drunken sailor had fallen asleep with a lit pipe. Nothing remained of the cotton, the family fortune, or the young man's sanity. He piled all of the office furniture against the wall, placing the captain's chair on top, tossed a rope over the rafters, slipped the noose over his head and jumped. You can imagine the sight through that third floor window the next morning.

The story of cold rooms, stacked furniture, and freely running beer taps continued on into the 1980s despite several remodelings of the building. The Wagener Building, now occupied by the Southend Brewery, still finds its way into local ghost walks. The food, however, is what got our attention. She crab soup (\$5), fried green tomatoes with pimento cheese and chow chow (\$8), sweet onion hushpuppies and local wildflower honey butter. A good selection of salads are offered with or without meat. The People's Choice survey voted the Shrimp and Grits as the #1 choice in 2015. Entrees include beef and

pullled port dishes (\$19-\$27). Plus any diner should be able to find a terrific sandwich from the "Smokehouse" (\$11-\$19). Plus the in-house brewery offers many options of its crafted beer. Our burger and grilled chicken double-decker sandwich with homemade bread were fabulous. But the highlight of the meal was the in-house cut fried potatoes which are dipped in a light beer batter before cooking. Wow!! (southendbrewery.com).

On Friday, May 20th the Seabrook Island Natural History Group celebrated another successful year with their Annual Meeting at the Lake House. Members enjoyed wine and cheese and elected next year's Board of Directors. SINHG President Frank Cermak reviewed the highlights of the 2015/16 year in his customary witty fashion. After thanking outgoing Board members Chris Czander, Jim Lawrence and Jan Tucker the

2016/17 Board Members were elected by acclamation (see box). The Seabrook Island Natural History Group is devoted to disseminating natural and cultural history information about Seabrook Island, Charleston and the South Carolina Low Country to its members through field trips and lectures. More information about SINHG programs and activities may be found by visiting SINHG's website at sinhg.org.



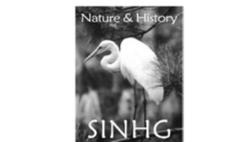
porch. Our reservations were waiting, we got right in, and were seated in the main living room area with a view of everything. We enjoyed watching the young Charleston business men in their bowties and snappy suits, or the ladies walking securely on their high heels in their short skirts!! (which we could never do) Cru Café opened in 2002 after many requests for LeCordon Bleu trained Chef John Zucker to expand his catering business into a day to day operation. This award winning restaurant has been going strong on the Charleston scene ever since then and shows no signs of stopping. We learned why!

A little of everything is offered on the menu...from Curry's Chinese Chicken Salad with fried wontons and a light and tasty ginger vinaigrette (\$12.95) to Saffron's choice of their Angus burger with caramelized onions and bacon jam...delicious! Fresh fruit was her choice of sides and it was all in-season, and like a whole fruit salad! (\$10) We both held back and did not order a side of the 4 cheese mac n cheese dish that Cru café is known for! Very tempting though as we kept watching it go by! When the Manager for the Day, Johnny, said one of the desserts that day was a Creamsicle Cake Curry just had to try it! We do enjoy splitting a dessert so we can let you all know just how good they are! Nice and moist with plenty of orange flavoring and a very creamy frosting. (\$8.75 but a large piece!) Another offering was a Gluten Free chocolate flourless cake.

We were quite impressed by Cru Café's excellent service in the midst of all the chaos of people coming and going and waitresses doing the sidestepping! We soon understood because as we were leaving we noticed that Johnny had relinquished his role in the dining area and was now behind the scene in the kitchen helping to plate meals as they became ready! Excellent service, a delicious meal in a lovely setting, no wonder Cru Café has been going strong for 14 years! Do call 843-534-2434 for a reservation or go online to Open Table. You cannot just drop in at this popular venue! Closed Suns & Mons.



BY THE WAY...Nacha Mama's has now opened over the Ice Cream Boat in the Marina. With an emphasis on tempting drinks and beer selection this place also has a nice, reasonable menu for a quick bite to keep you going! Loved our ginger lime taco (\$5) and beef burrito meal with a mole sauce (\$12.95) in an ideal setting of looking out across the marina at all the activity on a Saturday afternoon! Full review will come next month. Suffice it to say that owner Dewey Delovich is doing all the right things here! (remember...you can get an ice cream cone for dessert right downstairs at Todd's!) Summer is here!!!!▲



ANNUAL MEETING

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Vice President.....Jean Conyers
Secretary.....Carol Bane
Treasurer.....Cindy Mulligan
Trip Coordinator.....Julie Thogmartin
Trip Planning Co-Chair.....Julie Thogmartin
Kathy Pompe
Programs Co-Chair.....Ise Calcagno
Marsha Bird
Volunteer Coordinator.....Doris Reinhart
Membership.....Dave Osborn
Communications.....Gary Fansler
Nature Trails.....Carl Woelker

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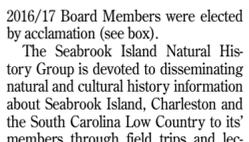
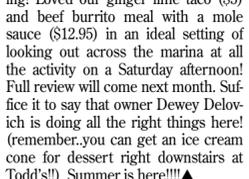
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Making Better Use of Your Technology
Use Your Technology Wisely
Buy Only What You Need

A friend recently asked me to help her set up her new \$1,200 MacBook Air laptop. When I asked her what she was going to use it for, she said she just wanted something to access her email and shop on the internet. That's a lot of money and computing power for something she can just as easily do on a tablet or Kindle Fire. She bought a Farari to run to the grocery store once a week.

Many times we buy technology because it's new and improved, looks spiffy, or because everyone else has it. Most folks don't buy technology based on what they need or how they plan to use it. After all, what sales rep is going to encourage you to buy the less expensive gadget. In reality, most of us utilize about 30% of the capability of our various electronic toys. That's a lot of waste.

I have a mid-priced Windows PC. This is my central computer and handles a vast array of software programs and digital storage. It's where I do the bulk of my computing. But it is high maintenance. I regularly run various programs to make sure it is cleaned up, free of malware and viruses and backed up in at least three places. I love my PC, but it is large, heavy and not a lot of fun to haul around.

I needed something lightweight, fast, with a real keyboard, that I could carry around with me so I could write, research, do presentations and keep up with my email, to do lists and projects on the run and when I travel. I purchased an Android tablet a few years ago, and discovered that it didn't suit my needs. I can't write comfortably on its keyboard. I don't play games, and I am not much of an "app" person.

So I purchased a Chromebook earlier this year to compliment my PC. It doesn't support all the software I use on my Windows laptop, but I have found ways to work around that. It has two USB drives and I boosted its internal storage with a microSD card. It has an HDMI slot, so I can hook it up to a projector (or to the TV in a hotel room to watch movies). It is small, light, fast, has ten hours of battery life, recharges in a New-York-minute, and doesn't require any maintenance. The best part - it operates in the cloud so everything I do with my Chromebook is also available to me when I turn on my laptop and - it was under \$200.

iPhones, iPads, MacBooks and Windows laptops and Android tablets are pretty neat toys. They are sleek, fast, and expensive. Do you really need a \$600 iPhone to make and receive calls, send and receive texts, take photos, check the time, date, and

weather and use Google Maps? If you want to place to store your library and read books, Amazon now has a very cool \$49 Kindle Fire. With its internet browser, it can pinch-hit a laptop. If you don't use software programs (like Photoshop) and are comfortable with cloud-based programs like Google Drive, Microsoft Office Online, and Dropbox, you can probably get by just fine with a \$165 Chromebook. It requires an internet connection, which is pretty much available everywhere these days, but many of its programs (such as Google Docs) will work offline. And if you are really desperate and can't find a wifi connection, you can always use your smartphone as a hot spot.

So, before you go out and purchase that next, big, wonderful, expensive gadget, think about how you are going to use it. You might be surprised to find that a less expensive alternative, with lower maintenance and a shorter learning curve, will suit your needs very well. A Ferrari is a great little car, but if you are only using it to drive three miles to Harris Teeter once a week, maybe a low-speed, street legal golf cart would do the job for a lot less money.▲

Denise Doyon
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Lutheren Homes of South Carolina

# Leatherback Sea Turtle Stranding on Seabrook Island

On Mother's Day, May 8th, the Turtle Patrol Stranding Team received a report of a stranding at Jenkins Point from Max Willis. Beausie Zahn and Terry Fansler responded to the report and found a 500 pound Leatherback turtle that was stranded in the marsh when the tide receded. Terry, Beausie and Harvey Gibson are the three members of the Turtle Patrol's Stranding Team which provides coverage for Seabrook Island. This little known part of the Turtle Patrol provides a critical function in the Department of Natural Resources' efforts to protect sea turtles. Members of stranding teams receive special training and are certified and licensed by the DNR to perform these special functions.

Stranding team members are notified whenever a sea turtle, dead or alive, is found on Seabrook Island. They then proceed to the location of the turtle, assess the situation as dead or alive and contact the DNR to report their findings. If the turtle is alive, the DNR will arrange with the stranding team to pick up the animal and transport it to the turtle hospital at the South Carolina Aquarium. If the turtle is dead, and the DNR doesn't request the remains for the further testing, the team completes a stranding report which includes measurements and other required information. Photos are taken and included with the report. It is the responsibility of the team to bury the remains or request SI-POA maintenance to bury the remains in the soft sand near the dunes. In both cases, the turtle must be marked with orange spray paint with an X. This is to prevent repeat calls to the team and to show that this animal has been reported.

The Leatherback stranding was extremely unusual. It was thought that the turtle was feeding in the marsh during the King Tides and got stuck when the tide receded. It



was right behind Lynda Fox' house and Lynda offered to put on her waders and help with the turtle. With the guidance and encouragement of Beausie and Terry she slowly steered the turtle toward shore while keeping it cool and protected with wet towels. With the arrival of Michelle Pate, the Coordinator of the DNR's Marine Turtle Conservation Program, and the assistance of Turtle Patrol leaders and members as well as other Seabrookers, the Leatherback was moved to shore and loaded in Beausie's Turtle Patrol truck. Once loaded, the exhausted but otherwise healthy turtle was transported to North Beach, carefully unloaded and steered back to sea to the cheers of the large crowd of onlookers that had gathered. This operation took several hours and the help of many people who gave up their Mother's Day plans to help this beautiful creature. The teamwork and ingenuity displayed by the group was truly inspiring.

Among those participating were Bill and Pat Greubel, Mark and Valerie Doane, Bill and Susie Freshets, Lynda Fox, Harvey Gibson, Don Smith, Ken and Deanna Hubbard, Gary and Terry Fansler and Beausie Zahn.

The chance to see and help this amazing animal was a very moving experience for everyone who participated. Terry Fansler, one of the Turtle Patrol's co-leaders, said "I had seen pictures and films of Leatherbacks for years and seeing one of these amazing animals in person and in their natural habitat was high on my bucket list. What a thrill to experience this right here on Seabrook Island". Beausie Zahn, the long-time leader of the Turtle Patrol, stated that "... in my 23 years on the Patrol I had never seen a live Leatherback. This was truly a thrilling, once in a lifetime experience."▲

Gary Fansler



(L-R) Betty Maher, Lisa Hillman, Lois Rinehimer, Tori Langan, Susan Colatsky

# My Dragon Boat Journey



music blared as we celebrated our accomplishment by dancing with abandon.

When we returned to Seabrook Island at the end of the day, we shared a group hug and vowed to maintain our special bond. We have each shared our experiences with friends who have expressed interest in the dragon boating. Lois has set a goal for next year's festival to come up with an all Seabrook team.

For more about Dragon Boat Charleston, please go to their website at [www.dragonboatcharleston.org](http://www.dragonboatcharleston.org). There is a three week training program (the first three Saturdays of each month at 9 am) for novice paddlers. The five of us are now members of DBC and can paddle whenever we choose to sign up for a practice. If you would like to hear more about our 8 week odyssey, please approach any one of us. We have survived the Eye of the Dragon and are proud of our new physical and inner strength. But for now I say, LET IT RUN!

Lisa Hillman

LET IT RUN! The captain gave the command to 20 paddlers in the dragon boat on the Ashley River. "Let it run" is my favorite term in dragon boating as it means paddles out of the water and rest. Gliding silently across the smooth water, a pod of dolphins cannot resist visiting us as the pelicans pass along overhead. The sun is slowly setting giving off a burst of color. All is right in my world.

I learned to paddle on Wednesday nights this spring thanks to the generous outreach of Dragon Boat Charleston. My friend Betty read about the program and went to an orientation. Later that week she stopped to visit me and decided this was just what I needed. After a difficult winter involving two surgeries and several personal losses, I was stuck in an unhappy mindset. My wonderful circle of friends surrounded me with support but one more biopsy had knocked me down.

Enter Dragon Boat Charleston with the goal "promoting physical wellness and psychological well-being among cancer survivors through a team

oriented outdoor support program". I joined fellow Seabrookers Betty Maher, Lois Rinehimer, Susan Colatsky and Tori Langan every Wednesday night for the drive "off island" to the Charleston Peninsula. The paddlers came from all over the area, including Mount Pleasant, Isle of Palms and West Ashley. We were all newbies without paddling experience but with cancer treatment somewhere in our past. Slowly but surely with encouragement and kindness, our leaders Sterling, Cindy and Cassie, turned us into a racing team-not a very fast team but a team none the less. Smooth, coordinated rhythms require you to think outside yourself and to be a part of something larger.

A special camaraderie developed among the five of us as well with our other team mates. We knew we were preparing for race day but I for one had

little understanding about what that meant and was just happy for my weekly experience. The Dragon Boat Festival was held at Brittlebank Park on May 7th. The day before, we had decorated our tent together using our team name "The Eye of the Dragon" as the theme. Seeing the rows of tents only gave us a taste of what was to come. The festival turned out to be a giant fundraiser with 62 teams competing. Each team had filled their tent with food, beverages and color! Four to five thousand people were estimated to be involved as participants or supporters. We were fortunate to have many Seabrookers come out to cheer us on. Local communities as well as businesses organized their own teams. Many groups were there for a day of fun and had little water experience but some, such as the local firefighters, were pretty intimidating. Unfortunately, on our big day, small

craft warnings on the river due to high winds, created difficulty for the boats. Balancing 20 paddlers, a steersperson and a drummer in a shallow boat as waves washed over us was quite a challenge. We finished our first time trial a little discouraged as we were hit by what felt like a wall of water and lost our rhythm half way through. We were thrilled with our second run though as we stayed together as a synchronized unit. Some teams were not as lucky and two drummers were thrown overboard. As a result, the final series of races were called off. I was so exhausted at this point that I was almost relieved!

The nicest memory of the day was the Spirit of Sylvia Survivors Celebration. At that time, the Eye of the Dragon was called to the front where we were honored as the newest outreach group. Flowers were handed out and



## Seabrook Wild Things

by Members of the Environmental Committee

# Living With Wildlife On Seabrook Island

It's no accident that Seabrook Island is blessed with an abundance of wildlife. Beginning with the original plan, our island was developed and has been maintained with the concept of keeping it natural and of sharing space and habitat with its wild inhabitants.

Great efforts have been made to protect native animals through planting indigenous vegetation, encouraging residents to maintain natural landscaping and to create vegetative corridors protecting our wildlife's ability to move throughout Seabrook Island.

Residents participate in a number of activities aimed at protecting the island's wildlife including a Green Space Conservancy program that raises funds to purchase building lots to provide additional green space for our wildlife. Sea turtle nests are monitored, often moved and protected by a volunteer Turtle Patrol.

Bluebird houses are built along establish Bluebird trails and monitored by volunteers. The island's deer population is surveyed annually and actively managed to keep the deer population at acceptable and sustainable levels.

Osprey and Eagle nesting platforms have been provided and even alligator resting platforms have been built at several of our lakes.

Living with wildlife requires some knowledge of animal behavior and just some good old common sense. The bottom line is Wild animals are WILD and should be encouraged to remain so. Below are some of the most important "Dos and Don'ts for "Living with Wildlife."

- "Dos"
- Treat all wild animals as "WILD animals", they are not pets.

- Keep all pets on a lease and never leave your cat or dog unattended.
- Keep your distance from wild animals. Alligators can move much faster than most people think. Deer, particularly bucks can be territorial and aggressive during the fall mating season. Fox, raccoons, coyotes could have rabies. Opossums have extremely sharp teeth.
- Keep all food (human and pet) items and garbage secure and unattainable by all wildlife.
- When fishing in any pond or lake try to avoid areas where alligators are in the vicinity. Hooked fish mimic a fish in distress and will quickly attract them.
- Treat all snakes as poisonous and simply stay away from them.
- Respect the needs of shore birds at our beaches and do not disturb them.
- Report sightings of bobcats, foxes, coyotes, pileated deer or other unusual wildlife through the SIPOA website ([www.SIPOA.org](http://www.SIPOA.org)) and click on the Seabrook Wildlife page.
- Report nuisance and/or injured wildlife to SIPOA Security (843-768-6641).



PHOTOS BY CHARLES MOORE



residents complying with these requirements.

- Do not approach sea turtles or dolphins anywhere at any time. It is against SC State and Federal law to do so.
- Do not leave holes or any type of

obstruction on the beach as they become barriers to newly hatched sea turtles.

- Do not swim at the beach near someone fishing and likewise do not fish in areas where people are already swimming.

Living with wildlife is a part of living on Seabrook. We all need to do our part to insure we continue to live in harmony with our wonderful wild neighbors.

Charles Moore Environmental Committee



Eurasian Eagle-owl



Eurasian Eagle-owl

# Seabrook Island Birders

Seabrook Island Birders (SIB) are residents, renters and guests of Seabrook Island, SC who have an interest in learning, protecting and providing for the well-being of the incredible variety of birds that inhabit Seabrook Island throughout the year. SIB's mission is (1) to enlighten residents about the richness and diversity of Seabrook Island's bird life; (2) to foster an appreciation for the unique habitats our island provides for these varied species; and, (3) to emphasize the importance of protecting these natural habitats that are essential for the survival of our native birds as well as the migratory birds we host.

Join SIB by writing your name, phone number and email address along with \$10 (per person) in cash or check made out to Seabrook Island Birders and send to: Marcia Hider, 3145 Green Heron Ct., Seabrook Island, SC 29455. Or you may leave the information in her local mailbox, the one with the flamingo flag.

Be sure to visit our website or Facebook page to view our blog and sign-up for our activities. We hope you will join us at for our June events:

- "Learning Together" birding at North Beach on Sunday June 5 at 4:30 pm.
- SIB Quarterly Evening Program featuring Felicia Saunders, DNR, and Melissa Bimbi, US Fish and Wildlife, speaking about the importance of our beaches to the shorebird population, both nesting and migratory at The Lake House on June 22 at 7:00 pm.
- Beginning Birding with David Gardner at St. Christopher on Thursday June 23 at 8:30 am.

Contact Us:  
E-Mail: [SeabrookIslandBirders@gmail.com](mailto:SeabrookIslandBirders@gmail.com)  
Website: [seabrookislandbirders.org](http://seabrookislandbirders.org)  
Facebook: <https://www.facebook.com/seabrookislandbirders/>



American Kestrels



Spectacle Owl



Harris's Hawk



Osprey & Audrey Popolin from Center for Birds of Prey



Eurasian Eagle-owl

PHOTOS BY NANCY BROWN



**Audubon International Sustainable Communities Program**  
**A Healthy Local Environment**



This is the third in a series of articles sharing information about the Audubon International Sustainable Communities Program. Last month Jim Bannwart introduced the program's "three pillars" and elaborated on the pillar called "Quality of Life". This month we focus on a "Healthy Local Environment". Not surprisingly, there are overlaps between these two categories.

**The Natural Environment**  
 A view of Seabrook's local environment must begin with an appreciation of its uncommonly rich physical attributes. Its tidal creeks serve as nurseries for a huge diversity of aquatic life. Views of these creeks and their marshes provide visual tranquility. Over this calm pallet of beautiful vegetation and land forms we frequently see the images of native wildlife – from bobcats to dolphin, plovers to eagles, crabs to alligators. At night, we have a clear sky for stargazing and an ambiance of quiet interrupted only by the call of an owl or whippoorwill.

**The Learning Environment**  
 Knowledge enhances appreciation, in almost any endeavor and this is where our community really shines.

We offer an exceptional number of opportunities to gain knowledge about the world around us. Scores of organizations, committees and individuals are devoted to careful stewardship of our natural environment. They invite us to join them. In doing so, we may gain knowledge to enhance our enjoyment. For many, it is more gratifying to observe a bird, a tree, a fish or a flower when you know its name and something about it – more pleasing to say "there's an ibis" than "look at that big bird" or "that's a beautiful bald cypress" rather than "that's a beautiful tree". To see a list of thirty-two clubs and organizations inviting participation, go to the SIPOA website, select "Contacts and Forms" then "Special Interest Contacts" from the drop down menu.

While many of our volunteer organizations and committees provide education about our natural environment, educational outreach on Seabrook is by no means limited to that niche. The SI Natural History Group aims to also increase our awareness of local history, culture and institutions. Retired physicians like Jerry Reves and Roy Sessions give us insight into matters of personal health through their articles and

talks. Instructors at the SI Club help us learn golf, tennis or pickleball. Fitness classes at the Lake House teach us how to keep our bodies more toned and efficient.

**The Physical Environment**  
 A beach walk to see stranding dolphins at the inlet can be fun. It can also be beneficial to your heart and muscles. The same holds true for a trail walk, a game of tennis or golf, a kayak paddle or a bike ride. Our amenities on Seabrook are incredibly accessible, most requiring no advanced planning. No long drives in traffic to reach a gym, a beach, a creek or a golf course. Have you hiked the Six Ladies trail? Taken a trail ride? Talked to a personal trainer at the Lake House?

**The Future**  
 The Audubon International program requires us to take stock of what we are providing and ask ourselves the questions "what are we missing?" and "what else could we provide?" It also allows us to compare ourselves to similar communities, in search of new ideas. Do you have suggestions? If so, please pass them along to Jim Bannwart or Carl Voelker. ▲

Carl Voelker

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**PHOTO BOMBS FROM SEABROOK ISLAND'S 25TH ANNIVERSARY PARTY**



**Seabrook Island Named One of America's Best Restored Beaches for 2016**

**Seabrook Island, SC** – The American Shore and Beach Preservation Association (ASBPA) announced today that Seabrook Island is a winner of its 2016 Best Restored Beach Award.

"ASBPA created the Best Restored Beach award as a way of highlighting the value of America's restored beaches," said Tony Pratt, ASBPA president and administrator of the Shoreline and Waterway Management Section within the Delaware Department of Natural Resources and Environmental Control. "As Americans flock to our coastline during the upcoming beach season, most don't even realize they may be enjoying a restored beach."

**The Seabrook Island Property Owners Association Beach Project "Relocation of Cap'n Sams Inlet"**  
 Seabrook Island property owners and visitors love the beach for strolls, walking their dogs, and enjoying the surf. In May 2015, for the third time in the past 30 years, Seabrook Island, in cooperation with federal, state, and local authorities and with Seabrook Island property owner funding, relocated Cap'n Sam's Creek using scientific inlet relocation methodology.

According to Janet Gorski, President of the Seabrook Island Property Owners Association (SIPOA), "One year later, Seabrook Island has exceeded anticipated benefits of the inlet relocation. Accretion of sand has not only widened the beach, but replenished sand dunes, not only providing greater habitat for the turtle nursery so important in South Carolina, but also strengthening protection of maritime forest in an era of increasingly higher tides. In the aftermath of inlet relocation and in concert with Seabrook Island's stewardship and monitoring of its beach environment, numerous shore birds, including several endangered species, are enjoying the enhanced beach habitat for migration and nesting. As a testament to the interest in protecting

shore bird natural habitat since inlet relocation, the Seabrook Island Birders group was formed in late 2015 and now has over 180 members. In short, relocation of Cap'n Sam's Creek has improved Seabrook Island's beach environment for all users."

According to Lee Weishar, Ph.D., chair of the Best Restored Beach Committee responsible for making the selections: "The Best Restored Beaches contest can be compared to an old-time beauty contest... if you like what you see, you vote for it. I look for commitment and dedication to the project. I want the applicant to make me love his or her beach."

"The Seabrook Island restoration project clearly demonstrates the importance of developing a long-term management plan that works with the natural processes to overcome severe erosion," said Weishar. "This project shows that a beach restoration project can be successful in a dynamic environment if you clearly understand the coastal processes and develop a plan that works with the coastal processes to achieve the restoration of the beach."

For more than 50 years, beach restoration has been the preferred method of shore protection in coastal communities on the east, west, Gulf and Great Lakes coasts. Beach restoration is the process of placing beach-quality sand on dwindling beaches to reverse or offset the effects of erosion.

The three main reasons for restoration are:

- **Storm protection** – A wide sandy beach helps separate storm waves from upland structures and infrastructure.
- **Habitat restoration** – Numerous species rely on wide, healthy beaches as a place to live, feed and nest.
- **Recreation** – America's beaches have twice as many visitors annually as all of America's federal and state parks combined. Every year, there are more than 2 billion visitors to America's beaches. Coastal communities have restored

more than 370 beaches in the United States, including such iconic beaches as Jones Beach in New York, Ocean City in Maryland, Virginia Beach, Miami Beach, South Padre Island in Texas, Venice Beach in California and Waikiki Beach in Hawaii.

During times of economic hardship, the beach can be an even more desirable vacation destination than other domestic and foreign alternatives, offering families and visitors an accessible and affordable getaway. It is also an employment and tax generator:

- Beaches contribute an estimated \$225 billion annually to the America's economy.
- Each year, governments take in \$570 in taxes from beach tourists for every dollar it spends on beach restoration.
- Well over half of the nation's gross domestic product (\$7.9 trillion) is generated in 673 counties along the oceans and Great Lakes, according to NOAA's National Ocean Economics Program.

To enter the Best Restored Beach competition, coastal communities nominated their projects for consideration, and an independent panel of coastal managers and scientists selected the winners. Judging was based on three criteria: the economic and ecological benefits the beach brings to its community; the short- and long-term success of the restoration project; and the challenges each community overcame during the course of the project.

A complete list of award-winning beaches, and more information about beach restoration and ASBPA, is available online at [www.asbpa.org](http://www.asbpa.org).

**ABOUT ASBPA:** *Founded in 1926, the ASBPA is a 501(c)3 nonprofit that advocates for healthy coastlines by promoting the integration of science, policies and actions that maintain, protect and enhance the coasts of America. For more information on ASBPA, go to [www.asbpa.org](http://www.asbpa.org), Facebook or [www.twitter.com/ashpa](http://www.twitter.com/ashpa). This information is provided by the American Shore & Beach Preservation Association.*

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 Email and Seabrook Island Address



# THE SIP

## Administrative News from the Seabrook



### EXECUTIVE DIRECTOR'S CORNER JUNE 2016

The following is a brief summary of our operational activity for the month of May.

#### Lake House & Community Center:

Sail shade installation at the Lake House outdoor pool and interior renovations at the Community Center are complete. Preparation for the July 4th Weekend Kids Triathlon, 5k Walk/Run, and post-parade celebra-

tion is in process. Check our weekly Highlights e-blast, Lake House schedule, and Tidelines for more information.

#### ARC Activity:

New Homes:  
Applications Pending = 10  
New Homes Approved, not yet started = 4  
New Homes Under Construction = 23  
New Homes Complete YTD = 6

Repair & Maintenance Projects:  
Maintenance Projects Approved in April = 69  
Maintenance Projects Approved YTD = 256

#### Operations & Maintenance:

The mailbox painting program and road sign replacement projects are complete. The annual engineering intern program began in May. Grace Wachowski from Clemson University and Adam Erath from USC will be developing additional data on our storm water system. Layne Inliner is on Island continuing our storm water pipe-lining work and will be working for the next 4 weeks or so. Seasonal beach trash patrols and pickup began on Memorial Day weekend and will continue 7 days/week through the summer.▲

Heather Paton  
hpaton@sipoa.org

### MARK YOUR CALENDAR



**Brown and White Pickup:**  
Friday, June 3rd



**Upcoming Board Meetings:**  
**At the Lake House**  
Monday, June 20  
1:00 pm



**Get the Scoop Meeting:**  
Monday, June 20  
5:30 pm

### OYSTER CATCHER COMMUNITY CENTER INFORMATION

The Oyster Catcher Community Center is open to ALL Property Owners and their ACCOMPINED guests. The SIPOA Activities Committee and Board requires all Property Owners to bring their amenity cards with them while using the Oyster Catcher Community Center Pool.

Guests are welcome to use The Lake House Outdoor Pool with an active amenity card at no additional cost. We appreciate your cooperation and understanding. ▲

#### INDOOR POOL INFORMATION

As of June 1st, the Indoor Fitness Pool will no longer be closed during water fitness classes. Lane 5 (closest to Outdoor Pool doors) will remain open for lap swimming only during all classes.

#### INDOOR FITNESS POOL CLASS SCHEDULE

Monday.....12:00 PM - 1:00 PM  
Tuesday.....4:00 PM - 5:00 PM  
Wednesday.....12:00 PM - 1:00 PM  
Thursday.....4:00 PM - 5:00 PM  
Friday.....12:00 PM - 1:00 PM

\* Lane 5 will remain OPEN for LAP SWIMMING ONLY during classes \*

Please note that during inclement summer weather, Splashers and Water Aerobics morning classes (8:30 AM - 9:30 AM) will return to the Indoor Fitness Pool, where the above-mentioned change will be in effect.

#### INDOOR FITNESS POOL LANE DESIGNATIONS

Lane 1.....Water Therapy / Open Swim  
Lane 2.....Open Swim  
Lane 3.....Open Swim  
Lane 4.....Lap Swimming  
Lane 5.....Lap Swimming

Please bring a TOWEL for the pool area with you, we DO NOT provide POOL TOWELS.

# OAPAGES

## Island Property Owners Association

# LAKE HOUSE SPOTLIGHT



<b>Friday, July 1st</b>	5:00PM-7:30PM	Reception for the Fourth of July Art Show (The Lake House)
<b>Saturday, July 2nd</b>	8:00AM	Fourth of July (just over 5K) Walk/Run (Start/Finish - The Lake House)
	10:00AM-4:00PM	Fourth of July Art Show (The Lake House)
<b>Sunday, July 3rd</b>	8:00AM	Tri-It Kids Triathlon (The Lake House)
	Dusk	Fireworks sponsored by the Town of Seabrook Rain Date: Sunday, July 5th (Seabrook Island Club Driving Range)
<b>Monday, July 4th</b>	9:30AM	Fourth of July Parade (Seabrook Island Road Loop)
	Following the Parade	After Parade Family Fun Celebration Jump Castle with slide, music, and hot dogs! (The Lake House)

#### 5K\* WALK/RUN



Start your celebration of the Fourth of July holiday with some fitness, and join us for Seabrook's (\*just over a) 5K Walk/Run on Saturday, July 2nd. Whether you are running, walking, or a combination of the two, this is not a race to be missed! This family-friendly event will begin at 8:00 AM at The Lake House and take participants through the front half of beautiful Seabrook Island.

The cost for the 5K\* Walk/Run is \$20.00.

Registration forms for both events

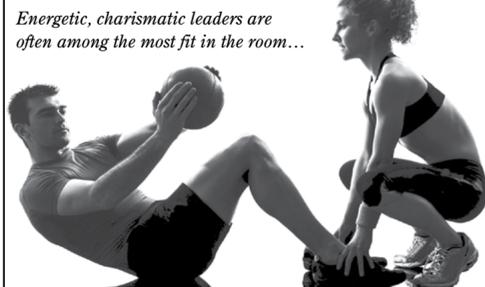
When it comes to appearances, there is a big difference between fit leaders and out of shape ones. The former have far more energy, enthusiasm, passion, and appeal than their peers. They also have better posture, which makes them look and feel youthful and in command. They smile more and radiate confidence. The bottom line is that being healthy is directly tied to a leader's happiness and success.

We all assume leadership roles in one way or another. Whether you are the president of a company, the chairperson of a committee, the head of your household, or the leader of your own life, you are at the helm. Being in charge is demanding. Your success requires high energy, creativity, clear thinking, and stamina. The most direct path to realizing these capabilities is to get healthy and fit.

Here are several touchstones to help you improve your level of health and fitness and use your newfound strength as a springboard for your powerful leadership:

### A Fit Leader is a Better Leader

Enhance your success and your influence by first improving your health and fitness.



*Energetic, charismatic leaders are often among the most fit in the room...*



### PRESIDENT SIPOA BOARD OF DIRECTORS JUNE 2016

This month's letter focuses on the announcement that, after several years of negotiation, in January of this year, SIPOA signed a renewal contract with Comcast Corporation to provide our community with a full range of telecommunication services. Comcast provides Seabrook with services that include:

- High Speed Internet from 75mps up to 150mps
- State of the art television services on their X-1 platform which can include Voice Activated Remote Control

- Digital voice services including national toll-free calling
- Home security services including remote house controls

After careful consideration, the SIPOA Board decided to move forward with this agreement which took effect on January 21, 2016 and carries a term of 12 years. This agreement contains many benefits to our community that go beyond the traditional product and service offerings. These additional services and benefits are highlighted below:

- Comcast will provide a designated Account Manager who will service the Seabrook Island Community specifically. All Seabrookers can now place sales, upgrade, service/repair, and installation requests a special telephone number: **843-266-3217**. Our Account Manager **Andy Gretton** will facilitate delivery for you.



Dedicated Seabrook Account Manager

**ANDY GRETTON**  
843-266-3217

- All service requests will be responded to within 24 hours, with a resolution within 48 hours of contact. While installations of new service and equipment may be subject to schedule constraints, Andy will help

ensure prompt response times.

- This dedicated service/installation line will be available 24 /7. All billing inquiries should continue to be directed to 1-800-COMCAST [1-800-266-2277].
- All services and installations will be subject to current market rate and any available promotion in place at the time of order.
- Comcast will provide the Seabrook community with 12 courtesy video lines which are being utilized in various common areas on the island including the Lake House.
- Comcast will partner with Seabrook involving several community related events.

Please note that the agreement is not, and was never intended to be, the group purchase of Comcast services for individual property owners at a reduced rate. The terms, conditions, charges and fees for services provided to property owners are now and will continue to be contained in the contracts between Comcast and individual property owners. In short, there is no requirement that any individual property owner purchase or use Comcast services. Thus, all decisions regarding provider and service selection remain with individual property owners.

We should see many benefits from this agreement over the coming years.▲

Janet Gorski  
gorskijw@gmail.com

are available at The Lake House. Please note, Fourth of July event shirts are limited, availability and size is not guaranteed after Wednesday, June 8th.

#### TRI-IT KIDS TRIATHLON



#### SWIM, BIKE, RUN.

The Tri-It Kids Triathlon will be held on Sunday, July 3rd at 8:00 AM. This is a great introduction for kids ages 9 to 12 years old to a multisport event in a fun, positive environment. Participants will complete a 75 yard swim before moving on to the 1.6 mile bike and finishing up with a 1 mile run.

The cost for the Tri-It Kids Triathlon is \$20.00.

Please note, this event will be capped and event shirt availability is limited, so sign up early to ensure you are part of our 2nd Fourth of July Tri It Kids Triathlon!

Spectators are not only welcome for all events, but very much appreciated!! Come out and support your family, friends and fellow Seabrookers!!

Before the cookouts begins and fireworks start...why not have some Fourth of July fitness fun!

Registration forms for both events are available at The Lake House. Please note, Fourth of July event shirts are limited, availability and size is not guaranteed after Wednesday, June 8th.

For more information on our Fourth of July Fitness Events, please contact Jamie Mogus Mixson at 843.725.1580 or email [jmogus@sipoa.org](mailto:jmogus@sipoa.org). ▲

#### Take advantage of low hanging fruit

Look for small, doable changes that will have a big impact on your health. Examples are: eat at least 7 hours of sleep; eat 5-6 times per day to keep your energy high and metabolism humming, choose water over sugary drinks, and select low fat and low sodium foods.

#### Get physical

Perform at least 150 minutes of aerobic activity (i.e., jogging, biking, walking or swimming) and 2-3 strength-training sessions per week. Work each major muscle group (quadriceps, hamstrings, calves, abdominals, chest, shoulders, triceps, back, and biceps) and each movement (squat, lunge, single leg, hinge, push and pull) weekly.

#### Refine your approach to fitness

Choose an integrated program rather than a one-off workout. That is to say, employ a training plan, a system of interrelated workouts designed to change the way your body adapts and therefore transform your fitness over time. This plan will become your roadmap for accomplishing higher and higher levels of performance.

#### Leverage your strength to become a better leader

When you are healthy and fit, you have the physical, mental, and emotional strength to accomplish anything. Trust yourself and your newfound strength to enable you to perform as you want to be, not ought to be. Seek out situations where you can excel and expand, and don't be afraid to take calculated risks. Given your preparation, you are on very sure footing.▲



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 at [april@aprilgoyer.com](mailto:april@aprilgoyer.com)

## FIT CAMP with Kelly and Mark



**Kelly and Mark**  
specialize in the 3 "Fs":

**FUN • FUNCTIONAL • FITNESS**

Fit Camp begins Monday, June 20th

For more information,

email: [rinsky27@gmail.com](mailto:rinsky27@gmail.com) or [wellykelly@live.com](mailto:wellykelly@live.com)

# JUNE 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers	2 12:30pm Art Open Paint 1:00pm Mahjongg	3 9:30am Dup Bridge 4:00pm Seabrook Smashers  Brown/White Pickup	4 11:00am Seabrook Smashers
5 1:00pm Sunday Matinee	6 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers	7 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	8 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers	9 10:30am Am. Red Cross Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg	10 9:30am Dup Bridge 4:00pm Seabrook Smashers	11 11:00am Seabrook Smashers
12 1:00pm Sunday Matinee	13 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers	14 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 7:00pm MAC User Club  JUNE PRIMARY	15 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers	16 12:30pm Art Open Paint 1:00pm Mahjongg 3:00pm iPhone and iPad: Beyond the Basics (Lake House Tech Forum)	17 9:30am Dup Bridge 4:00pm Seabrook Smashers	18 11:00am Seabrook Smashers
19 1:00pm Sunday Matinee	20 9:00am Social Bridge 11:00am Sbrk Stitchers 1:00pm SIPOA Board Meeting 1:30pm Dup Bridge 4:00pm Seabrook Smashers 5:00pm Get the Scoop Board Meeting	21 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 4:00pm Men's Book Club 7:00pm Coin Club	22 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers 7:00pm Seabrook Island Birders Membership Meeting	23 12:30pm Art Open Paint 1:00pm Mahjongg	24 9:30am Dup Bridge 4:00pm Seabrook Smashers	25 11:00am Seabrook Smashers
26 1:00pm Sunday Matinee	27 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers	28 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	29 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers	30 12:30pm Art Open Paint 1:00pm Mahjongg		
NO CLASSES	8:30am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:45am Total Body Toning	8:30am Water Aerobics 8:45am Cardio Interval 10:00am Core Fusion 11:00am Get Pumped 4:00pm Deep Water Aerobics 6:00pm Evening Yoga	8:30am Rise and Shine Yoga 8:30am Splashers 9:30am Zumba 10:45am Total Body Toning 4:00pm Gentle & Restorative Yoga	8:30am Water Aerobics 9:00am Flow Yoga 9:15am Zumba 10:45am Throwback Thursday 4:00pm Deep Water Aerobics	8:30am Water Aerobics 8:15am Core and More 9:15am Zumba 11:00am Get Pumped	8:30am Pilates 9:45am TaeBo



### Our Lady of Mercy's 23rd Annual Golf Tournament a Success

Non Profit Helps Lowcountry Residents Achieve Self-Sufficiency



Our Lady of Mercy Community Outreach held its 23rd Annual Golf Tournament at The Golf Club at Briar's Creek on Johns Island. Eighty-six players enjoyed the beautiful weather and participated in the "best ball" 18 hole tournament. A cocktail hour, award ceremony and dinner followed tournament play. The event raised \$56,000 that will go support the outreach, education, and wellness services offered by the organization.

committee and volunteers who made this event possible," says the organization's Executive Director, Jill Jackson Ledford. "The money raised from this Golf Tournament will help provide education and services that Sea Islands as well as downtown-area residents need to make positive changes in their lives. Through educational programs, health services, and direct emergency assistance, we encourage members of our community to become self-sufficient and foster self-worth."



### Photographer of the Month Ted Henderer

Ted and Ruth Ann Henderer retired and moved to Seabrook Island in 2013,

both after long careers. A native of Wilmington, Delaware, Ted attended the University of Vermont, where he received a PhD in 1976. Ted began developing a keen interest in photography while in college - even winning a first prize for a slide show in the University of Vermont's 1969 Film Festival. During this time, Ted was associated with John Miller, a well-known Vermont photographer. John sold Ted his first 35 mm camera, a Nikon Nikkormat SLR. Ted learned how to wet develop film and print black and white photographs in a dark room. Ted's current passion for black and white digital photography dates to his college days.

tervening years until Ted's retirement, photographic technology changed radically. Digital imaging allows a range of visual presentation previously difficult to obtain with film and dark room photography. Inspired by the beauty of the low-country and our Seabrook Island surroundings, Ted focuses on landscape photography. Examples of Ted's photography can be found on his page on Flickr: <https://www.flickr.com/photos/thender/> Ted lived for 22 years in Vermont, where he met Ruth Ann. An accomplished quilter, Ruth Ann is equally creative and enjoys retirement, frequently playing golf with Ted. ▲

## Just Ask ME!



Look for the "Just Ask ME" hats and buttons on Seabrook Island. Thirty five property owners have volunteered for this initiative started by the Town, SIPOA and SI Club. The goal is to assist visitors on the island; answer questions and direct them as necessary.

An orientation session was held May 25 to launch the program. Participants are pictured above. Visitors will also be given a list of volunteers when they check in at the Amenity Office.

## Piccolo Comes to "KITTIWAH"

Wednesday, June 8, 2016  
Mingo Point  
Oyster Roast - 5:30-6:30pm  
Dinner Buffet- 5:30-7:00pm  
Performance begins at 6:30 pm  
Adults: \$47  
Children ages 4 - 12: \$25  
Children under 4: free  
Casual seating  
\*Ticket Release 5/25



Focusing primarily on artists of the Southeast region, Piccolo Spoleto is the perfect complement to the international scope of Spoleto Festival USA, its parent festival, and its 500 events in 17 days transform Charleston into an exhilarating celebration of performing, literary and visual arts. Piccolo Spoleto's traditional program

offerings include visual arts exhibits, classical music, jazz, dance, theatre, poetry readings, children's activities, choral music, ethnic cultural presentations, crafts and film.

This year Spoleto will celebrate its 40th festival with a landmark production of Charleston's own Porgy and Bess. The Kiawah Arts and Cultural Events Council is celebrating this important anniversary and continuing the Porgy and Bess theme with "Piccolo Comes to Kittiwah," a gala end of season event at Mingo Point. In Act 2 of Porgy and Bess, the denizens of Catfish Row take boats to a church picnic on nearby "Kittiwah" Island, an early alternative spelling of "Kiawah." What better way to get in the spirit of this opera set in Charleston and Kiawah than to enjoy an oyster roast and barbeque at Mingo Point on the banks of the Kiawah River and be entertained by Piccolo artists singing the music of George Gershwin as well as other tunes by his contemporaries.▲

## I ♥ NY START SPREADING THE NEWS...

If you grew up in NY, were schooled in NY, lived in NY long enough to feel you are a New Yorker, or love a New Yorker, plan to join us for the Second Annual New York-to-Seabrook Connection Party Tuesday, October 25, 2016 6:00 pm • Live Oak Hall, Lake House

All New Yorkers who call Seabrook home, whether seasonally or year round, are invited. An Evite will follow in September with details. If you have not already received this "save the date" in an email, then you are not in our data base. If you are interested in joining us, please email your name, email address and town or city in New York where you lived, so we can add you to our list for future mailings.

Email to: [NewYorkSeabrookConnection@gmail.com](mailto:NewYorkSeabrookConnection@gmail.com)

The NY-SI Committee:  
Carol Augusta • Joan Alternus • Betty Burns • Frank and Lisa Cermak  
Barbara and Steve Cutter • Kathy and Ed Maher • Ed Moran

## Make Your Dreams A Reality! Buying or Selling?

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Specializing in Seabrook Island, Kiawah Island, Coastal Beach Areas & Downtown Charleston.

32 years of experience



### Feel like a Star! You're worth it!

**MANAGER'S SPECIAL "GEL PACKAGE - \$160"**  
Buy 4 gel polishes - get the 5th one FREE (\$40 value)

**EARLY BIRD SPECIAL "GENTLEMAN'S CUT"**  
8:30am-12noon only!  
Book 3 appointments @ \$15 each (Reg. \$30 each)  
APPOINTMENT NECESSARY  
LIMITED TIME OFFER

UNDER NEW MANAGEMENT  
**Stephanie Moore**  
Hair • Nails • Waxing

**Reflections**  
Hair and Nail Studio  
1001 Landfall Way / Just Outside Seabrook Gate  
MON-SAT 10:00-6:00 • 843.637.4947



# ISLAND NOTICES



**JOHNS ISLAND FARMERS MARKET**  
3546 Maybank Hwy, Johns Island, SC  
Every Saturday | 9 am - 1 pm

### PORGY & BESS CURATOR-LED PUBLIC TOUR

June 9 • 2:30-3:30PM  
Gibbes Museum of Art • Downtown  
Explore Beyond Catfish Row: The Art of Porgy and Bess with Pam Wall, Curator of Exhibitions.



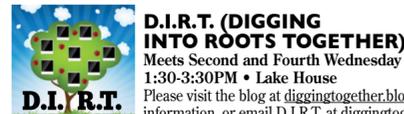
### CHARLESTON COUNTY BOOKMOBILE

The Charleston County Bookmobile will be at Freshfields Village the first and third Tuesday of every month from 10:00 am - 11:30 am. The Bookmobile will be parked behind Hege's and Java Java.



### MONDAY MORNING BRIDGE

Every Monday • 9AM • Lake House  
Please join us for Monday Morning Bridge. You do not need to bring a partner. For more information please contact Ilse Calcagno at 843-768-0317.



**D.I.R.T. (DIGGING INTO ROOTS TOGETHER)**  
Meets Second and Fourth Wednesday of each month  
1:30-3:30PM • Lake House  
Please visit the blog at [diggingtogether.blogspot.com](http://diggingtogether.blogspot.com) for more information, or email D.I.R.T. at [diggingtogether@yahoo.com](mailto:diggingtogether@yahoo.com)

### INDOOR PICKLEBALL

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



### SEABROOK LADIES BIBLE STUDY

Every Monday • Lake House • 1:30PM-3:30PM  
For more information, please contact: Jody Garvey ([garveyjody@gmail.com](mailto:garveyjody@gmail.com)) or Patti Tully ([pattitully@gmail.com](mailto:pattitully@gmail.com))



### SEABROOK STITCHERS

Lake House • Every Monday • 11:00AM-1:00PM  
For more information, contact Denise Doyon at [dendovon@gmail.com](mailto:dendovon@gmail.com)



**BLOOD DRIVE**  
June 9th • Lake House • 10:30 to 3:30  
Let's see if we can outdo March's great turnout of 42 donors! Summer always creates shortages - vacations cut into donors' availability and patients' blood needs always seem to increase at that time. Let's make sure we can fill those needs with a good response. Schedule your appointment with Pep Logan, 843-768-0334, through Rapid Pass, or just plan to walk in at your convenience.



### SEABROOK ISLAND PHOTOGRAPHY CLUB 2016 PROGRAMS

Here is the preliminary Photography Club schedule for the coming year. Members and nonmembers are invited to the first meeting next Thursday (without charge). Please join us to see if Club membership would be helpful to your photographic endeavors.

- September 15th - To be Determined
- October 20th - To be Determined
- November 17th - Annual Club theme assignment with constructive results, evaluation & critique
- December 15th - Annual Holiday Party with member photo sharing

It's that time again...

## BOHICKET MARINA & MARKET

### The Place for Family Fun

**Every Tuesday**  
May 31 - August 30  
**Kick It At Bohicket**  
Starts @ 6pm  
Free Fun for the entire family:  
Games - Face Painting - Balloon Artist  
Dancing to Beach Music by  
Jim Bowers DJ Extraordinaire  
Free Shag Lessons • 6:00-6:15 • Main breezeway!  
SPONSORED BY THE TOWN OF SEABROOK ISLAND

**Every Wednesday**  
June 8 - August 24  
**Kids Fishing Tournament**  
(Two Sessions)  
9-10am & 10-11am  
Cost: \$7 includes pole and all the bait you can use!  
(CASH OR CHECK PLEASE)  
Prizes are awarded for the biggest fish in each age group!

(Weather Permitting)  
Sponsored by the Bohicket Merchants Association

ON THE STREET - Interviewer: Joan Reed / Photos: Mary Beth Joyce

## WHAT DO YOU KNOW ABOUT THE SEABROOK ISLAND GREEN SPACE CONSERVANCY?

**Jan Davis**  
They raise money to buy lots on Seabrook to preserve as green space.



**Erle Davis**  
Nothing. I live in Summerville but my wife of three years has a condo on Seabrook.



**Kathy Kunkelman**  
They raise funds to purchase strategic lots to benefit the common good.



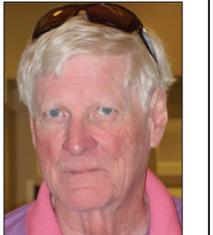
**Kathy Maher**  
The Conservancy is the very heart of Seabrookers in action.



**Fred Finke**  
I know way too much; I am married to the Chair of the Gala. That's a conflict of interest, right?



**Tom Willcox**  
I was one of the original founders of the Conservancy in 2000. Our first purchase were the three lots on Seabrook Island Road that make up the tree canopy at the front of the island.





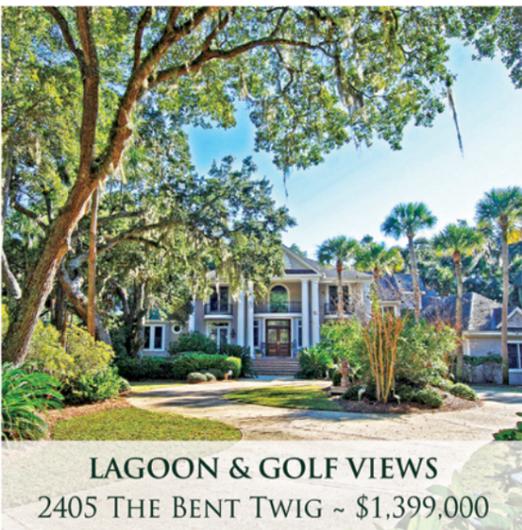
SEABROOK ISLAND  
*Real Estate*  
Make It Uniquely Yours



JUST STEPS TO THE BEACH! WALK TO CLUB AMENITIES  
3724 SEABROOK ISLAND RD ~ \$2,295,000



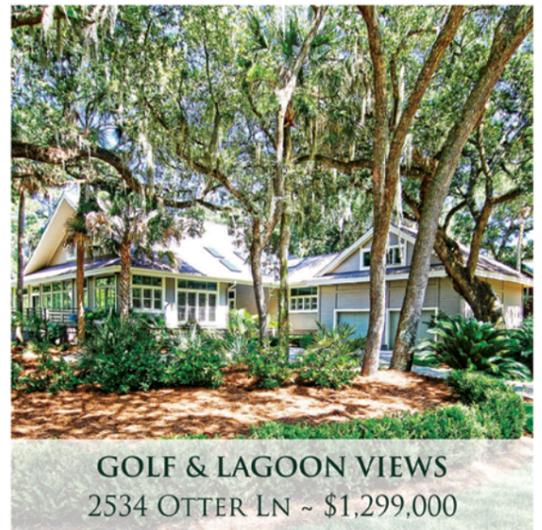
PRIVATE LOCATION ~ GOLF VIEWS ~ A MUST SEE!  
2600 THE HAULOVER ~ \$829,000



LAGOON & GOLF VIEWS  
2405 THE BENT TWIG ~ \$1,399,000



MARSHFRONT SANCTUARY  
3060 MARSHGATE DR ~ \$1,290,000



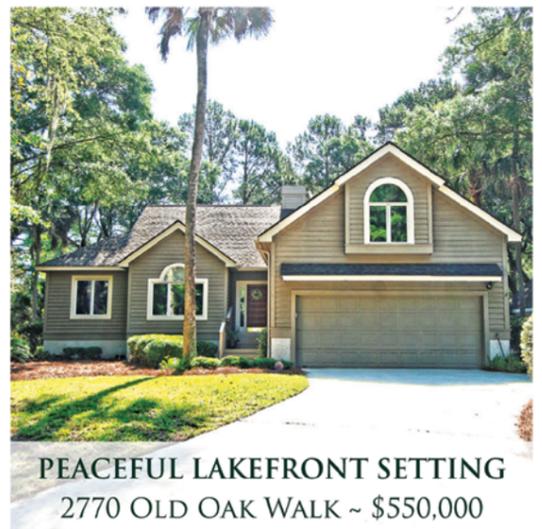
GOLF & LAGOON VIEWS  
2534 OTTER LN ~ \$1,299,000



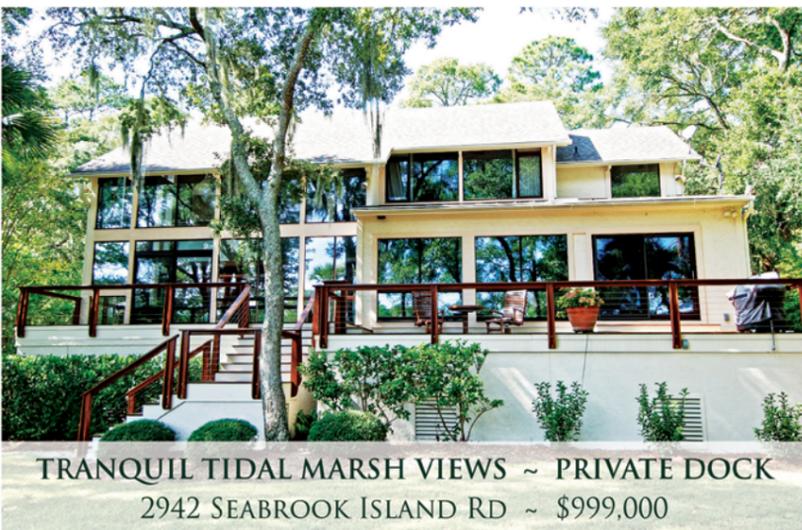
LAGOON & GOLF SETTING  
2639 SEABROOK ISLAND RD ~ \$1,099,000



BEACH HSE. ~ OCEAN/GOLF VIEWS  
3753 SEABROOK ISLAND RD ~ \$995,000



PEACEFUL LAKEFRONT SETTING  
2770 OLD OAK WALK ~ \$550,000



TRANQUIL TIDAL MARSH VIEWS ~ PRIVATE DOCK  
2942 SEABROOK ISLAND RD ~ \$999,000



SALT MARSH  
*Own a piece of paradise. Seabrook Island*  
NEW TOWNHOMES ~ NEW PLAN, MAIN LEVEL MASTER  
SALT MARSH AT SEABROOK

*Miles of pristine beaches. Minutes from Charleston. Endless amenities and activities.  
And the inexplicable feeling of knowing you're exactly where you should be.*

*Seabrook Island ~ Make It Uniquely Yours <sup>SM</sup>*

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