

# THE Seabrooker

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## The Alan Fleming Returns to Seabrook Island



The Alan Fleming Senior Open Clay State Championships will be held this year October 5th - 9th. This Tournament, being held for the 33rd time, has grown in prestige and participation over the years. Now over 250 players from over 20 states participate. In 2007 the tournament was designated a South Carolina Level 1 State Championship event and a Southern section 200 point tournament, one of only four at this level in Southern's nine state region. It was recently named the South Carolina Adult Tournament of the year. This US Tennis Association, level 1 "Gold Ball" mixed event has brought a new level of competition and exposure to the Seabrook Island Racquet Club.

If you would like to participate in this exciting event you can register at the Alan Fleming Website: [www.alanflemingtournament.com](http://www.alanflemingtournament.com).

These are the categories available: Men's and Women's Singles and Doubles Division 35's - 80's; Mixed Doubles, Category 1 National Gold Ball Championship 40's, 50's, 60's and 70's (1,000 Point Level). You must register before noon, Monday, September 19.

But you do not have to participate to enjoy the fun. Not only Seabrookers but the general public is cordially invited. Come out to the courts any or all the days. Enjoy watching first-rate tennis from among over 400 different matches. As was done last year, the Tournament is including fundraising for the worthy cause of Respite of Charleston. On site during the Tournament there will be an opportunity for all to purchase "pick a prize" raffle tickets to win some great prizes during the Welcome Party on Thursday night,



October 6. Prizes will include but are not limited to Disney Park-Hopper passes, a wine wagon, and a weekend of tennis at Van De Meer Tennis Facility on Hilton Head Island.

Tom Kent who lived on Seabrook

for many years and enthusiastically promoted tennis will be honored this year for his contribution to the event. At the banquet there will be a memorial presentation celebrating him.

See you at the Fleming. ▲  
Sally Kimball



### FROM TOWN HALL

by Ron Ciancio

About eight years ago, the Town of Seabrook Island contracted with Emergency Communications Network (ECN) to make its CodeRED program available to Seabrook Island residents. CodeRED consists of two systems. The better known of the two is the weather advisory system. The second is a public communication system which allows Town officials to communicate with residents through a number of modes including text messaging and emails.

You are undoubtedly aware of the weather advisory system - this is the call which unfortunately sometimes comes at 3:00 in the morning. The advisories are delivered through the CodeRED Weather Warning Service (CRWW Service) and include the automatic launching of prerecorded Weather Warning calls to those Seabrook Island residents who have "opted in" to the service. CRWW Service allows subscribers to choose to receive advance warning of severe weather (usually involving lightning or hail), tornados or flash flooding. You have the option to be notified of all three of these potential weather events or any combination of the three. It is important to note that the CodeRED

system's proprietary mapping capability allows ECN to provide geographically targeted warnings, so you are only notified of events which are anticipated to affect vicinity immediately close to your residence address. This means that you will only receive calls for events which are likely to affect your immediate area. For example, last fall when tornados hit portions of Johns Island near the Limehouse Bridge, CodeRED calls were made only to homes in the specifically affected areas.

The second CodeRED system - and the one I want specifically to bring to your attention - is the public communication system. This is an effective tool which in the immediate aftermath of a natural disaster will permit Town officials to provide those residents who have elected to opt into the system, with customized emergency messages tailored to specific situations. This feature will be particularly important for an event such as a hurricane which requires residents to evacuate to an off island location making communication between Town officials and evacuated residents both difficult and imperative.

Upon the occurrence of such an event,

a principal function of the Town will be to communicate accurate information to evacuated residents in a timely manner. Residents will want information regarding such matters as a description of the extent of damage, the condition of the roads leading to Seabrook Island, availability of utilities, and when it will be both safe and appropriate to return home.

In these instances, Town officials will, of course, use a variety of methods to communicate that information. First and foremost, updated information will be made available on the Town's website and 800 service (888-314-3177). For residents who have signed up to follow the Town's twitter account (@SeabrookIsland87) Town officials will provide "tweets" to alert residents as to when updated information will be made available both on the Town's website and its 800 telephone service. Town officials will, of course, also communicate, to the extent possible, through both the SIPOA e-blasts and the Tidelines blog.

In contrast to the other emergency communication channels available to Town Officials, only the CodeRED public information system is the only one which will allow Town officials to deliver

emergency related information directly to evacuated residents. Customized CodeRED messages can be directly delivered to mobile telephones as voice messages and to mobile telephones or other mobile devices as either text messages or email.

Seabrook Island residents who have not yet registered to receive the CRWW Service calls can add their names and residence address to the CRWW subscriber data base by going to the Town's website. If you have not already done so, I urge you go to the Town's website at [www.townofseabrookisland.org](http://www.townofseabrookisland.org). At the upper right hand side of the home page, click on "Emergency Preparedness." You should then scroll down and click on the box labeled "Code Red" which will take you to the CodeRED data collection page where you can complete and submit the requested information. Be sure to provide an alternate mobile telephone number (for text messages) and email address in the appropriate box provided - this will allow Town officials to communicate important emergency information with you directly through text messaging and email. ▲

# THE Seabrooker

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

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

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

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

THIS MONTH'S SEABROOKER VOLUNTEERS

**CREDITS:**  
Faye Albritton, Ron Ciancio, Jordan de Jong, Sally Kimball, Michael Morris, Alberta Barron, Denise Doyon, Mary Beth Joyce, Lori Leary, Jerry Reves, Nancy Brown, Gary Fansler, Allan Keener, Charles Moore, Saffron & Curry

**PHOTOGRAPHERS:**  
Gary Fansler • Bob Hider • Mary Beth Joyce • Dean Moor  
Charley Moore • Ralph Secoy

### CONTACTING THE SEABROOKER

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

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

**FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT**  
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# THE Seabrooker



## CAP'N SAM EDISTO

Dear Cap'n Sam,  
**Looking for contact information on fellow wade fishing anglers.**

During the summer of 2014, I met a guy at the beach end of the North Beach boardwalk. He was on a bike with his fly rod and had his daugh-

ter with him. They had been scouting for fish in the surf. He looked to be in his 40's and mentioned he either worked on Daniel Island or used to live there. Also said he had been wading the Seabrook flats with his fly rod for a long time and stated his go-to spots were at the Seabrook Island Rd bridge and Ocean Pointe.

Cap'n Sam, you might be my only shot at helping me find this person or anyone else with intimate knowledge of flats fishing here on Seabrook island or even in the general area.

Malcolm Blankenship  
1322 Pelican Watch  
(704) 239-0425



Dear Cap'n Sam:

THANK YOU ... TO THE PERSON OR PERSONS WHO CALLED 911 AND TO THE EMS TEAM WHO CAME TO THE RESCUE WITH SPEED AND PROFESSIONALISM

I want to say thank you from the bottom of my heart to those of you who helped my brother on Friday, August 19th; the day that was supposed to be his last day of our family reunion on Seabrook Island.

From what we can piece together, as my brother has no memory of the incident; he took off his helmet and t-shirt to do a last "cool down" loop in front of the townhouse my siblings had rented across from the club. His t-shirt got caught in the front spokes and threw him head

first onto the pavement. EMS arrived and took him to MUSC Adult Emergency, where Rick's wife and I spent the next 9 hours while they brought Rick back to the land of the living.

My brother, Rick Cochran, will live; but he has broken bones and vertebrae in his skull, jaw, face, eye area, neck, and shoulders. From his shoulders down, he's fine. By way of explanation, Rick is an ex cop (just retired), and a top athlete, who continues to push himself to the edge, as if he were 29 years old and not his current 59. He has had many broken bones, torn ligaments, ripped tendons and 2 heart attacks. BUT I have never been there to personally witness the damage done, as he lives in Connecticut, and I now reside in Atlanta.

I really thought we were go-

ing to lose him. The trauma team (and every other dept. at MUSC-ophthalmology, head/brain, plastic surgery, neurology...) left no stone unturned when they put him back together. I was impressed with these young professionals from the technicians to the residing doctor.

THANK YOU TO The EMS team who came so quickly and kept him from bleeding to death, or experiencing more trauma while he was transported to the hospital. You all played a very, very important role. THANK YOU to those of you who saw a hurt person and called for help. THANK YOU ALL. My faith in the importance of good neighbors as I witnessed on Seabrook has been restored completely.

Thank you with all my heart.  
Cathy McWilliams  
Sister of Rick Cochran

## The Taxman Cometh

I know. Your eyes are glazing over. But please, visualize in your mind's eye Seabrook's glorious Live Oak canopies as you read this article on smart, successful tax planning. Each year beginning at age 70 1/2 individuals must take a Required Minimum Distribution (RMD) from their IRAs. These mandatory withdrawals are normally subject to taxes. But did you know that can you avoid paying taxes on RMDs and help keep Seabrook green at the same time? Please consider making a contribution to the Seabrook Island Green Space Conservancy. At the end of 2015, Congress permanently established the charitable rollover

provision. Individuals can contribute up to \$100,000 as a direct rollover to a qualified charity without triggering a tax liability. A rollover can be given to a single charity or allocated to any number you choose to support. Since 2008, taxpayers have had to wait until the end of the year to see whether or not Congress, on a yearly basis, would extend the deduction. By making the Charitable Rollover provision permanent, individuals can now begin tax planning at any time. Why not prudently plan now instead of waiting until the end of the year when calendars are full and time is short? This tax saving measure is especially useful to the many Seabrookers who have paid off their homes and can no longer claim mortgage deductions.

If you treasure our island's many natural splendors, do consider using your RMD to your benefit by protecting the verdant paradise you so cherish. Please talk to your financial consultant if you are considering a direct rollover. The Conservancy is



PHOTO: MARY BETH JOYCE

a qualified 501(c)(3) and will provide all necessary documentation of your contribution. Contact SIGSC Treasurer Bob Norris at 703-216-1051 or e-mail him at [rborris49@yahoo.com](mailto:rborris49@yahoo.com) for documentation requests. It's a Win-Win for you and Seabrook!   
Mary Beth Joyce

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# THE Seabrooker

## 2016-2017 Seabrook Island Garden Club Season



(L-R, Incoming President Kathy Chamberlain, Outgoing President, Terry Fansler



2016-2017 Leadership Team (L-R) Carol Ullner, Deb Wehn, Hollie Bolte, Karen Swell and Kathy Chamberlain

This season's first meeting is scheduled on Friday, September 9, 2016 at 9:30 AM at the Seabrook Island Lake House.

The 2014-2015 Season culminated with the traditional end of year Luncheon at the Seabrook Island Club. Special thanks to outgoing president Terry Fansler and Vice President Kathy Chamberlain for their leadership and guidance through a very busy and successful season. It was also time to thank the committee; Alberta Barron, Patty DeGregorio, Sue Eckenrode, Pam Matzko Phyllis Mikula, Jamie Mixson, MiMi Montague, Linda Nelson, Karen Preston, Cheryl Schumann, Nancy Wair, Pank Wesson and all the behind the scene volunteers for their dedication to the programs and ensuring each and every event was something we could be proud of as well as a hugely successful. A very special thank you to Marsha Bird for her 3 years of service, her keen eye towards timely topics and bringing to us a host of interesting and enjoyable speakers.

The club is grateful to the members of the Philanthropy committee for identifying two special organizations that continually make a difference in our community; Trident Tech and the Edith Frierson Elementary Gardening Project. Each organization was recognized with a \$1000 scholarship fund.



SIGG celebrates a successful and fun filled 2015-2016 season! PHOTOS: LINDA NELSON

Finally in preparation for the new season ahead, the club welcomes the new leadership for the 2016-2017 season; Kathy Chamberlain, President, Carol Ullner, Vice President, Karen Sewell, Treasurer, Deb Wehn, Recording Secretary, Hollie Bolte, Corresponding Secretary and Nancy Wair, Membership

It is time to renew your membership or enroll for the first time for the 2016-2017 year!

Whether you are an experienced gardener, or just someone who enjoys the beauty of the flora and fauna of our beautiful Island, we welcome you to the Seabrook Island Garden Club. If you are new to Seabrook Island, it is also a great place to meet your neighbors, support your community and cultivate friendships while learning from our experienced gardeners

and amazing speakers on a variety of cutting edge topics effecting our daily lives and natural environment.

For information on membership please contact: Nancy Wair, Email: [nwair@neo.rr.com](mailto:nwair@neo.rr.com)

Not sure the Seabrook Island Garden Club is for you, come as a guest and check us out.

At our first meeting on September 9th you will have the opportunity to meet the new board members, renew your membership, sign up as a new member, and get up to date on the club's business items.

Our meetings each month include refreshments at 9:30 am, a short business meeting at 10:00 am, and our main event speaker at 10:15 am. Our meetings conclude at 11:00 am and take place on the second Friday of each month at the Lake House.   
Alberta Barron

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## Kiawah-Seabrook Exchange Club News & Updates

During the months of September and October, grant request applications from local non-profits and charities are submitted to our exchange chapter for review and funding. Thanks to our chapter's annual fundraiser; the Kiawah-Seabrook Exchange Club Handbook, over \$110,000 will be dispersed to local organizations this year. Annually, Child Abuse Prevention organizations, Community Service organizations, our local schools, Americanism projects and our esteemed Angel Oak Award benefit from the sale of ads in our directory that is delivered to over 6500 property owners on our islands.

Jennifer Middleton from Hallie Hill Animal Sanctuary will speak to our membership on September 7th. Hallie Hill is a 501c(3) nonprofit organization located in Hollywood, SC, that provides sanctuary for abandoned, abused, or neglected animals.

Members, Coby VanDeGraaf and Ken Kavanaugh will co-chair our annual golf tournament at The Seabrook Is-

land Club on Wednesday, October 5th. Dinner will follow with guest speaker, Brian Hicks, Post & Courier Metro Columnist.

An outing to the Gaillard Center is planned for Friday, November 18th. Members will enjoy dinner at The Seabrook Island House, travel by bus to the performing arts center and be treated to the first Masterworks Program of the season: "Brahms A German Requiem" with Ken Lam conducting.

The Kiawah-Seabrook Exchange Club is a service organization committed to community enrichment through the support and development of programs that focus upon four major areas: (1) the prevention of child abuse; (2) youth development and education; (3) Americanism; and, (4) community outreach. For more information go to our website at [www.ks-exchangeclub.com](http://www.ks-exchangeclub.com). Prospective members are always welcomed at our meetings.

Our chapter meets on the 1st and 3rd Wednesday of the month.   
Lori Leary

## Kiawah-Seabrook Exchange Club Angel Oak Award Accepting Nominations

The Angel Oak Award was established by the Kiawah-Seabrook Exchange Club in 2011 and first awarded in 2012 to recognize a volunteer who has made an outstanding contribution to the people or quality of life of Wadmalaw Island, Johns Island, Kiawah Island and/or Seabrook Island. The Exchange Club will make a \$5000 donation to a local charitable organization of the recipient's choice. In addition, the recipient will receive a remembrance and his/her name will be inscribed on the Angel Oak Permanent Trophy.

- Eligibility Criteria:**
- Only South Carolina residents performing volunteer services related to activities on Johns Island, Wadmalaw Island, Kiawah Island, and/or Seabrook Island are eligible.
  - The nominee does not have to reside on one of the aforementioned islands but the service must specifically benefit the people or quality of life of the islands.
  - The award is for a specific year but the effort leading to the award could be based on cumulative contributions over a number of years. Nominees must have been active within the past 12 months performing the services for which they are being nominated.

- A nominee must have served as a volunteer and received no compensation for services rendered.
- Nominations must be submitted using the Nomination Form but may include up to five (8-1/2 x 11 inch) pages of pertinent supplemental material such as news articles, brochures and letters of recommendations.
- Nominations become the property of the Kiawah-Seabrook Exchange Club and will not be returned.
- Completed nomination forms must be received by midnight on October 21, 2016. Nominations shall be submitted to the Angel Oak Committee, Kiawah-Seabrook Exchange Club, Box PMB-J, 130 Gardener's Circle, Johns Island, SC 29455.
- The award recipient will be notified by December 15, 2016 and will be invited to attend an awards banquet on April 6, 2017.
- If you have questions, contact Alan Armstrong at 843-768-9252 or [alan9631@comcast.net](mailto:alan9631@comcast.net).

The Nomination Form is available on the Exchange Club's website: [www.ks-exchangeclub.com](http://www.ks-exchangeclub.com) ▲

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**TOWN HALL MEETING**  
**Town Council Meeting of**  
**July 26, 2016**

After the pledge of allegiance, Mayor Ciancio called the July 26, 2016, Town Council meeting to order at 2:30 p.m. Councilmen Crane, Gregg and Wells, Town Administrator Pierce, Town Clerk Allbritton and several guests attended the meeting. The meeting was properly posted and the requirements of the SC Freedom of Information Act were met.

**Minutes:**  
The minutes of the Town Council meeting of June 28, 2016, the Public Hearing of June 28, 2016, and the Ways and Means Committee meeting of July 19, 2016, were each unanimously approved as written.

**Financials:**  
Mayor Ciancio reported that revenues for the month of June were under budget by approximately \$8,000 and year to date revenues exceed budget by \$140,500. Expenses for June were under budget by \$9,800 and expenses, for the year to date, are under budget by \$113,000. For the month of June, revenues exceeded expenditures by \$86,200 and, for the year to date, revenues exceed expenses by \$292,000.

**Citizens/Guests Presentations, Comments:** None

**Reports of Standing Committees, Commissions, Boards:**  
**Public Safety/Club Long Range Planning Committee** – Councilman Gregg reported that the Club's Long Range Planning Committee met on July 21 and continued to work on their 2017 strategic plan. The SIPOA Data Gathering and Analysis Sub-Committee had submitted its report of the 2016 SIPOA survey to the POA president.

Councilman Gregg stated that the Public Safety Committee met July 11 and concluded its review of the Town's flooding/hurricane preparedness booklet. Copies with revisions have been provided to Council and Councilman Gregg stated that he would like to have any comments from Council by August 2.

The Disaster Recovery Council met on July 22 to review issues identified during the training and exercise sessions held June 6 and 7. Scott Cave, the Town's consultant, will issue a report of action items identified at the July meeting.

Since the Town did not receive any responses after soliciting bids for air ambulance transport cost alleviation, the Town can pursue negotiations to enter into a contract with AirMedCare Network. Councilman Gregg stated that AirMedCare Network has already indicated that they are willing to enter into a partial year contract for the remainder of 2016.

As a result of a meeting held on July 11, attended by representatives of the Town, the POA and Phillips & Jordan (debris management provider), it was determined that the accounting for debris removal, under circumstances where both the Town and POA authorize debris removal by Phillips & Jordan, would be allocated between the

Town and the POA on a percentage basis that could be determined from day to day.

The Town has developed policy concepts to address the influx of contractors expected following evacuation of Seabrook Island for a disaster event. These proposed policies relate to (1) "blue tarping" and related tree work when access to the Town is restricted and (2) repairs and reconstruction once residents are allowed to return to the island.

**Communications/Environmental** – No Report

**Advertising & Public Relations/Special Projects:** Councilman Wells reported that he has not heard back from G. Robert George & Associates about suggested changes to the engineering contract.

Councilman Wells stated that a 2016 Town of Seabrook Island Marketing Budget from Obviouslee Marketing, showing what has been budgeted for the year and what has been spent year to date, is included in Council packets. Also included in the packets is the Marketing & Advertising Status report for July 2016. Councilman Wells pointed out key takeaways from that report.

As far as digital and print advertising, the Town is advertising in Southern Living in July (North Carolina) and September (South Carolina), South-west Magazine in August and has an ad in the Charleston Area Convention & Visitor's Bureau Visitor's Guide for the period of March 2016-March 2017. The Town also currently has a desktop display banner campaign targeting US residents searching for travel in North or South Carolina.

**Community Relations:**  
Councilman Crane reported that Bohicket Marina is in the process of dealing with OCRM and the Town to put in more pilings on the business end of their facility.

**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 he has met with Professors Sobel and Green, from The Citadel's Graduate School of Business, and they have agreed to have their students conduct an Economic Impact Study that will include Seabrook Island, Bohicket Marina, Camp St. Christopher, Kiawah Island and Freshfields. Mayor Ciancio will meet with Professor Russell and his class on August 22 to talk about what he hopes to accomplish and the parameters of the study. The study will take place over the next two school semesters and it is expected that it will be completed by May of next year. The only cost to Seabrook and Kiawah Islands will be approximately \$500 in expense reimbursement.

Mayor Ciancio stated that he and Mayor Lipuma met on July 25 with Mayor Tecklenberg, members of City Council and senior staff. Paul Roberts, who has been a traffic consultant for Kiawah for many years, used statistics compiled by the Berkeley-Charleston-Dorchester Council of Governments to lead the discussion on the positive impact a cross-island parkway on Johns Island would have on the region.

**Town Administrator** – Town Administrator Pierce reported that a sailboat has been stuck on a sand bar on Seabrook Island for about a week recently but the situation has been resolved.

**Town Council Members** – See Above

**Utility Commission** – Chairman Jeff Bostock reported that the Utility Commission had a shortfall in finances, when compared to budget, as a result of not receiving impact fees when budgeted. The Commission recently voted to repay a \$150,000 loan from the Town from their unrestricted reserve funds. Operations for waste treatment and water were relatively normal during June.

**Petitions Received, Referred or Disposed of:**

- **Temporary Use Permit #211.** Alan Fleming, Sr., Tennis Tournament – October 4-8, 2016 – Councilman Crane moved to approve Temporary Use Permit #211. Councilman Wells seconded the motion and the vote to approve was unanimous.

**Ordinances for First Reading:** None

**Ordinances for Second Reading:** None

**Miscellaneous Business:** None

**Citizens Comments:** None

Councilman Crane moved to go into executive session to discuss personnel matters. Councilman Gregg seconded the motion and the vote to approve was unanimous. No decisions were made in executive session and the Town Council meeting re-convened. No further business was conducted and the meeting was adjourned. ▲

**On Wine**  
Michael Morris



*This month, I want to introduce one of my sons, Michael Morris whom I have asked to write a monthly wine column for the Seabrooker. Michael has spent his entire career in the wine business including the retail end at Morrell's in New York City; as sommelier at both Montrachet and the Tribeca Grill in New York and currently as the Wine Director at the Park Café in Charleston.*

*I asked him to begin his series from the ground level. He is aware that many Seabrooker readers know a good deal about wine. So his opening column might not "read up" to that experience but with everybody starting from the same blocks, more advanced articles can follow.*

Mike Morris, Editor

Hello Seabrookers:  
This is the first of what I hope will be a monthly column about wine and the industry that surrounds it.

As long as I can remember, I have always been fascinated by food and wine, its ingredients, preparation and serving. I used to love helping out my mother in the kitchen and have fond memories of watching the likes of Julia Child and Madeline Kamen on the TV and the arrival of the Food Network (before it became sensationalized and more about celebrity than the food). By my early teens, I was getting more heavily into my own experimentation in the kitchen while my younger brother added some help as well as a very good Julia Child impersonation. It was also in these years that I began thumbing through my father's editions of the Wine Spectator and though too young to enjoy the fruits of my reading, took an especially great interest in the ratings section located in the back of the magazine. Even the poor reviews were fascinating and yes somewhat humorous, to me (who wants to read about ripe tannins and layers of unctuous black fruits when you can read about wet dogs, shoe polish and burnt tires!). Alas, one doesn't see much of that kind of review anymore as current industrial practices used in winemaking can now manipulate a wine to be almost anything someone wants it to be, or at the very least, not offensive.

When I was 21, I was ready. I had vintage charts and lists of the Spectator's top 100 wines. A full time student at Wake Forest University, I would find time to hunt the aisles of shops in Winston-Salem and look to see if I could find some of them lurking on the shelves. And there were times I thought I had a good find. Looking back, I was somewhat naïve. Most would be a different vintage as those aisles had been earlier perused by knowledgeable buyers aware of the Spectator's selections long before they got to me. My revelation came when I found a brand new wine store, located in a warehouse on the other side of town. I found two owners who loved wine and encouraged me to take chances on things I had never tried. It was here that I was introduced to such gems as the legendary Didier Dagueneau's Pouilly-Fumé Cuvée Pur Sang!

It was also where I first became aware of the truism that most people who make a living off of choosing bottles of wine for you that you will enjoy, do it because of their love of wine and the people and places that bring it to us. We love to take people on that voyage as they branch out and experiment with things they have never tried.

On the wine list at the Park Café, I taste probably 100 wines for every bottle that goes on the list. Of course, this doesn't mean to say that every person is going to love every wine selected for that list. Great wine has personality and not all people like the same personalities! ▲

Addendum: By coincidence, the latest issue of the Wine Enthusiast mentions about a half-dozen spots in Charleston and Michael's is one of them. <http://www.winemag.com/2016/08/23/wine-lovers-guide-to-charleston/>

**Wine Lover's Guide to Charleston**  
*The South Carolina city is buzzing with imaginative spots to imbibe.*

At **The Park Cafe**, the wine list delivers approximately 40 picks from winemaking regions including Sicily, Crete and the Willamette Valley. Matching the eatery's unfussy food philosophy, you can find many bottles under 40 dollars.

**HEALTHY AGING**  
Jerry Reves, MD



We have written often about the value of exercise. In fact there are 3 proven ways for each of us to improve our health and healthy aging. These are exercise, proper diet, and regular medical checkups to find any diseases. All three of these are up to us. A number of recent scientific papers have been published in the past year looking at the effect of exercise on healthy aging and the news is good and bad, depending on one's view of exercise.

**The Good News**  
All of the new information supports the many previous studies that show benefit to exercise. Papers published in the Journal of the American Medical Association, Lancet, Circulation (the Journal of the American Heart Association) and Biomedical Research International have all reported healthful results of exercise. In general what has been reported is that the more exercise one does the better the benefit in reducing death, stroke, heart attacks and dementias. This is good news since it is something we can do to prolong a healthier life. Further good news is that city planners and transportation agencies are encouraging cycling and putting bus stops further apart to encourage exercise. (Charleston City Council did a wise thing in approving the Ashley River Bridge bicycle lane!)

**The Bad News**  
The bad news, if one dislikes exercise, is that the World Health Organization and the U.S. Government and the American Heart Association have not recommended enough exercise to overcome the sedentary trends in our work and the elderly in retirement. Most publications (including in this column) have stated that 30 minutes of moderate exercise a day 5 days a week is adequate. The new studies reveal that 150 minutes a week is not enough to get maximum benefit. In fact the newest information, published in July's England's prestigious Lancet Medical Journal show that to overcome the typical sedentary lifestyle most of us have, we should exercise vigorously an hour a day. This comes as bad news for those who have felt good about 30 minutes of



**Exercise.**  
*The Good and the Bad News*

**What is a person to do?**  
The bulk of the new and old data show that there are two important variables at play in this discussion. First, is what we do most of the day. If we are active, moving around and not sitting around then we are not as sedentary and therefore not as at risk for bad health or mortality. The more sedentary our existence is then the higher our risk for diseases such as some cancer and cardiovascular. There is interesting new information that links watching 3 or more hours of television with worse health outcomes – not because TV causes diseases, but because one sits in one place watching and often is putting something in one's mouth of a liquid or food nature that does not promote health. However, if one is doing many different activities and not seated at a desk or on a couch for long periods of times then one's risk decreases.  
Exercise is the second variable and is generally defined as vigorous or light/moderate. Exercise is like many medicines – too little does no good,

but the correct dose is just what one needs. And, too much can be bad. The newly recommended "proper dose" of exercise is daily 60 minutes or more of a mixture of moderate and vigorous exercise, understanding that the more vigorous the better. Vigorous exercise is defined as anything that makes you breathe more often and deeply and increases heart rate. Vigorous exercise should cause us to sweat. The table shows exercises in the moderate and vigorous categories.  
Finally, it is important to note that the exercise does not have to come all at one time – the exercise can be spread out, say in four 15 minutes segments during the day. In other words one does not have to spend an hour a day at a time to get to the hour of exercise.  
**The Bottom Line**  
Exercise is good medicine and so is an active life-style. The more active one is the less exercise one must have to counter the sedentary existence we tend to choose as we age. The next time you have an urge to watch the news – go for a walk: it will make you feel better and it is better for you! ▲

Typical Types of Exercise by Category	
LIGHT/MODERATE	VIGOROUS
Walking fast	Jogging or running
Water aerobics	Swimming laps
Biking on flat terrain	Fast bike riding or on incline
Playing doubles tennis	Singles tennis
Pushing power mower	Pushing push mower
Walking the golf course	Playing basketball
	Walk up flights of stairs

**Sea Islands of South Carolina**

**Coastal Art Maps**, a company that captures the beauty of the East Coast shoreline through breathtaking, hand-drawn maps, has just released its "Sea Islands of South Carolina" map series, the latest additions to their stunning collection. These three new maps depict the beaches, towns and historic landmarks that span much of the 130 miles of the South Carolina coastline.

Joseph S. Tarella, the talented map-maker at Coastal Art Maps, was able to expertly spotlight the iconic historic towns, coastal attractions, islands and waterways along the South Carolina shore.

The first of the exquisite, hand-drawn maps in the new collection, Daufuskie Island to Fripp Island, depicts the areas from the Georgia border, including Hilton Head, Port Royal, St. Helena, Fripp, and Hunting Islands and the town of Beaufort. This lovely map includes Hilton Head, the boot-shaped sea island nestled along the South Carolina coast, with its Atlantic Ocean beaches, pristine golf courses, and quaint Harbour Town Lighthouse. Additionally, this map showcases Port Royal's harbor and military bases, and the bucolic town of Beaufort, which boasts history, heritage and the natural beauty of the coastal Lowcountry.

The second map, Edisto Island to Isle of Palms, highlights areas including Charleston as well as Kiawah, Johns, James, and Seabrook Islands. Charleston's historic beauty is featured, with such notable locations as Battery Promenade, Waterfront Park, Charleston Harbor, and Fort Sumter, where the first shots of the Civil War rang out. Kiawah, a barrier island, is depicted as an oasis of untouched natural beauty, with miles of pristine beaches, perfectly preserved maritime forests, sand dunes, and marshes.

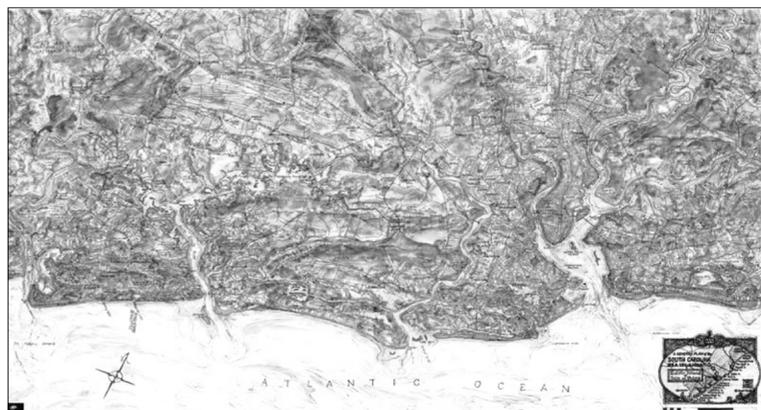
Finally, the third map, Capers Island to Cat Island, highlights Bulls,

Murphy and Cape Islands. This map portrays the stunning, tranquil settings steeped in history along the shore: classic plantations, white sandy beaches, rolling dunes, beautiful parks such as Francis Marion National Forest, and gorgeous marinas. It also majestically captures the untamed wilderness of Bulls Island, with its Wildlife Refuge and areas of uninhabited beauty.

"It's been a true pleasure capturing the beauty of the South Carolina shoreline, rich with history and resplendent against the backdrop of the extensive lowcountry landscape. My 'Sea Islands of South Carolina' collection showcases more than 100 miles of breathtaking South Carolina coastline, from historic cities like Charleston and Beaufort, to the wild, untamed islands of uninhabited beauty," explained artist Joseph S. Tarella, Owner of Coastal Art Maps. "South Carolina's shoreline is picturesque and wonderfully diverse, and my new maps celebrate its beautiful beaches, idyllic harbor towns, sparkling marinas, as well as selective and sensitive development throughout these East Coast islands."

Tarella has captured the beauty of the East Coast shoreline – from Cape Cod, Massachusetts to Key West, Florida – through his hand-drawn and painted artwork. Each map represents a moment when an ever-changing world is briefly frozen in time. Tarella uses the time-honored tools of pen-and-ink and watercolor washes, resulting in an extraordinarily tactile quality not easily achieved using more modern, mechanical methods.

"I've captured the unique beauty of the South Carolina coast, where people spend peaceful days enjoying beaches, boating, fishing, hiking, traveling by ferry, and spending time in the quaint little towns along the shore," Tarella continued. "These maps will make treasured keepsakes for beach or



**South Carolina Sea Islands—Edisto Island to Isle of Palms**  
THIS map begins with historic Edisto Island and proceeds past Kiawah, St. Johns, St. James and Seabrook Islands ending at the beautiful Isle of Palms. Midway along this stretch of coast is iconic Charleston Harbor fed by the Ashley, Cooper and Wando Rivers, framing the venerable town and all its historic features including the Battery, Lighthouse, and Fort Sumter, site of the first shots fired of the Civil War. Upland, there is the broad greenspace of the Ace Basin National Estuarine Research Reserve and a network of railroad lines delineating an earlier important mode of travel to this central location. Visit [www.coastalartmaps.com](http://www.coastalartmaps.com) for more maps

boating enthusiasts, nature and nautical lovers, sportsmen, fisherman, art collectors, and anyone who has spent precious time in these beloved locales. The maps – singularly or as a collection – make special, memorable gifts for the holidays, and to commemorate birthdays, weddings, anniversaries, graduations and other special occasions. They enhance the décor of any home, office, boat or beach house."

Tarella started Coastal Art Maps as a hobby. He liked maps and traveling, and when he built a house on Long Beach Island, he couldn't find any maps of the area that he liked, so he created his own. Friends and family loved his colorful hand-drawn maps

and wanted their own versions. Tarella's labor-of-love company evolved from there.

Artist Joseph Tarella offers a series of limited-edition art maps of selected coastlines, including the New Jersey shoreline that was damaged during Hurricane Sandy. Each map presents an elegant, detailed and accurate rendering of selections of East Coast land areas, highlighting their juxtaposition and relationships between land and water, islands, parks, roadways, and other significant elements. These comprehensive and beautiful ink-and-watercolor compositions, offered on full size gleece canvas or half-size watercolor paper, make truly unique and

satisfying acquisitions.

Tarella combines his architectural experience, passion for travel and love of map-making to create stunning maps of East Coast beaches. Coastal Art Maps currently has over three dozen different maps in circulation, depicting areas including the New York, New Jersey, Massachusetts, Maryland, Delaware, Virginia, South Carolina, and Florida coastlines. Tarella, a trained architect and owner of Sawicki-Tarella Architecture+Design PC, also customizes maps, identifying specific locations, per customer request. For more information, please visit [www.coastalartmaps.com](http://www.coastalartmaps.com). ▲

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**Making Better Use of Your Technology**  
**Stay Safe Out There**



Stay Safe Out There  
All of us use public wifi at one time or another. These days, it's available just about everywhere the coffee shop, library, hotels, and our own Lake House here on Seabrook. It's very convenient and often gives us a break from using that expensive data we pay for on our phones and tablets. But even if the network requires you to log on with a password, you are still sharing that network with a LOT of other people and that puts your data at risk. It is amazingly easy to steal someone's username or password and see what they are doing just by being on the same network. A person with the right set of skills, and way too much time on their hands, could sit in the lobby of a nice hotel, access the network used to broadcast their wifi signal, and see what everyone who is logged on to the system is up to. Yeah, it really is that easy.

So how do you protect yourself from these snoopers?  
**Turn off sharing**  
When you work at home, you may share printers, files, and multiple computers over your wifi. This is convenient when you are at home, but not so much

when you are on a public connection. Someone would not even have to be very computer literate to see what you are doing. There are some simple ways to protect yourself. The easiest way to do this in Windows is to specify you are on a public network when you log in to any public wifi connection (this option pops up automatically when you log on to public wifi). Windows will automatically turn off public folder sharing and network discovery. If you want to make double sure you are safe, you can go to your Control Panel, find Network and Internet Network and Sharing Center and click on Choose Change Advanced Sharing Settings. Make sure that file and printer sharing, network discovery and public folder sharing is turned off. In iOS you will need to go to System Preferences-Sharing and make sure all the boxes are unchecked. Turn off network discovery.  
When you turn off network discovery you are preventing others from even seeing your machine on the network. Of course, when you return to the safety of your home network, all of these things need to be turned back on. I know sounds like a lot of work. But think of all the time and effort you will have to exert if your identity gets stolen, your credit cards get hacked, or your bank or investment accounts

get emptied. Just saying ...  
**Turn on your firewall**  
In Windows go to Control Panel-System and Security-Windows Firewall; and on a Mac go to System Preferences-Security and Privacy-Firewall and make sure the firewall is turned on.  
**Use https://**  
Keep an eye on your address bar and make sure the "s" in "https" is there. This makes sure the data being passed back and forth between your machine and a web server is encrypted. Many sites to do this automatically these days, but if you see that the "s" isn't there type it in yourself.  
Sounds like a small thing, until your email gets hacked, and it is another way hackers gain access to your information.  
**Turn off your wifi when you aren't using it**  
Again, this sounds like a small thing, but if you aren't actively using the internet it is easy to turn it off and then turn it on again when you need it. Why invite trouble.  
We all love our technology and we love the fact that wifi is becoming available in more and more places but remember, convenience often has a downside.  
Be safe out there!▲ Denise Doyon  
Disclaimer: I am not affiliated with any software or hardware company and receive no compensation for endorsing products. My recommendations come from my own research and use. Prices for apps are based on information available at the time this column was researched and written. Author takes no responsibility for changes in prices by the developers, iTunes Store, or Google Play Store.



**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

It's September on Seabrook Island, which means Labor Day, the unofficial end of summer, is a few short days away and that one-half of the Atlantic Hurricane Season is over. It is an opportune time to share news concerning COVAR's first program of the 2016-7 year. This program, a roundtable discussion of emergency preparedness on Seabrook Island, will set the pace for our winter and spring offerings.

During the 2015-6 year, COVAR conducted a series of well-received roundtable discussions, concerning the following: **Property and Landscaping Improvement for Associations/Regimes** (September 2015), **Developing and Funding Reserves for Associations and Regimes** (December 2015) and **Meet and Hear from the Town of Seabrook Island Mayor and Newly Elected SIPOA and Club Presidents** (March 2016). There was no June 2016 program, which afforded the COVAR Board the time needed to develop a well-planned fall kickoff. After due deliberation, it decided that Emergency Preparedness is the most appropriate topic given the impact of the October 2015 flood. The flood and subsequent events pointed out the need for further improvements in emergency preparedness not only for hurricanes, but also for other likely disasters.

To date, invitations to participate in the **Emergency Preparedness on Seabrook Island** roundtable discussion have been extended to the Mayor and Public Safety Official, Town of Seabrook Island; President, Seabrook Island Property Owners Association (SIPOA) and Chief, St. John's Fire Department and representatives of the Charleston County Sheriff's Office and Seabrook Island Community Emergency Response Team (CERT). Input as to other recommended participants will be considered on a case-by-case basis if at all possible within the constraints of preparation and program time. Each participant will be asked to comment on their respective organization's role in emergency preparedness on Seabrook Island and on, among other matters, that organization's current, mid-term and long-range initiatives concerning emergency preparedness.

In addition to the foregoing, it is hoped that a matter being explored by a member of the COVAR Board, the

ability for associations/regimes to avail themselves of SIPOA's standby debris removal contract with Phillips & Jordan, will be ready for discussion at the September meeting. Although any association/regime potentially availing itself of this contract would have to pay its fair share of the cost, it is believed that this approach would be far more timely and economical for them rather than individual or group contracts with other debris removal firms.

The COVAR Board will publish the proceedings of the roundtable discussion in the minutes of the September meeting, which will be provided to all association/regime presidents and representatives, their respective property managers and other interested parties, to include rental agents, and appear in the October Seabrooker. Thereafter, the Board will prepare and disseminate COVAR Publication #5, "Emergency Preparedness," which will draw upon information from the roundtable, previous "COVAR Corner" articles on the subject, as well as other appropriate sources. It is hoped that this publication would be disseminated in the November or December 2016 timeframe, after review and comment by the appropriate organizations to ensure accuracy and completeness. COVAR will request that this publication be made available on the SIPOA Website and, ultimately, make it available on a publicly accessible COVAR Website. Until such time as this is accomplished, electronic copies of this publication will be available on request from [allanwkeener@me.com](mailto:allanwkeener@me.com). The proposed COVAR publication #5, like all other COVAR publications, will be reviewed periodically to ensure that it remains up-to-date.

If anyone has suggestions concerning future 2016-7 COVAR programs and/or publications, please do not hesitate to contact me at the above e-mail address. Your suggestions will be most welcome.

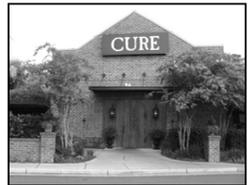
Learn more about the topic of emergency preparedness on Seabrook Island by attending the September COVAR meeting, which will be Saturday, September 10 from 10 AM to 12 Noon at the Lake House. All Seabrookers, whether they are villa owners or not are invited to attend.▲

**BON APPETITE**

**Appetites and Anecdotes**

by Saffron and Curry  
Information for Seabrookers by Seabrookers  
Email: [saffronandcurry@yahoo.com](mailto:saffronandcurry@yahoo.com) • Photos by Paprika

School is back in session, many vacationers have left our little Island after a wonderful time in the sun. Now it's time to settle back in for Fall. This month our culinary adventure takes us to some pretty normal venues!



We have tried CURE restaurant on Maybank Highway near Folly Road, where the new Harris Teeter is now open. We had heard many good things about this place, and these raves are certainly justified. How nice to have a second good choice with not too long a drive. Our other new favorite is **Maybank Public House**, which we have mentioned before.

CURE is a little tricky for parking. The address is 1739 Maybank Highway, James Island, but the entrance is from the Harris Teeter parking lot. Turn right at the traffic light that goes into the HT center. Usually parking is available in an area to your left that will put you at the front entrance. CURE occupies the spot that was formerly J Paul.

CURE stands for Comfortable, Upscale, and Relaxing Environment. Once you walk in you feel right at home. Wonderful white tablecloths and even a corner fireplace await you. A long wooden bar area where you can savor one of their many craft bourbon's with your prime dinner steak. The eatery labels itself as a Prime Steak-Seafood-Craft Bourbon House.

We had lunch with two wonderful choices, the Roma Tomato Pie and the CURE Salad. Not sure which was better, so we decided to split them both which worked out very well. The Tomato Pie comes in its own little crispy crust, with wonderful local tomatoes and plenty of melted cheese. Hot and very tasty! The salad had a little of everything in it along with those very crispy local greens we seem to find at all places but home!! This salad came with artichoke hearts, sun dried cherries, Marcona almonds, goat cheese crumbles and delicious crispy eggplant crotons! Lunch prices run from \$8-\$12.

Dinner features a raw bar, various cuts of beef, and salads. Check the website ([curecharleston.com](http://curecharleston.com)) for a com-

plete listing of items. Reservations are a good idea for evening-843-764-9031. Open for lunch and dinner, M-Sun, including Sunday Brunch beginning at 10am.

If you have a wee bit of Irish in your DNA or you just like Fish and Chips, you can find what suits you at **Tommy Condon's Irish Pub and Seafood Restaurant** at 160 Church Street between S. Market and Cumberland.



The menu also claims to have not-so-Irish choices as well. The evening we ate there, I had excellent grilled certified red snapper, with garlic mashed potatoes, and the "love 'em or hate 'em vegetable" lima beans. Of course the meal had to be completed with key lime pie. My dining companion had his usual steak and salad. You can check the extensive menu at [tommycondons.com](http://tommycondons.com).

Every day has a lunch special, all at \$8.99. Check which day fits your appetite-meat loaf, country fried steak, fish, and fowl.

Kids meals are the usual fare-hot dog, chicken strips, cheeseburger, shrimp and fish, all include fries and a drink for under \$5.

Condon's is open daily from 11am to 1am (until 2am on F and S). Check the web site for more meal choices and for the large offering of bottled and draft beers. Special Guinness and Harp creations finish out the list of potables. Although there is ample seating both inside and out, Condon's does take reservations. The convivial atmosphere and the extra care in service make the trip into town worth the effort. There is a parking garage on Cumberland across from the Powder Magazine.

The restaurant is under new ownership, which means additional menu choices are being added.

**BY THE WAY**

We had two great lunches on Johns Island recently. One was at **Sweeney's**, where we had not been for a while and met up with old friends with children. The servers could not have been better to our group. Set us all up where the little ones had high chairs, maps of South Carolina to color, and crayons.

Also good little children's menu...ours chose the chicken fingers and mac and cheese and a serving of fruit. We adults were very pleased with our lunches, two of us having the delicious pot roast on mashed potatoes...very tasty and filling yet still a lunch portion. The men had sandwiches which were more than ample and came with delicious little shoestring fries that were nice and crisp. **Sweeney's** was a perfect choice for our group. I noticed floor cleaning activity after we left, but no one said a word to us and servers even asked us to come back. An ideal grandchildren choice...well, also, a wonderful dinner time place with an excellent full bar and good craft beer.

Another lunch time found us down at the end of the very same center at the **Southern General Restaurant**. Friends took us to try it as we had not been there yet. What a nice surprise! A great place for a casual, quick and reasonable lunch. Good Southern



standby with crab cakes and pot roast sandwiches (I guess it must have been pot roast month on the block). A large selection of condiments are available for purchase. Overall a very friendly place. Also open for sandwiches or baskets for dinner. Closed on Sundays. Carry out 843-640-3778. More information ([thesoutherngeneral.com](http://thesoutherngeneral.com))

And as long as we are in that center...we hear that **Seanachai**, the Irish Pub, is also an excellent choice for a burger and fries in the evening to go along with our favorite brew! Known as a traditional Irish whiskey and cocktail bar, they open at 4pm Tuesday-Saturday. A true neighborhood watering hole with NO TV blaring!

**Make reservations now:** Charleston's ever popular **Restaurant Week** is scheduled for **September 7-18**. Check the growing list of participants at [www.charlestonrestaurantassociation.com/charleston-restaurant-week](http://www.charlestonrestaurantassociation.com/charleston-restaurant-week). It's a good time to try some place you haven't been...or return to an old favorite.▲

When you embellish your résumé and still get the job!



When you lie on your résumé and still get the job.

**Guggenheim Museum Exhibition of Modern Art Returns to Charleston, S.C. after 80 Years**

Iconic exhibition revisits its original host with masterworks from the Guggenheim collection

the Gibbes museum of art



Charleston is home to many firsts, but it's a little-known fact that the historic city was home to the first formal exhibition of Solomon R. Guggenheim's modern art collection. The exhibition was presented at the **Gibbes Museum of Art**, the South's oldest art museum building, in 1936 and again in 1938, 21 years before Guggenheim's collection found a permanent home in today's renowned museum designed by Frank Lloyd Wright.

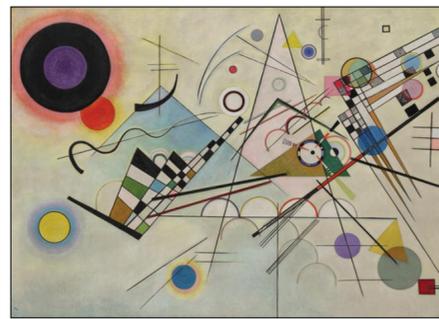
This fall, 80 years later, the Gibbes will present a special exhibition titled *Realm of the Spirit: Solomon R. Guggenheim Collection and the Gibbes Museum of Art* from October 22, 2016 to January 15, 2017. Organized by The Solomon R. Guggenheim Foundation, New York and featuring 35 works by celebrated modern artists including Marc Chagall, Vasily Kandinsky and Pablo Picasso, *Realm of the Spirit* revisits the Guggenheim's fascinating – and largely unknown – history with the Lowcountry.

"We are honored to share much of the art featured in the original exhibitions with visitors to the Gibbes today in *Realm of the Spirit*. Through both figurative and abstract works, this selection from the Guggenheim collection emphasizes the timeless founding vision of the museum and the belief that non-objective art conveys the spiritual joy of creation" said Richard Armstrong, Director, Solomon R. Guggenheim Museum and Foundation.

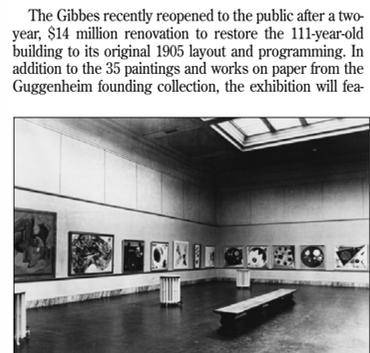
**Guggenheim's ties to the Lowcountry**

After purchasing a home along the Charleston Battery and a property in nearby Yemassee in the 1920s, Solomon and Irene Guggenheim quickly became prominent figures in the Charleston community. Before becoming the first director of the Guggenheim Museum, art advisor Hilla Rebay curated the 1936 and 1938 exhibitions, bringing international attention to Charleston and record attendance levels for the Gibbes Museum of Art. Preserving the character of the exhibitions, *Realm of the Spirit* occupies the exact building of the original showing, and adopts their specified arrangement by dividing the works into "non-objective paintings" – abstract art that had no ties to the visible world – and "paintings with an object."

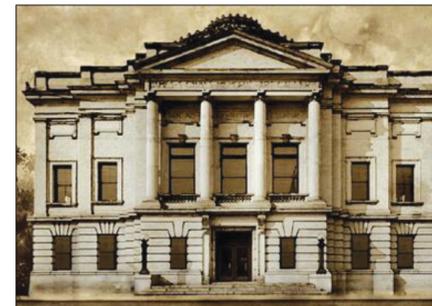
"With *Realm of the Spirit*, the Guggenheim and the Gibbes revisit the important intersection of our institutional histories," said Angela Mack, executive director of the Gibbes Museum of Art. "This exhibit is truly a once-in-a-lifetime opportunity and offers visitors an authentic viewing experience that wouldn't be possible without the major restoration work that has taken place at the Gibbes."



Composition 8, July 1923, by Vasily Kandinsky (1866-1944), Oil on Canvas



Guggenheim Exhibit 1938



Gibbes Museum 1936

ture archival materials and historic photographs that document the significant history of the Gibbes-Guggenheim connection, as well as a fully illustrated exhibition catalog.

To purchase tickets to *Realm of the Spirit* or learn more about the Gibbes Museum of Art, visit [www.gibbesmuseum.org](http://www.gibbesmuseum.org).

**Editor's Note:** For photos of the original 1936 exhibit, visit <https://goo.gl/7Ub8Lk>.

**About the Gibbes Museum of Art**

Home to the Carolina Art Association, established in 1858, the Gibbes Museum of Art is recognized among the oldest arts organizations in the United States. Housing one of the foremost collections of American Art from the 18th century to the present, the museum's mission is to enhance lives through art by engaging people of every background and experience with art and artists of enduring quality and by providing opportunities to learn, to discover, to enjoy, and to be inspired by the creative process. For more information, visit [www.gibbesmuseum.org](http://www.gibbesmuseum.org). ▲

Were you, a loved one or a passenger injured in an accident?  
**Call a trusted attorney right away!**

Steve DeAntonio was born and raised in Charleston, SC. For almost 30 years, he has handled motor vehicle accidents, including multiple fatality accidents. He has skillfully worked on car wreck cases involving tractor trailers, trucks, buses, motorcycles, mopeds, bicycles and pedestrians. Mr. DeAntonio also handled numerous cases involving distracted drivers, drivers using mobile devices while driving, drunk drivers, drivers otherwise impaired, hit and run accidents and single car collisions.

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Seabrook Wild Things  
by Members of the Environmental Committee

# American Mink On Seabrook Island

Once abundant in South Carolina's Low Country the American Mink, *Mustela vison*, has been observed this summer on both sides of Seabrook Island.

Barry Cranfill observed a pair of mink on July 15 swimming and playing in the marsh next to the crabbing dock.

On August 2, longtime resident and retired veterinarian, Lynda Fox reported;

"Four mink! It was twilight on Aug 2. They were on the dock of the empty lot on the left side of Jenkins Point Road just before the big curve. They were coming toward land, then turned as they got near, two going under the dock on either side, so I got a good look at them from the front and side. It's been several years since I saw a mink, but I'm virtually certain that's what they were. They were definitely smaller than otters and raccoons. They had solid brown coats, elongated bodies, and furry tails."

Mink are found in every state other than Hawaii and are more common than you might think. They are seldom seen as they are nocturnal and secretive in nature.

Mink are territorial, have a home range of a mile or more and will defend their area against other mink.

They live in wetlands (salt marshes, fresh water swamps, streams and rivers) and are never found far from water. They den in dense vegetation, brush piles or cavities under rocks, tree roots or within marsh or river bank burrows, often borrowed from larger otters, muskrats or beavers.

It is believed that the mink population throughout its range has been declining since the 1960's. This is primarily because of habitat lost, the indiscriminate use of DDT, other pesticides and increasing levels of mer-



PHOTO: By Mwanner at the English language Wikipedia, CC BY-SA 3.0, https://commons.wikimedia.org/w/index.php?curid=5297624.



PHOTO: United States Fish and Wildlife Service National Digital Library

cury in fish, which is their primary food source.

Predators of mink include bobcats, coyotes, foxes and Great Horned owls. As with other furbearers (beaver, bobcat, coyote, gray fox, red fox, muskrat, opossum, otter, raccoon, spotted skunk, striped skunk and weasel) mink are legally hunted and trapped from December 1 through March 1 each year in South Carolina.

As Linda points out mink are smaller than otters, being about two and a half feet long (including their tail) and weigh just over two pounds. Their fur is rich, glossy dark brown, and sometimes nearly black, often with some white under the chin or at the tip of their tail.

The body is long and slender with short sturdy legs. Their head is rather flat with small ears and eyes and they have a pointed nose. Each foot has five webbed toes with claws. They are excellent swimmers but can also climb trees.

Fish make up about 40% of their diet but mink will feed on all types of other aquatic life (crawfish, crabs etc.), insects, birds, reptiles and small mammals. Mink are very aggressive often killing animals much larger than themselves.

Mink have one litter of three to five young each spring and they stay together until the fall. The young are sexually mature and may reproduce the following year. Their life expectancy is three to four years with a maximum of ten years.

Keep your eyes on our waterways and lagoons, particularly early in the morning and at dusk and you may see one of Seabrook Island's most beautiful and secretive mammals. ▲

Charles Moore  
Environmental Committee

# Turtle Season Winds Down – Another Successful Year for the Seabrook Island Turtle Patrol



Camp Seabrook - Finding the Eggs



Camp Seabrook-Learning to probe



Terry Fansler and Beautsie Zahn with Jr. Patrol



Camp Seabrook - Turtle Truck

PHOTO: GARY FANSLER

As we head into September the busiest part of the Turtle season is behind us. The nesting season is over but nests are still hatching and nest inventories are still gathering data and releasing a few remaining hatchlings.

We didn't quite reach record levels this year with 60 nests but we're still in the top 5 or 6 years since we've kept records. Perhaps more importantly, the Seabrook Island Turtle Patrol continued its' excellent outreach and educational programs. The goal of these programs is to increase knowledge about sea turtles to as many people as we can reach. These efforts have been expanded in recent years

through several proactive programs directed at residents and visitors of all age groups.

Our Education Committee spearheads many of these initiatives by providing educational materials and conducting training sessions for new and prospective patrol members. In addition, we staff all of our nest inventories with education specialists who provide information and answer questions from the large crowds that attend. The committee also provides training and materials to all Turtle Patrol members so they're prepared to answer questions as they perform their various patrol functions on the beach.

The Patrol has made a special effort to reach young people. We have partnered with "Camp Seabrook", the children's program at the Lake House. Turtle Patrol educators provide a two part program which includes a classroom session and a beach session. On the beach they get to see the Turtle Patrol Truck and the protective equipment for nests. They also find a "crawl", follow it to the dunes, probe and find the nest (filled with ping pong balls). Most importantly, they learn to protect sea turtles by filling in holes, knocking down sand castles, picking up trash and keeping lights out on the beach!

In addition, we have established the Junior Turtle Patrol for young people living or spending most of the turtle season on Seabrook Island. Junior Patrol members not only learn all about sea turtles but actually perform all functions of the patrol including walking the beach looking for crawls, nest maintenance and the various inventory functions.

The Seabrook Island Turtle Patrol is committed to helping perpetuate these amazing creatures in whatever manner we can. All of the many hours and physical work on the beach is a critical part of this effort. We believe the educational programs are equally important in the long term. Our Mission Statement summarizes

it well. "The purpose of the Seabrook Island Turtle Patrol is to protect and preserve the sea turtles that visit our beach. This is accomplished through identification and protection of nests, inventory of nests, data collection and education of island residents and visitors."

Please take a moment to visit our web site, [www.seabrookislandturtlepatrol.com](http://www.seabrookislandturtlepatrol.com). The site provides extensive information on sea turtles and includes a blog which reports the season's events and announces upcoming inventories. There are also lots of photos of sea turtle, hatchlings and the humans who protect them. There's even a "donate" button if you're so inclined. ▲

Gary Fansler

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## Backyard Birding at the Crab Dock with SIB



Learning together birders trying to identify bird in marsh  
PHOTO BY DEAN MORRIS



Baby Clapper Rail

Fourteen members of the Seabrook Island Birders (SIB) gathered the morning of Saturday, August 6, for a two-hour Backyard Birding session on the deck of Rob and Melanie Jerome near the Crab Dock on Seabrook Island. Many of the group are new to birding and were hoping to catch their first glimpse of a Clapper Rail. The morning bird sightings exceeded expectations when a mother Clapper Rail was seen herding her baby from the boat ramp back in to the

marsh grasses. The group either saw or heard 22 bird species from Rob and Melanie's deck or from the nearby marsh tower and the lagoon across from the fire station.

SIB has a number of activities planned for the fall. To view the full list please visit our website: [www.seabrookislandbirders.org](http://www.seabrookislandbirders.org)

- September 11, 8-10 am Learning Together Bird Walk at the Equestrian Center
- September 23, 10am-1pm Volunteer at The Hawk Watch,

Awendaw, SC

- September 28, 7-8 pm Evening Program - Bird Banding with Aaron Given
- September 29 & 30, 7-10 am Warbler Migration Walk with David Gardner

If you are interested in hosting a Backyard Birding event at your home or joining SIB, please contact us at [SeabrookIslandBirders@gmail.com](mailto:SeabrookIslandBirders@gmail.com) ▲

Nancy Brown  
Communications & Webmaster



Clapper Rail - Mother and Chick



Belted Kingfisher



Immature Little Blue

BIRD PHOTO BY CHARLES MOORE



Yellow-crowned Night Heron  
PHOTO BY CHARLES MOORE



Mississippi Kite



Glossy Ibis  
PHOTO BY CHARLES MOORE



Green Heron

Come to SIB's Evening Program

### Bird Banding with Aaron Given

the man  
These are birds in the high, not greenery.

the work

the results!  
How many birds did you miss? Answer: None!

**Wed, Sept 28th**  
**7:00 at the Lake House**  
**All are Welcome**

L to R: Black Spotted Cuckoo, Worm-eating Warbler, Yellow-crowned Night Heron, Marsh Wren

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## Seabrook Islanders Come Together to Give Scholarship to Deserving Student



(L to R) Seabrookers Mary Jane Zuccaro and Susan Hopkins, Scholarship Student Jazmyn Tovar and CCS Director of Development Bonnie Scapellato

Seabrook Shares!, a recently formed philanthropic group of generous Seabrook Island residents, started by Mary Jane Zuccaro and Susan Hopkins, supports promising students in the Sea Island area. They are now working with Charleston Collegiate School to help students benefit from a more challenging educational environment.

Seabrook Shares! formed in 2015 when Seabrook locals Zuccaro and Hopkins became interested in getting involved with local scholarship opportunities. Their goal is to assist students in the Sea Island community who may not be receiving the attention, development, and challenge they need to meet their potential in their academic career. To achieve their goals, these generous Seabrookers have fundraised throughout the community and established a Seabrook Shares! Scholarship at Charleston Collegiate School. They intend to expand the group of Seabrookers to continue to provide educational opportunities for more students.

Charleston Collegiate School is a forward-thinking, independent school located on Johns Island, SC. CCS is a collegial environment with a diverse student body, low student/teacher ratio, 30 acres of outdoor educational space, and the added participation of community mentors. As an integral part of the Sea Island com-

munity, Charleston Collegiate School believes that diversity is a cornerstone of the educational experience. CCS is dedicated to providing support for the area's many different cultural, racial, and socio-economic groups, which is accomplished through a scholarship program designed to attract the best and brightest students. The scholarship program provides an educational opportunity with individual attention and mentorship that will have a transformative impact on how these students live their lives.

This year, Seabrook Shares! is pleased to provide a scholarship to Jazmyn Tovar, a rising 8th grader at CCS for the upcoming 2016-2017 school year. CCS is thrilled to be partnering with Seabrook Shares! to provide this support to Jazmyn, who is extremely deserving of this honor. An excellent representation of the well-rounded student body at CCS, Jazmyn is on the honor roll and especially enjoys Outdoor Education, Science, reading and creative writing.

Jazmyn's advisor Jenni Luckie stated, "Jazmyn is a very studious young lady who excels in creativity. She is a natural born leader both in and out of the classroom and works exceptionally well with her peers." CCS prides itself on its Four Pillars of Learning: an educational philosophy focused on Project-based Learning, Entrepreneurship and Financial Literacy, Leadership through Outdoor Education,

and Creativity and the Arts. Through the Four Pillars education, Jazmyn has been

Seabrookers - Mary Jane Zuccaro and Susan Hopkins, Scholarship Student - Jazmyn Tovar, and CCS Director of Development - Bonnie Scapellato - challenged both academically and within her own emotional growth. Jazmyn says of her experience at CCS, "The school has made me more responsible and social. When I first arrived, I was very shy and very guarded around my peers. The CCS students and faculty's kindness helped me and I opened up to them. CCS has helped me learn independence and responsibility."

Seabrook Shares! is helping Jazmyn pave her way to a successful educational career which will help her be best prepared for her college education and her future goal of becoming a youth-novelist. Jazmyn is a wonderful member of the CCS family, and will utilize her scholarship to its fullest potential. Seabrook Shares! is also hoping that our Island partners will continue to expand and to support Jazmyn so she can maintain her path towards her admirable academic goals.

For more information or if you're interested in getting involved with Seabrook Shares! please email [bonnie@charlestoncollegiate.org](mailto:bonnie@charlestoncollegiate.org) or call 843.559.5506. ▲

Jordan de Jong

## HELP MT ZION KIDS

Contrary to what you might think, this is not a list of supplies the Charleston County School District (CCSD) provides to its teachers. These are just some of the items purchased over the last few years for students and teachers at Mt. Zion Elementary School through the generosity of property owners on Kiawah, Seabrook, and Johns Islands.

In light of the needs of Mt. Zion students, we are again asking for your support. Please consider donating any of the supplies listed above or make a monetary donation and let us do the shopping for you. We will use funds received to purchase supplies and uniforms as needed throughout the school year, and we hope to raise enough to be able to continue to provide necessary teaching supplies.

Please make your check payable to "Support Mt. Zion Kids" and mail it to Wendy Kulick at 38 Marsh Edge Lane, Kiawah Island, SC 29455. Alternatively, you may leave donated school supplies on the front porch of Elaine Davis' residence at 1022 Crooked Oak Lane. Please be sure to include your name and address with supplies if no one is home when you deliver them. If you have any questions, feel free to contact Wendy by phone (843.768.7466) or via e-mail ([wkulick@bellsouth.net](mailto:wkulick@bellsouth.net)) or address questions to Elaine at [ebdavis@comcast.net](mailto:ebdavis@comcast.net).

Another way we can help the students at Mt. Zion is by shopping at



- school uniforms (red or white shirts and khaki or navy pants)
- scissors, both blunt- and pointed-tipped
- crayons, 24 pack
- construction paper and art supplies
- black & white composition books
- glue sticks and bottles of glue
- two-pocket, three-pronged folders - both plastic and paper
- individual pencil sharpeners and erasers
- rulers

various participating stores. This program works no matter where you live. Just remember to ask your cashier at Harris Teeter to enter the school number "3455" into the register when you use your VIC card. By doing this, a portion of what you spend is donated to Mt. Zion Elementary each time you shop and purchase "Together in Education" items. If you have an Of-

fice Depot credit card, please ask the sales associate at the register to credit Mt. Zion Elementary (school ID# 70090775). The school will receive 5% of any purchases you make all year long. Staples also has a rewards program, which can be used for purchases. Finally, if you have a Target credit card, you can register on the Target web site for Mt. Zion Elementary. These businesses donate a portion of sales dollars to local schools.

In addition to the school supplies we donate to Mt. Zion students, Kiawah, Seabrook and Johns Islanders have provided more than 1,000 classroom volunteer hours for more than 15 years. You need not have teaching experience to volunteer, only a willingness to help the students in our local schools. This assistance may be for an hour, a week, or an entire day; however much time you can give will be appreciated by the Mt. Zion students and their teachers. Just talk to your friends and neighbors who have donated their time and they will tell you how rewarding an experience it is! If you are interested in helping out in the classroom, mentoring a student, tutoring students or reading to classes, please contact one of the Volunteer Coordinators for Mt. Zion, either Donna Moulton at [donna.moulton@gmail.com](mailto:donna.moulton@gmail.com) or Elaine Davis at [ebdavis@comcast.net](mailto:ebdavis@comcast.net).

On behalf of the entire Mt. Zion family, thank you in advance for your generous support. ▲



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For more information, email [Jennifer.meshanko@olmoutreach.org](mailto:Jennifer.meshanko@olmoutreach.org), call (843) 559-4109 or visit [www.olmoutreach.org](http://www.olmoutreach.org)  
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# THE SIP

Administrative News from the Seabrook



## PRESIDENT SIPOA BOARD OF DIRECTORS

We all hear the word "transparency" used a lot when people, whether on Seabrook or in other contexts, talk about the process of decision-making by whatever entity, such as the SIPOA Board, is involved. So for this month's President's letter, it seems appropriate to take a few minutes and talk about what transparency really means when applied to the Board's responsibilities and actions.

Transparency relates to "governance", which is the duty of the SIPOA Board. "Governance" is the act of governing. It relates to (a) decisions that define expectations, grant power, or verify performance; (b) consistent management, cohesive policies, guidance, processes and decision-rights for a given area of responsibility; and (c) the physical exercise of management power and policy. Governance, in simple analogy, is just like the way a fisherman steers the boat towards a

chosen destination. The rudder, the tool in steering the boat, is directed to reach the target site. The rudder, in governance terms, represents the decision-making entity, like the SIPOA Board. If the destination is good or desirable to everyone, then that is good governance. If the destination is random in manner that creates chaos or anarchy, then nothing can be gained from it - a mark of bad governance.

So what is transparency in governance? One often used definition that I found includes the following (citations omitted):

**Transparency**, as used in science, engineering, business, the humanities and in other social contexts, implies openness, communication, and accountability. Transparency is operating in such a way that it is easy for others to see what actions are performed. It has been defined simply as "the perceived quality of intentionally shared information from a sender". Transparency is practiced in companies, organizations, administrations, and communities. It guides an organization's decisions and policies on the disclosure of information to its employees and the public, or simply the intended recipient of the information.

Transparency, then, refers to the availability of information to the general public and clarity about rules, regulations, and decisions. Transparent procedures include open meetings, financial disclosure statements, budgetary review, and audits. And transparent governance, therefore, means not hiding anything to citizens, not engaging in shady deals or not making whimsical or discretionary decisions. There are clear guidelines to adhere

upon. Openness is encouraged.

SIPOA's ongoing operations are established to and do enhance transparency.

SIPOA monthly Board of Directors meetings are open to all with meeting notices, agendas published in advance, and an opportunity for property owner Q&A. Discussions and decisions are made in open session, except for contract negotiations or personnel or legal matters that are handled in Executive Session. If there is an Executive Session, any action taken is conducted in a reconvened open meeting. Minutes are published and posted on the SIPOA website.

Regular financial reports are filed by the SIPOA Treasurer and are available at each monthly meeting and on the SIPOA website. Annual operational financial decisions are made and budgeted with prudence and within clearly delineated parameters, and future capital needs are carefully examined and reserved based on periodic third-party reserve studies. Audited financial reports are regularly maintained with well-documented financial safeguards. Annually, the operational and capital budget is submitted to property owners for their approval.

The Board of Directors and its committees are comprised of property owners who willingly give of their time to serve the community and its needs. SIPOA encourages members of the community to get involved by participating in meetings and volunteering to serve.

Minutes from committee meetings are published and posted on the SIPOA website and meeting summaries are posted on the Tidelines blog. To

obtain additional input from property owners, SIPOA also conducts periodic surveys and holds well-attended open forums and quarterly Get the Scoop sessions.

Books and records of SIPOA (as appropriate) are readily accessible to all property owners. Governing documents including rules & regulations, bylaws, and covenants and restrictions are readily available on the website. SIPOA also maintains mission and vision statements, a conflict of interest policy, and conducts both short-term and strategic planning programs. SIPOA looks ahead and plans for the future.

SIPOA officers, executive director, staff and contractors are responsible and accountable. This means being responsive, competent, and treating property owners with respect, honesty and fairness. Appeal procedures are established, well-documented and utilized. Information regarding Board members, committee members and staff is available on the SIPOA website.

Unfortunately, "transparency" sometimes becomes confused with "I didn't know" or "You didn't ask me personally". Transparency clearly does not require that all discussions and decisions literally be made in view of all who might be interested. It does not mean that every stakeholder must be asked their opinion on each decision. Rather, SIPOA leaders are expected and encouraged to obtain input from various components of the community, to listen to that input, and to use their best efforts to be sure that it's balanced. Board members are required to fulfill their fiduciary duties to the community and exercise discretion in a manner they reasonably believe to

be in the best interests of the community as a whole.

As an example, someone might ask the Board to increase the speed limit on the island to 45 mph, but if the Board believes that is not in the best interest of the community as a whole, it can and, in fact, it should reject that proposition. The Board is also charged with exercising sound business judgment and following established business and management practices. The Board needs to balance the needs of the community as a whole with those of individual property owners, regimes, residents and other segments of the community. It's grand when all of these interests converge; it's just more complex when they don't.

Transparency also includes the responsibility on the part of non-governing stakeholders to keep themselves informed and take advantage of the tools mentioned above to ensure that they do understand what is happening. So if you want the SIPOA Board and committees to be more transparent, what should you do?

1. Read the information the Board and POA distribute to you. This includes the weekly e-blasts on Fridays, the postings in Tidelines and articles in *The Seabrooker*. Share the information with your spouse and with your guests.

2. Take advantage of opportunities to meet with members of the SIPOA Board and discuss items of interest to you or about which you are concerned. This might include monthly Board meetings, committee meetings, *Get the Scoop* sessions, and other open forums or the Annual

*continued next page*

# OAPAGES

Island Property Owners Association

## LAKE HOUSE SPOTLIGHT

### New Look on the Lake House Porch



Thanks to Sandy Goehen for her wonderful job in updating the Lake House exterior furnishings.



Our budget this year includes updates to the Lake House exterior furnishings. The front porch is a popular place to sit and read, converse with friends, or connect to wi-fi. The cushions and rugs are heavily used and exposed to the elements 24/7. After seven years, they were in dire need of replacement.

The outdoor rugs are new. The sofa and chair cushions have been re-filled and slipcovered. Our staff selected Sunbrella fabrics for added durability and ease of cleaning; and chose blues, greens and tans that are in the color range of our Seabrook Island logo.

We searched the area for companies skilled in slipcover work and

found someone right here on the island! Many thanks to Seabrook Island resident, Sandy Goehen for her work recovering and re-filling the cushions and making new pillows. Sandy's business is called "Sew Seabrook" and she does beautiful, quality work.

We hope you all enjoy the "new look" on the porch and take some time to sit and relax there! ▲

## LAKE HOUSE INFORMATION

An active AMENITY CARD is REQUIRED for use of The Lake House Fitness Center, including the Indoor (Fitness) Pool. The amenity card allows The Lake House employees to easily identify who should be charged for use of the Lake House Fitness Center, including the Indoor Fitness Pool. Replacement amenity cards, as well as guest amenity cards can be obtained through the Amenity Office.

House from 5:00 AM to 11:00PM with their Property Owner/Club Member amenity card. To obtain before and after hours access to The Lake House, please visit the Amenity Office. Guest of Owners/Members and Rental Guests do NOT have before and after hours access. Please note, there is NO Property Owner/Club Member code to enter The Lake House.

Please bring your amenity card when accessing The Lake House.▲

Property Owners/Club Members have the ability to access The Lake

## FIT CAMP with Kelly and Mark



We're coming to the end of our current Fit Camp and results have been phenomenal! Our participants are seeing and feeling the big benefits of FUN, FUNCTIONAL FITNESS!

"Fit Camp has done so much more than just improve my strength, flexibility, balance, and endurance. It has also given me tremendous personal satisfaction in seeing what I can physically accomplish. Mark and Kelly always vary the workouts to keep them challenging and never dull. They are quick to modify our movements for our individual needs. With each week, one can watch their body grow stronger, their

agility improve, and their energy go up. A special bonus is meeting new friends. What a difference a Fit Camp can make! Try it. You'll be hooked!"

- Carol! Ann  
A current Fit Camp Member

You too can experience these results by signing up for our next round which will begin Wednesday, September 7th, 2016!

For more information or to register for this awesome Fit Camp, please contact Mark at [rinsky27@gmail.com](mailto:rinsky27@gmail.com) or Kelly at [wellykelly@live.com](mailto:wellykelly@live.com).

## OPERA LITE SERIES



Another season of the Opera Lite series kicks off at Thursday, September 15th at The Lake House Showings will continue on every Thursday afternoon through November 17th from 3:30PM to 5:00PM

Each week brings a different performance featuring distinguished current and vintage performers. English subtitles permit understanding of the text of the dialogue and solo numbers.

There is no cost, just come to The Lake House and give it a try! New fans pop up every year...won't you be one?

Schedule of Operas  
\*9/15 - I PURITANI  
\*9/22 - THE DAMNATION OF FAUST  
9/29 - THE PEARL FISHERS  
10/6 - LUISA FERNANDA  
10/13 - LA FORZA DEL DESTINO  
10/20 - TURANDOT  
10/27 - NORMA  
11/3 - OTELLO  
11/10 - WILLIAM TELL  
11/17 - L'ALLEGRO ED IL PENSEROSO

\*Showings will be located Osprey 2.

For more information, please contact John Benzel at 843.768.1174 or [jdobenz@gmail.com](mailto:jdobenz@gmail.com).

## Never Skip the Warm Up

The Importance of  
Preparing Your Body  
to Move and Work



In our rush to "get the job done" at the gym, we may be tempted to skip or shortchange our warm up. According to the American Council on Exercise, warming up serves several critical functions. Bypassing it can compromise your workout and increase your risk of injury.

In fact, the term "warming up" is somewhat of a misnomer. The concept goes way beyond getting your blood flowing by spending five minutes on a cardio machine. Rather a proper warm up ramps your metabolism and elevates your mood to insure that you are ready for the greater challenges to come.

### Here are key benefits of a proper warm up:

1. Your training sessions will improve. The more effectively you warm up, the better your training sessions will go. Start with simple range of motion exercises and then progress onto faster movements that wake up your muscles and your nervous system. A good warm up is

like a mini workout that primes you for the main event and enables you to get more done in less time.

2. You will avoid injuries. Your muscles are like rubber bands. If you spend a lot of time sitting, perhaps hunched over a keyboard, your muscles can be tight and constricted from lack of use. By moving around and getting your muscles loose, active, warm, and ready for action, you will keep yourself strong and injury free.

3. You will get the most out of your body during and after your workout. In order to be at your physical best, you need to have the appropriate level of flexibility and mobility. This is the domain of a proper warm up. By improving your range of motion and activating your joints and muscles, you will move better across the board.

Complimentary "Warm Up" Orientations to Maximize Your Training  
To fully reap the benefits of exer-

cising, you must warm up properly. During the month of September, I will be offering complimentary Warm Up Orientations to introduce you to the basics. To schedule your appointment, contact April Goyer at 614-893-8519 or at [april@aprilgoyer.com](mailto:april@aprilgoyer.com).



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

the SIPOA website yourself. Send an email—we can squelch one rumor now – there is NO hole in the Oyster Catcher Community Center pool.

4. Know and comply with the rules and regulations of our community. They are there for a serious reason usually related to financial obligations and integrity and/or safety and security. If you fail to pay an applicable fee, you are not getting away with anything; you are cheating

your neighbors and asking them to subsidize you. If you don't obey the speed limit, you are showing that you don't value the life and limb of others sharing the road.

Remember the one thing we all have in common – we all love living here. Keeping yourself informed and taking advantage of the transparency that the SIPOA procedures afford can make help to keep that feeling alive.▲

Janet Gorski  
[gorskiw@gmail.com](mailto:gorskiw@gmail.com)

## SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30pm Art Open Paint 1:00pm Mahjongg	2 9:30am Dup Bridge 4:00pm Seabrook Smashers	3 11:00am Seabrook Smashers
4 1:00pm Sunday Matinee	5 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers	6 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	7 1:30pm Social Chicago Bridge 4:00pm Seabrook Smashers	8 12:30pm Art Open Paint 1:00pm Mahjongg 7:00pm SINHG Evening Presentation	9 9:30am Dup Bridge 9:30 am Garden Club 4:00pm Seabrook Smashers	10 11:00am Seabrook Smashers
11 1:00pm Sunday Matinee	12 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers 4:30pm Dementia vs. Normal Aging (Lake House Lecture Series)	13 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 7:00pm MAC User Club	14 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers	15 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series 6:00pm SI Photography Club	16 9:30am Dup Bridge 4:00pm Seabrook Smashers	17 11:00am Seabrook Smashers
18 1:00pm Sunday Matinee	19 9:00am Social Bridge 11:00am Sbrk Stitchers 1:00pm SIPOA Board Meeting 1:30pm Dup Bridge 4:00pm Seabrook Smashers 5:00pm Get the Scoop Meeting	20 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 4:00pm Men's Book Club 7:00pm Coin Club	21 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together Workshop 4:00pm Seabrook Smashers	22 10:30am Am. Red Cross Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series	23 9:30am Dup Bridge 4:00pm Seabrook Smashers	24 11:00am Seabrook Smashers
25 1:00pm Sunday Matinee	26 9:00am Social Bridge 11:00am Sbrk Stitchers 1:30pm Dup Bridge 4:00pm Seabrook Smashers	27 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	28 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 4:00pm Seabrook Smashers 7:00pm SI Birders Meeting	29 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite Series	30 9:30am Dup Bridge 4:00pm Seabrook Smashers	
NO CLASSES	8:30am Splashers 8:30am Gentle Yoga 9:15am Core Fusion 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	8:00am 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

## President's Message - continued from previous page

Meeting. Send an email outlining your concern to the SIPOA Executive Director ([hpaton@sihoa.org](mailto:hpaton@sihoa.org)) or Board President ([gorskiw@gmail.com](mailto:gorskiw@gmail.com)). In a positive and constructive atmosphere where we treat each other with respect, we can honestly discuss and often resolve issues.

3. Ignore the rumor mill and find a reliable source for your island information. E-blasts from SIPOA, the Tidelines blog and *The Seabrooker* are excellent sources. Check out

CHAMBER MUSIC CHARLESTON  
Celebrating 10 years of exceptional chamber music

## Chamber Music Charleston on Seabrook Island



**Wednesday, September 28, 2016 at 7pm**

Location: Seabrook Island to be announced by September 1  
Poulenc Trio for Oboe, Bassoon and Piano, Op. 43  
Brahms Clarinet Sonata in F Minor, Op. 120 No.1  
Respighi "The Birds" for Oboe, Clarinet, Bassoon and piano  
Zac Hammond, oboe; Charles Messersmith, clarinet;  
Sandra Nikolajevs, bassoon; Ghadi Shayban, piano

**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](http://www.chambermusiccharleston.com)

## Seabrook Marketplace

The Island's Classified Connection

[www.seabrookmarketplace.com](http://www.seabrookmarketplace.com)

(FREE classified ad service for Seabrook Island residents)

Submit ad requests to:  
[seabrookmarketplace@yahoo.com](mailto:seabrookmarketplace@yahoo.com)

Please Include:

Ad content, Name, Phone Number  
Email and Seabrook Island Address

## Island Transportation Services, LLC

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Presents

## The Charleston Salt Farmer

by Bertha Booker  
Thursday, September 8th

What started as a field-expedient solution grew into the enterprise Bertha Booker oversees today on a low country sea island plantation. As she tells it, "One evening, I was kayaking at the Botany Bay wildlife preserve and had forgotten the salt to cook my dinner, so I boiled a little creek water and made some. It was delicious! "Briny with a hint of sweetness." That ingenious solution sparked an idea and after almost two years of planning, regulation and perseverance, Botany Bay Sea Salt was born. Her salt is available at the

Charleston Farmers Market. Join us on Thursday, September 8th, to hear more about the history of salt making in the lowcountry. Her salt will be available for purchase at the program.

Refreshments - 7:00 PM  
Program - 7:30 PM  
Location - Lake House

All Seabrook Island residents and guests are welcome. There is a \$5 donation for non SINHG members. Information about future programs and SINHG membership can be found at the SINHG web site, [sinhg.org](http://sinhg.org).  
Gary Fansler



## I ♥ NY START SPREADING THE NEWS...

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

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

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

The NY-SI Committee:

Carol Agusta • Joan Altemus • Betty Burns • Frank and Lisa Cermak • Barbara and Steve Cutter • Kathy and Ed Maher • Ed Moran



## Fall Program Line-up

**DEREK'S, "HOW'D THEY DO THAT? PHOTO LEARNING SESSION"**  
September 15th • 6:30 pm Lake House-Live Oak Hall

When you view a great photograph, what is not displayed are the steps that were required to produce it. As the mission of our club is to share our knowledge, this session has been devised to do just that.

Four photographers will display a few of their pictures on computers and informally explain many of the important steps that were required to create the work. Each will host small groups for about 15 minutes, and delve into specific aspects of techniques used. Each photographer will emphasize different aspects or subjects of photography.

Groups will then rotate to another table and photographer who will discuss different aspects integral to the successful production of pictures like those shown.

It is hoped that this partially structured format will facilitate very informal, two way communication which will educate and inform.

Questions? Contact Derek at (404) 889-1690 or [Derekfyfe2014@gmail.com](mailto:Derekfyfe2014@gmail.com)

### UPCOMING PROGRAMS:

October 20th - Stan's "Downtown Charleston Photo Shoot"  
November 17th - Marty's "Downtown Charleston Theme Assignment"

Log onto [www.seabrookislandphotoclub.com](http://www.seabrookislandphotoclub.com) click "2016 Schedule" for program details.



# ISLAND NOTICES

## 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](mailto:vanmccollum@bellsouth.net)) or 404 401-0678 cell

## SI ART GUILD PRESENTS SEABROOK ARTISTS LABOR DAY SHOW AND SALE

September 4th • 11AM-4:30PM

Freshfields Village • Free PARTICIPATING ARTISTS WILL DONATE A PORTION OF THE PROCEEDS TO THE MARY WHYTE ARTS FOUNDATION\*

The event will showcase a wide selection of fine art in a variety of mediums and subjects. Many of the exhibitors, who display at downtown galleries, will be painting live at the event. This is a unique opportunity to see great art and experience the creative process, and support the art program at Johns Island High School!

\*The Mary Whyte Arts Foundation was established to encourage the arts in South Carolina high schools. The foundation gives an annual cash award to a high school teacher who has demonstrated excellence, passion and innovation in teaching, as well as giving assistance to regional schools in need of art supplies.



Gary Kunkelman 'Charleston 1859'



Peter Boatti 'Coastal Sunset'



## CHAMBER MUSIC CHARLESTON SEASON OPENING PERFORMANCE

Thursday, September 8th • 7pm • Charleston Library Society • 164 King Street

Tickets: \$20 CLS members; \$30 non-members

Chamber Music Charleston kicks off its 10th Anniversary season with a performance at the Charleston Library Society. Flutist Regina Helcher Yost, cellist Timothy O'Malley and pianist Irina Pevzner perform Dvorak's *Humoresque*, Rachmaninoff's Cello Sonata in G minor, Schoenfeld's "Samba" for flute and piano and Martinu's *Poco Allegretto* for flute, cello and piano.

Tickets available now by calling the Charleston Library Society at (843) 723-9912 or visiting their website at [www.charlestonlibrarysociety.org](http://www.charlestonlibrarysociety.org).



### PIANO BAR SERIES

Wed. September 14th - Gary Pecorella

Wed. September 21st - Glenn Brown

Wed. September 28th - Joy Project Group

5PM-7PM • The Sandcastle / Kiawah • No Tickets Required

Back by popular demand! Not meant to be concerts, these three Wednesdays are to enjoy with friends and the opportunity to meet neighbors outside your comfort circle for some island socializing. Relax outside on the patio with the beverage of your choice or inside closer to the music. The Sandcastle will be the happening place at 5 p.m. Island time. Bring the beverage of choice and any snack to "tide" you over.



### 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](http://diggingtogether.blogspot.com) or email us at [diggingtogether@yahoo.com](mailto:diggingtogether@yahoo.com)



### INDOOR PICKLEBALL

St. Christopher's Camp

Fridays • 12:30-2:30

If interested, please contact Mary Torello at [mary.torello@yahoo.com](mailto: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.



### 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](mailto:pattitully@gmail.com) or Jody Garvey at 317.371.2330 or [garveyjody@gmail.com](mailto:garveyjody@gmail.com)

### SEABROOK STITCHERS

Lake House • Every Monday • 11AM-1PM

For more information, contact Denise Doyon at [dendoyon@gmail.com](mailto:dendoyon@gmail.com)



### SI ART GUILD PRESENTS GUEST ARTIST JAMES PRATT:

September 20th • 3PM

The Lake House • Free

The Seabrook Island Artists Guild welcomes world renowned "Palette Knife Artist" James Pratt, a member of Oil Painters of America, is considered one of the "Modern Masters". As described by a prominent fine

art collector, James' work is "very full of life and color and causes the viewer to feel inspired to want to travel and have this kind of an experience." He will be painting live and discuss his work and technique at the SIAG September meeting.

### SEABROOK ISLAND BLOOD DRIVE NEEDS YOU

Thursday, September 22 • Lake House • 10:30 to 3:30

You can sign up with Pep Logan (843-768-0334 or [mlogan@bellsouth.net](mailto:mlogan@bellsouth.net)) or try RAPID Pass by visiting [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) the day of your donation. Enjoy the convenience of completing your pre-reading and donation questions online from the comfort of home or office and save as much as 15 minutes at the drive.

Please come - the need is great particularly now due to summer shortages



### HUMORIST JEANNE ROBERTSON

Wednesday, October 5th • 7:30PM

Tickets \$10 on sale 9/21

Jeanne Robertson is a professional speaker who specializes in hilarious humor based on her life experiences. Speaking to thousands of people annually, she utilizes her positively funny style to illustrate that a sense of humor is much more than a laughing matter. It is a strategy for success.



### SI ART GUILD ARTISTS OF THE MONTH:

"Discover the Unique Beauty of Seabrook", a painting exhibit.

The Lake House Gallery • Seabrook Island throughout September

The Seabrook Island Artists Guild presents a unique collection of paintings that feature the spectacular beauty of Seabrook Island's pristine beaches, colorful tidal marshes and creeks, gorgeous sunsets, and abundant wildlife. Many of our talented artists who exhibit their creations in Charleston galleries are participating in this display



### JOHNS ISLAND FARMERS MARKET

The Johns Island Farmers Market will now operate from 9AM - 1PM so patrons and vendors can enjoy the cooler part of Saturdays, rain or shine, in order to "Beet the Heat". The market is located at 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.

Summer at the market is in full swing with fresh fruits and vegetables, including the infamous Johns Island tomatoes!

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.

### 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.





**SEABROOK ISLAND**  
*Real Estate*  
Make It Uniquely Yours



**2<sup>ND</sup> ROW FROM THE BEACH!**  
3609 BEACHCOMBER RUN ~ \$1,799,000



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



**5 BR, VIEW OF MARSH OVER POOL**  
3080 MARSHGATE DR ~ \$960,000



**5 BR, PRIVACY + LAGOON VIEW**  
2624 JENKINS POINT RD ~ \$899,000



**PRIVATE GOLF SETTING, 3,800 SQFT**  
2585 SEABROOK ISLAND RD ~ \$829,000



**3 BR HOME, ONE FLOOR LIVING**  
2645 GNARLED PINE ~ \$795,000



**NEW TOWNHOMES, MASTER ON MAIN**  
SALT MARSH ~ FROM \$639,900



**ONLY UNIT AVAILABLE, GOLF VIEW**  
3035 FAIRWAY ONE ~ \$585,000



**4<sup>TH</sup> ROW HOMESITE, BEACH ACCESS**  
3651 COBIA CT (L42/B16) ~ \$515,000



**3 BR HOME IN VILLAGE AT SEABROOK**  
4068 BRIDLE TRAIL DR ~ \$489,000



**MARSHFRONT HOMESITE W/ DOCK**  
2811 OLD DRAKE (L14/B38) ~ \$449,000



**GOLF VIEW, WALK TO BEACH/POOL**  
950 SEALOFT VILLA ~ \$359,000



**BEST 3BR/3BA BUY ON SEABROOK!**  
2782 LIVE OAK VILLA ~ \$299,000



**PELICAN WATCH VILLAS**  
PRICED FROM \$250K TO \$788K+



**MARSH VIEW/SCRND PRCH/CARPORT**  
1707 SHELTER COVE ~ \$164,000