

THE Seabrooker

VOL 21 • ISSUE 2 • FEBRUARY, 2018

INSIDE



Angel Oak Award Dinner - page 3



Greenspace Gala - page 3



Seabrook Wild Things -page 8



Island Notices page 15



SEABROOKER ONLINE at : www.townofseabrookisland.org

PRESORT std
US Postage
PAID
Permit 437
CHAS SC

Seabrooker
P.O. Box 30427
Charleston, SC 29417

POA & CLUB PRESIDENTS BID "ADIEU"



This will be my last President's letter, as my term in the SIPOA office will end with the annual meeting on February 17. I want to say thanks to the Board for their unanimous consent in appointing me and for their support throughout the year. And I cannot say enough good things about our hard-working staff, led by our terrific Executive Director, Heather Paton: they are always on the job, always professional in manner and actions, and always have the best interests of the Property Owners at heart. One thing we always say about Seabrook Island is how our volunteers

are the engine that makes things happen. But did you know that across the committees, special committees and task forces, and apart from the Board members and staff, there are more than 65 volunteers who give willingly of their time and talents to making Seabrook Island the wonderful place that it is? They deserve our thanks for all that they do.

Additionally, the volunteers who serve on COVAR, Villa and Regime Boards and SIC Boards and Committees play a vital role in how our island community runs and is managed. And of course, our ever helpful and dedicated Tidelines staff, interest groups and other volunteers, from Adopt-A-Highway to SINHG to the Turtle Patrol, make our Island more beautiful and friendly. Give yourselves a great pat on the back for all the great things you do.

2017 also brought challenges... from Hurricane Irma to dealing with DHEC's newly proposed beach lines.

And amazing natural events like the Solar Eclipse.

And a unique and coveted award to Seabrook Island: Audubon Interna-

tional's first Certified Sustainable Community in South Carolina: this award is another great testament to the hard work and perseverance of our Executive Director and the volunteers who dedicated countless hours.

How does Seabrook Island keep this going from year to year? Because property owners like you, regardless of where you are, continue to participate in the most important event of the year: VOTING!

With the **Annual Meeting** just a month away (**Saturday, February 17**), the mailed hard copy voting packages and the electronic voting emails have been sent, and the rest is now in your hands.

• Voting ensures that we continue to have good talent for our Board and our Nominating Committee.

• Voting ensures that we have a budget to keep our operations going and our services and facilities intact.

• Voting is your opportunity, whether you are here for 3 or 36 or 365 days a year, to help ensure that we can continue to have the great facilities, beaches, roads, security, wildlife and

natural beauty from year to year.

• Regardless of how you vote, just be sure that you vote!

Two more things:

1. Along with your voting package is a link to the Time and Talent form. It gives YOU the opportunity to participate as a volunteer in the governance and policies of Seabrook Island. Even if you currently serve on a committee, please return the form to volunteer for 2018. Committee work is rewarding, educational and satisfying. Give it a try!

2. I hope that you can and will come in person to the Annual Meeting, because the more active participation we have, and the more you participate, the greater your personal commitment to Seabrook Island will be.

VOTE! Then come, enjoy and meet your neighbors! And thanks again for a great year! ▲

Ed Houff,
SIPOA President

Annual Meetings Set for February 17



2017 was an outstanding year for the Seabrook Island Club. Our membership continued to grow, totaling 1,842 at year-end. And our members and visitors actively used our outstanding amenities; whether it was our dining facilities where revenue grew 12%, our golf courses that showed a 13% increase in rounds played, our pickle ball courts that nearly doubled in usage from its inaugural year or our equestrian center

where beach and trail rides continued to be very popular.

As a result, the Club achieved net income of \$556,000 for the year, the highest ever! Coupled with joining fees of just over \$1 million and Seabrook Island Real Estate's contribution of \$625,000, the Club was able to continue the steady, positive financial growth we have achieved over the past five years. Incidentally, home and villa sales on

Seabrook were at the highest level since 2006, the last of the bubble years. These results could not have been achieved without an excellent management team and great employees; and the support of a strong and diverse Board of Directors. Thank you all for making my job enjoyable! ▲

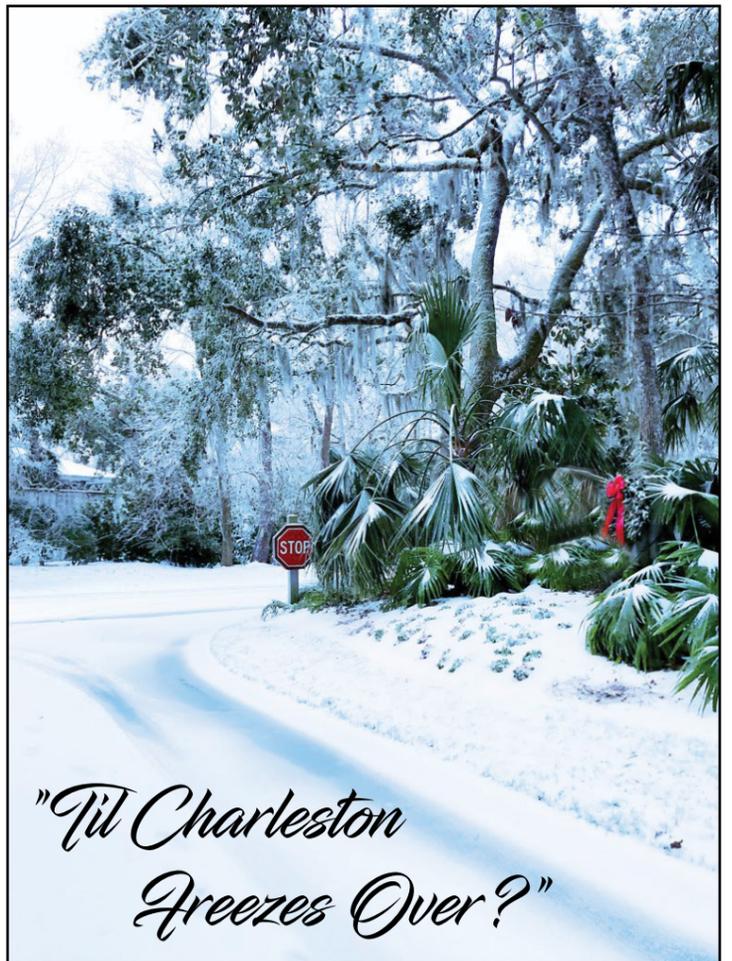
Jerry Farber
President, Seabrook Island Club



PHOTO BY MAGGIE ARMSTRONG



PHOTO BY CHRIS BOEK



"Til Charleston
Freezes Over?"

Please send correspondence to: 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.

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

Editor: Michael Morris
Publisher: Bernstein Lash Market-Advertising & Layout: Teri B. Lash
THIS MONTH'S SEABROOKER VOLUNTEERS
CREDITS: Faye Albritton, Skip Crane, Denise Doyon, Jerry Farber, Ed Houff, Allan Keener, Lori Leary, Alice Massey, Charles Moore, Michael Morris, Beth Nichols, Jerry Reves, MD, Laura Lee Rose, Monique Sporn

PHOTOGRAPHERS: Maggie Armstrong • Chris Boek • Charles Moore • Monique Sporn

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

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

FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT Teri B. Lash • 843.747.7767 • TLash@BernsteinLash.com

CALL FOR ARTICLES

All Seabrooker readers are cordially invited to send submissions to this paper including articles, photographs, poems etc. If you would like to contribute, our e-mail is theseabrooker@yahoo.com



Michael Morris, Editor

Overnights • Walks • Food • Medicine

Pet Sitting

Loving pet care either in my home on Seabrook or in your home.

Irene Quincy • 843.270.7001
IreneQuincy@gmail.com



REFERENCES UPON REQUEST



CAP'N SAM EDISTO

Dear Cap'n Sam,

THANK YOU!!

"One of the deep secrets of life is that all that is really worth the doing is what we do for others." Lewis Carroll
What you, our island friends, have done for others by donating to the Mt. Zion Holiday Fund is immeasurable. There are 96 children who woke up wearing huge smiles on Christmas morning because of your generosity. Warm winter clothing, coats, shoes, toys, books and games awaited

the children along with food certificates for special holiday food for the families.

Just saying "thank you" seems inadequate, but we say it from the heart and want you to know that it is only because of you that we were able to create this Christmas magic for 29 families at Mt. Zion Elementary School.

We wish you many blessings in the New Year!
The Mt. Zion Holiday Fund Committee

GATE PASSES FOR VRBO GUESTS

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

Thank you!

ANNUAL MEETING

SIPOA 2018 Annual Meeting voting has begun. Paper voters, your package was sent by mail; please let us know if you have not received it by Monday, January 22. Online voters, you received a voting invitation email from Association Voting on Wednesday, January 17. A quorum is essential to conduct business at the Annual Meeting, so please vote TODAY, even if you plan to attend the meeting in person.

SIPOA ANNUAL MEETING

Saturday, February 17
10:30 AM • Island House

The Seabrook Island Club Annual Meeting is also scheduled for Saturday, February 17. It precedes the SIPOA meeting and starts at 9:00AM.

Enjoy the Ride!

A First Class Transportation Service Serving the People of Seabrook & Kiawah Islands

We want you to enjoy your night out...and still get home safely. Let us do the driving for you. We offer discounted rates for local residents of Seabrook & Kiawah Islands.

SPECIAL EVENTS | AIRPORT DOWNTOWN | 24/7



Call Rod Ward for Reservations 843.810.1365
CoastalConnectionLLC@gmail.com



NV Realty Group is a proud supporter of Nicklaus Children's Health Care Foundation



EXPERIENCED AND DEDICATED

Our team is committed to giving back to the community we represent. Contact one of our professionals today for a fresh approach to real estate.



Astrid McManus 843.906.0325



Bob Bush 770.309.0711



Bob Nitkewicz 843.819.7754



Cherie Gallagher 704.589.8879



Jeff Emig-Smith 404.863.4563



Jim Heslep 843.343.7188



Kris Tracy 703.980.6400



Lee Lindler 843.637.0803



Maraide Sullivan 860.830.7374



Mike McManus 843.906.3420



Ron Wallschlager 843.810.9100



Toula DiGiovanni 843.469.7555



1900 Seabrook Island Road, Seabrook Island, SC 29455 | 843.737.5500 | NVRealtyGroup.com



KIAWAH SEABROOK EXCHANGE CLUB

ANGEL OAK AWARD DINNER SET FOR MARCH 21

For more information on attending, contact Bob Leggett at rmlg8@gmail.com

The Kiawah-Seabrook Exchange Club Foundation Invites You to Attend the Angel Oak Award Banquet.

Planning is underway for a spectacular evening to celebrate this year's Angel Oak Award honoree, Dr. Victor Agusta. The Exchange Club Foundation is inviting everyone to attend who has an appreciation of the good work being carried out by Vic and the hundreds of local residents who volunteer their time and efforts to improve the quality of life of Johns Island and Wadmalaw Island residents.

This year's Angel Oak Award Banquet will be held on Wednesday March 21 at the Seabrook Island Club. Chef Randy MacDonald will prepare another excellent dinner. There will be a cash bar and musical entertainment will be provided by Mike and the Mixers. Popular Post and Courier columnist Warren Peper will be the evening's dinner speaker. Tickets are \$50 per person and advance reservations are a must!

You do not need to be an Exchange Club member to attend. The Kiawah-Seabrook Exchange

Club established the Angel Oak Award in 2012 to recognize a volunteer who has made an outstanding contribution to the people or quality of life of Wadmalaw Island, Johns Island, Seabrook Island and Kiawah Island. The award was named the "Angel Oak Award" in recognition of the famous live oak tree which so clearly represents the people, cultures and natural environment of the islands.

The Exchange Club of Kiawah-Seabrook Foundation was established in 2016 and is now the sponsor of the Angel Oak Award.▲

The 2017 Angel Oak Award recipient, Dr. Victor Agusta, has served as a volunteer primary health care physician at the Barrier Islands Free Medical Clinic (BIFMC) since it opened its doors in 2008. The BIFMC has the mission of understanding and serving the health and wellness needs of uninsured, low-income adults who live or work on Johns, Wadmalaw, and James Islands. The clinic has served over 4000 patients since it opened in 2008 and has over 350 patient visits each month.

As one of the original volunteer physicians at the free clinic, Dr. Agusta dove right into the unfamiliar territory of treating an impoverished population. Rising to the challenge of working with a diverse population, he developed a deep sense of interconnection, patience, and compassion that earned him the trust and respect of both patients and colleagues alike. During a normal week, Dr. Agusta will see patients every Wednesday afternoon and sometimes as needed on Monday evenings. Since joining BIFMC, he has retrained himself as a first rate primary care physician and now spends 5 hours weekly on urology and primary care continuing medical education for state licensing. He has been instrumental in supporting the growth of the clinic as the number one recruiter of volunteer doctors and nurses.

Dr. Agusta takes great pleasure in his ability to counsel and connect with



his patients, finding reward in the steady pace of physician-patient interactions. A lifelong teacher but also a student of life, he has always stressed the importance of the patient-physician relationship: educating but also learning from those he treats. For Dr. Agusta, treating the same patients over time and understanding their life experiences creates a level of trust necessary to deliver effective preventative primary care.

Dr. Agusta is a native of Brooklyn, New York and attended St. Johns University and received his M.D. from the University of Rochester School of Medicine. He had residences at Hartford Hospital, Hartford Connecticut and the University of Virginia where he received an M.S. Degree in Surgery. He joined the U.S. Air Force as a Medical Officer but was attached to the U.S. Army. He served a tour in Vietnam with the 1st Air Cavalry

Division as a Battalion Surgeon and as a General Surgeon with the 95th Evacuation Hospital.

Dr. Agusta practiced medicine in Lancaster, PA for 30 years and was a principal in the Urological Associates of Lancaster. He was on the Board of Lancaster General Hospital where he was President of the Medical Staff and Chief of Urology. The Urology Department at Lancaster General was ranked among the top 50 in the U.S. by U.S. News and World Report. He was very active with the Southeast Lancaster Health Center which provided free services to those in need. After retirement, he volunteered at the Lancaster General Hospital Urology clinic and was awarded an Outstanding Teacher Award. He was Vice-President of the Lancaster Medical Society, on the Board of Lancaster Catholic High School, and coached his children's softball and baseball teams.

Dr. Agusta has owned a property on Seabrook Island since 1979 and has been a full time resident since 2010. He has served on the Seabrook Island Property Owners Association Board of Directors, the Hidden Oak Regime Board, and the Greenspace Conservancy Board. He was also a volunteer at Our Lady of Mercy Outreach Mission. Dr. Agusta has been married to his wife Carol for 52 years and they have three children (Victor, Jr., Michael, and Stefanie) and six grandchildren.▲

On Seabrook Island



"GREEN IS THE NEW BLACK" CELEBRATE IT AT THE GALA!

When: Sunday, March 18
Where: Seabrook Club Island House
What: Silent and Live Auctions, Doors Open at 5pm
Something New: What's in YOUR Bottle?
Sumptuous Buffet Dinner and Adult Beverages
How: Reservations Remain a Bargain at \$75 Per Person

Visit SIGSC.ORG for instructions on making your reservations. If the Gala is sold out, please don't hesitate to sign up on the wait list. Keep an eye on Tidelines for Gala Updates.

YACHTING & GOURMET LUNCH CRUISE



Gala reservation holders - imagine this! A "Yachting and Gourmet Lunch Cruise" will be offered at this year's Green Space Conservancy Gala. Caroline Gaver has graciously offered her luxurious Oceanis55 Yacht for a several-hour cruise for eight special people. Beth and PJ. Nichols are cordially catering a gourmet lunch, which includes a variety of dishes and adult beverages. Participants will embark from Bohicket Marina where we will kick off the cruise with a champagne toast, followed by le déjeuner gastronomique.

Skipper Charlie and his highly experienced crew will sail their 55 foot custom yacht, appropriately named Traveler, down the Bohicket River and into the Atlantic Ocean. She is a real beauty and the ultimate in luxury, safety and performance. Traveler, with her cutting edge innovations and meticulous attention to detail, has had the distinction of very successfully competing in Charleston Yacht Week!

Guests will be able to relax on the sun pads and spacious deck or retreat to the light filled interior, which is elegantly appointed with cabins, several heads, a wide u-shaped galley, dinette, and plenty of seating. Captain Charlie tells us the best time to sail is the spring and fall, thus avoiding severe heat, or dangerous sailing conditions. The cruise will not be available on holiday dates and will be arranged at a mutually agreeable time for all parties. This could be a great family outing or an awesome gathering for your closest friends and an opportunity to make new memories!

Can life get any better than this?▲

Beth Nichols
Seabrook Island
Green Space Conservancy

I Want to Buy Your Island House or Villa!!

Is It: Damaged? Distressed? Outdated? Unused? Unwanted Due to Death or Divorce? Facing Foreclosure?

I Can Help: Quick, Easy Closing! No Realtor Fees! Experienced!

For More Information Contact: John M. McCabe • 414-378-6320
WisconsinLakeCondo@gmail.com

I am a Local Seabrook Island Resident & Club Member



BRING YOUR SURFACES BACK TO LIFE!



Natural Stone, Tile & Grout Experts

We offer professional cleaning, sealing, restoration and maintenance of all natural stone and tile, including marble, travertine, granite, slate, onyx, limestone and more.

843.998.0665

www.atlanticstoneandtilecare.com



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

This is the fourth in a series of articles covering the history and role/contributions of villa associations and regimes within the Town of Seabrook Island (Town). The first article, published in July, covered the history of villa associations/regimes within the Town. The second article, published in November, covered their role/contributions with respect to the Town. The third article, published in December, covered their role/contributions with respect to the Seabrook Island Club (SIC) and its wholly owned subsidiary, Seabrook Island Real Estate (SIRE). This article will focus on the role/contributions of associations/regimes with respect to the Seabrook Island Property Owners Association (SIPOA). It is based upon research contributed by the staffs of, among others, the Town, SIPOA (leadership, as well), SIC/SIRE and Coastal Getaways of South Carolina (Coastal Getaways). Data provided in this article is largely quantifiable, due to the ability to break down most SIPOA revenue items and demographic data between villas and single-family homes and the relative contributions of villas to SIPOA.

There are 41 villa associations/regimes within the Town. As of January 11, 52% of the residential units within the Town were villas—1,184 villas (1,114 of which were within SIPOA [excludes Bohicket Marina Village's 70 units] vs. 1,094 single family homes. Villas constituted approximately 75% of the rental properties within the Town based upon SIC/SIRE and Coastal Getaways data.

Villas contribute significantly to SIPOA revenues through capital contributions and annual and special assessments. During 2017, 107 villa sales totaling \$32,028,135 and constituting 47.5% of total properties sold and 28% of total sales revenue, respectively, contributed \$160,141 to SIPOA's capital reserves. Villas contributions to 2017 annual and special assessment revenues constituted slightly over 50% of such revenues from improved properties.

Other contributions by villa owners to SIPOA include service on the SIPOA Board of Directors, of which two directors are current villa owners/residents and three are former owners/residents, and SIPOA committees. Although 85% of villa owners are nonresident, they still have served on the SIPOA Board and Nominating Committee, other standing and special committees and as SIPOA Board President and Chair of the Nominating Committee. A review of villa owner participation data shows that 1) past and present villa owners have been serving on the Board in healthy proportions over the past several years and 2) over the past two years, they have been represented on standing and special committees in comparable or better numbers than the rates at which they volunteered. While the value of these contributions cannot be quantified, they are assuredly critical to SIPOA governance and the welfare of both resident and nonresident owners. Over the years, the COVAR Board has contributed to SIPOA governance on behalf of villa owners and also renters and personal guests by 1) providing thoroughly researched and documented input to SIPOA Board deliberations and decisions and 2) efforts such as the recent collaboration between the COVAR Board and the SIPOA Nominating Committee to solicit villa owner candidates for both the SIPOA Board and the Nominating Committee. Seven villa owners were actively recruited; although none applied, some stated a willingness to consider candidacy in 2018 and expressed a desire to serve on SIPOA committees in the interim.

Through activities such as those described, above, resident and non-resident villa owners play a very significant role in SIPOA, contributing to its governance and financial stability. These activities serve to ensure Seabrook Island's continued livability, benefitting all owners (resident or nonresident), guests and renters.

In closing, it should be noted that at the March General Meeting the COVAR Board currently plans on:

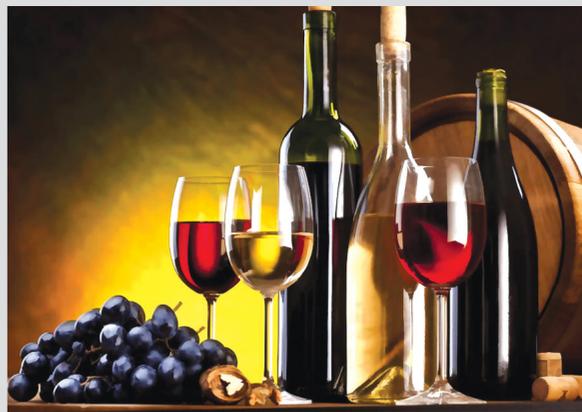
1. Conducting another Association/Regime Presidents Roundtable, similar to the one conducted in March 2017.
2. Announcing 2018 COVAR Board Election Results ▲



On Wine

Michael Morris

Why I Hate "By-the-Glass"



Let me preface this article by saying that one of the best parts of my new responsibilities working in a wine centric establishment is that people are there to drink wine. Instead of being in the position I have been in past restaurant environs, people are already coming in to enjoy wine. I am there to sell people on specific wine instead of selling them on drinking wine in general. With that said, I still get frustrated by people's propensity to drink wine by the glass.

For starters, wine by the glass almost certainly offers the customer less value. Restaurants usually price their by the glass selections so that the cost of the bottle is covered by the first glass. Therefore, if they fail to sell any more of that bottle, they are not in the position of losing money. This translates to paying a 400-500 percent mark-up on the bottle instead of the industry standard 300. The fear of not selling more than one or two glasses from a bottle also leads most restaurants to offer safer, more popular, less exciting wines by the glass. Therefore, if you are

planning on enjoying more than two glasses, it makes greater sense to look into the by-the-bottle selections.

Beyond the financial aspect, enjoying a bottle of wine is a simply a better experience. Good wine is complex. By ordering a bottle, you are able to pick up on the intricacies of the wine and notice how it changes as it "opens up". Wine was not created as a cocktail party beverage. It is meant to be enjoyed with a meal so that you can notice how the food changes the taste of the wine as well as the wine changing the taste of the food. Drinking wine with food allows you to better enjoy the food. The acidity in wine stimulates the salivary glands and therefore aids in the digestion of its food. Not only does that make your red wine taste better, but the red wine actually makes your steak taste better.

Lastly, the frustration with drinking by the glass is the commentary it makes on modern culture. Why do people always feel the need to taste something before committing to an entire bottle? As I mentioned earlier, good wine is complex and it evolves as it sits in the glass or in the open bottle. Evaluating your enjoyment of a wine

with one sip is like deciding if you will like a song by hearing the first three notes. When you sit with a bottle of wine, you experience its personality, its quirks. That thing that first struck you as different or odd, you now find charming. Wine is like conversation. When you enjoy a bottle it's as if the wine is speaking to you. As you go back for more, it offers new insights. When you get a great one you become engrossed in it, hanging on everything it is telling you as if it was Michelangelo talking to you about painting or Montaigne about philosophy. Drinking a bottle teaches you something. It teaches you about where it's from, the climate of that place, its "terroir". It teaches you about the person who made it and the culture they come from. It teaches you about the grapes from which it's made and the weather conditions of that particular vintage. Wines have voices and many are worth hearing. The best ones offer insight that is stimulating and sometimes downright thrilling. I strongly urge you to take the time to have that conversation.▲



TOWN HALL MEETING
Town Council Meeting
December 19, 2017

After the pledge of allegiance, Mayor Ciancio called the December 19, 2017, Town Council meeting to order at 2:30 p.m. Councilmen Crane, Gregg and Wells, Town Clerk Allbritton and Town Administrator Cronin 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 November 28, 2017, and the Ways & Means Committee meeting of December 12, 2017, were unanimously approved as written.

Financials: Mayor Ciancio reported that, for the month of November, unrestricted revenues were under budget by \$4,962.02. Year to date, through the month of November, unrestricted revenues have exceeded budget by \$113,557 and exceed the amount collected for the same period in 2016 by approximately \$61,500. Expenses for the month of November were under budget by \$34,541. Year to date through the month of November, and not including funds transferred from the General Fund for the roadway project, expenses were under budget by \$177,498.02 and, on a year to date basis, are approximately \$12,000 less than they were in 2016. Year to date, excluding the \$400,000 transferred from the General Fund for roadway expenses, unrestricted revenue has exceeded expenses by \$244,293.

Year to date through November, restricted revenues have exceeded budget by \$105,066. Year to date, through November, restricted revenues have exceeded expenditures by approximately \$22,751.

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 did not meet in December.

The Town's Public Safety Committee met on December 11. The Committee continued its review of proposed changes to the Comprehensive Emergency Plan. The next meeting of the Committee was scheduled for Monday, January 15, 2018, at 10:00 a.m.

The Disaster Recovery Council met on December 4 for a planning session for training and exercise sessions to be held in January 2018. Those sessions are now scheduled for Wednesday, January 10, and Thursday, January 11.

On December 1, Councilman Gregg, the Mayor and Town Administrator participated in an "exploratory call" to review the scope and nature of relevant damages/costs incurred by the Town as a consequence of Hurricane Irma and supporting the Town's Request for Public Assistance. As a result of that call, a meeting was scheduled for December 15. Tommy West, Seabrook Island Utility Commission's operations provider manager, and Councilman Gregg participated in that meeting with representatives of FEMA and SC Emergency Management Division. The next meeting regarding the Town's Request was scheduled for January 8, 2018, at 9 a.m. at the Town Hall.

Public Relations/Communications – Councilman Crane reported that the Communications Committee will meet on January 9, 2018. Twitter postings have increased and policy regarding tweets that are posted will be on the January meeting agenda. The Town's Strategic Planning Meeting will be held on Thursday, February 22, from 10 a.m. to 4 p.m.

Special Projects/Beach Administration – Councilman Wells stated that, at the Ways & Means Committee meeting, he had brought up a Seabrook Island Dolphin Education Program Proposal. This program is already in place on Kiawah Island through the Lowcountry Marine Mammal Network. The purpose of this project is to reduce disturbance to strand feeding dolphins and minimize violations of the Marine Mammal Protection Act. The amount of the funding (\$10,132) for this project was not received until after the Town had adopted the 2018 budget and Councilman Wells stated that he would like to defer action until January when Council can come up with an amended budget. Mayor Ciancio stated that a number of issues are being looked at and it could be later than January before the budget is amended. A resident pointed out that dolphins "strand feed" near Camp St. Christopher as well as North Beach. Councilman Wells responded that this project would include the entire beach.

Councilman Wells reported that the Town has all the technical information to complete the contract requirements for the Seabrook Island Road improvement project that would include installation of two flapper gates and approximately 200 ft. of piping along the roadway and the RFP should go out sometime in January.

Community and Government Relations: No Report

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 –

• **Approval of Town Meeting Dates** – Mayor Ciancio stated that the SC Freedom of Information Act requires that the Town publish in advance the schedule of all regular council and committee meeting dates for the year. Included in council packets are the suggested meeting dates for the:

- Town Council
- Ways & Means Committee
- Planning Commission
- Accommodations Tax Advisory Committee
- Public Safety Committee
- Seabrook Island Utility Commission

Councilman Gregg made a motion to approve the suggested meeting dates. Councilman Wells seconded the motion and the vote to approve was unanimous. The list of meeting dates will be posted on the Town bulletin board and the Town website.

• **Appointment of the Town Attorney** – Councilman Gregg made a motion to appoint Stephen L. Brown of Young Clement Rivers as Town Attorney for 2018. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Appointment of the Town Clerk** – Councilman Wells made a motion to appoint Faye Allbritton as Town Clerk for 2018. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Reappointment of the Public Safety Committee** – Mayor Ciancio explained that the Public Safety Committee is made of Councilman John Gregg, chairman, Ed Maher, John Fox, Allan Keener and Rob Savin and the members serve a one year term. Councilman Gregg moved to reappoint the current members of the Public Safety Committee for a one year term. The Mayor asked for a correction to the prior motion to reappoint the current members of the Public Safety Committee for a term of two years, to run concurrent with the Mayor's term, which will expire in November 2019. Councilman Gregg made a motion to amend his prior motion accordingly. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Resolution 2017-07** – A Resolution Authorizing the Temporary Discharge of Firearms by the Seabrook Island Property Owners Association

• **Reappointments to the Planning Commission** – Councilman Gregg made a motion to reappoint Wayne Billian and Robert Driscoll to the Planning Commission for a two year term to expire December 31, 2019.

• **Appointments to Board of Zoning Appeals** – Mayor Ciancio stated that board member David Osborn is no longer a Seabrook Island resident and, accordingly, asked for a motion to appoint Ava Kleinman to finish out Mr. Osborn's term on the Board of Zoning Appeals. Councilman Gregg made a motion to appoint Ava Kleinman to finish the remainder of the term that will expire on December 31, 2020. Councilman Crane seconded the motion and the vote to approve was unanimous. The Mayor also stated that Robert Quagliato's term will expire on December 31, 2017, and asked for a motion to reappoint Mr. Quagliato. Councilman Gregg made a motion to reappoint Robert Quagliato to the Board of Zoning Appeals for a term that will expire December 31, 2022. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Confirmation of Changes to the Town Zoning Map** – Mayor Ciancio stated that a list of changes that will be made to the Town Zoning Map are included in Council packets. Each year a new map is prepared which reflects changes made during the course of the preceding year and the new map is then signed by the Mayor and Town Clerk. All zoning changes reflected in the new map have been previously approved during 2017 by Council and the Planning Commission and, accordingly, they are included for information only. The Town Administrator has pointed out an ambiguity in language in Sec. 4.10 of the Development Standards Ordinance in regard to the final authority on the zoning of a property on Seabrook Island and an ordinance will be prepared in January to remedy the ambiguity.

Town Administrator – Town Administrator Cronin reported that the Town Hall will be closed Friday, December 22; Monday, December 25 and Tuesday, December 26, for the Christmas holidays.

Town Council Members – See Above

Utility Commission – Chairman Jim Bannwart reported that operations for November were good and financials were positive for the month. The backup generator for Pump Station #2 has been installed. Chairman Bannwart also reported that Charleston Water is increasing water rates in March of 2018 by 4% and this increase will be passed along to consumers. Most bills will probably increase \$2 or less per month.

Petitions Received, Referred or Disposed of: None

Ordinances for First Reading: None

Ordinances for Second Reading:

• **Ordinance 2017-05**, An Ordinance to Rezone 2718 Old Oak Walk from Single Family Residential to Agricultural-Conservation – Councilman Gregg made a motion to approve Ordinance 2017-05 on second reading. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Ordinance 2017-06**, An Ordinance Amending the Town of Seabrook Island Employee Information Packet so as to Revise the Policies and Procedures Related to the Provision of Insurance Benefits for Active and Retired Employees of the Town of Seabrook Island – Mayor Ciancio explained that this ordinance will amend the Town's policies and procedures relating to the provision of insurance benefits for both active and retired employees of the Town. Councilman Gregg made a motion to adopt Ordinance 2017-06 on second reading. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Miscellaneous Business:**
• **Resolution 2017-07** – A Resolution Authorizing the Temporary Discharge of Firearms by the Seabrook Island Property Owners Association



a fundraiser for SCOPE 50
Preserving Civil Rights and the Story of Voting

Live Music, Dancing, Raffle
Hors D'oeuvres/Cash Bar

FEBRUARY 23, 6:00PM
SEABROOK ISLAND CLUB

Tickets: \$75
SCOPE50.org

Mary Whyte & John Reynolds
johnr99773@aol.com - (843)-768-0434

3772 Seabrook Island Rd., Seabrook Island, SC 29455

FREE IN-HOUSE PICK-UP
DONATING TO HABITAT RESTORE
HAS NEVER BEEN EASIER.



Call Today
843-559-4009



All proceeds benefit our mission to build simple, safe, decent homes for families that need a hand up, not a hand out.

Donations are tax-deductible.

3304 Maybank Hwy • Johns Island, SC 29455
843-559-4009 • restore@seaislandhabitat.org
www.seaislandhabitat.org

Franke at Seaside
Lutheran Homes of South Carolina

Retirement for Foodies

Franke at Seaside's Executive Chefs Nick Hunter and Frankie Scavullo serve a bounty of southern inspired seafood specialties.

Shrimp and Grits get taken up a notch with Charleston shrimp; aged cheddar Gecchie Boy stone ground grits; bell peppers, onions and summer squash in chorizo gravy; roasted Husky Cherry tomatoes; micro arugula and charred lemon. Our residents love it, and you can too.

At Franke we elevate expectations.

843.856.4700
FrankeAtSeaside.org
1500 Franke Dr. • Mt. Pleasant, SC 29464

Well, maybe the snow wasn't quite this bad!



within the Town of Seabrook Island for the Purpose of Thinning the Deer Herd – Mayor Ciancio stated that the Town's ordinances provide that it is unlawful for a person to discharge a firearm within the Town's jurisdiction; but Council may, under certain circumstances, as prescribed in the Town's ordinance, grant exceptions. Resolution 2017-07, which is included in Council packets, would grant the Seabrook Island Property Owners Association permission to remove up to fifty (50) deer between the dates of December 19, 2017, and March 1, 2018, as part of its wildlife management program. The POA has a permit from the SC Department of Natural Resources to do so and will use a licensed marksman, who will conduct the hunt between the hours of 5 p.m. and 5 a.m. during the requested time. The edible portions of the deer will be donated to feed the homeless. Councilman Gregg made a motion to approve Resolution 2017-07. Councilman Crane seconded the motion and the vote to approve was unanimous.

• Mayor Ciancio commented that the former Town Administrator, Randy Pierce, will be retiring at the end of December. Randy has worked for the Town for almost 19 years. He has served with six mayors with different personalities, priorities and perspectives and has provided commendable mentorship to each. Mayor Ciancio goes on record as saying that he would like to congratulate Randy for his service to the community and wish he and his wife the best in his retirement.

Citizens Comments:
A Seabrook Island resident made comments and asked questions regarding the company the Town used for beach patrol. Mayor Ciancio stated that the Town has been very pleased with Island Beach Services during 2017 and he has received a lot of favorable comments from residents. In 2018, the number of days with beach patrol coverage and the hours of coverage during peak season has been increased – two vehicles, with 2 persons each, for 12 hours during the summer. There will be a four hour overlap with the two shifts. The meeting adjourned at 3:12 p.m.▲



FROM TOWN HALL

SKIP CRANE

In the first week of the New Year we had an unexpected and unwanted visit from Grayson. Our local area was literally frozen, stuck in place. Roads were icy and kept going through a re-iterative process of thawing and re-freezing. Needless to say, the situation was dangerous.

What warning did we have? More importantly, how well prepared were we?

In the week that followed our Grayson experience, the Town sponsored a 2-day meeting of the Disaster Recovery Council (DRC). The DRC consists of the members of the Town Council, the Town Administrator, representatives from SIPOA, Club, Bohicket Marina, Camp St. Christopher, and members of CERT (our Community Emergency Response Team). Representatives from the St. Johns Fire District and county sheriff's also attend DRC meetings.

The exercise (which had been planned by Town officials many months ago) was designed to evaluate and improve our community's preparation for hurricane season. We had not expected a snow and ice storm when the planning was scheduled. Our original plan was to use Day 1 as a review of our preparation planning, to ensure each member of the DRC understood his or her role and the responsibilities

those roles carry under the changing conditions that happen during a storm. Day 2, a regularly planned Town event conducted under the direction of an outside consultant, was set to be an exercise that simulated conditions for a hurricane.

It was therefore fortunate that Grayson provided a good reality check on how well each of us should prepare for hurricanes, as Grayson created many of the same circumstances a hurricane might. The Town also had the basis for an aftermath evaluation: how well was the Town prepared for such an event? The Town was fortunate to have representatives from local law enforcement join that part of the program.

Overall, the group concluded that the Town, POA, and Club did as well as could be expected. Residents and property owners were kept informed through regular community channels such as the Town Twitter account, direct emails to recipients who have opted to be notified by email, and SIPOA communications (including e-blasts and Tidelines, the Community Blog). We are a community with little experience with "winter" storms; escaping the "Wrath of Winter" was quite likely part of our individual motivation to move to Seabrook Island. We don't have all the resources needed to clear and de-ice roads; nor does the entire coastal region affected by the storm.

Nevertheless, Grayson was a wake up call, a time to ask ourselves, "How committed am I to being prepared?" The Town was monitoring storm conditions and was in frequent communica-

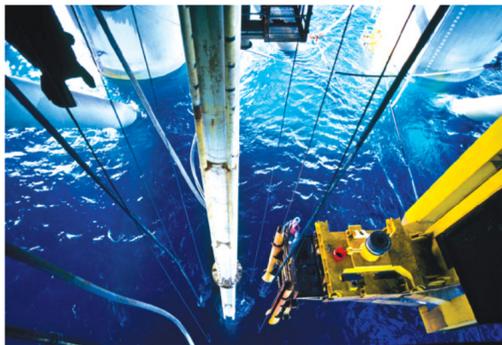
tion with Charleston County officials to understand how the storm was affecting local residents. But how many residents were monitoring the storm conditions themselves? It should be a regular practice to watch, listen, and/or read about the weather on a daily basis. There are numerous resources. For example, www.weather.gov can be customized to provide conditions and forecasts for any area, and local TV stations all provide apps for smart devices as another way to stay ahead of the weather. And, of course, you can always get current information from the Town website (www.townofseabrookisland.org).

Later this year, the Town will once again conduct an information session to ensure residents and property owners are informed about how to prepare for hurricane season. You will be encouraged to have a personal preparation plan to evaluate and follow. Does your plan include some sort of checklist so you are confident you have followed what you have specified for yourself as all the necessary steps? The link to Emergency Preparedness on the Town website has a wealth of information you can use for your personal planning.

The Town is continually reviewing our emergency preparedness for the sake of everyone's safety, whether in monthly meetings of the Public Safety Committee or special sessions such as the exercise we conducted in January.

It's the New Year, a time for making New Year's resolutions. Let's all make a resolution to be personally prepared for emergencies. ▲

SANFORD OPPOSES PROPOSAL TO EXPAND OFFSHORE DRILLING



"The issue for me has ultimately always been about local control. Whether you are for or against offshore drilling, I think we could all agree that locals should have some degree of voice on what happens in their backyard. Accordingly, I think it speaks very loudly that every single coastal municipality in South Carolina - and over 140 municipi-

ties along the East Coast - have formally opposed oil and gas development off the Atlantic coast.

"Unfortunately, this proposal explicitly ignores local opposition because it is the single largest expansion of offshore drilling activity ever proposed. In the case of the Atlantic Outer Continental Shelf, drilling hasn't been allowed in over thirty years. I don't think the arguments in favor of changing this policy are there, particularly when weighed against what most engineers suspect would be at most a four-month supply of oil reserves for our country."

This afternoon, the Department of the Interior released a draft, five-year program (2019-2024) for oil and gas development on the Outer Continental Shelf, which outlines its plans to expand future oil and gas leasing to the Atlantic, Pacific, and Arctic oceans as well as the eastern Gulf of Mexico. ▲



Step Inside Some of America's Most Beautiful Houses & Gardens

Thursday, March 15, 2018 - Saturday, April 21, 2018

Address: Varies throughout the Old & Historic District



There's no lovelier time in Charleston than spring - and no better way to experience the city's charm than our Annual Festival of Houses & Gardens. Step inside the private houses and gardens of some of the city's most stunning properties, learn about Charleston's distinctive architecture

and history and celebrate our unique culture at luncheons, musical concerts and other Lowcountry lifestyle events. Tours and events vary by day.

For more information visit: <https://www.historiccharleston.org/assets/pdf/HCF%20Festival%20Brochure.pdf> ▲



2018 Charleston Symphony Orchestra League, Inc.

Designer Showhouse

March 14 - April 15, 2018

142 Tradd Street, Charleston, South Carolina

Monday - Saturday: 10 am to 4 pm | Sunday: 1 to 4 pm (closed Easter Sunday)

Café Dining 11:30 am - 2 pm, Monday - Saturday | Contact/Information: (404) 242-6092

Benefiting the Charleston Symphony Orchestra and CSOL Music Scholarships

The 2018 Symphony Designer Showhouse is a beautiful stucco circa 1870 home. It is located on historic Tradd Street, one of Charleston's most coveted residential streets that stretches across the lower peninsula from the Ashley River to the Cooper River. Tradd Street was one of the original carriage ways laid out in the 1680 Grand Modell of Charles Town.

The gated entrance to the front garden sets the stage for 142 Tradd, a gracious three-story structure in the style of an Eng-

lish townhouse. On the ground floor, you will explore the treasurers of the Designer Showhouse Boutique. Be sure to notice the original hewn stone floors, exposed brick walls and fireplace.

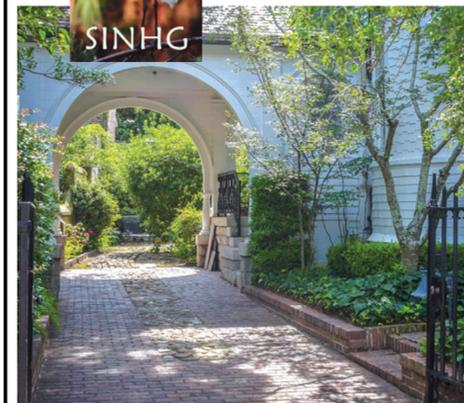
The second floor main living area offers impeccable hardwood floors and glorious natural light, showcasing a formal living room and dining room. Fireplaces, pocket doors and ceiling medallions are original to the home. An elegant kitchen and eating area overlooking a large walled garden,

along with a deck, perfect for entertaining, completes the level. The third floor includes a large master bedroom, second laundry area and luxurious master bath.

The home is the perfect platform for some of the Lowcountry's most talented designers. Be sure to shop in our exclusive boutique, lunch in our Café or choose a treasure from our designers' exquisitely decorated rooms. Now in its 41st year, the Symphony Designer Showhouse is a not-to-be-missed event! ▲



"SECRETS OF CHARLESTON" AT SINHG EVENING PROGRAM



SINHG Evening Programs will explore little known facts and features of the Holy City as veteran tour guide Tommy Dew presents "Secrets Of Charleston" on Thursday evening, February 8 at 7:30 at Lake House.

A native of Richmond, Virginia, Tommy arrived in the Lowcountry as a freshman at the College of Charleston in 1985. Since then, he's led thousands of walking tours of downtown and is known for his extensive knowledge of Southern history and culture and how it affected the evolution of Charleston as the South's premier port city and cultural hub. Tommy and his wife have raised three children while living downtown in the heart of the city.

All Seabrook Island residents and guests are welcome at SINHG Evening Programs, which begin at 7pm with refreshments and fellowship followed by the program at 7:30.

There is a \$5 donation for non-SINHG members. Membership information can be found at www.sinhg.org. ▲

AKERS ELLIS
Real Estate & Rentals

OPEN HOUSE
Saturday, February 17th 1:00-4:00pm



2540 The Bent Twig
4BR/3.5BA on golf course. Open floor plan. 2,716 sq ft \$649,500



1807 Long Bend (Heron Point)
3BR/3BA downstairs with great sunsets! 1,300 sq ft \$320,000

Also, stop by to see 3079 Marshgate
0.37 acre lot with a fabulous view to the Ocean! \$1,300,000

For more information, please contact:

Sherry Smith
843-323-5477
sherry@akersellis.com

Kimber Smith
843-509-2511
kimber@akersellis.com

Seabrook Residents
843.768.9844 | WWW.AKERSSELLIS.COM

as seen in
GLAMOUR.COM

"...feels like
silky water
on my skin."



life-changing SKINCARE
RODAN+FIELDS

Keep your skin hydrated and acting younger with R+F Active Hydration Serum™. This moisturizing, oil-free serum contains Hyaluronic Acid and 30% Glycerin to help defend against dry skin. The result? Instantly moisturized skin that stays continuously hydrated all day long! Active Hydration Serum is clinically tested to raise skin's hydration level by 200% after just one use and keeps it there for up to eight hours.

To start looking younger today, contact Teri Lash (Seabrooker Publisher)
843.224.0212 • TLash@BernsteinLash.com

AKERS ELLIS
Real Estate & Rentals

Whether you are looking to upgrade, downsize, or make an investment purchase on Seabrook Island, contact me! I am a full-time resident of Seabrook, member of the Seabrook Island Club, and first purchased on the Island over 20 years ago.

My reputation as a top producer with 35 years of experience, in conjunction with my knowledge in the current competitive market, extensive networking, and savvy negotiation skills, enables me to provide you with the highest quality service. I offer you my experience, expertise, and excellence. Contact me today!

"MJ's years of experience showed as a Buyer's Agent extraordinaire in my Seabrook Island purchase. She has all the great attributes of a true professional and made my purchase on Seabrook Island a pleasurable experience. I highly recommend MJ!" - JoAnne Lewis, past client

MJ Collins, REALTOR®
mj.collins@akersellis.com
484.844.7350
WWW.AKERSSELLIS.COM

Serving Seabrook and Kiawah Islands
In-Home Senior Care!

CHOICE
IN-HOME CARE

843-939-6160
www.choicehomecare.net

Companion Care • Personal Care • Recuperative Care
Respite Care • Dementia Care

1101 Landfall Way, Suite 5 • Seabrook Island, SC 29455




OLD CHARLESTON
TRADING COMPANY

Join us at Old Charleston Trading for warm and wonderful furnishings, celebrating the natural beauty in old growth wood with unique custom tables from reclaimed and sustainable woods. From solid wood dining room tables and coffee tables to sideboards, all of our designs have a depth you won't find elsewhere.

Come see our bedroom furniture, both imported and made in the USA.
Solid designs for the way you live.

Visit our furniture and home decor warehouse at:
3623 OLD CHARLESTON ROAD ■ JOHNS ISLAND, SC 29455 ■ 843.628.2258
OPEN WEDNESDAYS - SATURDAYS 10AM-6PM ■ SUNDAYS NOON-5PM

MORE THAN DEEP SLEEP – TORPOR A KEY TO WILDLIFE SURVIVAL

PHOTOS BY: CHARLES MOORE



Seabrook Wild Things

by Members of the Environmental Committee



A juvenile black-crowned night heron takes a break deep within the branches of a tree on a Jenkins Point lagoon.



A bobcat sleeping in the branches of a live oak tree.

Ever wonder where our wildlife goes during the winter? How do they survive when it gets cold and food becomes scarce?

Many animals have an amazing ability to slow down their bodily processes lowering their internal temperature. This results in a suspended state called "torpor" which is similar to but a very different state we humans call sleep.

If this state occurs in warm-blooded animals (endotherms) responding to cold weather it is known as hibernation, if by cold-blooded animals (ectotherms) it is called brumation.

When animals go into this state to avoid hot and dry conditions it is called estivation.

The term "torpor" is most often used to describe this state within those animals that go into torpor quickly, often on a daily basis. However, the same processes are involved then animals go into torpor for longer periods and in a few cases even for years.

Regardless of why, when or for how long an animal goes into torpor it is primarily a way for it to survive periods of adverse conditions such as extreme cold, hot or dry weather or the lack of food.

Some animals hibernate or brumate every year and others do so only in response to their surrounding environment. Some animals make elaborate preparations, eating hardily to store fat reserves, building a nest or den for protection and may even store food should they arouse to early from their torpor.

Whereas sleep in humans is primarily a mental state, which may have some associated physiological changes including a reduced heart rate and lower body temperature, these changes are very slight compared to animals in torpor. The breathing rate of animals in torpor may drop 50 to nearly 100 percent (in this case oxygen is absorbed through the skin). The heart rate of a hibernating chipmunk may decline from 200 to only five beats a minute. The internal temperature of hibernating arctic squirrels may actually fall below freezing.

Many songbirds, such as hummingbirds and chickadees, and mammals

such as bats and shrews and other animals with high metabolism rates go into torpor on a daily basis. This conserves energy when they are not actively gathering food.

Birds, fish and even some mammals, such as dolphin that must always be on guard for predators and other dangers in their environment have evolved the remarkable ability to have one-half of their brain sleep or go into torpor while the other half remains alert. In this way, birds can continue to fly and even migrate and fish and dolphin may continue to swim while one-half of their brain rests. The preverbal "keeping one eye open".

Bats utilize both daily torpor and also go into long-term hibernation spending months in a cave, attic or other sheltered location. The only bird that is said to truly hibernate is the common poorwill (*Phalaenoptilus nuttalli*), that is reported to be able to lower its body temperature to 60 degrees Fahrenheit and survive without food for 100 days.

Even fish, frogs, turtles, alligators and other cold-blooded animals go into torpor to avoid adverse conditions. Some find shelter in the mud, leaf litter, under rocks or fallen logs or move to the bottom of lakes, ponds or streams. Here they may spend months, the entire winter or in some cases even years in a state of torpor.

The lungfish, a primitive air-breathing species, is particularly remarkable. It burrows into the mud as the lake or water body in which it lives completely dries up. Here it excretes a mucus cocoon with an air tube to the surface and by going into torpor it may survive for three or more years waiting for the lake to refill.

Studies aimed at understanding the processes involved in this amazing ability of animals to go into a state of reduced metabolic activity and lower internal temperature could have far-reaching impacts on humans. Induced torpor in humans could become important in future space travel and the transport of injured and seriously ill individuals until they are able to receive treatment. ▲

Charles Moore



A Catbird rests out of the sun in a bush.



A Green tree frog resting on a cattail leaf in the shallow waters of Palmetto Lake.

BAD WEATHER IS NO REASON FOR CLIMATE ALARM

Events such as hurricanes and wildfires are too often blamed on our slowly warming, slightly wetter planet

By Benny Peiser and Matt Ridley

Considering the unusual weather we've experienced in January, I thought this was a timely read from the Wall Street Journal... editor

Several weeks ago, President Donald Trump greeted the cold snap that was gripping much of the U.S. by tweeting, "Perhaps we could use a little bit of that good old Global Warming." He was criticized for confusing weather with climate. But he's hardly alone in making this mistake, as we have seen in coverage of the most destructive weather-related events of 2017.

The past year was filled with bad weather news, much of it tragic, with whole communities even now still struggling to recover. Hurricane Harvey hit Texas, and Hurricane Irma struck Florida and Puerto Rico after devastating other Caribbean islands. Wildfires torched the dry expanses of Napa and Ventura counties in California, and Australia experienced severe heat waves.

It has become routine for the media, politicians and activists to link such awful events with climate change. The basic claim is that the accumulation of greenhouse gases in the atmosphere is causing more extreme weather of every kind—more droughts, floods and hurricanes. This claim in addition to concerns that a rise in global temperatures will have potentially dire effects in the long term on polar ice and sea levels.

By looking at the world as a whole, however, and at long-term trends (climate) rather than at short-term events (weather), we can better test the claims that 2017 was an unusual weather year and that weather is getting more extreme as the world warms. This global and long-term view also puts other possible threats from climate change in perspective.

While the U.S. witnessed record damages in 2017, the rest of the world was actually hit by far fewer natural disasters than usual. On average, the globe suffers some 325 catastrophic natural disasters a year, but last year



(through November) they were down to around 250, according to the Centre for Research on the Epidemiology of Disasters at the University of Leuven in Belgium. A third fewer people were killed by climate-related hazards, according to the Centre's International Disaster Database.

As for major weather events and the most prominent indicators of long-term climate trends, here is a rough scorecard for 2017:

Temperature: The past three years have set global records for high temperatures, partly thanks to the recurring warm-water El Niño cycle in the Pacific Ocean. Moreover, temperatures have been at historic highs since 2000, with 16 of the 17 warmest years on record. But average surface temperatures have dropped by a half degree Celsius since the El Niño peak in 2016, according to the UK's Met Office, and are now almost back to pre-El Niño levels.

Though temperatures have increased, the rise is not accelerating and has fallen short of the most authoritative projections. In 1990, the first assessment report of the U.N.'s Intergov-

ernmental Panel on Climate Change predicted that temperatures would rise at the rate of 0.3 degree Celsius per decade, equivalent to 3 degrees Celsius (or 5.4 degrees Fahrenheit) a century. In fact, temperatures have risen since 1990 at between 0.121 and 0.198 degrees Celsius per decade, depending on which of the best data sets is used—that is, at a third to two-thirds of the rate projected by the IPCC.

Hurricanes: In August, Harvey made landfall near Corpus Christi as a Category 4 storm, ending a record 12-year period without a major U.S. hurricane. Last year's Atlantic hurricane season was particularly hyperactive, ranking as the seventh most intense Atlantic season since records began in 1851.

But cyclones (as hurricanes are known elsewhere) are found in all three tropical oceans, and globally the Accumulated Cyclone Energy index—which measures the combined intensity and duration of these storms—is currently running 20% below its long-term average. In fact, the index for 2017 was less than half of normal cyclone activity for

the Southern Hemisphere.

Fires and droughts: More than 9,000 wildfires burned some 1.4 million acres across California this year. But the number of wildfires in California has actually been declining for 40 years, according to UCLA's Jon Keeley, a leading researcher on the subject. A review published in 2016 by Britain's Royal Society documented that the global area burned by wildfires has also declined in recent decades.

As for drought, a comprehensive database published in 2014 in the journal Nature found that the proportion of the world suffering from abnormally low rainfall has slightly declined since the 1980s.

Floods: In 2017, California had its second wettest rainy season since record-keeping began more than a century ago, setting off massive floods. But a study published last year in the Journal of Hydrology by Glenn A. Hodgkins of the U.S. Geological Survey and colleagues concluded that the number of major floods in natural rivers across Europe and North America has not increased in 80 years. Globally, too, floods have decreased in recent years.

Monsoons: For many years climate scientists have warned that the South Asian summer monsoon, which supplies much needed rain to the region's agriculture, may be weakening as a result of rising temperatures. A study published in 2017 by Qianjin Jin and Chien Wang of MIT in the journal Nature Climate Change reported, however, that the Indian summer monsoon has strengthened in the last 15 years and that since 2002 monsoon rainfall has increased significantly.

Sea ice: According to the U.S. National Snow and Ice Data Center, the total extent of sea ice at the world's poles has slightly recovered from last year's El Niño-driven low, to 21.2 million square kilometers in December, up from 19.65 million at the end of 2016.

The overall trend in recent decades clearly points, however, to a retreat of

sea ice. Though Antarctic sea ice has been growing by 0.15 million square kilometers (1.3%) per decade since 1979, according to the U.S. National Oceanic and Atmospheric Administration, Arctic sea ice has been declining by 0.55 million square kilometers (5%) per decade over that period. The loss of sea ice has no effect on sea level, however, and the rate of decline has been fairly gradual.

Sea level: According to NASA, global average sea level has changed little since July 2015. The average rise since 1993 has been 3.2 millimeters a year, but there is no obvious sign of acceleration since satellites started measuring sea level 25 years ago. That rate amounts to 32 centimeters a century, or just over a foot in 100 years.

Short-term weather fluctuations often carry a terrible human cost, and these extreme events rightly catch the headlines. But they don't capture the reality of the planet's climate. Over the past several decades, the world has been getting slowly warmer, slightly wetter and less icy. It has also been no stormier, no more flood-prone and a touch less drought-prone. And sea level continues to creep slowly upward.

There is little excitement here for those who expect cataclysms—and little comfort for those who say nothing is changing. ▲

— Mr. Peiser is the director of the London-based Global Warming Policy Forum. Mr. Ridley is a member of the House of Lords and the author of many books, including most recently, "The Evolution of Everything: How New Ideas Emerge."

Peiser argued that he is against alarmist, hysterical doomsday scenarios and catastrophic apocalyptic cult thinking but is not "a climate-change skeptic (2008)." [2] "Most scientists do seem to accept that there is an effect of CO2 on climate; the big question is how large and dangerous it will be in future. Personally, I'm also skeptical about the doomsday scenarios." [2]



Introducing BISHOP GADSDEN IN YOUR HOME

Recovering from illness? Rehabilitating after surgery? Need assistance in your home with short term health care needs? Bishop Gadsden is now providing companion and personal home care services throughout the greater Charleston community. Let us bring our experienced and reputable staff right to your door.



YOUR SOURCE FOR Positive Living AT HOME
843.406.6379 | bgconnections@bishopgadsden.org | bishopgadsden.org

BISHOP GADSDEN

A thriving life care retirement community located on James Island.

2525 Seabrook Island Road
3 beds, 3.5 baths, 3,137 ft² | \$989,000

As you walk through this home, the quality, care, and upgrades are evident both inside and out. On the interior, there is refinished oak hardwood flooring throughout, 10-13 foot ceilings, a walk-in pantry, large laundry, and hurricane protection. On the exterior, this home was freshly repainted, there's a new ipe deck off the porch, and it's located in a private wooded setting.

Joy Millar
c. 843.425.2816
jmillar@dunesproperties.com



Nobody knows the Charleston Coast better*



Karen Hilty
843.696.1325



Joy Millar
843.425.2816



Jane Lowe
843.709.1027



Caroline Seufert
843.817.4109



Jack Wilson
704.661.9843

The Kiawah Seabrook Group

Real Estate Sales at Bohicket Marina Village and Market | 843.768.9800

dunes properties

A Gardener's Journal



Remember that show, A Gardener's Journal, on television? It was by far my favorite TV program on gardening; naturally HGTV took it off the air. Except for a few good PBS programs run by individual states that are only aired in the home states there is a dearth of good televised information for gardeners.

I was reminded of the Gardener's Journal recently, and as January is a time for resolutions, a good one for me would be to keep up my own garden records with accurate notes, successes and failures, unusual weather occurrences, purchases and shared plants and the dear friends that shared them and of course, photos.

I had started writing this article a few weeks ago; it was going to be on my New Year's resolution to write in my journal. As I re-read the first paragraph I had to laugh. The recent snow certainly counts as an unusual weather occurrence but didn't it look lovely? For a few hours weedy garden beds looked pristine and our trees looked like those on Christmas cards. Seeing icicles on Spanish moss was a first for me. I'll be adding photos of that serene snow scene to my journal along with the less than pleasant obvious plant obituaries as a result of the cold. I say 'obvious' because not

everything that looks bad is dead, a good many plants may well come back from the roots. We just have to wait this one out.

Do cut back any unsightly foliage but don't be too quick to prune hard or pull any plants out. I have noticed the bark on my large perennial Salvia, 'Ember's Wish,' is split right to the ground. I'll cut that off now; there is no way that will sprout new leaves. However, I dug lightly around the roots and saw they are fresh and healthy. I have high hopes this plant will emerge from the ground as the weather warms. The stems on the lovely yellow Senna bicapsularis are probably dead but it is best to wait on plants like that, they may yet surprise us in the spring. A Clematis vine had already sprouted new leaves before the storm and this young, tender growth could not handle the cold and was damaged.

The foliage on amaryllis and crinum looked mushy and it was not easy to clean up. I dug up and examined a few bulbs and they seem firm and fine. As long as they were healthy to begin with they should bloom right on schedule.

Bananas, Cannas and ginger are also a mess of slimy foliage, but their rhizomes live on. Some ginger, like the variegated Alpinia zerumbet, only bloom on old stems, so we'll not see any flowers from the new leaves that emerge this coming spring. Just clean up the foliage as best you can, add a bit of compost and mulch the beds. One good thing about the recent freeze is that as you clean up the garden you will be able to more clearly see the bones or basic structure of your garden. With a clean slate you'll be able to determine what work needs to be done. After so many years, some of the shrubbery at my home is overgrown and needs major surgery.

It always amazes me when a visitor sees something in my garden that I had not noticed myself. Another good resolution would be to stop more often to see and appreciate what is growing, and to think about and remember the good people who have shared plants with me. Shared plants are always the best.

I'd much prefer to be digging rather than recording what is going on in the garden, but I am going to try and keep up my journal. That's my resolution but, well, we'll see. ▲

Alice Massey

Making Better Use of Your Technology Making the Most of Alexa and Google

I bet a lot of you got an Echo or Google Home device for Christmas. I am sure you are having fun asking questions, having your new assistant read you the news, weather and all the appointments on your daily calendar, and playing games. I particularly like having Alexa set timers for me when I am cooking and she is very adept at adding things to my various shopping lists. Every day we are getting closer and closer to that futuristic fantasy world of George and Jane Jetson.

I have recently decided to experiment with ways to get Alexa and Google to work a little harder. One of the most convenient things they can do is turn lights on and off. Alexa spent the holidays turning our Christmas tree on and off on command. Pretty cool.

If you would like Alexa or Google to turn your lights on and off, you could go out and buy a bunch of Phillips Smart bulbs at \$80 each, or you can do

what I did and purchase some wifi enabled smart plugs. You plug the smart plug into the wall outlet and then plug your lamp (or other device) into the smart plug.

You can go to Amazon and search for wifi enabled plugs that will work with Alexa and Google and you will find quite a few. I chose the Potensic smart plug two-pack. They work with Alexa or Google, don't require a hub, have a timer function and best of all - two of them only cost \$30. I am not sure this one is any better or worse than any other choice - but the product got great reviews, the price was right and so far, they are working fine.

The Potensic smart plug requires you to download an app to your phone to set up the plugs and then sync the plugs with the Alexa or Google app on your phone. The instructions are clear and easy to follow. Once you have gone through all the steps, you are ready to have anything in your house that plugs

into an electrical socket at your command. Tell Alexa to turn on your floor lamp and, Voila!, floor lamp on.

When we are home, we turn the lights on and off by asking Alexa. But when we are away, we can set the plugs to turn on and off at different times on different days using the smart plug phone app. This is particularly nice if the power goes out. You don't have to run around the house resetting all your timers. I can even turn my lights on and off remotely. If I am coming home late at night, and the house is dark, I can turn the lights on from my car before entering the house. Very cool! Technology can sure be a lot of fun - and it can also make your life safer.

So if you really want to start getting the most out of your personal assistant devices - grab some smart plugs and give Alexa and Google a work-out! ▲

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.

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



TOPIC: The North American Free Trade Agreement, A Major Target for the President - What has NAFTA Accomplished; Why Challenge it; and What are the Stakes for the U.S., Canada, and Mexico?

WHEN: Monday, February 26, 2018
• 5:15pm reception, 6:00pm speaker

WHERE: Citadel Alumni Center • 69 Hagood Ave. • Charleston, SC

SPEAKER: Nate Olson, Director of Trade in the 21st Century Program at the Stimson Center in Washington. Nate Olson is an expert on all aspects of global trade with considerable experience in engagement with the U.S. and foreign governments, the private sector, and non-governmental and international organizations. He is a graduate of Centre College and Oxford University. He has been active with Congressional committees, the National Security Council, trade groups, lobbyists, and others in Washington, and as a media commentator on trade issues.

Description: Inaugurated in 1994, NAFTA led to significant integration

of the American, Canadian, and Mexican economies by removing tariffs and other barriers to economic activity among the three countries. Many industries have significantly benefited but other sectors have been adversely affected in the U.S. President Trump seeks to renegotiate NAFTA which could overturn many cross-border links that underpin industries such as automobiles and agriculture and affect powerful interests.

Nate Olson will discuss how NAFTA has evolved, who might lose and benefit from its rewrite, and whether, in fact, renegotiation can be accomplished, given the major stakes at play in all three countries.

Next meeting is Wednesday, April 11, 2018. Topic is the 'Iran Nuclear Deal' and the speaker is Dr. Trita Parsi. ▲

HEALTHY AGING

Jerry Reves, MD



Sleep...or Lack of it...and Aging



We have written before about the value of a good night's sleep and health. To summarize, healthy aging requires about 7-8 hours of restful, healthful sleep. Unfortunately as we age our sleep number (of hours) declines. In fact as many as 50% of older people report insomnia although the range is thought to be 10-40%. Insomnia is a common problem.

Insomnia is defined as inability to fall asleep or stay asleep at night with the resulting loss of the recommended 7-8 hours of sleep each night.

Symptoms

To diagnose insomnia some/all of the following symptoms are present. Failure to fall asleep within 30 minutes of trying, waking in the middle of the night, early arousal, tired on awakening, irritability, increased errors during the day, and worry about sleep.

Types of Insomnia

Insomnia has at least four classifications that describe the problem from an etiologic point of view or length of the disturbance. Thus the four types of insomnia are: Primary, Secondary, Acute and Chronic.

Primary insomnia means that there are no known concurrent diseases that cause the loss of sleep whereas secondary insomnia is a result or contributed to by an underlying known disease. Acute and Chronic insomnia are defined by the time one suffers from insomnia: if one has insomnia at least 3 times a week for a month or longer, it is considered chronic. No matter what the classification, insomnia has many causes.

Causes of Insomnia in Elderly

As we age the reasons for insomnia increase and this explains the greater incidence in elderly. To ideally have good sleep one needs to be relaxed, healthy, and a bit worn out from exercise and work. Needless to say as we age anxiety increases, health is diminished, and sedentary lifestyles (including naps during the day) are common. This is the general setting for insomnia in the elderly.

There are other very specific

causes for sleeplessness in the elderly. Many medications have insomnia as a side effect (check to see if this is the case for you.) Travel, particularly long haul trips are disruptive to sleep. A very long list of diseases cause insomnia including depression, other mental illnesses, arthritis, cancer, narcolepsy, heart failure, heartburn, coronary artery disease, sleep apnea, large prostate (frequent urination), acute injuries, and many more. One common cause that worsens with age is snoring of a sleep partner. Other factors are too much caffeine, alcohol, excitement before bed (including arguments with pillow-fellow) and over-eating especially soon before bedtime. Anything that causes stress or worry such as personal health, finances or lives of children can cause sleeplessness. Finally, the bedroom is not to be used to watch TV, read, etcetera: it is meant for sleep and sex and other uses can contribute to insomnia.

Tips for a better Sleeping

There are a number of things to do to improve sleep. These include setting a regular schedule for sleep each day (same time to bed and out each day.) Avoid excitement, medicines, caffeine, and excess food and alcohol before bedtime. The bed should be clean, fresh and the bedroom dark, quiet and have an ambient temperature in the range of about 66-72 degrees. If unable to sleep within an hour, get up and go somewhere else and relax until tired and then return to bed. Finally avoid over-the-counter sleep aids since most are unproven

and some may be harmful to the elderly.

When to seek Medical Attention?

Sleep deprivation, especially in the elderly can lead to many disease (not just a result of them), worsen existing conditions, lead to accidents, impair thinking and judgement. Thus, lack of sleep is not something to ignore or figure "well, I am just getting old and not sleeping." There are many reasons that seeing your doctor about this problem is important, and it never hurts to ask your physician if you need some diagnostic studies and treatment by her/him or a sleep medicine expert. One important thing to take to your physician to save time is an accurate sleep diary.

A sleep diary should record for each day a typical month bedtime and time getting up. Record the amount of sleep during the night during that interval in bed. Exercise type and amount each day as well as the amount of caffeine and alcohol consumed should be noted. The use of any sleep aids should be registered as well as number of trips to bathroom or other disturbances. Finally naps (which can be a good thing if not too long or numerous during the day) should be written down in the diary.

The Bottom Line

Sleep deprivation for us as we age can lead to abnormal or impaired function in our normal routines. If this happens it is time to talk with your physician about sleep as a cause. ▲

www.seabrookrealestate.com
843.768.3921

3032 Baywood Dr
5BR/3.5BA, updated, golf view
\$810,000

Life starts here & your journey begins with us.

761 Spinnaker Beachhouse
2BR/2BA, walk to beach & club, sold furnished
\$379,000

2404 Racquet Club Villa
2BR/2.5BA, marsh views, sold furnished
\$179,500



Bill Hall to Speak at Next Garden Club Meeting



Seabrook Island Garden and Home Clubs next meeting is February 9. Our speaker this month will be Bill Hall from the Tea Plantation on Wadmalaw Island. His topic will be "Everything you always wanted to know about tea, but were afraid to ask."



Meeting starts at 9:00AM with coffee and light refreshments and a short meeting at 9:30 before Bill begins to speak. Everyone is invited and we hope you will come to our meeting. ▲

Charleston Collegiate School Hires New Lower School Dean



Charleston Collegiate School has hired Yvonne Barhight of Baltimore County Schools as its Lower School Dean to succeed the current Dean, Virginia Hills, following her retirement this summer. Yvonne Barhight has degrees in Education, Reading, and Administration, as well as over 35 years of experience in education.

Throughout her career, Mrs. Barhight has been a teacher and reading specialist, as well as Director of Language Arts and Principal for Baltimore County Schools. She also spent time as a Director of School Performance, where she focused heavily on Professional Development. In her time in Baltimore County Schools, Mrs. Barhight transformed a Title I school into a model for innovative learning, and facilitated the shift in philosophy to a student-centered educational model.

Mrs. Barhight said of her decision to move to Charleston and join the CCS family, "I missed working closely with teachers and kids. When I came to CCS, I saw the joy of learning that goes on here, and how innovative and

happy the kids and teachers are." Mrs. Barhight will spend the spring semester and summer working closely with Mrs. Hills to observe the day-to-day operations, begin forming relationships with teachers and students, and learn more about the long-term goals of Charleston Collegiate's Lower School.

Mrs. Hills said of Mrs. Barhight's new role, "I am thrilled that Yvonne is already on board so that she can hop in and get to know the culture of the school, the teachers, and the students. I'm really excited about the relationships she's going to be able to build, so that when she begins in the fall, she's really already begun. It's a positive change right away."

Head of School, Hacker Burr, stated, "While we are saddened to see Mrs. Hills depart CCS, we are comforted by the fact that Mrs. Barhight will be slowly integrating into the CCS culture, establishing relationships, and preparing for her new role. I believe that we truly have found a great fit with Yvonne, and that she will make a fantastic addition to our team." ▲

About Charleston Collegiate School: Charleston Collegiate School is a PK-12 school in the Charleston area and is a member of the Southern Association of Independent Schools and the Southern Association of Colleges and Schools. Charleston Collegiate School's mission is to inspire students to become passionate, lifelong learners by empowering them with knowledge, creativity, curiosity and confidence to mindfully embrace the opportunities of tomorrow.

arbor day

Plant Your Trees and Shrubs Now

In South Carolina we celebrate Arbor Day on the 1st Friday of December, and that seems strange to some folks who are used to planting trees in April. The reason for planting in the fall or winter is that roots have a chance to establish for 5 or 6 months before the spring flush.

That is a good thing because during the winter months in our moderate temperatures the ground doesn't freeze, heave or thaw. Dormancy is a period of rest for most trees and shrubs, and leaves that may remain on broadleaf evergreens aren't losing much water through evaporative transpiration. Trees provide ecological services, and the site selection is very important. The landscape uses for trees besides the most obvious, the oxygen we breathe, could be screening or framing a view, wind break, noise reduction, providing habitat for wildlife, holding soil, moisture and carbon. We should consider planting trees to be a quality of life effort. As green plants sequester carbon dioxide and water, making food to sustain themselves, they are also making food, fiber, building materials and many other oils, fats, proteins, sugars

and starches that sustain all animal life on the planet.

Trees are amazing in their ability to be attractive while providing all the other services that our landscapes need. Having a tree which shades the west side of a house, schoolyard, or park can lower energy costs, while also offering a comfortable place to play or relax in the summer. As leaves fall at the end of the growing season they provide organic matter to the soil. Organic matter helps soil to conserve water and nutrients, improves soil structure, and decreases soil erosion. Evergreen trees are still going to lose needles and leaves as the new growth flushes out in the spring. The time to fertilize is during that spring growth. Choosing the right tree for the space one needs to consider soil type, pH, and drainage. Exposure to wind, salt and light are also factored into the consideration as well as care and maintenance. A soil sample will give basic fertilization information, but you should also research the types of woody plants that do well in your area. Cold tolerance may not be as important for our area as acclimation to the heat and humidity. In general,

locally grown native species are going to be easier to maintain, require less care and maintenance than exotic species. When planting dormant trees and shrubs the planting hole should be just deep enough to accommodate the root ball. It should also be about 2-3 times wider than deep. If the soil is sandy or clay it is perfectly alright to add compost, leaf mold, but not potting soil or fertilizer. Compost and leaf mold will help hold moisture and add organic matter, but potting soil may contain peat, and while it holds water it also can cause a moisture discontinuity. After planting and watering well, add mulch; 2" should be deep enough, and should not come in contact with the trunk.

Check out the Clemson Home and Garden website for fact sheets on planting, fertilizing, watering and selection of trees. Remember that we need to think globally and plant locally. Happy belated Arbor Day! ▲

Laura Lee Rose
www.clemson.edu/extension/hgic/plants/landscape/trees/ Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

CAROLINA FOOT CENTERS
1012 Physicians Drive, West Ashley
www.CarolinaFootCenters.com
(843) 571-0602

Cosmetic Nail Restoration

BEFORE AFTER

Laser Nail Therapy

BEFORE AFTER

Medical Services Provided by **Podiatrist**
Saima Ismaili, DPM
Ashley Williams, DPM

LEDFORD'S
TERMITE & PEST CONTROL, INC.
766-8298

Family Owned & Operated since 1975
COMMERCIAL - RESIDENTIAL
CALL US TODAY • FREE ESTIMATES
766-8298

Visit our website for Special Offers:
www.LedfordsPestControl.com



THE SIP

Administrative News from the Seabrook



EXECUTIVE DIRECTOR'S CORNER

Heather Paton
hpaton@sipoa.org

Operations & Maintenance:
Due to heavy ice and snow last month, we experienced downed trees and limbs. Our tree contractor was on-island Friday after the Wednesday snow-fall and worked swiftly to clean and remove debris.

Safety & Security:
The Norred Officers were on site throughout the snow event. Due to dangerous road conditions several officers stayed on site overnight and resumed their shifts the next day. Some residents kindly provided food and blankets for the officers, and Harris Teeter donated eight roast chickens! Fortunately there were no reports of traffic accidents on the island during the storm. (continued next column)

The new ABDI gate software system is live. We have mailed letters with information regarding use of the system to all owners. The system is very user friendly and allows owners to create a guest list to streamline the visitor pass process. The system also has an app that can also be used to create passes. For the initial log-in, the software requires that we create new user IDs and passwords for verbal identification by Security. The initial IDs and passwords were in the letter owners will receive, along with instructions on how to change them to create custom IDs and passwords.

Administration:
Staff has been busy preparing for the Annual Meeting and creating the Annual Report.

Communications:
publiccomment@sipoa.org Activity

Topic	# of comments/questions
Billing	1
Board meeting schedule	1
Community Center	1
Deer Culling	3
Holiday Fund	1
Landscaping	1
Regime fees	1
Roads	1
Security	1
Trash Disposal	1
Website	1
Total	13



31st Annual Arts & Crafts Exhibit

The Annual SIPOA Arts & Crafts Exhibit will be held during Annual Meeting Weekend on February 16-18, 2018

It is always one of the highlights of Annual Meeting Weekend to see the incredible talent of Seabrook Island Property Owners at the Arts & Crafts Exhibit.

Details were included in your Annual Meeting packet. Registration forms are also available at The Lake House.

OAPAGES

Island Property Owners Association

LAKE HOUSE SPOTLIGHT



The "Opera Lite" Series runs for 9-10 weeks from January thru March and again from September to November. All sessions are FREE and previous exposure/knowledge of opera is not necessary. Indeed, newcomers are encouraged to give it a try.

Each opera is self-contained in the 90 minute session with the opera shown in an abridged fashion featuring the high points. Each week brings a different production with the works ranging from current to vintage. These sessions are informal and fun with performances supplemented by text subtitles in English. The voices and acting are amazing. You may be surprised how dramatic and enjoyable this art form can be.

Join us on Thursdays thru March 15th from 3:30PM to 5:00PM for enjoyment mixed with enlightenment. Operas will be shown in Osprey 2.



Dr. John Benzel introduces an early Puccini composition "Manon Lescaut" to a full house at the Lake House. Dr. Benzel brings an exhaustive knowledge of opera to his class every week and shares with them not only notable productions (with English subtitles - see list below) but a thorough background of the history of each opera.

"Highly recommended".....Tom White, Seabrooker

- Schedule of Operas
- 2/12 - EUROPA RECONOSCIUTA
 - 2/8 - DER ROSENKAVALIER
 - 2/15 - LOHENGRIN
 - 2/22 - LA BOHEME
 - 3/1 - BEATRICE AND BENEDICT
 - 3/8 - RIGOLETTO
 - 3/15 - THE USUAL SONG AND DANCE

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

BROWN & WHITE PICKUP



Due to the Annual Meeting weekend when many more property owners are on the Island, the next monthly Brown & White pickup is scheduled for Friday, February 16, 2018 instead of February 2nd.

Bulk items can be left curbside by 7:00 am. Place items including furniture, appliances, grills, lawn furniture, or other similar household items where you would normally leave your trash and recycling.

Hazardous waste such as old paint cans, electronics, batteries, fluorescent lights, and old yard or household chemicals can be taken to the Maintenance area (adjacent to the Community Garden) that morning between 7 am and 2 pm. Hazardous materials must be handed directly to the attendant on duty. The materials cannot be left on the ground.



REMINDER

The speed limit on Seabrook Island is 25 MPH OR BELOW, as posted. Please observe all signage, and drive safely, especially as the Spring months bring increased visitor and bicycle/pedestrian traffic.

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite	1 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	3 11:00am Seabrook Smashers
4	5 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	6 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	7 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	8 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite 7:00pm SINHG Evening Program	9 9:00am Garden Club 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	10 11:00am Seabrook Smashers
11	12 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	13 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 7:00pm Apple User Club	14 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	15 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite 6:00pm SI Photography Club	16 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers 2:00pm SIPOA Arts & Crafts Exhibit 7:00am Meet the Artists Reception	17 11:00am Seabrook Smashers 10:30am SIPOA Annual Mtg. 10:30am SIPOA Arts & Crafts Exhibit
18 10:30am SIPOA Arts & Crafts Exhibit	19 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	20 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens 2:00pm Art Guild Meeting 4:00pm Men's Book Club 7:00pm Coin Club	21 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	22 12:30pm Art Open Paint 1:00pm Mahjongg 3:30pm Opera Lite	23 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:00pm Mom's Circle 3:30pm Seabrook Smashers	24 11:00am Seabrook Smashers
25	26 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 3:30pm Seabrook Smashers	27 12:30pm Art Open Paint 1:00pm Mah Jongg Mavens	28 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers			
NO CLASSES	8:30am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch 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 7:00pm Evening RideSBI	8:15am Core & More 8:30am Splashers 9:15am Zumba 10:15am Strength & Flexibility Express 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 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am Pilates 8:30am RideSBI



Bad pain
Whereas the normal muscle aches and pains described above are generalized, bad pain is localized and typically abrupt. The sensations you feel are stinging, stabbing, sharp pain or tingling numbness instead of a healthy burn. Your body is giving you a warning. These sensations could be signs of a muscle tear, bone or joint pain, a tendon strain, or a ligament strain. If you experience this type of pain, stop what you are doing. Dr. Dinubile goes on to say that you should never have sudden or deep lasting pain that interferes with sleep, nor should you ever note bruising, swelling, or loss of mobility. These sensations could be signs of deeper problems and should be evaluated by a physician.

The old adage "no pain, no gain" is bad advice. The truth is that all exercise-related aches and pains are not created equal. There is a big difference between normal soreness and injury related pain. The healthiest athletes are those who understand the distinction and pay close attention to their bodies' cues. Here are guidelines for deciphering your body's language and avoiding injuries:

Normal muscle aches and pains (aka good pain)
According to Nicholas A. Dinubile, MD, author of *Framework, Your 7-Step Program for Healthy Muscles, Bones, and Joints*, good pain is the muscle burn that builds gradually during a workout. Termed **immediate muscle soreness (IMS)**, this burn is caused by the buildup of lactic acid and other metabolic wastes in the muscles. It is a sign of a really productive workout, will go away shortly after exercise, and is harmless.

Another acceptable type of muscle ache is **delayed onset muscle soreness (DOMS)**. This typically occurs 1-2 days after a hard workout or if you are unaccustomed to weight lifting. With DOMS, there is muscle tenderness as well as stiffness and a stronger sensation than the burning experienced during exercise. DOMS continues for several days after its onset, is not a cause for alarm and responds to remedies like rest, light massage, stretching, and light aerobic exercise.

A non-negotiable for avoiding injuries
One of the most proactive ways to avoid exercise related injuries is to do a dynamic warm up before working out. A dynamic warm up prepares your body for activity by turning on the muscles that you will be using during your workout. It starts with simple range of motion exercises and proceeds onto faster movements that wake up your muscles and nervous system. Skip the dynamic warm up and you leave yourself exposed to knotted muscles, a compromised range of motion, and injuries.

Bottom line, you need to listen to your body. By understanding different types of pain, you will know your body better, be more responsive to its cues, and steer clear of injuries.

April Goyer is an orthopedic training specialist, health coach and personal trainer at the Lake House on Seabrook Island. 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 or april@aprilgoyer.com.



COOPER RIVER BRIDGE RUN SEABROOK ISLAND BUS

Saturday, April 7th, 2018

The Lake House will once again be chartering a bus to take Seabrookers and their guests to and from the Cooper River Bridge Run.

ENJOY THE RUN AND AVOID THE HASSLE... RIDE WITH US!

Cost: \$25.00

Race Day Itinerary:

- The bus will leave promptly at 5:50 AM from the Seabrook Island Real Estate Parking Lot on Saturday, April 7th.
- The Cooper River Bridge Run begins at 8:00 AM.
- The bus will leave from behind the Aquarium Parking Garage once all participants have finished.

Please Note: REGISTRATION FOR THE COOPER RIVER BRIDGE RUN IS THE RESPONSIBILITY OF THE PARTICIPANT. Registration for the bus ride DOES NOT REGISTER PARTICIPANTS FOR THE COOPER RIVER BRIDGE RUN.

To register for the Cooper River Bridge Run, please visit bridgerun.com.

There are NO REFUNDS for race or bus registration.

LIMITED SPACE AVAILABLE.

For more information or to register, please contact The Lake House at 843.725.1581 or jmogus@sipoa.org



Katriel Srebnik

PAINTING PEOPLE WITH LIGHT & COLOR
A two-day workshop with live models



Saturday-Sunday, February 10-11
9:00-4:00PM
The Lake House, Seabrook Island
Cost: \$225 plus a model fee

"Secrets" used by Classical through contemporary painting Masters are introduced and demonstrated: establishing the composition, light and dark masses, and the proportions and structure of the head and figure; selecting and mixing colors on the palette and the canvas; painting convincing flesh tones; understanding and rendering folds and different materials of clothing; capturing the effects of light and atmosphere.

Katriel Srebnik's artwork has earned thirty-one national awards, including three Awards of Excellence from the Oil Painters of America; the President's Award from the American Impressionist Society; Best of Show from the Academic Artists Association and Texas Art Museum; First Place from the National Society of Artists and Hilton Head Art League; plus other national awards; has appeared in *American Artist*, *American Art Collector*, *American Art Review*, *Art & Antiques*, *Art Business News*, *The Art Guide*, *The Artist*, *Art of the West*, *Art*

World News, *Carrie Leigh's Nude*, *International Artist* and *Southwest Art* magazines; in over seventy national juried exhibitions; and in galleries throughout the United States and in Europe. In addition, his artwork has been featured in eight museum exhibitions, including the International Guild of Realism's "Master Works Museum Tour".

Srebnik has conducted art workshops at over twenty art schools, colleges and other venues. He is a member of the American Impressionist Society, the Oil Painters of America, and the Portrait Society of America. Additional information and artwork may be viewed at the Katriel Srebnik Gallery, 195 King Street, Charleston, and at www.SreGallery.com.

To register for this workshop, please contact Gary Kunkelman at garyk1@comcast.net. To secure your registration you must send a check to SIAG Treasurer, Pat Van de Graaf, 2390 Cat Tail Pond Road, Seabrook Island, SC 29455. ▲

Seabrook Island Artists Guild presents MASTER MARINE PAINTER WILLIAM P. DUFFY Demonstration and Three-Day Oil Workshop • March 20-23, 2018



William P. Duffy, a Fellow of the American Society of Marine Artists will demonstrate his art on March 20, 2018 at the Guild's monthly meeting and offer a three day painting workshop March 21-23. This is a rare and affordable opportunity to work under a true master and a great teacher! His 3-day in studio workshop is open to ALL levels as well as non-members.

The class size is limited to 10. The cost is \$295 for Guild members and \$325 for guests. Please note that payment must accompany registration and is not refundable after February 15. To sign up, please send a check made out to "SIAG" to Pat Van deGraff, 2390 Cat Tail Pond, Seabrook Island. A material list and detailed description of the workshop will be sent to registered participants.

William P. Duffy was born in Boston and received his art education at the School of the Worcester Art Museum/Clark University and the Boston Architectural Center. His work can be found in private collections throughout the United States and in several foreign countries. He is a Fellow of the American Society of Marine Artists, a member of the New England Plein Air Painters, the Copley Society, and The Oil Painters of America. Mr. Duffy's paintings are in collections from Japan to Hawaii to London, and have been shown in several art museums, including permanent collections. Mr. Duffy has been exhibiting at the Mystic Seaport

International Exhibition at the Maritime Gallery where he received several Awards of Excellence. Eight of his paintings, published as prints, have been sold worldwide. He is the recipient of multiple "Award of Excellence" at international shows. He has been the subject of articles in *Sea History*, *U.S. Art*, *Art Business News*, *Fine Art Connoisseur*, and *American Art Collector*. As a Fellow in the American Society of Marine Artists and past Managing Fellow, he has served on the jury in the Artist Membership, Signature Artist Membership and Fellow application process for the past 20 years. Mr. Duffy also wrote two articles showing his painting process for the *ASMA Quarterly Magazine*. His work can be seen in many fine art galleries in New England and on his website, www.williamduffy.com.

Mr. Duffy is a celebrated and sought-after teacher. He has taught workshops at the Lyme Academy College of Fine Art, at the Lyme Art Association and the Rowayton Art Center, all in Connecticut. He has also taught at the Portland Museum School of Art and at Permaquid Point in Maine. He has conducted private workshops in New York and New England as well as in his studio.

Mr. Duffy approaches painting on three different levels which are all interrelated: aesthetics, creating a sense of place, and creating an emotional or spiritual content.

Aesthetic: Composition for Mr. Duffy is a complex exercise of arranging squares and rectangles broken by

subtle curves and angles, hopefully fitting into a cohesive whole, and activated by progressive systems of warm and cool colors.

Creating a sense of place: Light, atmosphere, local color and texture play major roles, establishing the viewer to say, yes, this is the Azores, Nantucket, or Ireland.

Finally and most challenging, painting is a means to "express deep-seated spiritual sentiments". A painting must have mood and subtle power. "I try to stir the soul", says Mr. Duffy.

At the Seabrook Island workshop, Mr. Duffy will describe his particular approach to painting and start each day with a brief demonstration followed by everyone painting under his guidance as needed by each student. The major points to touch upon will be:

- Understanding the role of color and contrast in the creation of mood.
- Using a simple four-value approach as a tool in design.
- Achieving focus through value and color contrast, shape diversity, edge manipulation and thick and thin paint quality.
- Learning to simplify value patterns to achieve unity and impact.
- Discussing the relative merits of various painting tools including brushes and knives, easels, mediums, paint and supports.

For more information on the Seabrook Island Artists Guild, membership, events, classes, workshops and shows, please visit our website: www.seabrookislandartistsguild.com ▲

Artist-of-the-Month Exhibit Brenda Tilson

JURIED MEMBER OF THE PASTEL SOCIETY OF AMERICA
THE AMISH AND THEIR FARMS:
An artist look at a simple lifestyle



The simple and humble Amish lifestyle will be on display through February at the Lake House Gallery on Seabrook Island. Horses, farmers, field work, auctions, all elements of their daily culture. It is these elements that many find alluring. Step into their world for a few moments and reflect on their simplicity, humility, and their peaceful, timeless existence.

Brenda has long been fascinated by rural scenes of America and particularly the Amish culture. Through her paintings, we have been able to experience the

uniqueness of the Amish way. Once again, with new works, Brenda invites us to discover more. A longtime SIAG active member and exhibitor, Brenda holds degrees from the University of Cincinnati College of Design, Architecture and Art. She also has a BA in Art Education from Fairmont State College. In addition to having been selected as a Juried Member of the Pastel Society of America in 2016, she is also a member of the Piedmont Pastel Society, Charlotte, North Carolina. ▲



A free painting demonstration by Contemporary Impressionist Painter

Rick Reinert February 20, 2:00-4:00pm The Lake House, Seabrook Island



Rick Reinert's formal art education began in the early 1970's at Western Kentucky University and continued to evolve over the years. Success came when he exhibited large works in one-man shows in Germany and Canada.

After taking time off to establish two small businesses and raising a family, he renewed his commitment to art, painting through the night and slowly establishing the unique and passionate style for which he is known today. Painting seven days a week, nine hours a day, Mr. Reinert continues to challenge himself as one of America's

most prolific impressionistic painters. Throughout his career, Mr. Reinert has won numerous Best of Show awards. In 2012, his painting "Dusk at King and Queen" was chosen "Best of Show, Mayors Purchase Award" at the Piccolo Spoleto Outdoor Art Exhibition.

Rick Reinert's work can be viewed at his studio and gallery, 179 King Street, Charleston, and on his website: www.reinertfineart.com/

To learn more about the Guild, visit our website at www.seabrookislandartistsguild.com. ▲

For more information on the Seabrook Island Artists Guild, its membership, classes, events and workshops, please visit our website at www.seabrookislandartistsguild.com.



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

SEABROOK STITCHERS

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



SEABROOK ISLAND RUNNING GROUP

Calling all runners!
There is a running group forming on Seabrook Island. The goal is to get runners of all levels together for running and socializing.

Group Run • Saturdays at 8:00AM

- We will meet in front of the Lake House. Any distance/level welcome.
- As the days get longer, we will schedule evening runs.
- For more information on all future events, runs, and socials, please join our SI Running Group Facebook page. For questions, please call or text Isabel at 912-399-1793.

The Charleston Museum



CHARLESTON MUSEUM'S ANNUAL OYSTER ROAST

February 24 • 12-3PM • Dill Sanctuary
Please join us on February 24 from 12 - 3 pm for our Annual Oyster Roast. Enjoy an incredible view of the Stono River at the Dill Sanctuary while you listen to live music, shuck oysters, and eat delicious barbecue from Sticky Fingers and doughnuts from Diggity Doughnuts!
Attendees are also invited to join Museum Archaeologist Ron Anthony as he leads a discussion of archaeological work that has taken place at Stono Plantation, one of four plantation sites within the Dill Sanctuary. Bring your appetites, your coolers, and your chairs and blankets, and join us for a day of Lowcountry fun!
Tickets are all-inclusive and cover admission to the Dill Sanctuary, BBQ, oysters, an archaeology talk with Archaeologist Ron Anthony, and one gourmet Diggity Doughnut.
Space is limited, so register early! You can do so online or call 843.722.2996 ext. 235



CHARLESTON COUNTY BOOKMOBILE

Tuesday, Feb. 6 & 20
10-11:30AM • Freshfields
The Charleston County Bookmobile will be at Freshfields Village the first and third Tuesday of every month. The Bookmobile will be parked behind Hege's and Java Java.



ART & WINE WALK

Friday, Feb. 16 • 4-7PM • Freshfields Village
Join us on Friday, February 16 from 4:00 to 7:00 pm for the annual Art & Wine Walk. Residents and visitors are invited to watch live art demonstrations, view works from local and visiting artists, and enjoy live jazz music and tastes of wine in participating stores.

\$25 GENERAL ADMISSION

QUENTIN E. BAXTER PRESENTS...

ULYSSES OWENS, JR. & FRIENDS

FEBRUARY 8, 2018
7:30PM
TURTLE POINT CLUBHOUSE - LEGENDS ROOM
1 TURTLE POINT LN, KIAWAH ISLAND, SC 29455

BAXTERMUSIC.COM
843.766.8814

Ulysses Owens, Jr. - drums
Alphonso Home - trumpet
Liston Gregory - piano
Phil Norris - bass
Kalya Cash - vocals

TICKETS AVAILABLE AT THE KIAWAH TOWN HALL

Sponsored by the Kiawah Arts & Cultural Events Council

Cantus

The "intellectually, emotionally and musically rich" men's vocal ensemble. -Star Tribune

Tuesday, February 6, 2018
7:30 p.m.
Holy Spirit Catholic Church

TICKETS AVAILABLE AT THE KIAWAH TOWN HALL



Open House Event

Saturday, February 17th

1:00 - 3:00 PM

Seabrook Island Real Estate *presents an
Annual Meeting Weekend Open House,
featuring current homes for sale!*

*Visit the Seabrook Island Real Estate office, located just before entering the
Seabrook Island gate, for brochures, a map and to arrange gate access.*



SEABROOK ISLAND

Real Estate

Make It Uniquely Yours