

THE Seabrooker

HAPPY THANKSGIVING!



VOL 19 • ISSUE 11 • NOVEMBER, 2016

Hurricane Matthew Seabrook Spared from Worst Case Scenario



Familiar clean-up scene on Seabrook after the storm



HarborView Inn Downtown



Home on Seabrook Island Road



The Equestrian Center is collection central for hurricane debris

FROM TOWN HALL



by John Gregg

Notwithstanding predictions of 5 – 8 ft storm surges and hurricane force winds (74 mph or higher), our community has been, for the most part, spared by hurricane Matthew. SIPOA and the Seabrook Island Utility Commission

began working on Sunday morning, October 9 to get essential infrastructure ready for return of residents. With help from contractors SIPOA began clearing debris from roadways and restoring operation of the storm water drain system. Since power was out, SIUC brought in generator driven pumps for the sewer system lift stations. Water system pressure was maintained throughout the storm and water was available to all residences without interruption. Early damage reports from Saturday, October 8 indicated that many large trees were uprooted (relatively few fell on residences) and flooding of roadways was isolated. Resident

re-entry began noon on Monday, October 10. So-called "windshield" surveys were conducted on Monday, October 10 to assess damage.

Some insights that may be of interest:

Governor Haley announced at a 3:00 pm news conference on Tuesday, October 4 that coastal communities should begin evacuation Wednesday morning and that she would be ordering evacuation on Wednesday, October 5. At her 3:00 pm news conference on Wednesday, she announced that evacuation of all coastal communities was being ordered. Effective at 3:00 pm on Wednesday, October 5, the Mayor

declared a State of Emergency for the Town and issued notice of exercise of powers under the declaration of a State of Emergency. Evacuation of the Town was ordered by the Mayor. Nevertheless, some residents chose to stay. On Friday, October 7, Chief Walz of the St. Johns Fire District informed the Town that apparatus and personnel would be moved from Seabrook Island to a more secure location and that response to emergency calls would depend on weather conditions. Considering the energy that uprooted large trees throughout the community, residents who chose to stay were exposing themselves to

Continued page 9

Alan Fleming Tennis Tournament Rescheduled

The tournament committee/staff are delighted to announce that the full slate of events for the 2016 Alan Fleming Senior Open Clay Court State Championships have been rescheduled for **November 9th-13th, 2016**.

Just before the Tournament was originally scheduled to begin – in fact the day before – Hurricane Mathew forced cancellation. All the hard work of the Tennis Club staff and the Fleming Committee was to come to naught. But then, while clean-up was still going on, this intrepid group made arrangements to reschedule it. Think of how lucky one would be to be part of this group. You got to plan not only one tournament but two!

To reschedule Seabrook contacted the USTA South Carolina as well as the USTA national office to cross reference state, southern section and national tournament calendars to come up with an open date. Major tournaments are being held at Kiawah the week before and the week after the new date so it is a good time. Luckily the Club had space available in the Atlantic room on Thursday and Friday night so the same hospitality format can be kept in place. Mike Kiser



PHOTOS FROM PREVIOUS YEARS TOURNAMENTS

says that it is the first time that Seabrook has been faced with a full reschedule.

The Tournament will follow the original schedule. Participants will begin registering on Wednesday and there will be some matches played that day. Matches will continue Thursday, Friday and Saturday with most finals on Sunday. Thursday night there will be a Welcoming Reception and Friday night will be a dinner. The Tournament still hopes to honor Tom Kent this year for all he has done for the Fleming and tennis at Seabrook.

To raise funds for Respite Care of Charleston, as a corollary to the Tournament, there will be a raffle. On site during the Tournament there will be an opportunity to purchase "pick a prize" raffle tickets to win some great prizes during the Welcome Party on Thursday night. Prizes will include but are not limited to Disney Park-Hopper passes, Volvo Family Circle tickets, a wine wagon, and a weekend of tennis at Van De Meer Tennis Facility on Hilton Head Island.

The high level of tennis will be as exciting as ever. Whether you choose to compete or to watch, do come out and share the fun. ▲

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THE Seabrooker

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

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

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

THIS MONTH'S SEABROOKER VOLUNTEERS

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CONTACTING THE SEABROOKER

Please send correspondence and inquiries regarding editorials to TheSeabrooker@yahoo.com or call 843.408.3707

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

FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT

Teri B. Lash • 843.747.7767 • TLash@BernsteinLash.com

THE Seabrooker



CAP'N SAM EDISTO

Dear Cap'n Sam,
For those who saw the football game on TV Saturday, September 17, 2016:

Those who attended the game said it was extremely emotional to see the entire bowl of the stadium turn red, white and blue. It took 90 workers two weeks to get all of the colored card boards mounted under each seat. Each piece of card board had eye slits in them so the fans could hold up the colored sheet and still see through the eye slits. Every seat had to have the proper card, with no mistakes, to make this happen.

Lambeau Field - This is what ESPN failed to show you Monday night. Apparently, they thought their commercials were more important than showing this scene for about 5 seconds.

Patsy Zanetti



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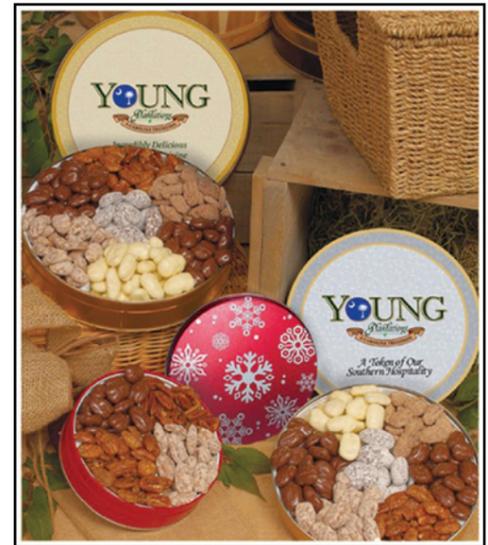


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CAROLINA MOON KEEP SHINING

Some eighty plus Seabrookers gathered around an impressive North Beach bonfire this past October 16th to witness the slow ascension of a glorious full moon on the ocean's horizon. Its golden yellow presence moving up past a slight cloud cover brought iphone cameras out and audible oohs and aahs from the assembled.

There was an added bonus. It was also a hunter's moon. "That's because in other months, the moon rises about 50 minutes later each day, while the October moon rises just 30 minutes later," National Geographic explains. "That offers more light overall during a 24-hour day, which came in handy for traditional hunters

These full moon parties are organized by Dean and Judy Morr. A special "atta boy" goes to fireman Dean who dug the pit for the bonfire and started it all up in a matter of minutes despite a steady wind across the sand. ▲



Fireman Dean Morr enjoys the fire while overlooking a breathtaking full moon October 16th

Seabrook Island Veteran's Day Charitable Golf Event

November 7, 2016 • 9:30AM Shotgun Start
Seabrook Island Club



The Seabrook Island Club and the Kiawah-Seabrook Exchange Club will be holding the Fifth Annual Veteran's Day charitable golf outing on November 7 to honor veterans who have served the country and raise money to support the Ralph Johnson Veteran's Hospital and Fisher House.

The event will be a captain's choice scramble format beginning with a 9:30AM shotgun start. Teams will be flighted for awards based on total team handicap. There will be pizza and drinks in the club house after play is completed. All Low Country residents are invited to participate. Team and individual registrations are welcomed.

The entry fee for Seabrook Island Club members is \$70 plus cart fee. For non-club members, the fee

is \$120. \$50 of the entry fee will be set aside as a charitable contribution to the Ralph Johnson Veteran's Hospital and Fisher House. You may register for the event by calling the Seabrook Island Golf Shop at 843-768-2529 or sending an email to golf@discoverseabrook.com.

If you cannot play in the event but would like to make a contribution, you can send a check to Alan Armstrong, 2427 Golf Oak Park, Seabrook Island SC 29455. Checks should be made payable to the Fisher House or the Ralph H. Johnson Veteran's Hospital.

If you have any questions, please call Alan Armstrong at 843-768-9252.

If you are a Marine and would like information and/or sign up for the dinner, please contact Ed Dear at 843-768-5950. ▲

The Symphony Tour of Homes on Kiawah and Seabrook Islands

Saturday, November 5, 2016

10AM - 4PM

\$45 Special Rate Tickets, \$50 at the Door

Free Concert by the Charleston Symphony Orchestra at 5 p.m., East Beach Conference Center, Kiawah Island
Courtesy of the Town of Kiawah Island Cultural Events Fund

Tickets available at:

- Indigo Books, Freshfields Village
- Freshfields Village Green on the day of the tour

Proceeds benefit the Charleston Symphony Orchestra and Charleston Symphony Orchestra League, Inc. Music Scholarships

No Handicapped Access



Who are we?

We are just beginning our 51st year of service to Charleston - supporting the Charleston Symphony Orchestra and providing student and professional scholarships - by orchestrating numerous events that have enriched the lives of our entire community.

What do we do

Over the years, we have hosted a wide variety of fundraisers, including a fall Island Tour of Homes, a Designer Showhouse in the spring, Opening Night Galas, Revels parties, and "Swing for the Symphony" golf tournaments.

How does this benefit the community?

- The CSOL® is a major contributor to the Charleston Symphony Orchestra. Plus, we provide housing for visiting musicians and supply lunch for the musicians on double rehearsal days.
- We actively support music education by annually awarding more than \$30,000 in scholarships including college scholarships, matching grant scholarships, scholarships for summer study, and professional scholarships for CSO musicians.
- We work with state arts advocates to promote study of the arts in our schools and fine arts throughout the state.



Julie Fenimore and Yuriy Bekker



Caleb Borick



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Seabrookers Support Respite Care Charleston

Respite Care Charleston provides social day programs, support groups for early stage Alzheimer's disease, and caregiver support groups for individuals and families affected by memory disorders. Participants in their respite programs enjoy memory stimulating socialization, music therapy and gentle exercise; family caregivers benefit from a much-needed break. Respite care is a short break from caregiving, and helps support and strengthen families, al-

lowing the continuation of care in the home.

Since 1996, RCC has been committed to helping families in Charleston County who face the challenges of dealing with Alzheimer's and other dementias.

Their "Memories on Canvas" fundraiser was held this past October 20th at the Charlestowne Landing. A number of Seabrookers are volunteers with RCC and their outpouring of support was witnessed that evening. ▲



Janice Skeffington and Kathy Maher



Mary Beth Dacey and Chris Osborne



Sue Coomer with Mike and Jane Morris



Sara Jane Foltz, Colleen Wiessmann and Jennifer Hartig



Wil Wiehn, Wayne Billiam, and Ed Maher



Paula and Ron Trayer



Chuck and Helen Bosshart



TOWN HALL MEETING Town Council Meeting of September 27, 2016

After the pledge of allegiance, Mayor Ciancio called the September 27, 2016, Town Council meeting to order at 2:30 p.m. Councilmen Crane, Gregg, and Wells, 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 August 23, 2016, the Special Town Council meeting of September 15, 2016 and the Ways and Means Committee meeting of September 20, 2016, were unanimously approved as written.

Financials:

Mayor Ciancio reported that revenues for the month of August are under budget by approximately \$1,180 and year to date revenues exceeded budget by about \$159,000. Expenses for August exceeded budget by \$19,300 and expenses, for the year to date, were under budget by \$91,000. For the month of August, revenues exceeded expenditures by \$17,250 and, for the year to date, revenues exceeded expenses by \$373,000. Revenues exceed expenses through August by about 20% more than last year at this time.

Citizens / Guests Presentations, Comments:

Mayor Ciancio introduced Ms. Elizabeth Moffly, who is a candidate for Charleston County Auditor on the Republican/Libertarian ticket on the November 8 ballot. Ms. Moffly previously served on the Charleston County School Board. Ms. Moffly stated that she had met with Mayor Ciancio prior to the Town Council meeting to talk about how she might help municipalities if she is elected.

Reports of Standing Committees, Commissions, Boards:

Public Safety/Club Long Range Planning Committee – Councilman Gregg reported that, at a strategic planning session held on September 6, 2016, the Club's Long Range Planning Committee and Board of Governors finalized an objective statement and defined goals for the 2017 Strategic Plan. The results of the 2016 Club survey were circulated to members of the Long Range Planning Committee on September 16 and the results will be discussed at the next committee meeting in October.

The Public Safety Committee met September 12, 2016, and worked on the content for a refrigerator magnet with emergency and urgent response contact information for Seabrook Island. Councilman Crane will obtain the cost of manufacturing the magnets so that a proposal can be presented to Town Council. The Safety Committee worked on a draft of a "right of entry" agreement between the Town and the POA so that the Town would be able to clear debris in case of a storm event on private property owned by the POA. The next meeting of the Public Safety Committee is scheduled for October 17.

Councilman Gregg stated that Steve Bottcher, a long time member of the Public Safety Committee, is moving away and has resigned. Councilman Gregg moved to appoint Ed Maher to fill the remainder of Mr. Bottcher's

term that will expire in November of 2017. Councilman Crane seconded the motion and the vote to approve was unanimous. Mayor Ciancio expressed his gratitude to Steve Bottcher for his contributions to the community.

Councilman Gregg stated that a revised press release, prepared by AirMedCare has been included in Council packets. Changes requested by Mayor Ciancio have been made to the flyer. Councilman Gregg moved to approve the press release, the flyer with revisions and the direct mail piece, which had already been printed without the revision. Councilman Wells seconded the motion and the vote to approve was unanimous.

Communications/Environmental – No Report

Advertising & Public Relations/Special Projects: Councilman Wells reported that Task Order #1 has been signed for G. Robert George & Assoc. and the firm has begun its investigation into the nine properties that surround the portion of Seabrook Island Road outside the security gate to determine easements, right-of-ways and also outflows going into the marshes. G. Robert George & Assoc. will provide a report monthly before the Ways & Means committee meeting. The current project should take about 4 months to gather data and make recommendations.

Councilman Wells reported that the Marketing Task Force currently is having bi-weekly meetings. Obvious Marketing, the company that currently heads the Town's advertising efforts, has met with the Lou Hammond group and it is expected that there will be a successful transition at the beginning of 2017.

Community Relations:

Councilman Crane reported that the POA Annual Survey has been posted to their website. The POA Board has also approved a revised plan for the



Our Lady of Mercy Community Outreach Announces 20th Annual Gala to Raise Support for Those in Need in Our Community

20th Annual Outreach Gala Feathers & Fedoras

Charleston, SC – Our Lady of Mercy Community Outreach will host the 20th Annual Outreach Gala - Feathers & Fedoras - on Saturday, January 28, 2017 from 5:30 to 9:30 p.m. at the Charleston Marriott Hotel located at 170 N. Lockwood Blvd. This 1920s themed event will include live & silent auctions, hors d'oeuvres & buffet stations, open bar with themed cocktails, live music and more. Come dressed to the nines in your fanciest feathers and fedoras and win prizes as the evening's best dressed "guys and dolls".

Sponsorship opportunities are available. Benefits for sponsors may

include tickets to the Gala, recognition in online and print collateral and during the event, as well as the opportunity to showcase your business during the Gala with an information table. There are also many exclusive sponsorship opportunities for businesses looking to make a name for themselves and stand out from the crowd.

Tickets and ticket packages will be available online Tuesday, November 1, 2016. Sponsorship packets are available at www.olmoutreach.org or for more information, contact Natalie Kruse at (843) 559-4109 or Natalie.kruse@olmoutreach.org.

Proceeds from the event will go to support the mission of Our Lady of Mercy Community Outreach to encourage and support self-sufficiency and self-worth for people in need through education, wellness and outreach services. With your commitment to our community, many people will receive dental and prenatal care, direct services such as emergency food, clothing and financial assistance, lunch five days a week at Neighborhood House, and diverse educational and capacity building opportunities such as after-school programs, money management, GED, and ESL classes. ▲

Gateway Project that is expected to get underway in October and take about six months to complete.

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 Jeff Bostock has resigned from the Seabrook Island Utility Commission and that it is the responsibility of the Mayor and Town Council to fill any vacancy on the Commission by appointment for the unexpired term. Mayor Ciancio moved to appoint Tim Morawski to the Seabrook Island Utility Commission to fill the unexpired term of Jeff Bostock, which will expire in November of 2019. Councilman Crane seconded the motion and the vote to approve was unanimous.

The Mayor reported that the Town has received copies of the preliminary Flood Insurance Rate Map (FIRM) and the accompanying Flood Insurance Study from the Federal Emergency Management Agency (FEMA). The maps will likely not be finalized before April of 2018. FEMA will hold a series of public hearings but specific dates for the hearings have not been announced. Property owners can file objections to the mapping of their property during a 90-day appeal period; and, after resolution of issues raised during the appeal period, FEMA will issue a Letter of Final Determination. Municipalities will then have a six month adoption period wherein they must adopt any applicable flood plain management regulations or amend any ordinances required as a result of the revised map. Copies of the FIRM and accompanying Flood Insurance Study can be viewed at the Town Hall during business hours or can be viewed online at www.fema.gov/preliminaryfloodhazarddata.

Residents having questions should direct those questions to Charleston County's Department of Building Services.

Mayor Ciancio stated that the Citadel MBA team working on the Economic Impact Study will visit Kiawah and Seabrook Island tomorrow. Representatives of the Club, POA, Marina and Camp St. Christopher will meet with members of the team in the afternoon at the Town Hall between 2:00 p.m. to 4:00 p.m.

Town Administrator – No Report

Town Council Members – See Above
Utility Commission – Chairman Jim Bannwart reported that wastewater treatment operations were normal for the month of August. Water sales were higher than usual due to irrigation being used on the golf courses but this was offset by repairs done to the deep well in the amount of \$52,000. Insurance will cover the expense, however, except for the deductible. The Utility Commission will begin their budget process at their October meeting.

Petitions Received, Referred or Disposed of: None

Ordinances for First Reading: None

Ordinances for Second Reading:
• Ordinance 2016-08, An Ordinance to Amend the Development Standards Ordinance, Sec. 12.60 and 12.60.60, Relating to Political Signs – Councilman Crane moved to approve Ordinance 2016-08 on second reading. Councilman Gregg seconded the motion and the vote to approve was unanimous.

Miscellaneous Business: None

Citizens Comments:
Chief Gavin Gilcrease of the St. Johns Fire Department reported on events that will be held during Fire Prevention Week beginning on October 8.

The meeting was adjourned at 3:02 p.m. ▲

On Wine

Michael Morris



What is there to love about wine? What is it that makes people passionate about wine? I think one of the best answers is that it is the ultimate farm to table product. When some people think about the "wine scene" they think of castles in Bordeaux or multimillionaires with gaudy Napa Valley estates. However, I believe the best of wines are produced under far different circumstances. They are produced by farmers with strong ties to their land in places where the climate comes together with the right land and the right grapes. They are people who produce a product that can last many years while evoking memories of their site and the vintage.

Obviously wine wasn't always shipped around the world. It was consumed by the locals with a meal full of staples from local gardens, farms, butchers and cheese makers. Unfortunately, with the advent of wine scoring from wine reviewers, the essence of wine changed from a celebration of bounty into the quest for "the perfect wine". When a 70 year old vigneron from the Beaujolais or a 70 year old resident tastes a bottle of wine from a specific year, the wine brings back memories of that year. The wine is a little light and thin "oh yes, remember that summer? It was really, was chilly and seemed like it rained the whole time." The wine shows too much alcohol "oh yes, that summer was so hot". Perhaps 2 or 3 times in a decade, when the weather is perfect, the wine is glorious and brings back memories of what a beautiful year it was.

The best comparison I can make is with tomatoes. Many of the industrial wines out there are like the tomato that was developed to be beautifully red and plump in the produce aisle. But as we all know, those tomatoes have little flavor and no soul. Luckily, a few farmers began to grow heirloom varieties and the difference became obvious. Now people flock to farmer's markets to seek them out. How does this relate to wine? Imagine if you had an acre of land and planted it all with rows of heirloom tomato varieties. With each year, you would notice that the tomatoes from certain parts of the yard were

just a little tastier than those from other parts. How does that equate to wine? In burgundy they have been growing grapes for hundreds of years and over that time, people began to notice that the wines produced from certain areas were better and more expressive than others. Those sites became Premier Crus and Grand Crus. That is not to say that wines from the other areas weren't good, but they weren't that perfect tomato that you watch on the vine, knowing that it will be great when it reaches perfect ripeness.

Sadly, with the rise of powerful wine reviewers doling out scores, the wine industry changed and became more about how to manipulate a wine through chemicals and winemaking techniques in order to please the palates of a select few. Thankfully, there has recently been a shift in mindset that appreciates wines that aren't manipulated, that appreciates the differences in a wine from vintage to vintage, much like the rise of heirloom tomatoes.

Somehow, in the backlash against perceived "wine snobishness" the sentiment that there is no such thing as better wine became prevalent. The only standard became whatever you like. By all means, purchase wine you like, but the problem with that sentiment is that popularity is not the same as quality. I got into an argument with a Chef one time who expressed this idea. When I challenged him on that idea I reminded him that more people may like a Bic Mac than his foie gras terrine, that doesn't make the Big Mac better. More people like the music of Madonna than they do of Vivaldi, that doesn't mean Madonna produces better music.

By all means drink whatever you like, but hopefully the wines selected will draw from you the same heightened pleasure you experience when you hear Pavarotti belt out a particularly stirring version of Nessun Dorma. Seek out wines that are produced by passionate people who have dirt under their nails and a love of what they do and the land that they toil over. In the end it will be more fulfilling and just as spine tingling when everything comes together perfectly. ▲

THE Seabrooker



HEALTHY AGING

Jerry Reves, MD

PICKLEBALL, FASTEST GROWING SPORT ESPECIALLY FOR "SENIORS"

BY JERRY REVES AND TOM BECK

Regular readers of Healthy Aging know the benefits of exercise. We won't repeat them here, but will remind you that exercise, eating properly and seeing your physician regularly are the 3 keys to healthy aging.

The hardest thing about exercise is doing it regularly. There are thousands of excuses for not exercising and we all use one or more too often. One of the reasons often given not to exercise is it isn't fun (think swimming laps, jogging around a track or on a treadmill.)

However, this is where pickleball comes in. Of all the racket sports (tennis, squash, ping-pong and badminton) the pickleball devotees who have played other sports claim it is the most fun. This, no doubt, is debatable, but there are some things about pickleball that are undebatable.

First pickleball has an odd name. It is derived from the sport of rowing where the slowest craft is the "pickle boat." The sport was invented outside Seattle in 1965 and has grown steadily since that time to become an international sport with thousands of regular players. Compared to tennis, for example, this is a slow sport.

Another asset the sport has is that the court (44 by 20 feet) is much smaller than a tennis court and this means it is easier to keep the ball in play. The fact that the ball stays in play longer by definition means that you will get a good bit of exercise in each of the 11 point games. However, the smaller court, when two people play on each side (doubles), means that most points do not require too much movement—about 2-4 steps. Thus the small court keeps the ball in play, but you are not over exerted during any one point.

The smaller court also means less running and less wear and tear on knees, hips, ankles—our joints. For people who have problems with these joints, but still want a racket sport to be active, then pickleball is a very good choice.

A third fact is that the ball is a soft, light object that keeps the game from



being too fast for those of us with slowing reflexes. The ball is a plastic whiffle ball like object that cannot be hit so hard that it could cause injury if inadvertently striking you or another player. It does take some adjustment to the bounce, but practice takes care of that quickly.

The paddle doesn't have strings and with the soft ball makes this a low intensity instrument with minimal stress on the tendons and muscles of the arms. Added to this the fact that serving is underhand (not the overhand throwing motion of the tennis serve). This makes the game easier to play and less taxing on the arm. The rackets also range in price on average between \$75-100 and 6 balls sell for \$12 and each lasts a year, so this is not an expensive sport to get into.

The final relatively unique feature of pickleball is that you do not have to be the world's most gifted athlete to play and enjoy it. Unlike tennis, for example, pickleball can be learned and played at a reasonable level quickly by almost anyone. You will see people of all ages, all physiognomy, and all athletic ability out on the courts having fun playing.

Some of the attractions of pickleball, but not unique to it are the social aspects. Playing with one opponent (singles) or two (doubles) allows you to interact with the opponent and teammate and enjoy the exercise that all are having.

The playing of pickleball and other

racket sports helps with hand-eye coordination. This is something that as we age is important, since it is required for many daily activities like eating or driving. These exercises also help with balance which is under threat with age, but essential to maintain to help avoid falls. The caloric burn of pickleball for those who are trying to lose weight with exercise is somewhere between badminton and tennis.

Racket sports boost the cardiovascular system which helps prevent many of the unwanted problems of older age like hypertension, stroke and heart attack. Pickleball gives you a good aerobic workout without as much stress and strain on joints and muscles, as mentioned above.

The endorphins and other biamines that are released with all exercise are useful in elevating self-esteem and combating depression—both problems that can come with older age.

Who is playing this sport— you guessed it: the group that seems to have become regular players are baby boomers. The "senior" age group has been attracted to the sport because it is easy to play, very social and less stressful on muscles, tendons and joints. A very committed group are the former tennis players who for physical reasons can no longer play that game—but many others with a non-racket sports background have also joined the pickleballers. Try it you might like it. ▲

DEBUT NOVEL SET IN THE LOWCOUNTRY



Helen Stine was born and raised in Charleston, and is a College of Charleston graduate with a degree in English. After college, she spent 27 years as a military spouse, raised two children, traveled extensively, and pursued a career in early childhood education. During this time, she co-authored *Staying on Course: The Early Childhood Board's Guide to Success for boards of directors operating child care programs*. Five years ago, she teamed with her husband and son to form an indepen-

dent film production company, *Rushaway Pictures*. They have produced three award-winning short films and their first full-length feature film is underway. Inspired by her childhood memories and love of the Lowcountry, *The Truthful Story* is her first work of fiction.

"The Truthful Story is a wonder. Like the Lowcountry river that nurtures and sustains young Genevieve Donovan—and takes the life of her beloved Nannie—this debut novel runs deep and even dark. But the light shines in the darkness, and Helen Stine's gentle humor, uncanny insight, and quiet wisdom shine through every page of this book, carried along on a stream of luminous prose. The 1960s South she recreates is one born of rapturous memory, painful reflection, an artist's imagination, and love. Most significantly, Stine gives us the great gift of Genny Donovan, a character who set up residence in my heart the same way Jean Louise Finch did so many years ago. I have a feeling that, like Scout, she will live there forever."

Above is the blurb I wrote for Helen Stine, a stranger to me until a couple of months ago when she wrote and

asked me to read her debut novel. I get a lot of requests like that and I typically decline—politely, of course—because I simply don't have the time. But there was something about Helen's email. I couldn't say no. In hindsight, I'm so glad I didn't.

I'd hoped to write a proper review of *The Truthful Story*, but then Matthew happened and plenty of "best-laid plans" went awry. Time was lost, nerves were frayed, balls were dropped, etc. etc. But Helen was kind enough to send me a press release at the last minute, which I'm excerpting here by way of summary:

"Moss-draped trees, deep, winding rivers, rich family traditions, and whispers of heartache and pain are all part of Charleston, SC and the Southern Lowcountry's hauntingly beautiful landscape. The new book, *The Truthful Story* by Helen Stine, is part memoir and part fiction and is a tribute to the land and people who shaped her life.

Set in the 1960's, *The Truthful Story* shares the journey of ten-year-old Genevieve Donovan during a tumultuous era and in an unforgettable place. When Genny's Nannie dies mysteriously in the Lowcountry river she's

loved and lived near all her life, Genny and her family are heartbroken. It is a time when new industry is encroaching on old country, and Genny fears her grandmother may have gotten in the way of so-called progress. As Genny and her family struggle with loss and heartache, she begins to fear her grandmother's death was not an accident and the drunkard son of a local businessman may have played a role.

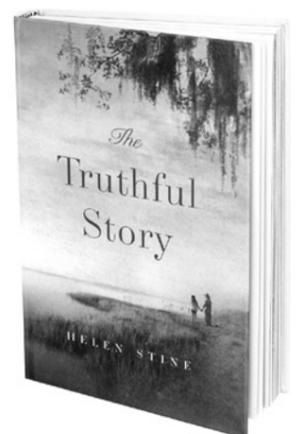
What's more, ever since Nannie passed, Genny has been hearing and seeing things she's not sure she can share with anyone except her mother, whose own grief is making it harder and harder to get through to her. Seeking answers, longing for guidance, and unsure if Mama will ever be the same again, Genny gingerly forges a path out of childhood and into adolescence. As Genny struggles to understand justice, healing, and a world in which Nannie is gone but still present, *The Truthful Story* traces a family's difficult journey through the pain of loss and the survival of love."

Okay, me again. Y'all, I'm telling you... this is a wonderful book. It will draw you in and hold you spellbound. I read it before Matthew wreaked his havoc, but it's a perfect post-hurricane

read. For anybody who loves this Lowcountry—or anybody who just loves love—*The Truthful Story* will be a gentle but powerful balm.

Helen Stine says of her book, "It allowed me to revisit a place where everything in nature was personified. Where the land, trees, and surrounding waters literally breathed alongside the diverse set of people that molded me, and I couldn't wait to tell their story." ▲

Margaret Evans, *Lowcountry*





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
NOVEMBER 2016

Although Hurricane Matthew and its aftermath are still very much on our minds, I have chosen to write on a different topic. It seems inappropriate for COVAR to conduct an evaluation of Seabrook Island's official response. It is better that we participate in and draw lessons from evaluations currently being conducted by the Town of Seabrook Island, Seabrook Island Property Owners Association (SIPOA) and the Club at Seabrook Island. I have chosen, instead, to write on another topic that concerns us all-recycling. A topic that has not been addressed in this column since 2013.

Previously, we described how Seabrook Island had increased its tonnage over earlier years; especially, with the advent of single stream recycling. This allows us to place a variety of materials in our recycling bins. We are familiar with the basic list of items that Charleston County Identifies as recyclable - **plastics #1-7, glass, aluminum and steel cans, and paper including paperboard and cardboard, but not shredded paper.** (A comprehensive listing of recyclables and non-recyclables is at <http://www.charleston-county.org/departments/environmental-management/recycle-what.php>.)

But what exactly does Seabrook Island's recycling company accept? You may be quite surprised to learn that the list is quite extensive. Glass items are straightforward. We can recycle any type of glass bottles or jars, such as those holding pickles, relish, mustard, ketchup, milk, juice, vegetable oils, sodas, various types of soap or detergent, wine, alcoholic spirits and many others.

Many of the items mentioned above also come in plastic containers and usually have a 1-7 number on the bottom. Our recycling company will take them and many others. Those include plastic bottle caps on plastic or glass containers, soft plastic lids on such things as peanut tins, firmer plastic items, such as plastic silverware, but not thin plastic bags, such as those from the grocery store for vegetables or to carry out your purchases, which should be recycled at the Village Market by Harris Teeter in Freshfields Village. Also, all those plastic bags used for freezing, sandwiches or even trash can be recycled. Obviously, all of these need to be washed out so that wildlife doesn't get into them before the trucks pick them up.

Metal cans made of steel or tin also seem quite straightforward. You can include metal tops, such as the ones you remove with a can opener or screw tops on metal, plastic or glass containers. Even empty aerosol cans are accepted.

Surprisingly, the items that fill our landfills the most are paper and cardboard products. Almost everyone who recycles remembers to include newspapers and their inserts, but you can also include glossy magazines, catalogues and boxes, but not the plastic inserts for food stuffs or dry materials such as tissues, soap and vitamins. Also, waxed paper products like milk, cream or juice containers may not be included. Don't

forget about all that mail you receive. Envelopes, even with plastic windows, can be included along with all those advertising inserts we get. The recycling company also accepts cardboard packing boxes. Breaking the boxes down is preferable, but not mandatory and don't forget about items like non-Styrofoam egg cartons or pizza boxes. Even smaller cardboard items like the rolls inside paper towels, wrapping paper and toilet paper are acceptable. Please consider recycling books (paperback, hard cover or textbook) at the Lake House Library, the Charleston County Public Library or a church or other charitable organization that accepts them.

Hazardous waste-flashlight batteries, toxic household products, electronics, light bulbs, compact fluorescent lights, motor oil and paint can be taken to the SIPOA Maintenance Facility during designated hours on monthly Brown and White Pickup Days, where they will be accepted by the recycling contractor for appropriate disposition.

Other items NOT accepted for recycling include garbage, which is obviously put in your garbage cans for collection, yard debris, which is collected separately and non-hazardous items collected during Brown and White Pickup Days. Another category not accepted includes Styrofoam boxes and packing peanuts. The boxes should be treated as garbage and the peanuts can be taken to the Post & Computer Center in Freshfields Village for recycling.

Why should we do all this recycling? The best reason is that it is good for the environment. For instance, recycling aluminum cans saves 95 percent of the energy used to make them from scratch. On a more personal financial level, SIPOA's garbage/recycling contract is reduced each year partially because of the fewer tons of waste sent to the landfill and the revenue that recycled items generates.

COVAR encourages recycling in all our villas. We realize that many of our villas are rental properties and that renters may not be as responsible in a rental property as they are in their own home. However, owners and rental agencies should still encourage renters to recycle by providing recycling containers in each unit with a sign reminding them to recycle, listing recyclables and telling them where they can empty the containers they get full.

COVAR is working with Rich Siegel (richard.siegel2552@gmail.com) of the SIPOA Environmental Committee and Steve Hirsch (shirsch@sipoa.org or 843-725-1562) of SIPOA to make recycling a larger portion of our solid waste disposal, which will result in lower garbage contract prices for us all. If you have questions, please contact them or e-mail me at allanwkeener@bellsouth.net. If you need garbage or recycling bins, please contact Steve Hirsch. Our next COVAR meeting is December 10, 2016, at the Lake House from 10 AM to Noon. All Seabrookers are invited to attend. ▲

OPERA LITE SERIES

The Opera Lite Experience at Seabrook



Beginning in 2002, the intriguing world of opera - its history, development over 400 years, cultural context, and performance - has been presented on Seabrook Island during the fall and winter months. Many residents and guests have enjoyed these sessions. But it is hoped that many more, perhaps unaware of their existence, will choose to include them in their Island activities.

Each opera is self-contained in the 90 minute session with the opera shown in an abridged fashion featuring the high points. Each week brings

a different production with the works ranging from current to vintage. These sessions are informal and fun with performances supplemented by text subtitles in English. The voices and acting are amazing. You may be surprised how dramatic and enjoyable this art form can be. All sessions are FREE and previous exposure/knowledge of opera is not necessary.

Indeed, newcomers are encouraged to give it a try. Join us on Thursdays from 3:30PM to 5:00PM for enjoyment mixed with enlightenment as we bring back our Opera Lite Series.

Schedule of Operas

11/3OTELLO
11/10WILLIAM TELL
11/17L'ALLEGRO ED IL PENNEROSO

For information, contact: John Benzel (843) 768-1174 or jdobenz@gmail.com

BON APPETITE

Appetites and Anecdotes

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

First, we MUST commend all of the services on Seabrook Island for keeping us informed during this "recent unpleasantness"! **Tidelines** was invaluable, **SIPOA** was always sending information, and the newest 'kid on the block', **Nextdoor** Seabrook Island, let us know how our individual neighborhoods and even homes had fared! To top it off we all passed the information around!

But come through it we did, resiliency is our middle name! A million thanks to **The Greenery** and all of the **landscaping services** who have helped us clean up, the **police and sheriffs office**, our own **G4S** security force and last but surely not least, **Berkeley Electric**, as well as our own friends and neighbors. Our cousins had our drive cleared so we could pull the two cars right in when we returned!

It does seem that wherever we went we all tried to make the best of it and even sample some pretty good restaurants. Three couples we know went northwest and made it into a long golf weekend, some went to Asheville, many to Charlotte or Atlanta and a lot visited with family. Others explored new and interesting areas. One poor SI family went to Florence only to get hit by wind, rain, and no electricity. Worse than staying here!! Saffron went to Augusta, GA and tracked down the house she grew up in when little and met the lovely current owners and shared "house" stories! Curry went further afield to the Nashville area to visit her close friend from childhood days. She wanted to be well away from ANY wind or rain!

And this is where we ate!



Augusta - the first day we were told that we HAD to go to a good old stand-by, **Sconyers Bar-B-Que** which has been serving up daily doses of their excellent fare since 1956! The barbeque and ribs were delicious, but what REALLY impressed us was their hash over rice that comes with each plate. Wonderful flavours! Way too much food so we took a carry-out back to our room for a lunch time one day. **Sconyers** was a very good tip.

Next on our agenda of good places was **The Chop House** at Augusta Mall...and yes, they have a huge Barnes



and Noble there which came in quite handy! **The Chop House** is a chain from Tennessee that has a few Georgia locations. It is similar to an Outback Steakhouse feeling, but actually less expensive and even more delicious with many more choices. Our first trip was between 11-4pm when they have their daily specials and many, many choices for \$10 each...including your choice of entrée and two sides. We opted for the chopped steak with mushrooms and onions which came hot, the exact temperatures we ordered, and for sides the parmesan creamed spinach and the loaded baked potato, and also the sweet potato fries which were without a doubt the best we have EVER had. They also had pork chops, chicken breasts and about 10 other choices as well. We returned here for another meal as it was such a good value and delicious and casual which was a big plus.

Nashville - Curry has good information about her favorite for the week, **The Loveless Café** on Hwy 100 past Bellevue toward Memphis. Famous for its chicken and biscuits, Loveless began in 1951 when Lon and Annie Loveless began serving travelers out the front door of their home! Soon it became a restaurant and then added a motel! The Loveless Café now serves over half a million guests a year! They even sell bacon-flavored caramel corn along with local jams and jellies. Owners and menus have changed over the years but the original crispy and flaky biscuits are still being served! 4 strips of bacon, 2 eggs any style, grits and unlimited biscuits is a good deal for \$10.99. Our local Geechie Boy grits do not have to worry about the competition!! Breakfast here just can't be beat! Loveless also has a bar serving beer, wine, moonshine and more. A Short Mountain Moonshine can go home with you in a take-out mini-Mason jar for \$9.50. Maybe not for breakfast though!! Check out this jewel at www.lovelesscafe.com.

Cinnamon writes in: "We were looking for a place in **Newberry** for a late lunch and most of the restaurants were closed on Sunday. We also needed someplace dog friendly! Then we found **Figaro's**, aptly named since it's next to



the **Newberry Opera House**. The restaurant had a beautiful interior, but the weather was so fabulous that we asked to be seated on the patio and had it to ourselves. We were in heaven with the serving of Eggs Benedict with hollandaise and lump crab. Also a wonderful Caprese salad with pearl couscous. After brunch we spent some time exploring this little gem of a town."

"Another day we hiked in Croft State Park and then discovered another super place for lunch, **The Farmer's Table** in **Spartanburg**. Since Yelp raved about its burgers, we had a Bison Burger and a southern burger with a wonderful broccoli salad. They serve all locally grown food. After we saw the oyster special they were going to serve for dinner we contemplated sticking around but opted to return to the hotel for a nap!

A different day found us with our dog in **Greenville**. Their historic district by the Falls and River has lots of fun cafes with outdoor patios. We went to **Smoke on the River** where the food was just average but they brought a bowl of water for our dog..that was the best part!"

Our correspondent, Hot Chili Pepper, went to the **Henderson/Flat Rock** area for their evacuation and found two excellent restaurants there...**Mezzaluna** in Henderson where you can not only get excellent pizza but also other Italian dishes, and it is pet friendly! Then one evening they tried **Renzos** and had a delicious dinner right downtown in Historic Hendersonville...even open Sunday night!

We do believe that every pet friendly hotel/motel was completely full with all the evacuees and their pets from Seabrook and other areas. It is so important to book way ahead to get a pet friendly room. We did find out that cats are NOT good travelers, but dogs will go anywhere! ▲

Calling All Hoosiers

6th Annual Indiana
Sunday, December 11, 2016
3:30PM Hayride
Legare Farms on River Road
followed at 5:30-7:30PM
for Food & Drinks
Oyster Catcher
Community Center

Low Country residents are preparing for the 6th Annual Indiana on December 11, 2016 to celebrate the 200th anniversary of the state's admittance into the Union on December 11, 1816. The gathering has become an annual event which includes food, drinks, games, prizes, and singing all with a lot of Hoosier gusto. This year's festivities will begin with a good old fashioned Hoosier Hayride to be followed by our traditional get together. Participants (Including spouses and significant others) are asked to bring a hearty appetizer to share. The organizing committee will provide plates, utensils, and soft



drinks (BYOB). Participants are also asked to donate \$5 to cover costs associated with the event. The event kicks off at 3:30 P.M. with the hayride at Legare Farms on River Road to be followed at 5:30 P.M. until 7:30 P.M. with food and drink at the Oyster Catcher Community Center on Seabrook Island. If the hayride doesn't work for you, just join us for food, drinks, and fun. If you have a connection (Born, raised, lived, educated, traveled through; anything works) and would like to attend please contact Max Willis at 768-8301 or mwillissc@yahoo.com.

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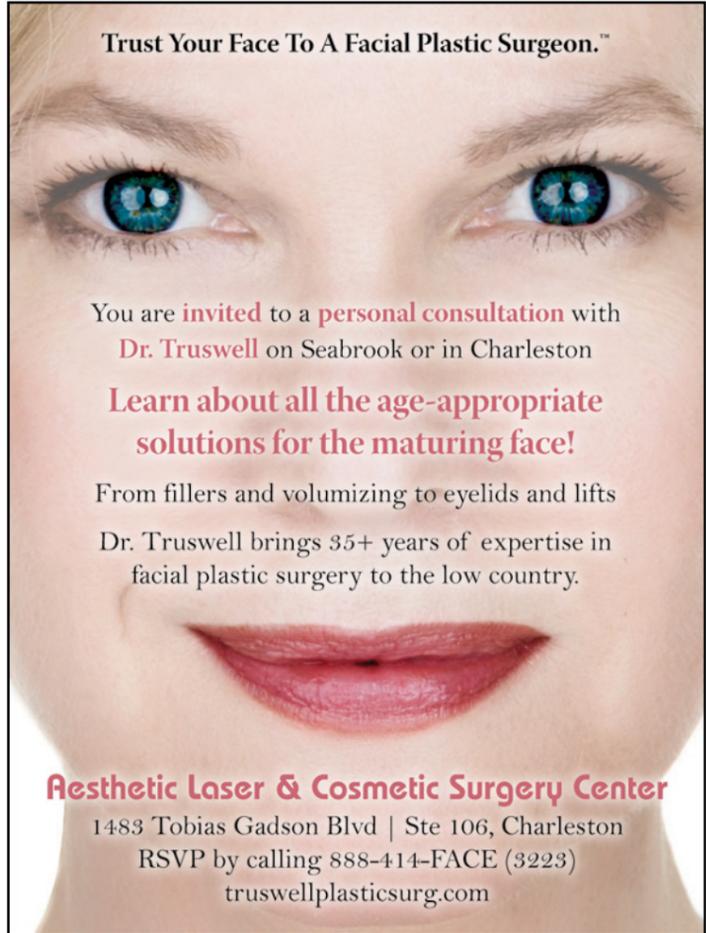
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2016 THANKSGIVING WEEKEND SEABROOK ISLAND ACTIVITIES

Thursday, November 24th

8:00AM TURKEY TROT WALK/RUN
(The Lake House)



Friday, November 25th

12:00PM - 7:00PM HOLIDAY ART FAIR
(The Lake House - Live Oak Hall)

5:00PM - 7:00PM HOLIDAY ART FAIR ARTIST RECEPTION
(The Lake House)



5:30PM - 7:00PM HOLIDAY TREE LIGHTING*
Immediately followed by refreshments
(The Lake House)



*Please bring CANNED food items to be donated to the Sea Island Hunger Awareness Foundation

OUR GOAL - 1,000 LBS

Saturday, November 26th

8:00AM 6TH ANNUAL SPRINT TRIATHLON RELAY
(The Lake House)

Please Note:

The Lake House will be CLOSING at 1:00pm on Thursday, November 24th (Thanksgiving Day).
All Fitness Classes will be CANCELED Thursday, November 24th through Saturday, November 26th.

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Seabrook Wild Things

by Members of the Environmental Committee

Wild Things and Hurricanes



With four days of notice, most of us left our secure homes on Seabrook Island and took refuge 100 miles or more inland to wait out the ravages of Hurricane Matthew. While winds in excess of 75 miles an hour took its toll on Seabrook Island trees and other vegetation our homes survived with minor damage and we all returned safely a few days later.

Seabrook Island's feathered and furry friends however do not receive reports from the National Weather Service or a "Code Red" early warning to alert them to a coming disaster.

There is limited scientific information concerning the ability of animals to detect a coming storm. Most researchers do not believe animals have ESP or another type of sixth sense but rely on the same five senses as humans. These senses however, may be far more acute than ours. Birds and other animals may be far more sensitive to changes in air pressure, vibrations and/or low frequency sound waves which can be created by weather changes such as hurricanes.

Sensing a storm some animals may leave but many will perish. Young

and immature birds and animals are particularly vulnerable. Young squirrels may be blown out of their tree. Deer, opossums, raccoons, marsh rats, mice and etc. may not be able to find high ground and drown. Shore birds and other migratory birds may be blown off course, get separated or even trapped in the eye of a hurricane where they may become so battered and weakened they do not survive.

However, hurricanes are a natural occurrence that animals have dealt with for millions of years and they have an amazing ability to survive. Songbirds and woodland birds have toes specially adapted enabling them to hold on to branches in high wind. How deer, raccoons, marsh rats, etc. know (instinct) when to hunker down and ride out a storm or to high-tail it to higher ground will always remain a mystery.

The most important impact of a hurricane on birds and animals may be its impact on the environment. Flooding by saltwater and freshwater from accompanying rain may have dramatic short and long term impacts. Forest vegetation may be flattened

and stripped of leaves making it uninhabitable to many birds and animals. Food sources, fruits and berries, nuts, acorns, etc may be lost. Many cavity dwelling birds such as wood peckers and owls may lose nesting trees as they frequently snap off at the cavity. Beaches may be altered eliminating feeding areas for shore birds and/or nesting areas for sea turtles.

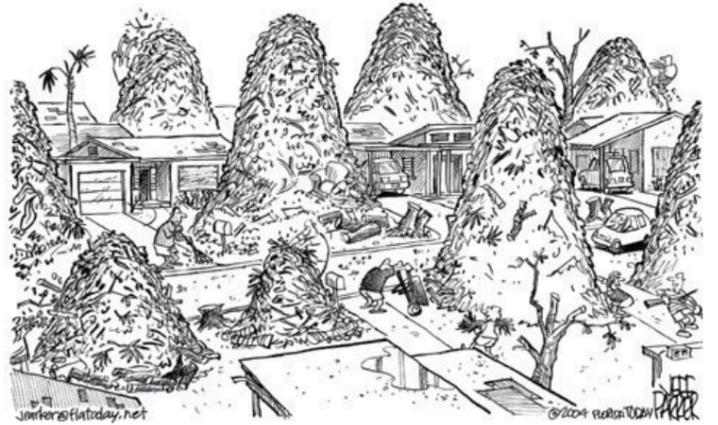
Hurricanes do change the ecosystem; however, one animal's loss is another's gain. Tree top dwelling birds may lose much of their habitat but those requiring lower, shrubby level vegetation such as the whip-poor-will will flourish. Fallen trees, branches and stripped leaves result in increased light and photosynthesis on the forest floor. As the fallen vegetation rots it fertilizes and stimulates new growth creating a food source for deer and numerous other animals. Fallen vegetation also creates millions of new nooks and crannies that will become home for many other forest creatures. ▲

Charles Moore
Environmental Committee

HURRICANE



IN SOME LOCAL COMMUNITIES, BUILDING HEIGHT RESTRICTIONS MAY BE SUSPENDED UNTIL YARD DEBRIS IS COLLECTED...



WOULD YOU RATHER LIVE UP NORTH?



"REPEAT AFTER ME: AT LEAST WE DON'T GET HURRICANES... AT LEAST WE DON'T GET HURRICANES... AT LEAST..."



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Hurricane Matthew - continued from page 1



Looking up Church Street towards St. Philip's Episcopal Church



Downtown Market Street



Broad Street entry off Lockwood is impassable at 3:30pm Saturday of hurricane



Neighbor Edisto Island suffered severe damage

being trapped and injured with little or no chance of rescue.

The Town's emergency response plan contemplates following the evacuation route to Walterboro. Accommodations were arranged for Town officials at a Walterboro Hotel on Tuesday, October 5. Given Governor Haley's urging that people evacuate 100 miles inland from the coast, Town officials decided to evacuate to other locations, independently—two went to Columbia, two went to Greenville. While evacuated, Town officials communicated via conference call. On Saturday, October 8, it was decided that Town officials would travel to accommodations at a hotel in North Charleston on Sunday, October 9 and access the Town Sunday afternoon. John Reynolds of SICERT joined Town Officials at the hotel to travel with them to Seabrook Island. Unfortunately by the time the group reached Main road, it was closed due to flooding, delaying the start of a brief tour of the community.

With evacuation ordered, SIPOA security ceased to operate the gate Thursday afternoon, October 6. As law enforcement was re-deployed from traffic control, sheriffs patrols of Johns

Island were increased, although subject to both weather conditions and requirements to respond to calls. On Friday, October 7, the Town joined in the request of the Town of Kiawah Island for national guard/law enforcement for our community. The Sheriff's Office informed the Mayor on Saturday, October 8 they would be at the SIPOA security gate Saturday night. SIPOA's security contractor was back on duty beginning at 4:00 pm Sunday, October 9. Late Saturday afternoon, the Mayor spoke with Charleston County Sheriff's deputies on Seabrook Island and received a preliminary damage report. Information from their report was included in an update issued by the Town Saturday evening. Late on Saturday, the Town announced the date and time for resident return and date and time for commercial operations to resume. On Tuesday, October 11, Charleston County Sheriff's Office provided helicopter service so SIPOA could have an aerial view of the beach.

On Friday, October 7, Berkeley Electric Cooperative informed the Town that power would be cut to Seabrook Island at 1:00 pm that day. This decision

was made by BEC to reduce the potential for damage to the lines and other equipment that could occur if left powered during flooding. By avoiding such damage, restoration of power could be expected to be much quicker once the storm passed (damage to equipment had the power been left on could extend the time for restoration of power to a month after the storm passed). On Sunday, October 9 BEC reported that they had inspected their equipment and were ready to begin applying power but their power source was not able to supply power. On Monday, October 10 BEC reported that power would be applied to Seabrook Island circuits throughout the day. Power was restored to most residences by Monday afternoon.

SICERT volunteers joined Town officials on Monday, October 10 to undertake the "windshield surveys". Their help allowed damage assessment of almost all roads of Seabrook Island. The Town's report from that damage assessment was published to the community on Friday, October 14 with a request for residents to report damage to the Town. ▲

CERT at the Ready



Liz Murphy and Steve Montagu-Pollack and other members of the Seabrook CERT team as they finish their inventory.



Don Ruff examining the contents of his backpack

The Seabrook Island CERT (Community Emergency Response Team) met in the first weeks following Hurricane Matthew. The Team is under the leadership of John Reynolds and meets bi-monthly.

This meeting was especially important as our role in the aftermath of the hurricane was discussed. John was in contact with the town officials and as soon as Seabrookers were allowed back on the island, CERT was activated and helped with a windshield check of damage to the island. They also looked

more closely at properties that seemed to have extensive damage.

Previously planned for this meeting was a check of the contents of the backpacks that we are all issued by FEMA at the end of our training. We had a master list, provided by Debra Lehman, of what each backpack should contain and the group went through all the items to be sure that they were there and ready to use if need be. The contents range from tools to close water and gas lines, triage tape to identify injuries, orange spray paint to mark doors of homes that

have been searched, first aid supplies, and many more items. The backpacks are quite full and the team members also have helmets and goggles so they are prepared for most emergencies.

Denise Kotva had just inventoried the contents of our emergency trailer and was authorized to buy replacement supplies for items whose useful date had expired.

The team welcomes new members. Contact John Reynolds if you are interested.

Sue Holloman

Sea Turtle Documentary Featuring Seabrook Island on ETV November 21st



Most of you probably remember the "Call of the Ancient Mariner" sea turtle documentary. The film features Seabrook Island and several Turtle Patrol members. As you can see from the information below, the film will be shown on ETV on **November 21st at 8:00PM.**

Dear Turtle Friends,
We are pleased to announce that our award-winning sea turtle documentary, *Call of the Ancient Mariner*, is launching its PBS debut this November. For South Carolinians, *Mariner* will be on ETV starting on Monday, November 21st at 8:00 PM on

Southern Carolina ETV Station SCC. This station can be accessed on cable and over the air antennae. (ETV has informed us that it cannot be accessed via DirectTV).

Mariner will also be coming to North Carolina, Georgia and Florida PBS soon.

The *Mariner* DVD is still available for purchase either online (<http://saveculture.org/product/call-of-the-ancient-mariner-dvd/>) or at the Indigo Bookstore at Freshfields or at the South Carolina Aquarium gift shop.

Thanks again for your support as always. ▲

Best,
David Weintraub
Director/Producer

Hope you get to see it!

Beautsie Zahn, Terry and Gary Fansler
Seabrook Island Turtle Patrol

Turtle Patrol Helps with Matthew Clean Up



Turtle Patrol cleans up after the storm - Joshua & Amanda Shilko, Terry Fansler, Shawna Parker, Beautsie Zahn & Jane Magioncalda

Some of you may not be aware that one of the Seabrook Island Turtle Patrol's many functions is to pick up trash that is washed up or discarded on our beaches. So even though the Turtle Nesting Season ended about a month ago, Turtle Patrol members decided to extend their season and help clean up after the hurricane. Several members walked the beaches and picked up trash in the days immediately following the storm and a final pass was made by a larger group with the Turtle Patrol Truck on Saturday, October 15th. (see photo).

Dozens of bags of trash and other debris were removed from the beach. In addition they found turtle nest signs from neighboring beaches and a turtle egg that had been pierced by a flimsy piece of seaweed, demonstrating the power of the storm. ▲



Turtle egg pierced by seaweed



The Mt. Zion Holiday Fund Committee needs your help in bringing joy to the children of Mt. Zion Elementary School this holiday season. There are many families identified by the teachers and school nurse as being in the greatest need of our support. The funds that we raise are used to buy clothes, toys, and books for each child,

gifts that are most often the only ones these children receive. We also provide a gift certificate to each family to help with food for their holiday meal. Your support for the past nine years has enabled us to help as many as 40 families and 100 children each and every year. Due to the impact of Hurricane Matthew on our area, the importance

of assisting these families may be even greater this year. Will you please help us once again in our "Joy of Giving" endeavor by sending your check made out to 'Mt. Zion Holiday Fund' to Anne Smith at 2849 Cap'n Sams Road, Seabrook Island, South Carolina 29455. Donations may also be given to Marilyn Armstrong, 843-768-9252, Paula Adam-

son, 843-768-4881, Charlotte Moran, 843-768-3083 or Pam Steele, 768-8027. They may also be dropped off at the Racquet Club or Golf Club Pro Shops on Seabrook Island. ▲

MT. ZION AME CHURCH
Holiday Fund



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www.akersellis.com

EXCHANGE CLUB NEWS

The Kiawah-Seabrook Exchange Club Needs Your Assistance with the Handbook/Telephone Directory

Despite predictions of the imminent demise of hard copy telephone/address directories, the Kiawah-Seabrook Exchange Club Handbook has been published annually for over 25 years. The Handbook is the only directory of owner names, addresses, and telephone numbers for our coastal communities. It remains the indispensable resource guide of business listings for merchants and service providers, and the localized information our residents and renters need throughout the year.

This year, the 2016-2017 Kiawah-Seabrook Exchange Club Handbook was delivered to over 6500 property owners on Kiawah, Seabrook, Kiawah River Estates, Cassique and Briars Creek. Another 1500 copies will be handed out over the course of the year to new property buyers, visitors to our communities and to prospective Handbook advertisers.

The Handbook would not be possible without the efforts of your neighbors (nearly 50 Exchange Club members) who participate in this fund-raising project. Our Club members volunteer their time to contact existing and prospective advertisers, edit ads and hand deliver Handbooks. Club members also work with numerous local charities and community organizations to create ads we include at no cost to those groups.

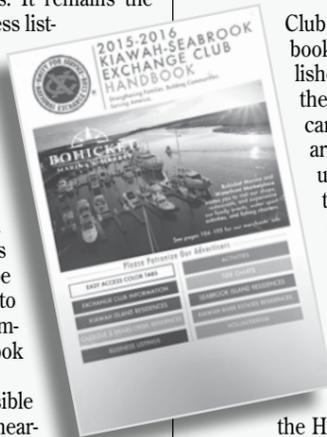
Although the Handbook is heavily utilized by our residents and others, make no mistake – the key reason the Exchange Club publishes it is to provide funding for grants to local charities. Over the past several years, we have been able to disperse grants totaling \$100,000 annually to Child Abuse Prevention organizations, Community Service (including housing, medical and hunger relief projects) Youth & Education (local schools and scholarships), Americanism (the flags we display on

patriotic holidays) and for the highly-regarded Angel Oak Award. The 2015-2016 Grants are listed on page 238 of the 2016/2017 Handbook. Exchange Club members are currently reviewing Grant Requests for funding this year.

What would happen if the Exchange Club could not sell enough ads for the Handbook to be viable? It would no longer be published. Whether or not you are a member of the Kiawah-Seabrook Exchange Club, you can help us with this worthy project. You are undoubtedly already using the products and services of many of our advertisers. Please remember to tell them you saw their ad and thank them for advertising. If you buy services or products from businesses that are not advertising with us, please send an email to ks-exchangeclub@outlook.com with the business name and one of our volunteer saleswomen or men will contact them. Also, if your business is not in the Handbook, consider placing an ad in next year's edition.

Some of you may wonder why you are not listed in the Handbook or, worse yet, why the information listed is incorrect. The answer is that (for privacy reasons) the various property owner associations cannot share their name/address/phone number lists with the Exchange Club. We maintain a spreadsheet of property owner information, but it is only as good as the information you share with us. So...if you are a new owner or want to correct the information currently listed for you, please go to our website www.ks-exchangeclub.com or send me an email at ks-exchangeclub@outlook.com.

If you would like more information about the Kiawah-Seabrook Exchange Club, please visit our website, www.ks-exchangeclub.com. We are always happy to have prospective new members attend one of our meetings! ▲



Those Were the Days

Do you know this longtime Seabrooker who continues to entertain us at Christmas and Spring concerts?
ANSWER PAGE 14



Our mystery Seabrooker with Leonard Bernstein

Downward Facing Dog: Not Just for Yogis

One of the most popular and iconic yoga positions is Downward Facing Dog. This upside down 'V' shaped pose pops up in almost every yoga class in some shape or form.

There are many reasons to practice this position, even if you are not into yoga. It is often one of the 'warm up' poses I use when working with personal training clients. These are its most important benefits:

- Lengthens and decompresses the spine preventing a 'stiff' back
- Opens up the chest and upper back reducing the tendency to round the shoulders forward
- Stronger hands, wrists, low-back, hamstrings, calves and Achilles tendon
- Decrease in headaches as the neck can lengthen and decompress
- Improved whole body circulation
- Increased bone density

Ready to try it?

- Start on all fours, with knees under

hips and knees hip distance apart

- Hands are shoulder distance apart and are slightly forward of the shoulders
- Gently spread the fingers out and have as much of your hand connected to the mat as you can, to help protect the wrists
- Curl your toes under and lift your sit bones high to the sky
- Focus on keeping the pressure between the hands and the feet equal
- Allow the shoulder blades to slide down the back
- Keep the spine neutral, avoiding rounding or arching the back
- Don't worry if your legs don't completely straighten.
- Breathe deeply!

B.S.K. Iyengar, the founder of Iyengar yoga, said that Downward Facing Dog is one of the best poses you can do when you're fatigued. His recommendation was to stay in the pose for at least a minute. I recommend build-



ing the time slowly, especially if you are new to this position, not forgetting that your head is below your heart.

Natasha Stevens is a certified Personal Trainer and Yoga Instructor at the Lake House with over 15 years experience. She recently added Downward Facing Dog to her Stand Up Paddleboard routine, finding yet again, a new love for this pose! Contact her at nou.stevens@gmail.com or 843 637 7618 to discuss your fitness needs. She offers a complimentary first session. ▲

Senator Tim Scott to Accept Applications for Spring 2017 Internships



Charleston, SC - U.S. Senator Tim Scott (R-SC) has announced he is accepting congressional internship applications for available positions in his Washington DC, North Charleston, Columbia and Greenville offices for the spring of 2017. The internship program offers undergraduate and graduate students practical experience in constituent services, the legislative process, government policy, and press. The internship provides

students with the ability to work with and learn from public service professionals. All internships are unpaid, but students will learn invaluable work experience and skills throughout their internship that will help them gain a better understanding of how their government functions.

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

skills, and critical thinking abilities.

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

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

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THE SIP

Administrative News from the Seabrook



EXECUTIVE DIRECTOR'S CORNER

The following is a summary of our operational activities last month.

Operations & Maintenance:

October was a busy month with a tropical storm and a hurricane just 5 weeks apart. Maintenance staff lowered lake levels, prepared generators, removed the sail shades at the Lake House and secured our buildings prior to the storm. They returned the evening of Saturday, October 8 and have been working every day since, as of this writing. Working in cooperation with SJFD, SIUC and Club staff, obstructions in the roads were cleared

and pumps activated to lower water levels. Our clean-up crews from The Greenery, Arbor Care and N&K Services started work on Sunday morning, and most roads were accessible by Monday. The island is looking much better than it did a week ago. We the efforts of all our staff and contractors.

As reported in our e-blast, portions of BW1 and most of BW3 were damaged in the storm. Coastal Science & Engineering evaluated the post-storm condition of the Cap'n Sams Cut and gave it a clean bill of health. Steve Hirsch and I also reviewed the Cut and overall island conditions from the air following the storm.

Lake dredging began as scheduled. The dredging company will also remove any trees that have fallen into the lakes.

Security:

Prior to the storm evacuation, Security officers notified anyone coming through the gate about the Governor's evacuation order and that SJFD would be removing their apparatus from the island on Friday afternoon, October 7. Security drove around the island on Friday announcing the evacuation order. We compiled a list of those residents who indicated they didn't plan to evacuate, and provided that list to the Sheriff and EMS on Friday afternoon. The gate and inbound lanes were closed at 4:00pm Friday. We started the generator on Sunday afternoon, October 9, and officers that had stayed in the area returned at 4:00pm that day. Some components of the owner's lane barcode reader were damaged in the storm. Parts were ordered, and it was back in operation on Wednesday afternoon, October 12. We had extra security officers on staff last week to direct traffic while tree clearing crews were in the roadways.

ARC Activity:

New Homes:	
Applications Pending =	18
New Homes Approved, not yet started =	7
New Homes Under Construction =	21
New Homes Complete YTD =	10
Repair & Maintenance Projects:	
Maintenance Projects Approved in September =	50
Maintenance Projects Approved YTD =	495

Administration:

Throughout the week of the storm, e-blasts with storm condition updates were sent to owners and to Tidelines as they became available. Staff that was able to return from their evacuation locations started work on Monday, October 10. To facilitate cleanup efforts, we purchased yard debris bags that owners could then purchase at the SIPOA office. We sold over 1,700 bags in 72 hours! From Wednesday October 12 through Friday October 14, the Admin Office was on generator power with limited access to computers and phones. Power has been restored, and we've resumed normal operations. ▲

Heather Paton
hpaton@sipoa.org



CANNED FOOD DRIVE

For the month of November, The Lake House will be collecting CANNED GOODS for the Sea Island Hunger Awareness Foundation. Founded at the beginning of 2015, the Foundation was formed from a desire to ensure consistent and dependable sources of food to reach the people in need. Our goal is to donate 1,000 pounds of canned foods.

Together we CAN fight hunger!!

NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:30pm Art Open Paint 3:00pm Mah Jongg Mavens 5:00pm AISCP Forum	2 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	3 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series	4 9:30am Dup Bridge 4:00pm Seabrook Smashers	5
6	7 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 4:00pm Seabrook Smashers	8 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 7:00pm MAC User Club PRESIDENTIAL ELECTION	9 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers	10 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series 7:00pm SINHG Evening Presentation	11 9:30am Dup Bridge 9:30 am Garden Club 4:00pm Seabrook Smashers	12
13	14 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:00pm SIPOA Board Meeting 1:30pm Dup Bridge 4:00pm Seabrook Smashers 5:00pm Get the Scoop Meeting	15 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 4:00pm Men's Book Club 7:00pm Coin Club	16 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop 7:00pm SI Birders Meeting	17 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series 5:00pm AISCP Forum 6:00pm SI Photography Club	18 9:30am Dup Bridge 3:00pm Lake House Tech Forum 4:00pm Seabrook Smashers	19
20	21 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 4:00pm Seabrook Smashers	22 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	23 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers	24 8:00am Turkey Trot NO CLASSES The Lake House will CLOSE at 1:00PM. HAPPY THANKSGIVING!	25 9:30am Dup Bridge 12:00pm Holiday Art Fair 4:00pm Seabrook Smashers 5:30pm Tree Lighting NO CLASSES	26 8:00am Sprint Triathlon Relay NO CLASSES
27	28 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 4:00pm Seabrook Smashers	29 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	30 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers			
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	8:15am Core & More 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 11:00am Get Pumped 4:00pm Deep Water Aerobics	8:30am Water Aerobics 8:15am Core & More 9:15am Zumba 11:00am Get Pumped	8:30am Pilates 9:45am TaeBo

O A P A G E S

Island Property Owners Association

LAKE HOUSE SPOTLIGHT

DUMP THE JUNK

Get rid of habits that can hinder your efforts to lose weight



Do you ever feel like you are doing the right things with your exercise and nutrition, but your weight does not improve? Don't give up: Take a look at the big picture instead. You may actually be consistently engaging in habits that sabotage your efforts. Here are some key examples:

Too little sleep:

Sleep regulates hormones that affect food cravings and fat storage. When you do not get enough sleep, food cravings go up and usage of fat for fuel goes down. The remedy is to get at least 7 hours of sleep per night.

Too little eating:

This sounds counterintuitive, however your body is like a furnace. You have to consistently stoke the fire to keep your metabolism burning calories throughout the day. The remedy is to eat 5-6 meals/snacks per day. To insure that you stabilize blood sugars, include a source of protein each time you eat.

Huge portions:

The average size of portions has crept up over the years. Most of us were taught to be "clean platers" so we tend to eat all of what is placed in front of us. In this case bigger is not better as you wind-up taking in more calories throughout the day than you need.

Simple tricks are to use a smaller plate, bowl or glass; choose smaller restaurant portions; and savor your food by eating more slowly.

Too many temptations at home:

Your home should be your haven, however you may be in the habit of stockpiling comfort foods. You can maintain more control by clearing out high calorie, low nutrient temptations so that you are not enticed into eating them. Opt to prepare fresh foods for meals and stock your kitchen with healthy snacks like fruit, yogurt, water, green tea, veggies, nuts, string cheese, etc.

A lopsided exercise regimen:

All cardio and no strength is not just boring, it will cause you to burn fewer calories. Strength training builds lean muscle mass, which increases your metabolism and decreases fat. The more muscle you build, the more calories you burn. Follow the Physical Activity Recommended Guidelines for Americans: A minimum of 150 minutes of aerobic activity and 2 or more days of muscle strengthening exercises per week.

In addition, doing the same activity over and over will actually help the body to become more efficient and burn fewer calories in the process.

The remedy is to change up your program every 8-12 weeks to achieve optimal results.

It's easy to fall back into a comfortable routine, and to continue to do the things you've always done. But if you do the things you've always done, you're going to keep getting the same results. Tip the scale in a different direction by dumping bad habits that undermine your weight management efforts. ▲



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

6th Annual Sprint Triathlon Relay

Triathlon



Swim. Bike. Run.

SATURDAY, NOVEMBER 26TH

Before the tailgating begins and the games start... why not have some fitness fun!

Join us at The Lake House on Saturday, November 26th for **Seabrook Island's 6th Annual Sprint Triathlon Relay**.

It's a triathlon with a team twist! Instead of an individual tackling all three events, we would like to put a Seabrook spin and share the fun among a team of three.

Teams are comprised of one swimmer, one biker, and one runner that will work together to complete all 3 legs of the event.

Registration forms are available at the front desk of The Lake House or by request via email to jmogus@sipoa.org.

Please note, this event will be capped, so sign up early to ensure you are part of our 6th Annual Sprint Triathlon Relay!

Date: Saturday, November 26th
Time: 8:00 AM
Cost: \$50.00 per team

For more information about the Turkey Trot or the Sprint Triathlon Relay, please contact Jamie Mogus Mixson at jmogus@sipoa.org.

PLEASE NOTE:

The Lake House will be CLOSING at 1:00 PM on Thursday, November 24th for Thanksgiving and will reopen Friday, November 25th at 5:00 AM for Property Owners (with before/after hour's access) and 8:00 AM for guests.

There will be NO FITNESS CLASSES on Thursday, November 24th through Saturday, November 26th. ▲

Thank you!

TURKEY TROT

Leave the cooking for later or for someone else and join us at The Lake House on Thanksgiving morning for **Seabrook Island's Annual Turkey Trot!**

This (just over a) 5K race will start promptly at 8:00am from the Lake House and will take you through the front half of the Island. Event shirts are limited; please sign up by Monday, November 7th to ensure you receive one!!

Date: Thursday, November 24th
Time: 8:00 AM
Cost: \$20.00

Registration forms are available at the front desk of The Lake House or by request via email to jmogus@sipoa.org.

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

RUN NOW, GOBBLE LATER!



PRESIDENT SIPOA BOARD OF DIRECTORS

Hurricane Matthew

All in all, Seabrook fared well during Hurricane Matthew. To be sure, there were many downed trees and lots of water in places. But one week later, a great deal of the fallen trees and debris have been cleaned up and almost all of the water is back in the marshes. Our beaches and the relocated Cap'n Sams inlet look great. While a few properties did sustain moderate structural damage, this was minimal overall and no people were injured. Generally, the impact upon Seabrook was much less than in North Carolina, on Edisto or on Hilton Head. We are very lucky indeed—especially with the hurricane passing Seabrook Island at low tide, thereby diminishing what could have been a potentially much more damaging tidal surge.

Our community can be very pleased with the overall response during the hurricane emergency. First, the advanced planning and emergency preparedness drills conducted each year paid off. Town, SIPOA, and Club officials and their staffs had an established plan to follow and their efforts were well coordinated. First responders, the St. Johns Fire Department and Charleston County Sheriff's Department, also did a tremendous job as did those working with Berkeley Electric and the Seabrook Island Utilities Commission. All of the Tidelines editors worked together seamlessly so that information flowed quickly to our community members scattered across many states. Tidelines readership grew by 300 followers (25%) during the hurricane emergency, heightening dissemination of critical information to the Seabrook community. Second, SIPOA staff members and key contractors/vendors did a tremendous job getting pumps going, trees moved and roadways cleared so that property owners could come "home". Just take a look at photos from Sunday morning to Monday and you'll be amazed at the difference. Our Seabrook community is so fortunate to have terrific, hard-working employees. Third, thanks to all of you who pitched in and did your part in the clean up. Fourth, on behalf of the first responders, SIPOA work force, and property owners, thank you for your patience and positive comments during and after the emergency.

There are also things to be learned from this emergency. First, community-based checklists and key tasks will be reviewed and edited accordingly.

If something was neglected, new or revised tasks will be added to checklists. Second, future needs particularly with respect to the island's infrastructure will be reviewed. What can be done to reduce damage or to hasten response time? Third, interactions with other agencies will be reviewed and these collaborative aspects of the community's emergency plan will be assessed. Fourth, the SIPOA Finance Committee is recommending for the 2017 budget a contingency reserve that would be used for "Named Storm Recovery" contingencies on an annual basis going forward, particularly with the apparent growing incidence of Named Tropical Systems that transit our shore.

Each of us individually can also engage in such a review. What worked for you and what would you change if another emergency occurs? If you evacuated, what did you forget to pack? If you stayed at Seabrook, what did you need that you didn't have? Again, for those who stayed, you may have dodged a potential bullet because, as mentioned earlier, the hurricane passed during a low tide. Even a simple review of actions will improve your result if there's a next time.

A Get the Scoop session will be held on Monday, November 14th beginning at 5:30 pm in the Live Oak Hall at the Lake House. The focus of this meeting will include a recap of Seabrook's response to the hurricane emergency. I hope you'll join in the discussion, and let us know of particular lessons you learned during the Hurricane Matthew emergency. ▲

Janet Gorski
gorskijw@gmail.com



The average adult consumes 3,000 calories and 229 g of fat in one Thanksgiving meal, according to the American Council on Exercise.

A 160-pound person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles to burn off a 3,000-calorie Thanksgiving Day meal. Furthermore, that figure swells to 4,500 calories when the entire day's feasting is considered.

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

Monday, November 7, 2016

Reception - 5:15PM • Speaker - 6:00PM

Speaker - **Scott Snyder**, Senior Fellow for Korea Studies at the Council on Foreign Relations in Washington

There is ample parking available around the Citadel Alumni Center.



Speaker: Scott Snyder
Senior Fellow for Korea Studies at the Council on Foreign

Today, North Korea is at the top of issues that starkly challenge the U.S. and it will remain so for the foreseeable future. Isolated from the outside world, always unpredictable and potentially dangerous, the regime in Pyongyang is increasingly assertive. It has conducted a series of missile tests in the last several months. As part of its nuclear weapons build-up it tested a device earlier this month. All this is accompanied by strident rhetoric. Its actions have generated mounting anxieties among American allies, especially South Korea. In sum, North Korea is a huge problem area, but few are as well qualified as Scott Snyder to discuss it with WACC members.

Mr. Snyder is one of the nation's leading experts on North Korea. He is senior fellow for Korea Studies and director of the program on U.S.-Korea policy at the Council on Foreign Relations in Washington. He previously founded and directed the Center for U.S.-Korea Policy at the Asia Foundation and served as the Foundation's representative in Korea for a number of years. Other affiliations focused on Korea have included the U.S. Institute of Peace and Stanford University where he was a visiting fellow. He is co-chair of the advisory council of the National Committee on North Korea.

Scott Snyder is the author of numerous books and other published studies of North Korean politics, economics and foreign policy. He is a graduate of Rice University, received his MA from Harvard, and was a Thomas Watson fellow at Yonsei University in South Korea. ▲

CHAMBER MUSIC CHARLESTON
Celebrating 10 years of exceptional chamber music

Chamber Music Charleston on Seabrook Island



Wednesday, November 16, 2016 at 7pm

Location: The Calcagno Residence, 2871 Hidden Oak Drive

Ben-Haim Serenade for Flute and String Trio
Dohnányi Serenade Trio in C Major, Op. 10
Haydn Flute Quartet in G Major, Op. 5 No. 4

Jenny Weiss, violin; Ben Weiss, viola;

Timothy O'Malley, cello; Regina Helcher Yost, flute

Wednesday, January 25, 2017 at 7pm

Location: The Wildermann Residence, 3138 Privateer Creek Road

Beethoven String Quartet No. 8 in E Minor, Op. 59 No. 2

Debussy String Quartet in G Minor, Op. 10

Karen Kim, violin; Frances Hsieh, violin;

Ben Weiss, viola; Timothy O'Malley, cello

Wednesday, March 15, 2017 at 7pm

Location: The Conyers Residence, 2415 Cat Tail Pond Road

Program to be Announced

For tickets, visit: www.chambermusiccharleston.com

Those Were the Days Answer from page 11

Elsie Easterbrook



Elsie will be playing with the Island Choraliers and the Sea Island Lady Singers at their Christmas Concert
Friday, December 2nd • 4PM
Holy Spirit Catholic Church

SIAG November 2016



**ARTIST OF THE QUARTER
TINA MAYLAND**

The Lake House Gallery



The exhibit of large scale paintings by Seabrook artist Tina Mayland continues throughout the month at the Lake House Gallery, Seabrook Island. ▲

**HOW TO IMPROVE
YOUR DRAWING SKILLS**

Thursday, November 10, 1-3PM • Eagle's Nest Studio, The Lake House
"Workshop offered by Bob Lefevre"



Bob Lefevre will be holding his annual hands-on drawing workshop on Thursday, November 10. Bob will teach the observational skills necessary to replicate on paper what you see. These are very learnable skills for all levels whether you are a novice or looking for ways to improve your drawing abilities. Mastering drawing will help you achieve better paintings.

Bob started taking art lessons at age nine, where he learned to draw plaster busts and objects with charcoal. He then graduated to monochromatic paintings of the same objects. Later in life, after retiring from a business career, he took eight years of life drawing at the Cincinnati Art Academy. This intense, classical training honed his drawing skills allowing him to render the subjects he now paints more successfully and accurately.

Students must bring a drawing pad (9x12), drawing pencils and eraser. The workshop is free and open to all. To register, please contact Gary Kunkelman at garyk1@comcast.net ▲

**IMPRESSIONISTIC COLORIST
TAMY PAPA FEATURED**

The Lake House, November 15, 2:00PM



A long-time South Carolina resident, Tammy captures the evocative-ness of beautiful Lowcountry scenes, from the marshes and beaches near her Isle of Palms home, to architecture, still life and figure. Attuned to the play of light, she uses a warm and sophisticated palette to imbue her oils and pastels with signature radiance. "I am drawn into the beauty before me," says Tammy. "I see paintings everywhere I look, all day long. I consider myself an expressive colorist, drawn to color and dramatic light." Emotion flows from Papa's work — the peacefulness of the landscape, the drama of the sky, the warmth of the sun on a flower all become palpable. As one of her many collectors once commented, "your paintings make me feel the way I feel when I read poetry."

In 1996, Tammy devoted herself to painting full-time, specializing in oils and pastels. She has exhibited in numerous regional and national shows. Her paintings are held in corporate and private collections, including those in Canada, Austria and Germany. A highlight of each year is participating in the Piccolo Spoleto Outdoor Art Exhibition, where her work received first and second place honors in 2005, 2006 and 2015. She enjoys sharing her talents through teaching drawing, oil and pastel workshops.

For more information on the Guild's events, workshops and membership, visit www.seabrookislandartistguild.com ▲

HOLIDAY ART SHOW AND SALE

Friday, November 25, 12:00-7:00PM

"Meet the Artists Reception"

5:00-7:00PM • The Lake House, Seabrook Island

Just in time for the Holiday Season and shopping for those unique gifts for your family, friends and yourself. A work of art will be enjoyed for years to come. Seabrook Island artists, photographers, and crafters will offer their creations for sale and host a reception to get you into the holiday spirit. This is the Seabrook Island Artists Guild last show of the year, so don't miss this opportunity to see beautiful art work, ingenious crafts and spectacular photographs.

For more information on the Guild events, workshops, and membership, please visit www.seabrookislandartistguild.com ▲



Let's Talk Turkey ... & Eat Some Too!



Seabrook Island Birders invites its members to join us for an evening of eating, learning and prizes on Wednesday November 16, 2016 from 5:30 - 8:15 pm at the Lake House on Seabrook Island. SIB will provide the Hot Turkey, Gravy, Ham and Beverages including Wine, Cider and Coffee. We ask everyone to RSVP by November 7 to let us know you will attend and tell us what you will bring: Appetizer, Salad, Vegetable, Bread or Dessert. Go to our website to sign up for the event: <https://seabrookislandbirders.org/sib-evening-program-november-16th/>

Following dinner and a few announcements from SIB, Jay Cantrell, a game biologist with SC-DNR, will provide a presentation concerning the Wild Turkey and its natural history, historical and present day management, population fluctuations and other interesting facts. Be sure to stay for the closing when we will give away a number of great Door Prizes that you won't want to miss!

Not a member of SIB yet? Join (or renew) that evening and your \$10 membership will not expire until the end of 2017.

Please contact us with any questions at SeabrookIslandBirders@gmail.com

Nancy Brown

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ISLAND NOTICES

21ST BIRTHDAY OF THE UNITED STATES MARINE CORPS

November 9, 2016 • 6PM • Seabrook Island Club

Marines from Seabrook, Kiawah and Johns Island will celebrate the 241st birthday of the United States Marine Corps. The Corps was created November 10, 1775, at Tun Tavern in Philadelphia, PA.

Marines around the world celebrate the birthday with dinners, balls and remembrance ceremonies. A dinner will be held at the Seabrook Island Club on Wednesday, November 9th at 6:00pm. This will be the 13th annual dinner for local Marines that will include veterans from WWII, Korea, Vietnam, Iraq, and Afghanistan.

Also there will be MECEPS (Marine Enlisted Commissioning Education Program) who are active duty Marines and their spouses/guests from the Citadel. These Marines are outstanding enlisted Marines who are completing their undergraduate degree and will become Marine Corps officers upon graduation.

If you are a Marine and would like information and/or sign up for the dinner, please contact Ed Dear at 843-768-5950.



CLEAN OUT THOSE OLD FILES!! RIVERBANKS ZOO & THE PLIGHT OF AFRICAN ANIMALS

By Satch Krantz, President & CEO

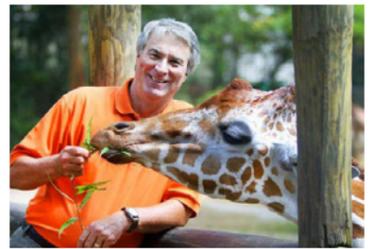
Thursday, November 10th • Lake House

Refreshments 7:00PM / Program 7:30PM

All Seabrook Island residents and guest are welcome

\$5 Donation for non SINHG members

For nearly four decades, Palmer "Satch" Krantz has guided the growth and development of South Carolina's largest gated tourist attraction and one of the top zoos in the nation. Under his leadership, Riverbanks Zoo is continuously recognized as a leader in wildlife conservation. Krantz began his tenure at Riverbanks in 1973 as curator of mammals. He was promoted to executive director (now president and CEO) in 1976, making him the longest serving zoo director in the nation.



In addition to his leadership at Riverbanks, Krantz has served as president of the World Association of Zoos and Aquariums and has twice served as president of the American Zoo Association—one of only three American zoo directors to serve a leading position in both professional organizations.

Most recently, Krantz was awarded the prestigious R. Merlin Perkins Award for Professional Excellence. Other honors include the Global Vision Award by the World Affairs Council, the International Ambassador of the Year Award by the Committee of 100, the Woodrow Wilson Award for Regional Cooperation from the Greater Columbia Chamber of Commerce and Clemson Alumni Association's Distinguished Service Award.

A native of Columbia, South Carolina, Krantz is a graduate of Clemson University. He and his wife Becky are the proud parents of two grown sons.

Information about future programs and SINHG membership can be found at the SINHG web site, sinhg.org.

CHARLESTON COASTAL CHOIR

NEWLY FORMING COMMUNITY CHORUS

The Charleston Coastal Choir is a new community chorus offering an opportunity for experienced singers to share their talent. The group is a mixed chorus that performs a variety of traditional choral music **October through March**. Selections

for both women's chorus and men's chorus are included in the repertoire as well as opportunities for solo and ensemble singing. **Rehearsals are 2pm, Mondays at Holy Spirit Catholic Church.** Membership in the group is open this fall. Beginning in January membership will be by audition only. For information about membership, contact the Director of Music: Mr. Van McCollum (vanmccollum@bellsouth.net or 404 401-0678 cell)

JOHNS ISLAND FARMERS MARKET

Every Saturday 10AM-2PM • 3546 Maybank Highway

The market meets the needs of a weekly shopping list. With over 50 local farmers and vendors every week, the market is a one-stop shop for all things local.

The market features a bounce house for kids, a game zone complete with corn hole, local live musicians, and a variety of food trucks every week. "We want this to be a place to enjoy every Saturday relaxing in the field, eating good food, listening to live music, and meeting new people," says founders Frasier Block & Blue Laughters.



HAND AND FOOT CANASTA GROUP BEGINNING FALL, 2016

A new Hand and Foot Canasta Group is forming this Fall for Seabrookers. If you are already a player and would like to join us, or if you want to learn, please contact Carol Lynne Chretien as soon as possible at cchretie@live.com. More information will be forthcoming once we know how many folks are interested.

We will play at the Lake House.



D.I.R.T. (DIGGING INTO ROOTS TOGETHER)

Meets Second and Fourth Wednesday of each month 1:30-3:30PM • Lake House

If you are interested in genealogy and looking to network with others who share your interest, or would like some guidance in getting started on your own family history journey, please join us. For further information

about meeting dates, times and agendas, as well as useful information for all the genealogists among us, please check out the blog at diggingtogether.blogspot.com or email us at diggingtogether@yahoo.com



Fall Program Line-up

UPCOMING PROGRAMS:

Nov. 17th – Marty's "Downtown Charleston Theme Assignment" Log onto www.seabrookislandphotoclub.com and click "2016 Schedule" for program details.



SEABROOK LADIES BIBLE STUDY

Every Monday • Lake House • 1:30PM-3:30PM

(Monday, September 12 – Monday May 22, 2017)

For information, please contact Patti Tully at 843.768.8097 or pattitully@gmail.com or Jody Garvey at 317.371.2330 or garveyjody@gmail.com

SEABROOK STITCHERS

Lake House • Every Monday • 11AM-1PM

For more information, contact Denise Doyon at dendoyon@gmail.com



INDOOR PICKLEBALL

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



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

The Monday Bridge Group needs new players! They meet Mondays at 9:00 am at the Lake House, so stop by and join the fun. For more information, please contact Ilse Calcagno at 843-768-0317.



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