As we look forward to 2023, we would like to review some questions that we receive here at Town Hall.

How do I view the meetings?
To view all meetings, go to the Town of Seabrook Island’s YouTube page: https://www.youtube.com/@townofseabrookisland. To download meeting minutes, go to: https://www.townofseabrookisland.org/.

Happy New Year Seabrookians!
Helen "Shirl" Mary Bolls passed away on December 2, 2022, at her home in Seabrook Island. She was a rock. She was tough and a never-give-up attitude that kept her dancing with cancer for nearly 40 years. She was always so perfect at Seabrook.

She is preceded in death by her husband, Charles "Buck" Bolls, brothers George and Richard and her sister Barbara. She is survived by her sons, Bob Leggett and Jerry Reves MD.

Bob Leggett's obituary can be found in the January 2023 edition of The Seabrook Island Life.

The Seabrook Island Club has scheduled a Special Meeting to be held on February 9, 2023, at 9 a.m. in the Seabrook Island Clubhouse. The voting for the proposed resolutions will be by email, in the same manner as the Club’s current procedures. The Special Meeting ballot will be available for signature by any Member who is 18 years of age or over and who is a resident of the Club. All Members are invited to participate in the voting for the proposed resolutions.

Q: How does the process proceed for a Special Meeting?

A: The voting for the proposed resolutions will be conducted by email, in the same manner as the Club’s current procedures. The Special Meeting ballot will be available for signature by any Member who is 18 years of age or over and who is a resident of the Club. All Members are invited to participate in the voting for the proposed resolutions.

The Seabrook Island Clubhouse is located at 300 Clubhouse Drive, Seabrook Island, SC 29455. For more information, please contact the Club at 843-673-6100 or visit www.seabrook.org.
Shorebird Stewards Ready to Recruit for 2023!

ARTICLE BY MARK ANDREWS & BOB MERCER

Seabrook Island Birders' Shorebird Stewards are working with the Kiawah Island Shorebird Stewards, the Kiawah Island Conservancy, the John de Graff Research Institute, and the Seabrook Island Road - the first shorebird festivals to be held on our islands Thursday and Friday, May 12-13, 2022.

The world’s oldest tortoise has seen off two world wars and the British Empire.

The town honored Jonathan the Seychelles Giant Tortoise, hatched in the Georgia zoo and is the oldest known living land animal on Earth and the oldest chelonian ever recorded.

Celebrated in the early 1800s, Jonathan the Seychelles Giant Tortoise was hatched in the Georgia zoo and is the oldest known living land animal on Earth and the oldest chelonian ever recorded.

Jonathan, the Seychelles Giant Tortoise, hatched in the Georgia zoo and is the oldest known living land animal on Earth and the oldest chelonian ever recorded.

Blessing counts Red Knots at Captain Sam's, American Oystercatcher U5 & mate survey lost nest

The Tortoise's main number in 2020 is 3007022 and has appearances from 8:00 AM - 8:00 PM every Saturday.

From all of us at Town Hall, we hope everyone has a happy and safe new year.

Photo Pic of the Month: All Photos Buffs!

Have you taken a spectacular photo recently? Send your photos, along with your name and a brief note to this email:

www.theshorebird.org/photography

JANUARY 2023 PAGE 5

World’s oldest tortoise lived through two world wars, saw the rise and fall of the British Empire, and has just turned 186 years old.

The town honored Jonathan the Seychelles Giant Tortoise, hatched in the Georgia zoo and is the oldest known living land animal on Earth and the oldest chelonian ever recorded.

Wishing you a Happy 2023 from Our Family to Yours!
Healthy Aging
Jerry Reves, MD
Staying Healthy with a Mediterranean Diet

The number of people who make plans for healthy aging is growing. Many have realized that
many common health ailments are affected by the foods they eat and how they eat them. Over half
of all deaths in the US are due to chronic diseases, many of which are preventable. In fact, about
70% of deaths are due to heart disease, cancer, and stroke. These three conditions are also
highly linked with unhealthy eating and sedentary lifestyles.

The Mediterranean Diet
The Mediterranean Diet is a traditional eating pattern that has been associated with a lower risk
of chronic diseases, including heart disease, diabetes, and certain types of cancer. This
pattern is based on the way that people eat in countries like Italy, Greece, and Spain, and
involves focusing on whole grains, fruits, vegetables, legumes, nuts, and red wine. It
also emphasizes consuming fish, poultry, and lean meats, and avoiding red meat.

In recent years, the Mediterranean Diet has been endorsed by major health organizations
around the world, including the American Heart Association and the World Health
Organization. It is considered to be one of the most effective and sustainable ways to
improve health and longevity.

Here are some key benefits of the Mediterranean Diet:
- Reduced risk of chronic diseases
- Improved heart health
- Weight loss
- Better blood pressure and cholesterol levels
- Improved cognitive function
- Better sleep

The Health Benefits of the Mediterranean Diet
The Mediterranean Diet is full of healthy fats, such as olive oil and omega-3 fatty acids,
which have been shown to reduce inflammation and improve heart health. It also
contains a variety of nutrients, including vitamins and minerals, that are essential for
overall health.

The Mediterranean Diet has been shown to help people lose weight and maintain it,
and improve insulin sensitivity. It also reduces the risk of developing type 2 diabetes,
and may even help prevent the development of certain types of cancer.

How to Incorporate the Mediterranean Diet
The Mediterranean Diet is easy to incorporate into your daily life. Start by
increasing your intake of whole grains, fruits, and vegetables, and reducing your
consumption of red meat and processed foods.

Try these tips to help you incorporate the Mediterranean Diet into your
daily life:
- Include a variety of fruits and vegetables in your meals.
- Choose whole grains over refined grains.
- Limit your intake of red meat and processed foods.
- Use olive oil instead of butter or margarine.
- Include nuts and seeds in your diet.
- Drink water instead of sugary drinks.
- Incorporate fish into your meals.
- Limit your intake of sodium.

In conclusion, the Mediterranean Diet is a healthy and sustainable way to
improve your health and longevity. By making small changes to your diet,
you can start reaping the benefits of this traditional eating pattern.

Sources:
  https://www.heart.org/en/lifestyle-change/nutrition
  https://www.who.int/countries/en/
  https://www.diabetes.org/lifestyle/mediterranean-diet
Kevin Boyle

My wife Susan and I moved to Seabrook Island in 2001. Two years ago, in May 2003, we sold our previous residence in Washington, D.C., and after a few years of vacationing here for several seasons and really getting to know this place, we decided to make this our permanent home. We live on the North Beach area, not far from the Surfside Inn and a few miles down the road, we enjoy being part of the community.

Barbara Lyles

I have been a life member of SIPOA since 1983. My husband, Harry, retired in 1992 as a Naval Aviator and we moved to Seabrook Island to enjoy retirement living. I am also a member of the Republican Women's Club, in which I have held several offices, including first and current president. I have been a Republican since 1962, and my husband served in the Navy during WWII as a fighter pilot. Our daughter and son-in-law are members of the Seabrook Island Republican Club.

I have been an Active Member of the Sullivan County Republican Club for 10 years and served as a State Representative, an Officer and a Board Member.

I believe my involvement with the Republican Party is important to continue to represent the conservative values that are the backbone of the United States. I strongly support our President and his policies and I look forward to continuing to support him in the upcoming election.

I am an eloquent forthright advocate for our country and its people. I am proud of our military and our service members and I will continue to support them in every way possible. I believe our country is strong and I will continue to fight for our values and beliefs.

I am a life member of the Republican Women's Club, a member of the Seabrook Island Republican Club and a member of the Sullivan County Republican Club. I strongly support our President and his policies and I look forward to continuing to support him in the upcoming election.

I am a proud supporter of our country and its people. I am proud of our military and our service members and I will continue to support them in every way possible. I believe our country is strong and I will continue to fight for our values and beliefs.
Kiawah River Wins Grand Award in Builder’s Choice Awards for Urban and Community Planning

Kiawah River has been honored with the Grand Award in Urban and Community Planning at the 2022 Builder’s Choice Design Awards by Builder Magazine. The theme for this year’s awards program was innovation. We are grateful that our community’s thought leaders, master plan and sustainability initiatives were acknowledged for the singular Grand Award bestowed on our master-planned community by one of the most respected and wellknown publishers in the housing industry.

At the registry’s residence, Kiawah River truly embraces its natural setting and was created as a green community that employs principles of sustainability, with only half of the property’s 2,000 acres planned for development. The Builder’s Choice Design Awards at the 2022 Builder’s Choice Design Awards program Kiawah River “stood out in its natural element,” while another noted, “It’s all about doing the right thing with beautiful programming benefits ourselves!”

The community is a masterpiece of residential, retail, retail and hospitality offerings with custom and semi-custom homes that foster an innovating blend of the area’s aesthetic and ideals of the golden years of building.

We are extremely proud of this accomplishment and are grateful for the builders, architects, designers, developers, artists, residents and many others that work so hard every day to make Kiawah River a beautiful place to live.

C.O.V.A.R. Seabrook Island Garden Club Hosts Holiday Jingle Mingle Social

Four of the members of the Kiawah Island Garden Club gathered at the Ocean Club Community Center to celebrate the holiday season with a fun evening of food and fellowship. The tables were decorated with seasonal centerpieces designed by Garden Club members. In addition to a delicious food spread provided by the Board and Island Garden Club members, champagne, wine, peanuts and gift bags filled with island kittens ready to be adopted. President Karen Nelson thanked everyone for their hard work in planning this event and several other holiday events on Seabrook. Garden Club members participating in the annual Seabrook Island Holiday parade, decorated the Christmas tree at the Lake House and the Winter Wonderland Light Up event.

Kiawah Island Garden Club looks forward to attending the Open House in 2023.

Garden Club members:

Congratulations to the Winners!

1st Place
2405 the Bent Twig
2nd Place
2540 the Bent Twig
3rd Place
3143 Baywood

So many beautiful homes participated this year in spreading holiday cheer on Seabrook.

Happy Holidays from the
Seabrook Island Garden Club!
Advisory Committees
Reports of Town Boards, Commissions prior to the meeting. Copies of the management of the Seabrook Zoning Appeals Committee - None. Environment and Wildlife Committee - November 15th was canceled and the 5:00PM to 8:00PM at Town Hall.
Public Works Committee - None. Public Safety Committee - Council-Ordinances for Second Reading: Resolution: To adopt a budget for the Town of Seabrook for the fiscal year 2023 based on previous discussions of revenues over expenditures was $60,862 for the year compared to a revenue over expenditures was $50,994. Council will have the opportunity to discuss the fy 2023 budget at the December meeting.

Town Administrator - Mayor Gregg summarized the status of the Town’s Regional Planning Commission’s (A) meeting on October 6th, 2022 and the results were as follows: 2022-1297, adopted the FY 2023 budget. The budget process is now complete and the Town Council will consider the FY 2023 budget at the December Town Meeting.

Town Clerk/ Treasurer - Mayor Cronin discussed the FY 2023 budget and the need for approval. The budget for the fiscal year 2023 is $677,613 and the expenses are $60,862.

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**CHARLESTON MUSEUM**

The Charleston Museum hosts Nighttime at the Museum as part of 250th Birthday Celebration

What: Celebrate The Charleston Museum's 250th birthday with an evening of adventure in "Nighttime at the Museum" for guests aged 21 and over! In the spirit of the Museum's collections, curators and special guests will be on hand throughout the galleries demonstrating some of the less known, but highly entertaining themes that aren't normally experienced on a typical visit to the Museum. Guests are encouraged to come dressed as their favorite character from history or animal creations from the Lowcountry's natural environment and beyond.

The celebration's ticket price will include music provided by Professor Ping, an open bar featuring a special anniversary craft cocktail, live music, and a reception, and an evening packed with historical fun. Regular guests must be 21 or older. Explore the galleries after hours and discover the spicier side of the Museum's collections. Curators and special guests will be on hand throughout the galleries demonstrating some of the less known, but highly entertaining themes that aren't normally experienced on a typical visit to the Museum. Guests are encouraged to come dressed as their favorite character from history or animal creations from the Lowcountry's natural environment and beyond.

The Charleston Coastal Choir presented their Christmas program to a “full church” audience this past December 15th at the Holy Spirit Catholic Church. The Choir is composed of Sea Island and Johns Island residents and conducted by Van McCollum. The program opened with a quartet of Ralph Finno, Nat Malcolm, Van McCollum and David Scharf singing “Here Comes the Light.” The full choir followed with Welcome the Holidays, All on a Cold Winter’s Night. The Joyful Bells were Ringing and Candle in the Night. Also included in the first act was a solo by pianist Jessica Minahan White, A Christmas Teddy.

The quartet added Singh Bells is Ukrainian Carol followed by a ladies double trio singing We Need a Little Christmas. That group consisted of Debbie Banker, Beth Connolly, Elise Jurgen, Veronica Kline, Kim McMurray and Lisa Rosedale.

The full choir concluded along with another set of holiday songs ending with “We Wish You a Merry Christmas.” A warm, standing ovation was a well deserved audience participation.

**ANGEL OAK AWARD**

The annual award was first presented in 2002 and is recognized as a person who performs volunteer service which contributes significantly to the people and/or quality of life on Johns Island, Sea Island, or Johns Island. The award was established during a feature article on Johns Island which thoroughly re-examines the lives, cultural, and natural resources of the island. The 2021 recipient was Sea Island’s Richard Moran who was recognized for his work with the Johns Island Baptist Church, Charleston Symphony Orchestra League, and St. John’s Episcopal Church. Richard has been very active in Sea Island life and is a long-time resident.

The recipient must be an active volunteer in the Johns Island area and be a resident of the Sea Islands. The recipient need not be a member of the Exchange Club or the Sea Island Community. The recipient or an eligible relative must be a member of the Exchange Club. The recipient must be an active member of the Exchange Club.

**THE CHARLESTON MUSEUM**

Family Owned & Operated since 1975

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Visit our website for Special Offers:

www.Ledfords PestControl.com

**SEABROOKERS RELEASE TWO NEW BOOKS**

Mary Glickman

By the Rivers of Babylon

I am delighted to announce that I have a new novel coming out in February, my 8th book, entitled By the Rivers of Babylon. It’s a story very close to my heart in that it concerns the people and culture of Johns Island, circa 1740, before the start of residential development, when it was largely farm and marshland. I’m sure you’ll agree. Things have changed.

Mary Glickman

The natural beauty of Sea Island and its diverse wildlife are depicted in a new book, Growing the Green Sea Island Green Space Conservancy, by photographer Charles J. Moore. This book highlights the accomplishments of the GSGSC, itslands WILDLIFE and the views, care and dedication of past and current residents to maintain a natural environment where families and wildlife co-exist.

**EXCHANGE CLUB OF KIAWH-SEABROOK**

What if you could support the Exchange Club's charitable work without writing a check or spending the time? Well you can! Simply use the link below to donate to one or more of Exchange Club charities. On your donations page you can designate for assignment of a named charity. The recipient will be recognized at the May 17 banquet.

• The Mike’s Healing Heart Fund at Dorchester Paws. This fund allows Dorchester Paws to pay for the medical bills of the neglected, abused, or abandoned animals. Dorchester Paws was founded in honor of a dog named Michael, who arrived at Dorchester Paws after being abused and tortured with gasoline. You can read more about Dorchester Paws and the “Michael’s Healing Heart Fund” on their website: https://dorchesterpaws.org/about/
• Dorchester Paws is a 501(c)3 non-profit organization in Dorchester County, SC.

As the meeting will be held during dinner time, we will have a buffet meal. If you can, please bring either an appetizer, main dish, or desert to share. SDIGOS will provide wine, beer and water.

For more information on the event and or SDIGOS, please visit our website, www.sdigos.org or contact us at jmarziliano@gmail.com. We hope to see you there!

Martha Goldstein

**SEABROOK ISLAND GREEN SPACE CONSERVANCY**

Join us for...

Growing the Green

Sea Island Green Space Conservancy

Come join us to support conservation on Sea Island. DSGC protects land for the environment, for habitat, forever.

SOUTH CAROLINA LOWCOUNTRY

vibe a comprehensive overview of the South Carolina Lowcountry, while its
domains are invited to attend the meeting. Also, we are always looking for

floor to ceiling windows and a view of the tops of the oak trees. This room is

about the good work SDIGOS does for the Sea Island community.

On this year’s agenda, the officers will provide a brief annual review of 2022 for the SDIGOS organization. Then we are honored to present “It’s A Dog’s Life on Sea Island”, a conversation with Kristi Oldham, DVM on some of the environmental and physical challenges for your four-legged loved ones living on Sea Island.

Dr. Oldham is an integrative veterinarian who has been serving the greater Charleston community for over 15 years. She currently serves the community as a mobile veterinarian, and recently opened a clinic on River Road named “Triple Island Vet- erinary Clinic”. Dr. Oldham is certified in acupuncture as well as animal food therapy and has a diverse education in holistic medicine. She is particularly interested in the interconnectivity between her patients and their human companions.

As in past years, SDIGOS will also be collecting charitable do-
gations for a local organization. This year we will be collecting for "Michael’s Healing Heart Fund" at Dorchester Paws. This fund allows for the medical bills of the neglected, abused, or abandoned animals. Dorchester Paws was founded in honor of a dog named Michael, who arrived at Dorchester Paws after being abused and tortured with gasoline. You can read more about Dorchester Paws and the “Michael’s Healing Heart Fund” on their website: https://dorchesterpaws.org/about/

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Martin Goldstein
We list and sell more real estate on Seabrook Island than all other companies combined. If you are looking to purchase a new home, cottage, villa, or homesite — or list your property — contact one of our expert REALTORS® today.