

THE Seabrooker

INSIDE



Turtle Patrol - page 9



Seabrook Wild Things - page 9



Art Guild - page 14



Island Notices
page 15



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GREENSPACE GALA RAISES OVER \$66,000

Will Complete the Corner and Corridor



Head or Tails Game at the Gala

See page 3 for more photos

The Seabrook Island community eagerly attended another very successful Conservancy Green Space Gala on March 18. The Seabrook Island Club again generously hosted the annual event at the Island House, and Seabrook Island Real Estate once more helped make the evening possible with its help and donations. Money was raised through live and silent auctions, a "What's in YOUR bottle?" game, our beloved bead game where the winner took home a bin of awesome electronics, the purchase of vacations in Italy and the "Sumptuous September Saturday" progressive cocktail party. The grand total raised exceeded \$66,000! This money will enable the Conservancy to purchase property to complete a strategic corner and corridor at Block 1, Lot 4 at Seabrook Island Road and Clear Marsh.

Jeri Fink, the Conservancy president as well as the gala chairperson, wel-

comed the attendees to the sold out annual event and thanked Seabrookers for their continuing and generous support of the island's green space acquisitions, which will soon total 28 properties.

After a buffet dinner, Charleston chief meteorologist Dave Williams (WCIV-TV) took the role of auctioneer for the incredible live auction items. As usual, Dave kept things lively and moving at break neck speed, especially for the "Pick your Poison" party! Chick Vladuchick ended up with the highest bid but it was very tense for a moment or two.

The photos tell the story of generous Seabrookers enjoying a beautiful and fulfilled evening. To all who attended the gala, who bid in the auctions and played our games, the Conservancy says thank you! And to those who support us all year long, we offer another thank you..▲

Beth Nichols

RACQUET CLUB DONATES TO BIFMC



The annual Barrier Island Round Robin Benefit Day at the Racquet Club included a separate men's and women's tournament followed by a raffle. This year the Seabrook tennis community raised a record \$6,200 for a great local cause. Pat Tallman, Kathy Bruce and all their volunteers put together a fun and highly successful event.

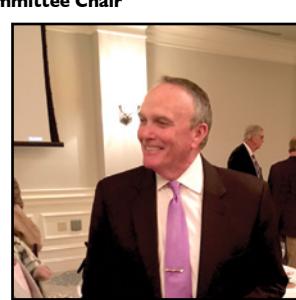
On Friday, March 25, the check representing the BIFMC donations was ready to be picked up. The Medical Clinic responded that it represented a tremendous gift. "Our new facility has just opened. It is beautiful and the space we now have to serve our patients is unbelievable. We have been campaigning for clinical room 'naming rights'. We will consider the S.I. Tennis Community name on one of the clinical room's doors.

It would recognize Seabrook Island's support for our Miracle on Maybank..▲

ANGEL OAK AWARD 2017 HONOREE, DR. VICTOR AGUSTA



(L-R) Vic Jr., Carol and Vic Agusta



Warren Peper

Columnist and Guest Speaker, Warren Peper was introduced by Larry Blasch. Mr. Peper spoke on "Life's Curve Balls" and how to deal with them through personal challenges he faced throughout his career.

The highlight of the evening was Alan Armstrong's Angel Oak Award Presentation to Dr. Victor Agusta-A good friend and outstanding volunteer who has made significant contributions to people in our area.

Dr. Vic accepted this honor with humble thanks while acknowledging the volunteer efforts of other non-profits and charities serving the impoverished population on our islands. He shared the amazing "no cost" medical services provided to BIFMC patients by Roper St. Francis, local physicians and pharmacies and praised his BIFMC volunteer nurse and scribe for putting up with his New York accent and inability to type.

Congratulations, Dr. Victor Agusta-Well Deserved!▲

Lori Leary

Following dinner Post and Courier

**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

Minutes of our March 2018 meeting with 14 associations/regimes represented either in person or on the conference call and *Seabrooker* Editor Michael Morris also in attendance. The minutes of the December 9, 2017 meeting were approved.

Association/Regime Presidents' Roundtable

The topic of the roundtable was on the future of villa association/regime representation to The Town of Seabrook Island (TOSD), Seabrook Island Property Owners Association (SIPOA) and Seabrook Island Club/Seabrook Island Real Estate (SIC/SIRE) and other issues related to COVAR, to include arriving at a plan for its future.

President Keener described the status of the COVAR Board. During the annual nomination period as prescribed by the COVAR By-Laws, no one volunteered for President of COVAR. The other Board positions of Vice President, Secretary and Treasurer had volunteer nominees, Alison Standard-Blakey, Cindy Brown and Floyd DeAndrade, respectively. The purpose of this roundtable discussion was to determine how to proceed with COVAR given this situation. Vice President Quigley gave a history of COVAR including its original mission and how it has fulfilled that mission since 2001. That mission is to (1) provide a forum for villa owners to discuss common concerns, (2) represent the interests of villa owners, both full and part-time residents, in matters involving TOSD, SIPOA or SIC/SIRE and (3) provide information to villa property owners.

Many representatives spoke during the roundtable discussion with the consensus that COVAR is a desired and necessary entity with basically the same mission. The way that mission is fulfilled may be evolving with the mention of these common themes:

- Continue quarterly meetings with specific topics/speakers
- Facilitate communication among associations/regimes
- Establish an easily accessible and functional website for COVAR and each association/regime

- Quality teleconference capability for meetings
- Communication directly to villa owners and not just presidents
- Establish an electronic community for COVAR
- Facilitate coordination among associations/regimes on maintenance projects to minimize costs
- Need facilitators at the helm of COVAR who help coordinate association/regime activities to reach solutions to issues.

Cherie Squire volunteered to fill the empty Board position whether as President, Vice President or Secretary.

By acclamation, President Keener declared Alison Standard-Blakey, Vice President, Cindy Brown, Secretary and Floyd DeAndrade, Treasurer. It was decided that these officers along with Appointed Board Members, Lori Leary-Communications Chair, Randy Buck-Town Affairs Chair and Harry Vincent-Safety and Security Chair would meet to decide how to move forward given what was discussed at the roundtable and the COVAR By-Laws. Association/regime presidents will be given the opportunity to concur or dissent on the Board's decision, as COVAR is their organization.

Quarterly Treasurer's Report

Treasurer DeAndrade reminded all associations/regimes that the COVAR \$10 annual dues is being collected for 2018. All donations should be made payable to COVAR and sent to Treasurer Floyd DeAndrade at 1924 Marsh Oak Lane. Year to date, 28 of the 41 members have contributed the annual dues.

Recognition of Allan Keener and Gary Quigley

Lori Leary presented Allan Keener and Gary Quigley, outgoing Board President and Vice President, respectively, with Hege gift certificates in appreciation of their long years of service to COVAR and their numerous accomplishments over those years.

Meeting Adjournment

The meeting was adjourned with the next meeting to be determined by the newly established Board.▲

Note: A quorum was not present at the March meeting for voting purposes.

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REFERENCES UPON REQUEST

**SEABROOK ISLAND**

by Anika Mueller-Hickler

(16-year old Granddaughter of Rupert and Heidi Hickler)

The sun beats down on the sand at the beach
The ocean rolls up on the shore at the beach

The winds rock the leaves of the trees

The winds also cause the flowers to shake and sway

All the green grass that looks like emeralds

The blue sky that looks like the brightest sapphire

The white snow looks like a pearl almost never seen

This place never ceases to amaze me.

I absolutely adore the life, the joy and the love

That Seabrook Island contains

**Making Better Use of Your Technology**
Where Have All the Passwords Gone?

I know I have covered this topic before but I think it is worth visiting again. These days, our smartphones have become the mini-computer that we take everywhere. We use them to communicate, shop, navigate and listen to music and audio books. Considering the price of a new Galaxy, Pixel, iPhone or Droid, we are paying for very sophisticated equipment. Indeed, you can purchase a Windows 10 computer for half the price of a new smartphone. Having all that power and information in your pocket or purse is convenient, but it also puts your information at risk.

If you are not comfortable keeping all your passwords in an app on your phone, than slowly begin changing your passwords using a naming convention. The one that I use is very simple and allows me to remember my passwords. Sites are now requiring passwords that have 8 or more characters, capital letters, lowercase letters, numbers and symbols. That's a lot to remember. So here is a little trick I use. I have come up with an nine-character base that never changes. It consists of four lowercase letters, four numbers, and a character, e.g., sbrk9876#. Each time you create a new password you add 2, 3, 4, or 5 letters from the name of the site, or the whole name of the site in all caps. For example, your Amazon.com password could be AMAsbrk9876# or AMAZsbrk9876#. You could stick the name of the site in the middle, e.g., sbrkAMAZON9876#. Your Google password could be

GOOsbrk9876# or sbrkGOOG9876# or GOOGLEsbrk9876# or EL-GOOGsbrk9876# (GOOGLE spelled backwards) - whatever works for you, so long as you are consistent. Now, all you have to remember is the nine-character base and where you are adding your version of the name of the website. Easypeasy and you have met the password requirements of most internet sites.

This works great for sites you visit regularly that don't contain any financial or credit card info that someone could tap into. I don't recommend using this convention for your banks, brokerage accounts or investment sites. Those passwords should be unique, complicated, and changed at least every 6 months. Those are the passwords you should keep in a secure app.

So take some time to make sure your list of passwords is secure and come up with a formula that helps you remember your passwords so you won't constantly be looking for that little, unsecure, notebook.▲

Denise Doyon

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Next month we are going to try something new! I know many of you have questions about your technology. So, in the tradition of Ann Landers and Dear Abby, send your tech questions to me at query4denise@gmail.com and I will answer as many of them as I can in the space allotted for my column. I look forward to hearing from you.

**On Wine**
Michael Morris - Vintage Wine**Rosé**

Rosé is all the rage these days. Most in the industry are excited about it because it was under appreciated for so long. A well chilled rosé on a hot summer day is a wonderful thing. Unfortunately, with its rise in popularity comes the inescapable truth. As with Pinot Grigio in the 90s, most of what is out there is without character and save a few examples, overpriced.

Recently I've been introduced to the wines of Clos Cibonne. Their wines, made from the obscure grape Tibouren, are wines that transcend the category and stand by themselves as serious, contemplative wines that deserve your attention.

Clos Cibonne dates back to 1797 when the Roux family purchased the property from Jean Baptiste de Cibonne, a Captain of

the Royal Marines of Louis XVI. The true soul of the estate can be traced to 1930 when Andre Roux modernized the winery, replacing the more widely known and popular Mourvèdre grape with the native varietal Tibouren for which he had a strong affinity. While these days, with hipster sommeliers always looking for the newest, most esoteric wines, such a move wouldn't raise many eyebrows. In 1930, it was a risky move indeed.

Situated just 800 meters from the shores of the Mediterranean and surrounded by hillsides that increase airflow to protect them from hot summers, Clos Cibonne take a unique grape and vinify it in a unique manner. The Tibouren is fermented in stainless steel and is then transferred to very large (500L) and very old (100+ year old) foudres. These vessels are not topped off all the way and thus are aged under a fine layer of spent yeast

cells (fleurette) in a manner similar to Sherry.

Clos Cibonne takes a unique grape from unique terroir and ages it with a unique process creating two rosés. One cuvée from younger vines, and one cuvée, Cuvee Speciale des Vignettes, from older vines. These wines are definitely not just a simple summer quaffer. They are complex, though provoking wines that deserve a space in your cellar. They are lush yet restrained, with a silky, waxy texture. I can only imagine the heights these wines attain with time in the cellar and hope that one day I will be able to experience them at their peak of maturity.

They are worthy of making the effort to seek them out.▲

**FROM TOWN HALL**

JERI FINKE

over the island's beaches and also regulates some of the economic drivers that are part of keeping the island viable and such a vibrant community and desirable vacation destination. All would be threatened by the many and varied negative effects of oil industry development off our coast.

With these factors and others in mind, the Seabrook Island Town Council has taken a firm and active position against opening up the Outer Continental Shelf (OCS) to oil and natural gas exploration and drilling as proposed by the Trump Administration.

An executive order signed last spring started a new five-year program (2019-2024) for selling leases on 98 percent of the OCS, including the two regions off the South Carolina coast identified as the Mid and South

Atlantic regions.

Fortunately, there are strict procedures in law for opening up the OCS and nothing can happen overnight. There is a several step process that allows for public comment and input before OCS leases are actually sold and offshore drilling can begin. However, the Bureau of Ocean Energy Management (BOEM) within the Department of the Interior is pushing the five-year program forward as quickly as statute allows.

The Town registered its opposition last summer when the five-year program was first announced, and again restated its vigorous opposition during the second comment period that just closed on March 9.

That second comment period was an opportunity to respond to BOEM's analyses of the environmental, economic and social impact offshore drill-

ing would have on each of the OCS regions under consideration. In its letter, the Town took exception to BOEM's almost exclusive reliance on the oil industry's exaggerated economic promises while dismissing sound and proven science about the always chronic, albeit often disastrous, environmental risks of offshore oil drilling, and production.

In addition to fully participating in the BOEM process, the Town of Seabrook Island has joined several other coastal municipalities, along with the Business Alliance for Protecting the Atlantic Coast, in a proposed law suit intended to stop seismic testing permits from being issued for the Mid and South Atlantic Regions. Seismic testing, perhaps more accurately called air gun blasting, is the first step in oil exploration and disrupts the ac-

tivities of marine mammals and their food web and causes declines in fisheries, both commercial and recreational.

And finally, as part of its effort to stay fully engaged on this issue, the Town Council is making sure our state and federal representatives are aware of our opposition to offshore drilling, and the Town Council is asking for them to make every effort to ensure the Mid and South Atlantic are closed off under the Administration's five-year program. The Town argues that there is no national energy emergency that requires opening the OCS to drilling while putting so much at risk environmentally and for so few, if any, economic benefits.

The mayor's letters to BOEM on behalf of the Town Council can be found on the Town's website: www.townofseabrookisland.org.▲

is only updated once yearly, Section 4.10 of the DSO will now state that the printed version of the Official District Map, "together with any amendments approved pursuant to Article 20 of this Ordinance but not yet incorporated into the printed version of the map," shall be the final authority as to the current zoning status of all land within the Town. Councilman Gregg made a motion to adopt Ordinance 2018-02 on second reading. Councilman Wells seconded the motion and the vote to approve was unanimous.

Approval of 2018 Beach Patrol Contract (Deferred from Town Administrator's Report) – Town Administrator Cronin reported that the Town had advertised an RFP in the Post & Courier with bids due on November 20, 2017. The one bid received was from Island Beach Services, who has provided beach patrol services for the Town in the past. The Town received correspondence recently that the company's official name is Island Beach Services DBA Barrier Island Ocean Rescue and this has been incorporated into the current contract. The contract for 2018 provides for beach patrol services to be provided from April 1 through September 4, 2018. There is an increase in coverage and will range from 1 or 2 personnel per day in 1 vehicle per day to up to 4 people in 2 vehicles per day with overlapping shifts. The full amount of the contract is \$125,208. The funds will come from State Accommodations Tax (\$75,208), from Charleston County for State Accommodations Tax revenues that were due to the Town but erroneously paid to the County. These funds were not used in 2017 and then rolled into the State Accommodations Tax fund balance at the end of the year. The 2018 budget did not appropriate the expenditure of any surplus funds from that account. The purpose of the budget amendment is to increase Line Item #8501 – Tourism Related Expenditures from \$80,000 to \$145,000, a net increase of \$65,000. Councilman Gregg made a motion to accept Ordinance 2018-02 on first reading. Councilman Wells seconded the motion and the vote to approve was unanimous.

Councilwoman Finke reported that she has made suggested changes to the Town's comment letter on the proposal to open the outer continental shelf to drilling off our coast.

The Mayor stated that this letter is consistent with the Town's past position opposing debris removal and seismic testing and will be mailed by the end of this week.

Ways & Means – No Report
Planning Commission – No Report

Mayor Ciancio remarked that the Accommodations Tax Advisory Committee previously met and recommended various items that were contemplated when the 2018 budget was adopted. It is appropriate for Council now to authorize those expenditures. Councilman Crane seconded the motion and the vote to approve was unanimous.

Confirmation of Recipients of 2018 State Accommodations Tax Funds for Tourism Related Expenditures (#8501) – (Deferred from Town Administrator's Report)

Mayor Ciancio moved to approve the 2018 Beach Patrol Contract in the form presented to Council. Councilman Crane seconded the motion and the vote to approve was unanimous.

Miscellaneous Business: (Deferred from Town Administrator's Report)

• Town Administrator Cronin reported that the Town will hold a shred event on Friday, March 30, from 10:00 a.m. to 1:00 p.m. and will be a free service for residents. Information regarding the event has been posted on the website as well as the Town's social media.

• The Town had several residents comment about the intersection of Andell Bluff Boulevard and Seabrook Island Road, particularly the large rut at the intersection. Employees from Charleston County came out recently and patched the roadway and dug up and replaced the concrete storm drain that had been damaged.

• Town Administrator Cronin reported that he has followed up on an item carried over from the Strategic Planning Workshop and has reached out to the regional Council of Governments to set up a meeting to get the process started for the Town's Comprehensive Plan update.

Citizens Comments: The meeting adjourned at 3:12 p.m.▲

sponsored Disaster Awareness Day in 2018. Once the Town has more information about the event, Town Council will be asked to approve an expenditure that will be used to help offset costs incurred for the event.

On the evening of February 15, the Town hosted a question and answer forum led by Dwayne Cartwright, President and CEO of Berkeley Electric Cooperative. The session was primarily scheduled due to concerns expressed by residents regarding the restoration of power following Hurricane Irma. Mr. Cartwright answered questions about improvements that have been made to reduce the chances of outages due to flooding, about Berkeley Propane delivery delays and the potential impacts of the failed nuclear facility and how it will affect resident's rates.

Berkeley Electric purchases the bulk of its electricity from Santee Cooper and Santee Cooper is a 40% participant in the expansion of nuclear facilities at V.C. Summer. After the pledge of allegiance, Mayor Ciancio called the February 27, 2018, Town Council meeting to order at 2:30 p.m. Councilmen Crane, Gregg and Wells, Councilwoman Finke, Town Clerk Allbritton and Town Administrator Cronin attended the meeting. The meeting was properly opened and the requirements of the SC Freedom of Information Act were met.

Councilman Gregg reported that the Town has received a check for \$1,966.70 from the State that represents the final payment of the Federal and State funds on the Town's Request for Public Assistance that was submitted in 2016. This payment covered debris removal costs incurred by the Town following Hurricane Matthew. The total of all payments received by the Town on its Request for Public Assistance from Hurricane Matthew is \$106,972.23. FEMA has requested further documentation from the Town's contractor concerning debris removal and seismic testing and will be mailed by the end of this week.

Financials: Mayor Ciancio stated that \$300,000 has been transferred from the General Fund to the Road Improvement Fund and, along with the funds in that account that were not spent in 2017, the total is now \$851,768.95, which is the approximate amount the Town estimates it will spend on the Seabrook Island Road project. Revenue for the month of January was \$38,403, which was \$12,671 under budget, mostly due to business license receipts. Expenses for the month of January were approximately \$48,673, which was \$50,250 less than budget. In January, expenses exceeded revenue by \$10,270.

Public Relations/Communications – Councilman Crane reported that the Town held an open house on Friday, February 23, for residents and property owners to provide assistance in understanding the effects of the preliminary FEMA flood maps. Approximately 70-80 people from Seabrook Island and Kiawah Island attended. Representatives of Charleson County Building Services gave a short presentation and then assisted individuals using various tools to find their property on the flood maps and helped them understand the significance of changes, if any, indicated by the maps. The appeal process, which is open through April 18, was also addressed.

Fresh Produce Giveaway in Memory of Ed Rinehimer



On Saturday, March 3rd, Sea Islands Blessing Basket held its first Fresh Produce Giveaway of the year at the Hebron Zion Presbyterian Church located on Bohicket Road.

The products available included carrots, sweet potatoes, collard greens, onions, cabbage, mustard greens and fresh blueberries. The produce is intended to supplement the diets of low-income families on Johns and Wadmalaw islands and was made available on a first come basis. Approximately 25 volunteers, including cadets from the Citadel participated in helping to sort, pack and load food for the clients. Volunteers also helped to prepare and serve lunch to everyone. At the event, 154 people were served representing a total household count of 415 individuals. Of that group 208 were over the age of 60, 92 were between 18 - 59 and 115 were 17 and under.

In addition to the fresh produce, a hot lunch of grilled chicken, sweet potato casserole, green beans, Hawaiian rolls and desserts was served in the fellowship hall at the church.

Another service of medical screenings was also made available to the attendees. Wellness checks for blood pressure, diabetes and breathing issues was provided by a team from the Charleston Street Wellness Patrol who had a certified advanced EMT present. Of the attendees, 20 people used this service furnished free of charge.

Three additional Fresh Produce distributions are scheduled for later in the year at sites to be determined. The dates are June 2, August 4 and October 6.

Volunteers are always welcome. You may contact Louise Baucom, Volunteer Coordinator at louisbaucom@gmail.com. ▲

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FAUXCOUNTRY NEWS

DOT Recommends Johns Island Residents Commute Between Midnight & 2am to Avoid Traffic



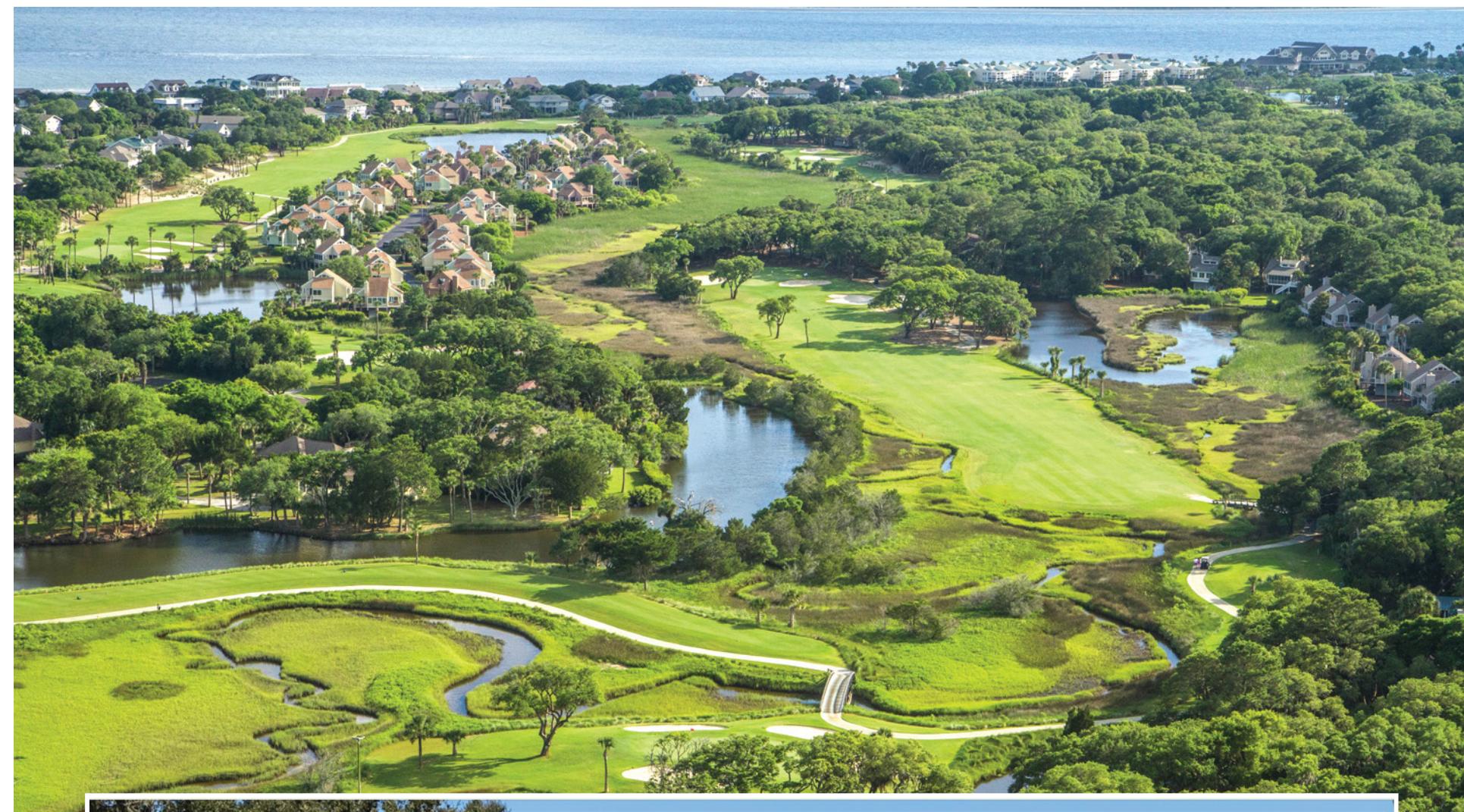
sick of hearing complaints and don't feel like dealing with it.

DOT Senior Director James Yates explained the benefits of the recommendation. "If Johns Island residents could get their work commute, school travel, and shopping done between midnight and 2am, it would be best. Those are the only two hours of the day that aren't currently plagued by gridlock traffic. We don't have the money to properly fix the roads, and we're sure as hell not extending I-526 anytime soon. The

locals will just need to adapt to their new condensed lifestyle."

Johns Island resident Angela Krause vented about driving on Johns Island. "My soul is slowly dying every day on this God forsaken island of stagnation. I literally spend half of my existence motionless on a two-lane road. We could have bought a house on James Island by the connector, but my dumb husband wanted new construction, so we're stuck in traffic purgatory for eternity. Jesus, take me now."

Johns Island's traffic will worsen later this year when a real estate developer bribes a corrupt local official into approving the construction of 1,200 new homes in the area. Residents will then discover it's faster to swim to work than it is to drive. ▲



Seabrook Island Club Recognized for Environmental Excellence

Seabrook Island Club has retained its designation as a "Certified Audubon Cooperative Sanctuary" through the Audubon Cooperative Sanctuary Program for Golf Courses, an Audubon International program.

"Seabrook Island Club has shown a strong commitment to its environmental program. They are to be commended for their efforts to provide a sanctuary for wildlife on the golf course property," said Christine Kane, Executive Director at Audubon International.

Seabrook Island Club is one of 25 courses in South Carolina and 893 courses in the world to hold the honor. The golf course was designated as a Certified Audubon Cooperative Sanctuary in 1996. After designation, courses go through a recertification process every three years.



This year the recertification process, coordinated by Sean Hardwick, Director of Golf Course Maintenance, required a visit by a local community representative. Amy Dabbs, a Clemson Extension Horticulture Agent, was given a tour of the course and sent her observations to Audubon International. "Seabrook Island Club proves that it is possible to balance humans, animals, and the environment in harmony. Their commitment to environmental stewardship is clear," Dabbs reported.

Excerpts from Audubon International press release - March 2018



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The Seabrooker

Soothing the Beast

Written by Katherine Tandy Brown

pain-relieving drugs needed. Music can help restore speech after a stroke or traumatic brain injury, can reduce the side effects of chemotherapy and radiotherapy, and can improve day-to-day life for dementia patients by increasing memory recall, reducing agitation, and improving physical coordination.

Another option offering a much-needed service is always looking for new singers. Lowcountry Threshold Choir sings at bedside for people who are nearing life's end or need cheering up. The group can bring their peace-filled music anywhere – from the Hospice Floor or Infusion Room of Beaufort Memorial Hospital, to a private home. And there's no fee for the visit.

As a member of this choir, I've

watched folks in their last stages of life who were lying still when Threshold arrived, eventually sing along or at least "mouth" the words of a favorite hymn.

Years ago, my dad suffered a series of

strokes in his 70's that left him blind and quite hard of hearing and landed him in a nursing home. For a time I

sadly assumed we'd never be able to communicate again, until one day the

facility owner, a kind woman who'd been my father's office nurse, set me straight.

"Your dad's mind is fine. Just talk

slowly and loud enough, and he'll hear you."

And as he'd been a physician and a

musician, she added, "You might try

singing to him."

So I chose his favorite hymn, "In

the Garden." You probably know it.

Initially, my alto was nervous, but

grew stronger. And when I began the

chorus, "And he walks with me and he

talks with me..." suddenly his quiet

but clear tenor joined in. "And he tells

me I am his own." As we sang together – I, through tears of joy – his voice

strengthened, and we finished the sec-

ond verse together, just like old times.

That experience soothed my own savy-

geast of loss and grief for quite

some time.

No matter what your beast is of the

day may be – whether it's embracing a

midlife career change, trying to make

sense out of world politics, struggling

to get over a case of the flu, or coercing

your family into sitting down to dinner

together – remember to slide a little

music into your life and allow yourself

to groove a bit. It won't change your

circumstances but it'll definitely ease

your mind.▲

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ANNUAL AWARDS WILL BE PRESENTED AT THIS MEETING;
THE MYRON HARRINGTON AWARD TO A CITADEL CADET AND THE
JOHN M SETTLE AWARDS TO AREA HIGH SCHOOL STUDENTS.

Topic:

The Iran Nuclear Deal - How it Happened,
Where is it Headed, and What does it mean
for U.S. - Iran relations?

Speaker: Dr. Trita Parsi - author of the just-published book, 'Losing an Enemy - Obama, Iran and the Triumph of Diplomacy' (Yale University Press, 2017). One of the nation's top experts on Iran, Trita Parsi has addressed many World Affairs Councils around the nation. He is founder of the National Iranian

American Council, the author of numerous publications on US and Iranian foreign policy, a frequent media commentator, and was recently adjunct professor at Johns Hopkins University where he received his Ph.D. Born in Iran, raised in Sweden, Trita Parsi is a graduate of Uppsala University, the Stockholm University School of Business, and a U.S. resident for many years. He has been a scholar at the Middle East Institute and Wilson Center in Washington.▲

Modern-day beasts can include temporary or chronic physical pain, relationship issues, illness, depression, overloaded calendar syndrome, and life-changing decision-making. And, of course, those pesky twins, stress and anxiety. Feel free to add your own. Music can at least add a "Maybe I can do this" dimension to a problem.

Beloved '60's folksinger Pete Seeger even used music to influence changes in civil rights, world peace, and environmental issues.

One December I witnessed music's calming power when I was in the emergency room for an infusion. An elderly woman was wheeled into the cubicle next to mine, moaning and crying nonstop. The ER doc couldn't calm her down enough to find out the source of her discomfort. When another emergency demanded his immediate attention, he asked two nurses if they could give it a try, and left. They had no more success than he had...until they began to sing Christmas carols to her, and she quieted right down.

Many hospitals now offer music therapy, i.e. patients listening to, and/or participating in, music. Some 5,000-plus registered musical therapists practice in the U.S. Research validates its use for improving outcomes and quality of life in operating and recovery rooms, thus lowering amounts of



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Turtle Patrol Prepares for 2018 Season

Kick Off Meeting and New Member Orientation April 5th

The next Turtle Patrol season is just around the corner and the Patrol Leadership Team is already busy planning and organizing for 2018. Last year's 70 nests, 8373 eggs and 5,508 hatchlings kept the 150 Patrol members busy. But they're all hoping for more in 2018.

The 2018 Turtle Patrol Season will begin with the New Member Orientation and Kick-Off Meeting on Thursday, April 5th at the Lake House. The New Member Orientation will be held in the Osprey conference room at 6 PM and the Kick-Off Meeting will be held in the Live Oak Hall at 7 PM. The New Member Orientation provides an overview of the Seabrook Island Turtle Patrol activities and the Kick-Off Meeting provides an overview of the upcoming season and the opportunity to schedule beach walking days and order Turtle Patrol T Shirts.

Volunteer Opportunities

As always, there are many opportunities to volunteer. Here are some of them:

- Walkers - walk a section of the beach on an assigned day
- Inventory Team - assist in inventorying hatched nests
- Social Committee - assist with Patrol Social functions
- Education Committee - Help prepare and deliver educational materials
- Pre-Hatching Activity Team - maintain nests due to hatch

New Member Training - April 21st

On Saturday, April 21st the New Member Training will be conducted at the Oyster Catcher Community Center from 10:00 AM until Noon. This session provides detailed training for new Turtle Patrol Members along with a chance to meet the



Patrol's leadership team.

T Shirt Pick Up Party - April 28th

On Saturday, April 28th the T Shirt Pick Up Party is scheduled from 10 AM until Noon at the Oyster Catcher Community Center. Turtle Patrol Members can pick up their official Turtle Patrol T Shirts while socializing with fellow Turtlers and sipping a complimentary Bloody Mary or Mimosa.

Purpose of the Patrol

The purpose of the Seabrook Island Turtle Patrol is to protect and preserve the sea turtles that visit our beaches. In order to accomplish this, members of the patrol walk the beaches every morning during the nesting and hatching season. The season typically runs from May until October. Generally, the beach patrols begin (appropriately!) on or around Mothers Day. During these walks, members identify and locate nests. The nests are then protected with screening and are recorded and monitored. When evidence of hatchlings occurs, and sufficient time has passed to allow all hatchlings to emerge on their own, the nest is inventoried to collect data for the South Carolina Department of Natural Resources. Since 1990, the Seabrook Island Turtle Patrol has identified over 900 nests on our beaches and the number of nests has been growing. During the last 27 years sea turtles have deposited over 100,000 eggs on Seabrook Island and over 80,000 live hatchlings started their life journey on Seabrook Island sand.

To learn more about the Seabrook Island Turtle Patrol and how you can help, go to the Patrol web site, siturtlepatrol.com or check out our Facebook page under Seabrook Island Turtle Patrol. You can also contact Patrol Leader Terry Fansler at terry@carettasway.com with any questions.▲

Gary Fansler

the upper-most surface of its back. The overall color may be tan to dark brown with or without the reddish or copper color. The tail of a juvenile copperhead has a sulfur yellow tip that fades with age. This yellow tip is utilized as a lure to attract prey such as mice, frogs, lizards, etc.

A snake often confused with the copperhead is the corn snake (red rat snake). It is frequently brightly colored, being red or copper color with a darker pattern of blotches. The blotches are not hour glass shaped or reach to the lower sides of the snake. The copper color and darker blotches lead many people to miss identify this snake as a copperhead.

Two additional snakes frequently confused with the copperhead are the Eastern rat snake as the juveniles have a distinct pattern of dark blotches on a pale background and the Northern water snake which may be colored similar to that of a copper head, but the cross bands are always broader on top and narrower on the sides of the body.

Snakes are an important part of our natural environment. Be safe "Go the other way".▲

Charlie Moore

Seabrook Wild Things

Is it a Copperhead? Most likely Not!



Northern Water Snake
PHOTO BY DIANE HARVEY

Corn Snake
PHOTO BY GEN COX

Copperhead Snake
STOCK PHOTO

Is it a copperhead?
All copperheads are not copper color. Do not get close enough to look at the head (most venomous snake heads are triangular), the shape of the eye pupil (vertical in venomous snakes vs round in harmless snakes), to look for the heat sensing pit between its nostril and eye (venomous) or if it has

a single row (venomous) or a double row (harmless) of scales after the anal plate. "Just go the other way."

You should be able to identify a copperhead from a safe distance by its hour glass colored cross bands.

These dark bands may or may not be connected at the top but are always wider on the sides and narrow near

the upper-most surface of its back. The overall color may be tan to dark brown with or without the reddish or copper color. The tail of a juvenile copperhead has a sulfur yellow tip that fades with age. This yellow tip is utilized as a lure to attract prey such as mice, frogs, lizards, etc.

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Charlie Moore



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TOMMY DEW
ON CHARLESTON
Local Tour Guide
Since 1996

Charleston, and the surrounding Lowcountry of South Carolina, has rapidly evolved into one of the top destinations in the world. Year after year it receives awards for architectural preservation, dining, shopping, beaches, golf and even manners. There are so many things to do, and places to see, it can be difficult for travelers to make decisions.

As a Charleston tour guide, I am often asked to help people prioritize their stays. I encourage guests to take the time to explore the downtown historic district. With 100 buildings from before 1776, and 1,000 from before 1861, Charleston possesses more old structures than any city in America. Equally important, our preservation laws and zoning laws were written 100 years ago - so not only are things old, they're remarkably well cared for and accurate. Tourists are consistently overwhelmed by the purity and vastness of our historic district.

I suggest parking in one of the lots around the City Market. Once settled, you can walk almost everywhere. Downtown is small, and built on a grid, so it's easy to find your way.

There are about two dozen museums in a one square mile area. You don't have to have an agenda, just systematically stroll our streets, and pop in and out of the museums that interest you. Most of the sites are \$5 to \$15, take 30 minutes to an hour, and are nicely curated.

To get a better grasp of the city and the region, it is important to take a tour. The three primary modes are buses, carriages and walking.

The Seabrooker

APRIL 2018



They are all regulated by the City of Charleston Tourism Commission. Guides must be licensed, pass a history exam, and be re-certified every three years.

There are some differences to consider. Buses cover the most ground, and provide protection from the elements. They're a good way to see a lot of the historic district quickly. Carriages are charming, last about an hour, and are especially good for families with children. They are also good for photographers who want to sit back and snap away. Walking tours tend to stay in a more concentrated area, last a little longer, and go into more depth. Walking guides often gain access to buildings, parks and private property.

The question often arises, "how did all this get here?" Charleston was the fourth largest city in the United States in 1790 - behind Philadelphia, New York and Boston. At one point prior to the American Revolution, nine of the ten wealthiest families in the country were from South Carolina. She sent more children to school in Europe than the other twelve colonies together. They were effectively the wealthiest and most educated people in early America. We are now the 200th largest city in the U.S., so these are stunning revelations for the typical tourist. Most do not realize how big, influential and sophisticated Charleston was relative to other American cities.

Agriculture and trade were the cornerstones of the economy, and South Carolina excelled at both. With a year round growing season, 50 inches of annual rainfall, and rock free soil, it is some of the finest farming in the world. Charleston harbor, with her broad channel and the good protection provided by her barrier islands, is one of the best on the eastern seaboard.

As a result of this potential for profit, an appetite for slave labor quickly developed. As the largest city in the

South until overtaken by New Orleans in 1820, Charleston was the leading importer of slaves in the U.S. Approximately 1/3 of American slaves trace their ancestry through this harbor, and by 1710 there were more Africans than Europeans in the region.

Rice was the crop of choice in the Lowcountry. Introduced in the late 1600's, it exploded onto the scene. For a period of time prior to the American Revolution, South Carolina exported more rice annually than any nation in the world. Asian nations grew more potentially, but they were consuming theirs. Carolina Gold, as it was known, was being grown to be brokered overseas, and to feed the British Empire.

Cotton did not become King until 1793, when Eli Whitney invented the cotton gin. The gin made it easy to remove the seeds, thus making cotton affordable for the first time. Quickly 60% of the world's cotton was being grown in the South, increasing the demand for slave labor. I like to describe rice as the foundation of wealth, and cotton as the icing on the cake.

Ironically, it is because of the defeat and lying dormant for so long, that Charleston is now the most preserved city in this country. Healthy cities tore down their old buildings in the name of progress, but there was no economic justification for that here. Prosperity ultimately returned, but by the time it did, preservation and zoning laws were well established. Instead of urban renewal, we were blessed with preservation by neglect. ▲

Tommy Dew
Tommy Dew's Walking History Tour
Charleston, South Carolina
843-853-8687 (TOUR)



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 briderun.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

BALANCE

An essential component in the quest to Age Powerfully, Confidently and Fit

BALANCE SEMI PRIVATE SERIES CONTINUES IN APRIL

Level 1

Option 1: 3:00PM - 4:00PM on Wednesdays (4/4, 4/11, 4/18, 4/25)

Option 2: 9:45AM - 10:45AM on Saturdays (4/7, 4/14, 4/21, 4/28)

Level 2

Option 3: 4:15PM - 5:15PM on Wednesdays (4/4, 4/11, 4/18, 4/25)



and the individual instruction and attention they will receive from Alison.

Please note, spots in semi private series are limited and preregistration is required. There is minimum of 6 and a maximum of 10 participants.

The cost per semi private series is \$40 per participant. Please note, registration for a series includes all four classes at the same time on the same day throughout April. These workshops are not included in the Monthly Class Pass. There are no refunds. Fee will be charged to your Property Owner/Club Account.

Previous participants will continue to work on their skills, improving posture and coordination, increasing core strength and flexibility all with the goal of maintaining, challenging and improving their overall balance abilities. New participants will join in working on these skills at their own pace alongside of returning participants. All class members at all skill levels will continue to benefit from the limited class size

Please note, before starting new exercises, please check in with your doctor about your health and your risk of fall injuries. ▲

APRIL 2018



THE Seabrooker

HEALTHY AGING

Jerry Reves, MD

HEALTHY AGING TRAVEL TIPS

One of the many things that being older can afford is the time to travel, sometimes travel long distances and for prolonged times. For example your author and his wife went cruising on our 41 foot boat for 6,000 miles circumnavigating eastern North America, taking off and on 2 years. We have friends who sailed their boat around the world the world over 5 years. Most people do a shorter trip (time and distance.) Nevertheless, there are things regarding one's health to consider before extended travel - defined as more than a few days and miles. Make a portable medical record to take (see Table.) One good resource to use prior to travel is the CDC website, (<https://wwwnc.cdc.gov/travel/destinations/list/>)

handy thing to have to verify your immunizations and again this is available electronically from your physician.

Allergies

Be aware of any allergies you have to medicines or food. This should not be a problem unless you are unconscious and alone. For this reason, if you have a major food or medicine allergy, invest in a bracelet that you wear that clearly indicates your allergies. It may also be prudent to carry an EpiPen if you have had or have been told you could have an anaphylactic (life-threatening) allergic reaction.

Eating and Drinking

One of the joys of travel is sampling the food and drinks of other places. It can also be one of the causes of great distress. Some foods cause some people to have a variety of gastrointestinal responses from vomiting and diarrhea to constipation. Likewise anything one drinks from water to the most sublime vodka can cause problems. Water in some countries is notoriously unfit for drinking and some of the alcohols are potent. The obvious advice is to avoid bad water by drinking only bottled water and to eat foods that you trust to your stomach and intestines. The other rule is remember - everything in moderation. Just because it tastes good does not mean it is either good for you or agreeable with your digestive tract. It is probably a good idea to talk with your physician about medicine you should take with you for nausea and vomiting and diarrhea. Better to have your own small supply than try to find it in a foreign land.

I know nobody wants to miss a thing. But, sleep is necessary to a safe and healthy trip just as it is at home. Travel itself generally disrupts sleep because of the inconvenience of schedules, being in unfamiliar surroundings and general excitement. Add to that jet lag if travel more than 1 time zone away from home. Jet lag is real and tends to affect people differently. It is worse going East than West, but a general rule is that it takes a day for every time zone one has crossed to really adapt to the new time. Jet lag also affects older people more than younger. Symptoms of jet lag are disturbed sleep (insomnia and early waking), fatigue, mood changes and a sense of "feeling bad." Try to anticipate the change by going to bed earlier before travel if headed East and go to bed later if headed West. Get plenty of rest before going - sleep can be stored up. Try to stay on the new time schedule when arriving no matter how difficult it is.

Preventive Medicine

Prevention is the best medicine. Don't travel if one is not fit enough to do so. If unsure, ask your physician about whether you should embark on that trip of a life-time or weekend away.

Assuming it is safe to travel there are some other important things to always remember. First is to take more medicine than you anticipate needing. Be meticulous in counting up the number of pills that one takes a day and be sure to have the minimum supply plus 3 days in case there are unplanned delays in the travel plans. Also, be sure to carry and electronic copy of all prescriptions on a thumb drive. (Your doctor should send you a pdf of all prescriptions with a recent date so that if your medicines are lost you can get a refill.) Always carry these prescriptions with you whenever travelling. Also, it is good practice to have prescriptions filled at a chain drug store because they will have on file your prescriptions.

Staying Hydrated

As we age it is crucially important to stay hydrated. Normally we should drink 8-9 glasses of water or fluid a day to remain hydrated. However, if we are at altitude, in the sun, out in the cold, out in the heat, exercising or any number of other things that we tend to do while travelling, it is easy to get behind in our fluids. So drink lots of safe water when traveling. Failing to do so could lead to dizziness, fatigue or other cardiovascular problems.

Immunizations

One should always be up to date with vaccinations. However, when travelling this can be a requirement and is certainly prudent protection. Immunizations include Tetanus, Flu, Rubella, and Pneumonia. There are others that may be required for foreign travel. An electronic record of the list and date of immunizations is a

We have many friends who have had accidents or illnesses while away from home. For travel in this country over 65 you probably have Medicare and you are covered anywhere in the U.S. If you are younger than 65 check where you are going to see if your coverage works there. If in a foreign land this will give you the chance to find out for yourself the quality and cost of care, should you need it. Most

Combating the Opioid Epidemic

Impressive plans doomed to fail



▲

Alison's Balance Tip for April

FOOT TAPS EXERCISE

Stand tall with your feet hip-width apart in front of a step (the bottom step of a staircase will work) or low piece of furniture. If needed, hold onto the wall or a sturdy piece of furniture for balance. (As you get stronger, perform the move without holding onto anything.) From here, slowly raise one foot to tap the step in front of you, and then slowly return it to the floor. Perform 15 to 20 taps, then repeat on the opposite leg.

It is a fact that strength, power, and endurance decline as part of the aging process. It is also a fact that some of the decline can be counteracted through physical activity. Key activities include strength training, cardiovascular training, flexibility, and balance exercises.

It is for all of the reasons above that Alison is excited to continue offering Balance classes incorporating flexibility, posture and strength exercises. (see above)

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THE SIP

Administrative News from the Seabrook



EXECUTIVE DIRECTOR'S CORNER

Heather Paton
hpaton@sipoa.org

Operations & Maintenance:

The stormwater pipe lining project is in progress. Our contractor SAK Construction, has already completed 2,000 of the 9,700 linear feet of pipe scheduled for lining this year. The project will continue through May.

Boardwalk 1 construction is complete. We added 4 handicap parking spaces and have purchased 2 handicap accessible port-a-potties. A new shower station will also be installed this month.

The stormwater outfall excavation projects to improve water flow near Up Da Creek and Little Creek are complete.

THE Seabrooker

OA PAGES

Island Property Owners Association

LAKE HOUSE SPOTLIGHT

Look and Feel Like a Champion

Powerful reason why women should strength train



fat. With strength training, fat burning continues long after the training stops.

You sculpt your body and create a shapelier you: Marilyn Monroe, the model of femininity and sexuality during the 40's, 50's and early 60's was way ahead of her time when it came to her workouts. She lifted weights to stay toned and curvaceous. If it worked for Marilyn, it will work for you. The bottom line is that you will get more definition from lifting and contrary to one of the biggest myths out there; you will not "bulk up."

Your confidence and self-esteem shoot through the roof regardless of age: Often women over a "certain age" feel invisible and underestimating. Knowing that you are physically strong helps you feel mentally strong and emotionally empowered. Achieving weight lifting goals gives you confidence that spills over into the rest of your life.

Your body becomes a fat burning machine: Individuals who have more muscle mass have a higher metabolic rate, which is enormously helpful for weight loss and long-term weight control. For those of you who just do cardio workouts, you run the risk of burning muscle in addition to

fat help support the stronger muscles. This is a factor in warding off both osteoporosis and osteopenia later in life. And if that's not enough for you, weight training can reduce blood pressure, improve cardiovascular function and reduce diabetes risk.

Every woman regardless of age or circumstances should seriously consider strength training. Clearly there are tremendous benefits that go way beyond adding muscle. So embrace the weights and watch your body and life change before your eyes. ▲



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



Senior Men's Basketball

Seabrook men over 50, who are interested in playing 3-on-3 half court pickup games at The Lake House Basketball Court, please contact Butch Malia at maliarb52@gmail.com



PRESIDENT'S LETTER

Julie McCullough
President, Sipoa
Board of Directors

This is my first President's letter since taking office in February, so I wanted to touch on a few topics that I hope will be of interest to you.

Most importantly, thanks to everybody who voted at this year's Annual Meeting and to those who attended in person. It was a standing-room only crowd, which to me indicates the level of passion and pride we all take in being part of this magical place. During the Q&A session, property owners asked a number of questions, one of which I want to address here. The others will be covered in upcoming communications.

Question: Why did the Gate House cost more than \$1M? Are we going to do a forensic accounting of this project? Can we have a line-by-line accounting of the expenditures?

Answer: As background, due to its size and importance, this project was competitively bid, with 3 bids being received, and the low bidder selected. The contract was a standard American Institute of Architects (AIA) document. Like the Lake House, design and construction project management project was the responsibility of the architect, Glick Boehm. The general contractor, Hill Construction, had their own project manager and site superintendent. Supervision and coordination was the responsibility of Sipoa staff.

Were there other budgeted and approved expenses associated with the entire Gate House PROJECT? Yes.

- Landscaping/Lighting: \$56k (trees, soil prep, planting, irrigation)
- Information Technology/Security Systems/Furniture: \$27k
- Total cost for the Gate House PROJECT: \$966,070

As to forensic accounting for this project, there is no indication of anything untoward in the bidding or negotiation process that led to the contract award. Nor is there any indication of any inappropriate activity during construction. As such, the Board has seen no need to expend additional funds for any further analysis of the contract or its execution.

The contract documents and financial records for this project have been, and continue to be, available to any property owner who wishes to see them. Please contact Sipoa Executive Director, Heather Paton, to make an appointment.

On to other topics:

As some of you may know, Sipoa recently lost two of our directors, Ed Williams and Ed Houff, due to resignations for personal reasons. We will miss them and wish them both well. The Board has appointed Rich Siegel and Janet Gorski to fill out their terms this year, respectively.

On March 15th, I was honored to represent Seabrook Island at an Audubon International Sustainable Communities awards ceremony in Okatie, SC. Christine Kane, Executive Director of AI, recognized the commitment and dedication required to receive this exceptional award. She lauded Seabrook Island as the FIRST certified community in South Carolina and only the 6th in the world! Congratulations to the Sipoa staff and all of our volunteer homeowners who were part of this almost 7-year journey.

Throughout 2018, Sipoa will undoubtedly be faced with new issues and challenges. But you, as a property owner should know that the Board of Directors is working for the benefit and betterment of ALL of you, not any particular faction. We will continue to strengthen the working relationships and bonds between Sipoa and the other key stakeholders in the island, the Club and the Town. Although each of these entities has a somewhat different "business model," the fact remains that Seabrook Island will be stronger

as a community if we can find common ground where we can, work together when we can and minimize the times when we just "agree to disagree." This is a small island and we owe it to ourselves and each other to ACT as a single community.

To help build that sense of community, Sipoa will continue to focus on improving the communication technology that we provide. We'll keep using Go-To Meeting online software for monthly board meetings. We also are looking into ways to improve the audio quality, which we know has not always been satisfactory. We also plan to investigate the feasibility and practicality of enhancing the communication technologies offered at the Lake House

and Community Center. From time to time, property owners may have questions such as "when is the next brown and white day?", "when can I put out my yard debris?", "do I need to get a beach fire permit?", "can I put a fire pit on my deck?" or "how do I get a new bar code?"

The best way to get answers to your questions is to send an email to Sipoa via publiccomment@sipoa.org. Most are answered almost immediately and you can be comfortable knowing you have received the facts, rather than someone's opinion.

Thanks for your support and your active engagement in keeping Seabrook Island a great place to live, work and play!▲

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00am Social Bridge 11:00am Stbk Stitchers 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	3 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vens	4 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	5 12:30pm Art Open Paint 1:00pm Mahjongg	6 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	7 11:00am Seabrook Smashers
8	9 9:00am Social Bridge 11:00am Stbk Stitchers 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	10 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vens 3:00pm Diabetes Preven- tion Program Information Session 7:00pm Apple User Club	11 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	12 12:30pm Art Open Paint 1:00pm Mahjongg	13 9:00am Garden Club 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	14 11:00am Seabrook Smashers 10:00am Kids on Seabrook Art Class
15	16 9:00am Social Bridge 11:00am Stbk Stitchers 1:00pm Ladies Bible Study 1:00pm Sipoa Board Meeting 1:30pm Dup Bridge 3:30pm Seabrook Smashers	17 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vens 2:00pm Art Guild Meeting 4:00pm Men's Book Club 7:00pm Coin Club	18 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together 3:30pm Seabrook Smashers	19 10:30am Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg 6:00pm SINHG Evening Program	20 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	21 11:00am Seabrook Smashers
22	23 9:00am Social Bridge 11:00am Stbk Stitchers 1:00pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	24 9:00am Ikebana Group 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vens	25 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	26 12:30pm Art Open Paint 1:00pm Mahjongg 7:00pm SINHG Evening Program	27 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	28 11:00am Seabrook Smashers 10:00am Kids on Seabrook Art Class
29	30 9:00am Social Bridge 11:00am Stbk Stitchers 1:30pm Dup Bridge 3:30pm Seabrook Smashers					
NO CLASSES	8:30am Splashes 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 6:00pm Evening RideSBI	8:15am Core & More 8:30am Splashes 9:15am HITT to be FIT 10:15am Get Pumped 4:00pm Deep Water Aerobics 6:00pm Evening RideSBI	8:30am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 10:15am Strength & Flexibility Express 10:45am Total Body Toning 4:00pm Gentle & Restorative Yoga	8:30am Water Aerobics 9:15am Core & More 9:15am Strength & Conditioning 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am Pilates 8:30am RideSBI



PHOTOGRAPHER OF THE MONTH Ed Conrad

Ed began photography 9 years ago when his wife, Aija, began birding. They quickly learned that combining photography and birding interests is a wonderful way to explore new places, learn new skills, and enjoy the outdoors. Ed and Aija have since traveled throughout the US and worldwide in pursuit of their mutual hobby.

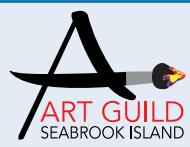


Ed says he has learned to be patient in composing photos through the lens, taking time to find and watch the many fascinating bird behaviors. And by simply looking around them when searching for birds, they find a variety of other interesting subjects to photograph. In Ed's Lake House display, he focuses on this variety: scenery from their worldwide travels, and old barns which have become fun to find and photograph throughout the southeast.

And of course, the birds. In Ed's display, he's included some of his favorite Seabrook Island subjects. The endangered and threatened Piping Plover and Red Knot are treasures for all Seabrookers to protect. Ed has photographed the banded Oystercatcher for several years, and he says it's like an old friend. The Reddish Egret is majestic on North Beach when it arrives in the summer. Least Tern courtship behavior of presenting fish is a hoot to observe.

Aija and Ed spend their time between their Seabrook villa and home in Atlanta, as well as lots of time on the road traveling. They are members of Seabrook Island Birders, and Ed is on the SIB Executive Committee. You'll often see them on North Beach, Aija with binoculars and spotting scope, Ed with long lens camera. Stop by and say hi, and talk birds and photography! Contact info: Email: edkon@aol.com / Cell: 678-362-7068

Flickr bird photo site: www.flickr.com/photos/edkon/ ▲



SEABROOK ISLAND ARTISTS GUILD April 2018 Calendar

WHAT: Artist-of-the-Month, Pat Van de Graaf - Watercolors
DATE: Through April 2018
WHERE: The Lake House Gallery

WHAT: Artist of the Month Reception - Pat Van de Graaf
DATE: Friday - April 6th from 5:00 - 7:00 pm, Refreshments served
WHERE: The Lake House Gallery

WHAT: Sergio Roffo - Two day SIAG Workshop - Coastal Landscapes
DATE: April 2-3, 9:00am - 4:00pm each day
WHERE: Oyster Catcher Community Center
COST: \$200 for Guild members and \$225 for non-Guild members; Register with Pat Van de Graaf at pvdegraaf@aol.com by March 23rd. Make your check payable to SIAG and indicate it is for Roffo w/s. Please mail check to Pat Van de Graaf, 2390 Cat Tail Pond, Seabrook Island 29455. Class size limited. Sign up soon.

WHAT: April meeting and free painting demonstration
Whimsical Artist Tate Nation
DATE: Tuesday, April 17, 2:00-4:00pm, 1:45-2:00pm refreshments
WHERE: The Lake House

WHAT: Blues by the Sea Artist Show and Sale
DATE: Sunday - April 15th 1:00 - 7:00 pm
WHERE: Kiawah Freshfields Village



Enjoy the Ride!
A First Class
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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

COASTAL CONNECTION
Call Rod Ward for reservations
843.810.1365
CoastalConnectionLLC@gmail.com

Pat Van de Graaf, artist, long-time Seabrooker and guild board member, will be the artist of the month in April. Pat Van de Graaf is a watercolorist and printmaker, an Exhibiting Member of The Charleston Artist's Guild and the Center for Contemporary Printmaking in Norwalk, CT. She has been printing for over 25 years and studied at the Art Students League in New York City and Syracuse University. She graduated from The University of Bridgeport with a degree in Printmaking/Art History. Pat's prints have won numerous awards in local and regional shows and are part of many private and corporate collections.

Pat began painting in watercolors again after living in the Lowcountry of South Carolina. Surrounded by marshes and the sea in both South Carolina and Connecticut, she enjoys capturing their beauty with the unique qualities that watercolor brings to painting. She is represented by The Spencer Art Gallery and the Charleston Artist's Guild Gallery in downtown Charleston.

Pat will hold a reception at the Lakehouse on April 6th from 5:00-7:00 p.m.

To learn more about the Artists Guild, events, workshops and view the work of member artists, visit www.seabrookislandartistsguild.com ▲

Join us for a new twist on our event:



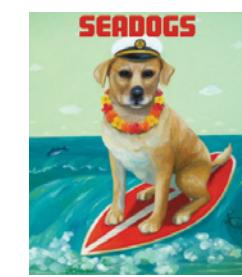
Saturday, May 5th • 10 a.m. - 5:00 p.m.
This year we'll be partnering with Lowcountry Dog Magazine to bring you a "May the 4th Be With You" event, with appearances from some of your favorite Star Wars characters. Dress that dog up as Yoda and come on out. Our dog-friendly summer kickoff is sure to be a hit with the whole family. \$5 per car in advance on our Facebook page under events • \$10 at the gate. Live music, food trucks, beer and margaritas (it is Cinco de Mayo, afterall), local vendors, and much more. More details coming soon!

Deep Water Vineyards

Charleston's only vineyard and winery offers tastings Wednesday through Saturday from 10-5. Owned and operated by Jesse and Andrea Freiwald. Deep Water Vineyard is Charleston's "newest" destination location. Previously "Irvin House Vineyards" we are Charleston's only working vineyard and winery.

We grow 4 types of the muscadine grape - carlos, ison, noble, and tara. From the grapes, we make five different wines - Low Tide, Magnolia, Deep Water Blend, Lowcountry Red, and High Tide. We also have a chardonnay and cabernet sauvignon from California that we vint and bottle onsite and also blend with our muscadines, for a total of 9 wines available. Our tasting includes all 9 wines and a souvenir stemless wine glass for \$7▲

SEADOGS Annual Beach Walk - April 19th



SEADOGS, the Seabrook Island dog and beach advocacy group, announced today that the annual Beach Walk will take place on April 19, 2018 starting at 5PM on North Beach. The Beach Walk is a tradition that has helped the Seabrook Island community combine fun for dogs (and their humans) with charitable giving to worthy Charleston animal causes.

For the dogs, Beach Walk is a great time to run and play on the beach with other friendly dogs in the community. For the humans, there is the satisfaction of being able to take advantage of a wonderful feature of Seabrook island. Past President Jerry Cummin has participated in numerous Beach Walks and stated: "Many dogs enjoy their spot on the Beach. The Beach Walk is a community celebration of the joy the dogs and their owners have while playing on the Seabrook Island beach. It is an added bonus that the event raises funds for other dogs in Charleston to survive and thrive."

This year, SEADOGS has designated Charleston Animal Society (charlestonanimalssociety.org) to be the 501 (c)(3) charity for giving. New neighbors, and guests are always welcome.▲

The rain date for the Beach Walk is April 20, 2018 at 5PM.

For more information on the event or about the SEADOGS, contact either Mitch Pulwer at mjpulw@yahoo.com or Jerry Cummin at hutchiejerrycummin@gmail.com ▲

WHAT: Artist of the Month Reception
Pat Van de Graaf
DATES: Friday - April 6th from 5:00 - 7:00 pm
Refreshments served
WHERE: The Lake House Gallery

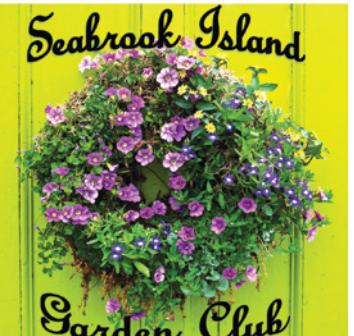
WHAT: Blues by the Sea Artist Show and Sale
DATE: Sunday - April 15th 1:00 - 7:00 pm
WHERE: Kiawah Freshfields Village

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To learn more about the Artists Guild, events, workshops and view the work of member artists, visit www.seabrookislandartistsguild.com ▲



Garden Club Landscaping for Wildlife with Native Plants

The Seabrook Island Garden Club
Friday, April 13, 9AM
Seabrook Island Lake House



shelter that has provided a wonderful place for dogs and cats to be loved and then adopted within the Charleston area. Representatives from Charleston Animal Society will be present at the event and will bring a few dogs that are ready for adoption. As in previous years, there will be a President's challenge for giving. President Mitch Pulwer said "At the recent SEADOGS General Meeting, we heard about the great work Charleston Animal Society is doing in the community, and just as importantly, in areas devastated by natural disasters. It is in the spirit of helping Jerry and I will match all donations of \$100 or more, up to a grand total of \$2000. Last year, we raised over \$6,785 at this event for Hallie Hill. Let's beat that number this year!"

All residents of Seabrook Island are invited to join the SEADOGS Beach Walk on April 19, 2018 at 5PM on North Beach. Access to North Beach is through walkway 1 or 2. Please see the poster which will be available in early April for more details. Your dog will have fun and so will you. Although not a requirement for attendance, please consider being generous to local dogs (and cats) at Charleston Animal Society Hill by bringing a donation to the event. Checks can be made directly to Charleston Animal Society.

The rain date for the Beach Walk is April 20, 2018 at 5PM.

Finally, this year's SIGC Spring Luncheon is scheduled on May 11, 2018. Come celebrate 30 years of excitement, education and camaraderie. A three course lunch will be served at the Island House at 12:00 PM. The cost is \$27.

The rain date for the Beach Walk is April 20, 2018 at 5PM.

For more information on the event or about the SEADOGS, contact either Mitch Pulwer at mjpulw@yahoo.com or Jerry Cummin at hutchiejerrycummin@gmail.com ▲

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I Want to Buy Your Island House or Villa!

Is It: Damaged? Distressed? Outdated? Unused?
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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

SPECIAL EVENTS | AIRPORT DOWNTOWN | 24/7

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ISLAND NOTICES

Capriccioso!

**The Island Choraliers
Mens' Glee Club
Annual Spring Sing**

**Sunday, April 15, 2018
4 pm
Church of Our Saviour**



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.



NEW GRIEF SUPPORT GROUP STARTING – APRIL 18

If you have experienced the death of a significant person in your life, we invite you to participate in a peer support group. The group will hold its first meeting on Wednesday, April 18 at 7:00 pm at the Lake House in the Eagle's Nest room.

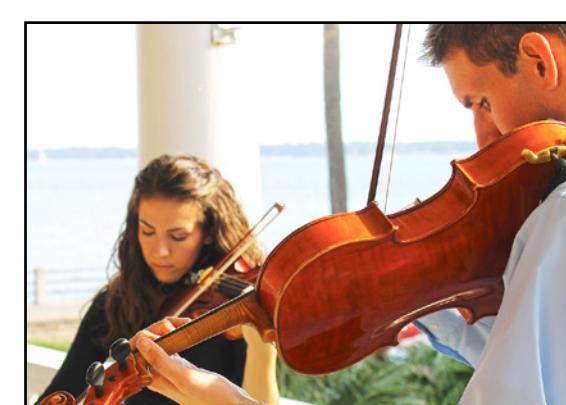
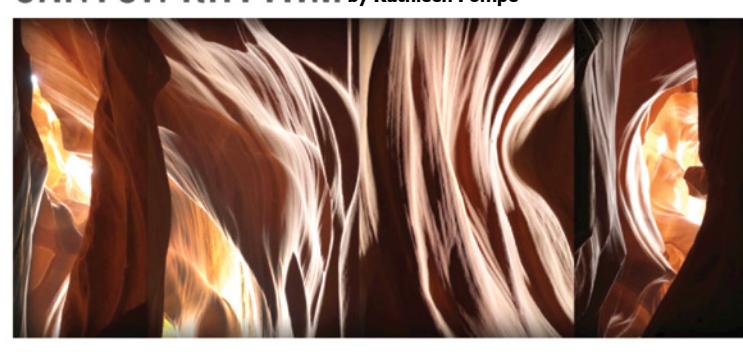
Grief is both a universal response to the loss of a significant person and a highly individual experience that has no set timeline. The purpose of this peer support group is to provide a safe, comfortable and supportive environment where those facing loss can share their stories and find compassion from peers. This group is not therapy or counseling, and will be led by an experienced facilitator.

For additional information, contact John Sesody: jsesody@gmail.com or Mary Fleck: marybfleck@gmail.com.



CANYON RHYTHM

by Kathleen Pompe



SEABROOK ISLAND HOUSE CONCERTS

Chamber Music returns to Seabrook Island
Tickets are \$50 each and advance purchase is required -
Please call: (843) 763-4941

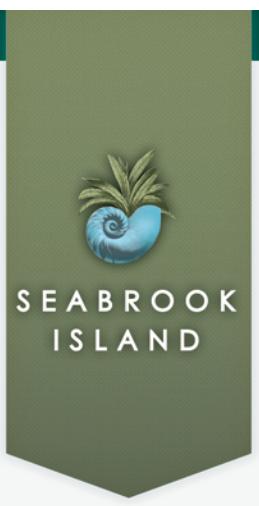
TUESDAY, OCTOBER 16, 2018 AT 7PM
The Calagno Residence, 2871 Hidden Oak Drive
TELEMANN Canonique Sonata No. 2 in D Major
BACH Italian Concerto BWV 971 for Wind Quintet
Mozart Serenade No. 11 for Winds in E-flat Major K. 375

WEDNESDAY, NOVEMBER 14, 2018 AT 7PM
The Van de Graaf Residence, 2390 Cat Tail Pond Road
HANDEL Trio Sonata in F Major for Flute, Viola and Harp
SAINT-SAËNS Fantasie for Violin and Harp, Op. 124
REGER Serenade for Flute, Violin and Viola
DEL AGUILA "Submerged" for Flute, Viola and Harp

TUESDAY, FEBRUARY 5, 2019 AT 7PM
The Conyers Residence, 2415 Cat Tail Pond Road
HANDEL Sonata for Flute, Violin and Piano in G minor,<br

Congratulations

**Seabrook Island Real Estate Sales Executives,
for their outstanding 1st quarter performance!**



Seabrook Island Real Estate Sales Executives are not ordinary real estate agents. They don't sell properties - they welcome new neighbors.

Nobody knows Seabrook like they do! Our Sales Executives are trained to use their own experiences from years of living and dreaming in our community to connect the feeling of being a Seabrooker with the needs and wants of their prospects and clients. They then become your new neighbors and friends.

Year after year, Seabrook Island Real Estate, by results and reputation, far exceeded all others as the foremost provider of real estate services on Seabrook Island.

We are the only real estate company with a full-time marketing staff and program focusing only on Seabrook Island and our unique lifestyle. As a subsidiary of the Seabrook Island Club, revenue from our company stays at home and is put back into the Island.



Patsy Zanetti
Stuart Rumph
Chip Olsen



Tom Peck
Pat Polychron



Mary Ann Lloyd
Kathy Rigtrup



Stuart Spisak



Emery Macpherson



Trish & John
Ernstrom



Molly Burkart
Marc Chafe



Bill Britton



Candice Haynie



Natasha Stevens



Kathleen McCormack



Miriam Burich



Gerri Franchini
BIC



SEABROOK
ISLAND
Real Estate

A neighbor you know.
A partner you can trust.

2018 LISTINGS

2656 PERSIMMON POND CT UNDER CONTRACT IN 4 DAYS!

HOMES

- 1184 Oyster Catcher Ct
- 2455 The Haul Over
- 2249 Catesbys Bluff
- 2958 Baywood Dr
- 2981 Deer Point Dr
- 2667 Foxlair Ct
- 2941 Baywood Dr
- 1813 Landfall Way
- 2405 Cat Tail Pond
- 1021 Crooked Oak Ln
- 2590 The Bent Twig

VILLAS

- 2254 North Beach
- 1017 Marsh Pointe
- 2062 Salt Marsh
- 1942 Bohicket Marina
- 3036 Fairway One

- 3026 Fairway One
- 1021 Marsh Pointe
- 1940 Bohicket Marina
- 2439 Charlestowne Place
- 2904 Atrium
- 2011 Salt Marsh
- 721 Spinnaker
- 1313 Pelican Watch
- 1227 Creek Watch
- 542 Tarpon Pond
- 950 Sealoft
- 508 Tarpon Pond
- 3019 Ocean Winds
- 522 Tarpon Pond
- 535 Tarpon Pond
- 1352 Pelican Watch
- 1105 Summerwind
- 1913 Bohicket Marina
- 1342 Pelican Watch
- 621 Shadowwood
- 1644 Courtside
- 602 Shadowwood

LOTS

- 2272 Seascape Ct
- 2811 Old Drake Dr
- 2837 Cap'n Sams Rd
- 2490 Cat Tail Pond
- 3262 Seabrook Island Rd
- 2869 Seabrook Island Rd
- 3056 Seabrook Village Dr

UNDER CONTRACT

- 2656 Persimmon Pond Ct
- 3162 Blue Heron Dr
- 3076 Marshgate Dr
- 2685 Gnarled Pine
- 917 Sealoft
- LB9 Seabrook Village Dr