

THE Seabrooker

VOL 21 • ISSUE 5 • MAY, 2018

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TOWN AND SIPOA SIT DOWN WITH BERKELEY ELECTRIC



FROM TOWN HALL

RON CIANCIO

On Thursday, April 12th, representatives of both the Town of Seabrook Island and the Property Owners Association met with Timothy Mobley, Vice President, Engineering and Operations and members of his team from Berkeley Electric Cooperative,



Timothy Mobley

Inc. (Berkeley), to discuss service to Seabrook Island and specifically measures to be taken by Berkeley following our community's experiences following hurricanes Matthew and Irma. As a consequence of our discussions, I am convinced that Berkeley is doing its best within the economic constraints of its business model - to ensure that we have uninterrupted power, even in an emergency.

By way of background, it is important to keep in mind that Seabrook Island's 2,799 member service locations

are part of the 98,000 member service locations that Berkeley serves and that our services make up about three percent (3%) of its total number of services. Seabrook Island is served by a transmission line operated by Santee Cooper that generally follows Betsy Kerrison, and leads to a substation operated by Berkeley that is located near Resurrection Road. From this substation, Berkeley has three circuits that serve our island. Those circuits connect to a series of splice cabinets located near the traffic circle and Haulover Creek. Berkeley installed these cabinets to replace older equipment that



Henry Chavis, Trustee District 9 (includes Seabrook Island)

failed as a result of the flooding at the creek caused by Hurricane Irma. The manufacturer of the connections in the new equipment have represented to Berkeley that they are "submersible" and accordingly should be water resistant.

The three circuits servicing our island are made up of many complex pieces of equipment including switchgear, splice cabinets, transformers, reclosers (these are similar to breakers) connections, switches, fuses and relays.

Berkeley personnel constantly review their outage data, perform inspections, test their equipment, and consider the age and condition of equipment in setting their priorities for improving the system. As a result, since 2011, it has replaced a significant amount of underground cable and multiple switchgears. The principal reason for these change-outs is the highly corrosive environment of our island, and as a consequence, the deterioration of cabinets and connections. For similar reasons, it has changed out multiple transformers as well. It should be noted that each time it changes out a transformer, it has increased the pad thickness from 5" pads to 15" pads. While the primary purpose of the thicker pad is to allow more efficient and safe operation, it does have a collateral effect of raising the equipment slightly higher off of the ground.

Most of its scheduled maintenance over the next ten (10) years will focus on the underground cable which is nearing the end of its expected life. This work will be prioritized based on repairs which have already been made and the number of member service locations that would be affected if a cable were to fail and an outage were to occur.

Scheduled preventive measures - those designed to reduce the potential for future power outages under normal circumstances and during major storms with flooding - have been divided into four classifications based on various metrics which include the number of member service locations impacted, cost and long-term utility. These measures will include the installation of video cameras both at Haulover Creek and near the Pelican's Nest which will provide Berkeley the capability to see when flooding is threatened or occurs at either or both locations. A second priority will be to

replace a dozen switchgears - each located in critical areas, identified as being subject to flooding - with splice cabinets where the contained components are "submersible". A third priority will be to install SCADA cell or radio communication equipment in two critical locations which will enable Berkeley headquarters to assess the condition of its equipment on a real-time, remote basis. Lastly, it anticipates installing two Trident PT20 switchgears, again in areas identified as being most prone to flooding; this equipment is "submersible" as well.

You may recall that following Hurricane Irma, Berkeley equipment which had been under water had to be cleaned out before being energized. Berkeley used St. Johns Fire District equipment for that purpose. You may also recall that one of SJFD's fire trucks used for this purpose, had mechanical problems, and a second was called to service elsewhere. In each case, Berkeley was required to use alternative, but less effective methods to clean its equipment which in turn resulted in a delay in restoring power to a number of homes. To address this issue, Berkeley has purchased four (4) skid mounted pumps which will be used in the future instead of St. Johns equipment. This equipment is maneuverable to an extent where it can get behind Berkeley's equipment, and can tap into our fire hydrants.

When we asked what we could do, it was clear that its biggest concern was the difficulty in accessing some of their equipment. They need ten (10) feet of clearance around their equipment so that it can be operated and maintained as needed; especially near the top or side panels that open. It suggested that residents can be of significant assistance Berkeley by keeping its equipment clear of shrubbery and landscaping to allow easier access in the event an emergency. ▲



C.O.V.A.R. CORNER

DEBRA LEHMAN

Council of Villa Associations and Regimes Information

Open Letter to all Seabrook Island Property Owners, Guests and Visitors

In April, a new slate of officers was approved by the Presidents of the Villa Associations and Regimes. The new board is composed of the following individuals who will serve a one-year term:

- Debra Lehman
President
- Alison Standard-Blakey
Vice President
- Floyd DeAndrade
Treasurer
- Cindy Brown
Secretary

The Board thanks Allan Keener and Gary Quigley for their years of service and dedication to the villa community and for officially turning over the reins at this time. COVAR operates under a set of bylaws that were approved by the Villa Association and Regime Presidents. They

are available on the SIPOA website at: discoverseabrook.com.

Once in the website, Log into the Owner's section, click on Archive and then COVAR. Per the bylaws, the purpose of COVAR is:

1. To provide a regular forum for villa property owners to share and discuss common concerns.
2. To collaborate with the Seabrook Island Property Owners Association, the Town of Seabrook Island and the Seabrook Island Club in matters of mutual responsibility and interest.
3. To provide a single official voice for all villa property owners.

A goal for the COVAR board this year is to increase owner participation in defining issues that villa regimes and owners face and then pursue avenues of communication to

develop solutions. There is a wealth of knowledge, experience and expertise that can and should be shared. Every property that falls under a 2nd HOA / Condo Association on Seabrook is loosely called a villa and we are 1200+ strong. As a group, we make a major contribution to the economic engine that keeps Seabrook humming! As such, Villa owners need to be substantial collaborators with SIPOA, the Club and the Town. COVAR is one way to participate in this collaboration but individually volunteering with these other groups and their committees will also enable this successful collaboration.

COVAR will continue to provide a forum for our diverse population of villa owners to share and discuss common concerns. We invite you to participate in the process and we

hope to meet more of you in the near future! Always feel free to reach out to the COVAR board with questions or suggestions, etc. We look forward to working together with all of our island neighbors, SIPOA, the Club and the Town, to make our Seabrook Island all that we all want it to be.

COVAR Monthly meetings are held on the second Wednesday of each month in the Osprey I room at the Lake House. Villa Presidents and Representatives are always welcomed to these meetings and are provided with a notice and meeting agenda in advance. Our quarterly meetings are open to all Villa owners and are held in March, June, September and December. These meetings will be announced through your Villa/Regime, Tidelines and in this COVAR Corner.▲



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. As Seabrooker volunteers with a common objective, we are committed to securing the facts and reporting to you in a forthright, honest and unbiased manner.

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

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

THIS MONTH'S SEABROOKER VOLUNTEERS - CREDITS:

Faye Allbritton, Alberta Barron, Roberta Boatti, Ron Ciancio, Gary Fansler, Alja and Ed Konrad, Lori Leary, Debra Lehman, Charles Moore, Michael Morris, George Reinhart, Jerry Reves, M.D., Mark Shaffer

PHOTOGRAPHERS: Charles Moore • Ed Konrad • Keith Ward

CONTACTING THE SEABROOKER

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

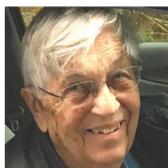
The entry deadline for all items is the 15th of the month. Please limit Cap'n Sams letters to 400 words. Photos should be in high resolution (5"x7" at 200 dpi or more).

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DEATH NOTICES



Jack Woodward Vincent died on April 14, 2018, following a long and courageous battle with various illnesses. Jack was born on September 23, 1940, in Joplin, Missouri, to Maurice and Jan Vincent. He completed his dental degree at the University of Missouri at Kansas City School of Dentistry in 1964 and, later in his career, completed a residency in Periodontology and a PhD in Microbiology at the University of Maryland at Baltimore. Over a 37 year career, Jack enjoyed many accomplishments in the field of dentistry, including private practice, military service, industrial research, and chief scientist of the American Dental Association. Always a committed patriot, Jack served for over 20 years in the military where he was the Director of the Department of Microbiology at the U.S. Army Institute for Dental Research; Commander of the Army Dental Activities in the Republic of Panama; and Commander of the Dental Activities of Walter Reed Army Medical Center. Following completion of his military career, Jack joined the Warner Lambert Company in a senior position in Research and Development, where he spent ten productive years before retiring in 2000. His accomplished career in the practice of dentistry included writing over 100 scientific publications and lecturing extensively around the world. In 2001, Jack and Sherry, his wife of 53 years, relocated to Seabrook Island, South Carolina. Over the next 17 years, Jack enjoyed spending time playing golf, reading and doing volunteer work for the local chapter of Habitat for Humanity. He enjoyed life one day at a time. Jack is survived by Sherry and their children, Eric (Ally), David (Susan) and Stephanie (Donald), as well as their six grandchildren, Vincent, Tedford, Michaela, Sofia, Lucas and Katia and by his sister, Maureen Rosenbaum. A celebration of his life will be held on Thursday, April 19, at 11am at the Seabrook Island Club, 3772 Seabrook Island Road, Seabrook Island, SC 29455. Donations may be made in his honor to the Wounded Warrior Project or the Barrier Islands Free Medical Clinic. ▲



Frederick George Stengel (Mr. Fred) died Friday April 20, 2018. Fred was born December 12, 1930 in Queens, New York. He was a long time resident of Seabrook Island, SC. Fred was a graduate of Brooklyn Technical High School, and attended the Massachusetts Institute of Technology. He graduated in 1952 with a major in Metallurgy and a minor in Architecture, and while at MIT he occupied the bow seat of the rowing team. He began his career with Westinghouse, working on the USS Nautilus, the first nuclear powered submarine. He worked for General Atomic in California, United Nuclear Corporation in Missouri, and Gulf United Fuel Corporation in Connecticut. In 1974 he became the owner of several Meineke Muffler franchises in the southeast, as well as a general contractor here in Charleston, SC. He loved remodeling and building; his warm personality and architectural background resulted in many happy clients and unique homes, not to mention many interesting and thoughtful conversations. His hobbies included architecture, sailing, drawing, bird watching, and watching NASCAR races. Mr. Fred is survived by his beloved wife of 37 years, Jenny Poore Stengel (aka the sparrow); sons Frederick Scott Stengel and wife Susan of James Island and William Shawn Stengel and wife Linda Sue of Sumter; daughters Kimberly Stengel McGhee and husband Patrick of Irmo, and Marguerite Lori Stengel West and husband Tim of Mt. Pleasant. ▲

Death notices include basic information about the deceased: the person's name, age, occupation, date of death and place of death information. Notifications can be sent to theseabrooker@yahoo.com.



EXCHANGE CLUB NEWS

The meeting was called to order by Bob Leggett. He led the group in a minute of silence for Anne Burpee, wife of Laurie Burpee - former EC president and long-time member. Charlie Davis led the invocation. Jim Bannister led the fallen hero remembrance for Sgt. John Phillips of St. Stephen, SC. Sgt. Phillips was assigned to 111 Marine Expeditionary Force. He died in August 2006 from severe burns suffered the previous March in Anbar Province, Iraq. Marissa Bannister, Jim's wife, was introduced as a new member and addressed the group. Also recognized were Bob Simpson and Mike

Sankovich, guests of Jerry Stephens and prospective members; and Matt Wain, the evening's speaker. Roger Steel discussed the April 13 CSO outing. The evening includes a CSO performance at the Gaillard and dinner at the Seabrook Island Club. Bob Mason introduced Matt Wain. He is the Chief Operating Officer of MUSC Health. He provides leadership for the development of clinical programs to include the four MUSC hospitals and ambulatory clinics. About 30 percent of everything done at MUSC is oriented towards women and children. This is

the impetus for the Shawn Jenkins Children's Hospital & Pearl Tourville Women's Pavilion and the Children's Ambulatory Campus. This state-of-the-art facility will have 200 NICU beds and will include a helipad that can accept military grade helicopters. In addition, construction has a strong minority component; for which MUSC has received a national award. At the club's next meeting on April 18, the Youth of the Year and scholarship recipients were introduced. (see story and photo below). ▲ George Reinhart



(L-R) - J. Zepke, A. Brandon, Z. Zepke, K. Smiley

Kiawah-Seabrook Exchange Club presented four local high school seniors with scholarships on Wednesday, April 18, 2018 at the Seabrook Island Club. Pam Paroli, Youth and Education Committee Chair, opened the evening program with remarks on the students' strong academic achievements and numerous volunteer activities at school and in the community. Principal Steve Larsen, St. John's High and Headmaster

Hacker Burr, Charleston Collegiate shared school programs and philosophies and encouraged exchange members to visit and consider volunteering as mentors, speakers, etc. The highlight of the meeting was hearing from each of the scholarship recipients. These outstanding honorees spoke about their high school experiences, influential persons in their lives and future professional goals.

Alexandra Brandon (Charleston Collegiate), Zuriyah Zepke and Kameron Smiley (St. John's) were awarded \$3,000 scholarships. Each has been accepted at and plans to attend the College of Charleston. John Zepke (St. John's) received the club's "Youth of the Year" Award, a \$4,000 scholarship. John has been accepted at several universities but has not committed at this time. ▲ Lori Leary

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!

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 address is theseabrooker@yahoo.com. You may also contact me with any questions about such at that same address.

In this issue, Paul Tillman did it again with his humorous and fascinating alligator encounter - see page 3.

Michael Morris, Editor

SPOLETO FESTIVAL USA MAY 25 - JUNE 10, 2018

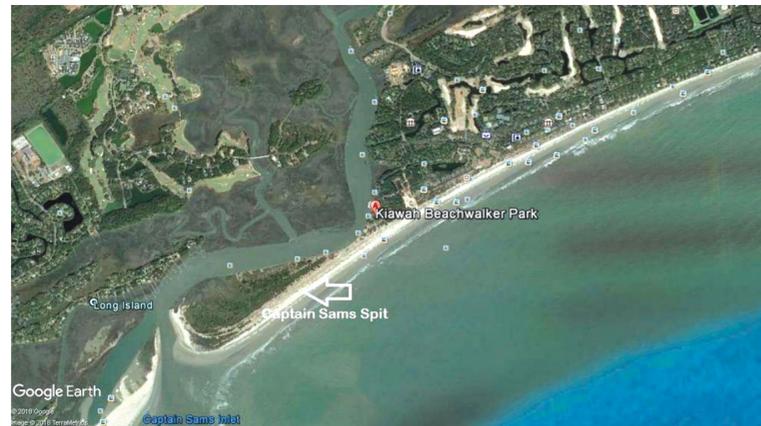


Spoletto Festival USA, one of America's major performing arts festivals is full of 17-days worth of events showcasing both established and emerging artists in more than 150 performances of opera, dance, theater, classical music, and jazz. It was founded in 1977 by Pulitzer

Prize-winning composer Gian Carlo Menotti, who sought to establish a counterpart to the Festival dei Due Mondi (The Festival of Two Worlds) in Spoleto, Italy. When Italian organizers planned an American festival, they searched for a city that would offer the charm

of Spoleto, Italy, and also its wealth of theaters, churches, and other performance spaces and so Charleston it was. For a full list of performances and an event schedule, please visit: spoletousa.org ▲

SANFORD APPLAUDS SC SUPREME COURT DECISION ON CAPTAIN SAMS SPIT



Representative Mark Sanford released the following statement in response to the South Carolina Supreme Court's ruling to deny the construction of a seawall on Captain Sams Spit: "I applaud their decision. In balancing private property rights with public cost and access, and I believe this makes sense. I have fought for the environment and land conservation

in all the years I have been in office because of how important it is to retaining South Carolina's competitive advantage in the way that we look and feel as a state. Indeed, a good part of what makes life so special in the Lowcountry is its open space and access to public space. As we continue to grow as a region, I think it's important that we not develop every inch in instances

like these. In that vein, yesterday's ruling - like the one in 2014 - serves to highlight the importance of protecting the public's access and use of the accreted shoreline at Captain Sams Spit because as surely as Mother Nature can accrete shoreline, she can take it away, and taxpayers shouldn't be left to hold the tab as tides and shorelines ebb and flow on this front." ▲

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On Wine
Michael Morris - Vintage Wine



Grower Champagne

The landscape of Champagne is changing. Gone are the days of wine lists carrying one or two bottles of Champagne. A well crafted list these days will likely have a handful of offerings at minimum and likely won't include familiar names such as Veuve Cliquot, Moët et Chandon or Taittinger. Unless one follows wine closely, there is a good chance of seeing several unfamiliar producers on the list. The reason? Wine directors are eschewing the large négociant houses in favor of smaller, grower Champagnes. What is grower Champagne? The Champagne you are most familiar with is produced by négociants. The production of these wines is in the millions of bottles by houses that purchase grapes from throughout the region of Champagne to create a wine that is consistent with the house style. These Champagnes are noted by the letters NM found in small print on the back label. Grower Champagnes, delineated by the letters RM, are wines produced in vastly smaller amounts by winemakers from grapes coming from vineyards

they own. Similar to still wines, it is possible to make outstanding wines from purchased grapes. After all, Moët et Chandon's Dom Perignon and Louis Roederer's Cristal are made by this method. However, just like with still wines, grower Champagnes, coming from more specific districts within the Champagne region, are better suited to highlight the different terroirs within the region. Some of the districts have climates and soils that favor the production of Pinot Noir or Pinot Meunier, while others favor Chardonnay. Historically, the large Champagne houses have purchased grapes from throughout the region and blended them together to create a house style with the goal of producing a wine with a similar taste profile year after year. It is also the reason that Champagne has been produced with the non-vintage method, so the wines from riper years can be blended with the wines from leaner years. To the large houses, it is all about consistency. Veuve Cliquot wants the bottle of "yellow label" and Moët et Chandon wants the bottle of White Star to taste the same year after year. They feel that this is the way it is supposed to be done in Champagne. Grower Champagne producers accept that their

wines will be less consistent, but they feel that their wines are better able to highlight their terroir and have a better "sense of place". Grower Champagne has only begun to have a significant presence within the past 25 or so years and has not always been the easiest sell in the market. The reason stems from the way most wine consumers have viewed Champagne. It has closely been associated with celebration and less so as a wine in and of itself. However, within the last 5-10 years, their popularity has increased as consumers have become more familiar with the different terroirs within Champagne, and thus able to enjoy and contemplate their glass of Champagne as they would a glass of white Burgundy. In that vein, I would recommend that if you are drinking a glass of Champagne you should try drinking it out of a white wine glass as to highlight the bouquet just as you would a white Burgundy. The usage of a flute may highlight the bubbles but it is strictly a visual thing and does little to enhance the enjoyment of the wine.▲



TOWN HALL MEETING Town Council Meeting March 27, 2018

After the pledge of allegiance, Mayor Ciancio called the March 27, 2018, Town Council meeting to order at 2:30 p.m. Councilmen Gregg and Wells, Councilwoman Finke, 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 Special Town Council meeting of February 1, 2018, the Public Hearing of February 27, 2018, the Town Council meeting of February 27, 2018, and the Ways & Means Committee meeting of March 20, 2018, were each unanimously approved as written.

Financials: Mayor Ciancio reported that revenue for the month of February was \$52,980, which was \$47,483 under budget, primarily due to lower than anticipated business license receipts. For the year to date, through February not including funds transferred from the General Fund for road improvement, total revenue was \$91,327, which was \$60,200 under budget. Expenses for the month of February were approximately \$51,388 and were \$51,224 less than budget. In January, revenue exceeded expenses by \$1,592. For the year to date through February, expenses have exceeded revenue by \$8,734. Numerous deposits of business license income have been made in March and the income and expenses should fall more in line on the March financials.

Citizens/Guests Presentations, Comments: None

Reports of Standing Committees, Commissions, Boards:

Public Safety/Club Long Range Planning Committee - Councilman Gregg reported that the Seabrook Island Club's Long Range Planning Committee did not meet in March but a meeting is scheduled for April 6.

Public Safety Committee - The Town's Public Safety Committee met on March 12, 2018. At this meeting, the Committee approved a revised schedule for solicitation of bids for debris management services as proposed by Town Administrator Cronin. The Committee approved revisions to the emergency contact refrigerator magnet and recommended having 2,500 units produced. The Committee continued to review revisions to the Town's Comprehensive Emergency Plan that will address action items identified in the January training and exercise report. The Public Safety Committee is scheduled to meet again on Monday, April 16, at 10:00 a.m.

Disaster Recovery Council - The Disaster Recovery Council met on March 15 to review action items developed from the January hurricane training and exercise report. The Town's consultant will issue an updated report reflecting the status of action items and assignment of responsibilities for their completion.

Disaster Awareness Day - Councilman Gregg reported that Kiawah's Town Administrator has confirmed that the 2018 Disaster Awareness Day will be held Wednesday, June 13, at the Kiawah Town Hall. The Town will begin publicizing the event when the event flyer is received.

Funding Agreement - Councilman Gregg reported that the Town has received a State and Subrecipient Public Assistance Funding Agreement from South Carolina Emergency Management Division establishing terms and conditions applicable to the Town if the Town is to receive any payments on its pending request for Public Assistance in regard to Hurricane Irma. Copies of the Funding Agreement have been previously provided to Council. Councilman Gregg moved for approval of the Funding Agreement in the form that has been presented to Council and for authorization for the Mayor to execute the Funding Agreement on behalf of the Town. Councilman Wells seconded the motion and the vote to approve was unanimous.

Emergency Contacts Refrigerator Magnets - The Public Safety Committee has recommended that the Town procure emergency contact refrigerator magnets that will be distributed mainly to rental guests on Seabrook Island. Councilman Gregg moved to procure up to 2,500 emergency contact refrigerator magnets at a cost of up to \$1,258. The cost of the magnets will be paid from the emergency preparedness budget account. These magnets will be given out at Disaster Awareness Day as well as through regime managers and rental agencies. Councilman Wells seconded the motion and the vote to approve was unanimous.

Public Relations/Communications - Councilman Crane was absent

Special Projects/Beach Administration - Lowcountry Marine Mammal Network Agreement - Councilman Wells reported that Lowcountry Marine Mammal Network (LMMN) is a 501(c)(3) group focused on protecting marine mammals in South Carolina and has been working at Kiawah for the last few years. Councilman Wells read aloud several paragraphs of the Seabrook Island Dolphin Education Program Agreement, which points out that Seabrook Island is one of a few locations in the U.S. that dolphins are known to strand feed and that it is very important to ensure that they are not harassed. The purpose of the Seabrook Island Dolphin Education Program is to reduce disturbance to strand feeding dolphins and to minimize violations of the Marine Mammal Protection Act, as well as to better understand the local dolphin population and this feeding strategy. LMMN will be paid a total of \$6,772 in 9 equal installments, plus additional expenses up to \$1,314. Councilman Wells made a motion to approve the Seabrook Island Dolphin Education Program Agreement in the form as presented to Council and to authorize the Mayor to execute the document on behalf of the Town. Councilman Gregg seconded the motion and the vote to approve was unanimous. Mayor Ciancio remarked that the program is primarily educational whereby representatives of LMMN and volunteers will be educating beachgoers about strand feeding and the necessity not to disturb the dolphins; but LMMN will also be collecting data, while on the beach, and they will publish their finding and recommendations. A provision has been added in the agreement that will require LMMN to get the Town's written permission prior to publishing or disclosing data obtained on Seabrook Island. Anyone who participates in the program will sign waivers of liability and LMMN will be indemnified against any other liability. Councilman Wells reported that a joint meeting will be held on April 11 with LMMN, NOAA representatives and residents from Kiawah and Seabrook Island. Anyone, who would like to volunteer to participate in the Seabrook Island Dolphin Education Program, is welcome to attend.

Seabrook Island Road Improvements Update - Councilman Wells reported that the RFP for work,

which includes the lining of five major pipes underneath Seabrook Island Road, replacing the lining of 385 ft. of storm water pipes and the installation of two floodgates, ran in the Post & Courier a few days ago and the RFP was posted on the SC Business Opportunities website. The opening of the bids will be in late April.

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 - **Consideration of Rental Ordinance** - Mayor Ciancio stated that he is concerned that a number of property owners on Seabrook Island rent their properties through sites such as VRBO or Airbnb without obtaining a business license from the Town. Failure of the property owner to obtain a business license would affect the Town's business license and accommodations tax revenue. Kiawah Island has adopted a very comprehensive rental ordinance that covers many areas that would probably better fall under the Property Owners Association's purview. One thing that is included in the Kiawah ordinance that Mayor Ciancio feels that the Town should do is to provide that a property owner, who lists their property for rent, include their business license number in their rental advertisement. Staff could periodically check newspapers or websites for compliance. Mayor Ciancio stated that he will be preparing a draft ordinance to be reviewed at the next Ways & Means Committee meeting.

Review of Comprehensive Plan - Mayor Ciancio reported that the Town's Planning Commission is charged, by statute, with the responsibility to engage in a continuous planning program for the physical, social and economic growth of the Town. In that regard, it is charged with the obligation to prepare and periodically review the Town's Comprehensive Plan. The Comprehensive Plan's nine elements (population, economic development, natural resources, cultural resources, community facilities, housing, land use, transportation and priority investment) must be re-evaluated at least every five years and the Plan, including the elements, must be updated every ten years. The Comprehensive Plan was first adopted by the Town in April of 1999 and last updated in July of 2009. Accordingly, an updated plan must be prepared and adopted by Town Council no later than July 2019. Mayor Ciancio stated that he would like, not only to have a public hearing, but to get input from relevant stakeholders in our community including, but not limited to - Seabrook Island Utility Commission, Seabrook Island Club, Property Owners Association, Bohicket Marina, the Marina Merchant's Association, Camp St. Christopher and individual residents. The Mayor would also want to take into consideration the future development of properties along Seabrook Island Road and the potential for annexation of property adjacent to our community as the Town should have a voice when such property is developed. Council and the Planning Commission will hold a joint kick-off meeting for the Comprehensive Plan update on April 19th at 2:30 p.m.

Town Administrator - Beach Patrol Contract - Town Administrator Cronin reported that the beach patrol contract with Island Beach Services was signed on March 7 and the Notice to Proceed was issued on March 22. Island Beach Services will begin work on April 1. April 1 through May 26, one vehicle with one person will be on patrol from 8:00

a.m. to 6:00 p.m. In our peak season, beginning May 27 through August 15, there will be four personnel in two vehicles that will patrol from 8:00 a.m. to 8:00 p.m. From August 16 through September 4, there will be two personnel in one vehicle during alternating shifts between 8:00 a.m. to 8:00 p.m.

Resolutions 2018-01 through 2018-06 to Appoint Beach Patrol as Code Enforcement Officers

Town Administrator Cronin stated that he has received the names of six personnel from Island Beach Services (IBS) that will be sworn in as Town code enforcement officers - Noah Butler, Rob Edgerton, Luke Meier, Sam Parks, Jacob Peller and Malek Varner. At least one Code Enforcement Officer must be present on the beach at all times during IBS's contracted beach patrols. Mayor Ciancio asked for approval of Resolutions 2018-01 through 2018-06 in the form presented to Council. Councilman Gregg moved to approve Resolutions 2018-01 through 2018-06. Councilman Wells seconded the motion and the vote to approve was unanimous.

Request to Authorize Development of a New Town Website

Town Administrator Cronin requested authorization to move forward on developing a new website for the Town and requested approval for funding. The cost of the Weebly web hosting program (Business Plan) is usually \$25 per month or \$300 annually. Weebly is currently offering a special rate of \$18.75 per month or \$225 for the first year, then \$300 per year thereafter. This rate expires on March 28, 2018. Funding can be provided from the Website Maintenance line item, which has a total budget of \$4,500 in 2018. Councilman Gregg made a motion to authorize the Town Administrator to enter into an agreement for the Weebly web hosting program as previously described. Councilman Wells seconded the motion and the vote to approve was unanimous. Councilman Gregg questioned whether the "landing page" that had been developed previously would still have a link to the Town website that is now being developed. Town Administrator Cronin stated that the link would still be there and nothing would have to be changed because the Town's website address will not be changing.

Policy regarding Use of Town Hall

Town Administrator Cronin stated he and the Mayor are working on draft language to change Chapter 24, Sec. 24-20 since it currently has provisions for rallies and demonstrations but there is not a good policy for at least every five years and the Plan, including the elements, must be updated every ten years. The Comprehensive Plan was first adopted by the Town in April of 1999 and last updated in July of 2009. Accordingly, an updated plan must be prepared and adopted by Town Council no later than July 2019. Mayor Ciancio stated that he would like, not only to have a public hearing, but to get input from relevant stakeholders in our community including, but not limited to - Seabrook Island Utility Commission, Seabrook Island Club, Property Owners Association, Bohicket Marina, the Marina Merchant's Association, Camp St. Christopher and individual residents. The Mayor would also want to take into consideration the future development of properties along Seabrook Island Road and the potential for annexation of property adjacent to our community as the Town should have a voice when such property is developed. Council and the Planning Commission will hold a joint kick-off meeting for the Comprehensive Plan update on April 19th at 2:30 p.m.

St. Christopher Camp & Conference Center - Town Administrator Cronin thanked Bob Lawrence and Ned Collins for inviting him to visit the Camp recently.

Community Shred Event

The Town Administrator reminded everyone that a free shred event was being held at the Town Hall on March 30 from 10:00 a.m. to 1:00 p.m. Attendees can bring 3 boxes or bags per person. The event is being advertised on Tidelines and on social media.

Town Council Members

See Above
Utility Commission - Chairman Jim Bannwart reported that plant operations were normal during February. The third backup generator will be delivered this week and will be installed and operational before hurricane season. The Utility Commission is also beginning manhole rehab work. Wa-

ter bills will be going out at the end of the month that will announce a water rate increase that is being passed along to customers due to a Charleston Water rate increase. The increase for Seabrook Island consumers will be about 16 cents per 1,000 gallons of water used.

Petitions Received, Referred or Disposed of: None

Ordinances for First Reading:

Ordinance 2018-03 - An Ordinance to Amend the Zoning Map of the Town of Seabrook Island so as to change the Zoning Designation for Charleston County Tax Map Number 147-06-00-072. Containing Approximately 0.24 +/- Acres, Located at 2731 Old Oak Walk, from the SR Single-Family Residential District to the AGC Agricultural-Conservation District. Mayor Ciancio stated that the Seabrook Island Property Owners Association is applying to rezone this property which has been purchased by Greenspace Conservancy and which, in turn, transferred ownership to the POA. This request has been reviewed by the Planning Commission and it has recommended approval. Councilman Gregg made a motion to accept Ordinance 2018-03 for first reading. Councilman Wells seconded the motion. Councilwoman Finke asked to be recused from voting since she had been on the Board of Greenspace Conservancy at the time the property was purchased. The vote to approve the motion was unanimous.

Ordinances for Second Reading:

Ordinance 2018-02 - An Ordinance Amending the Fiscal Year 2018 Budget to Appropriate \$65,000 from State A-Tax Fund Balance. Mayor Ciancio stated that Ordinance 2018-02 had first reading at the February Town Council meeting and Council also approved the expenditure of the State A-Tax funds as recommended by the Accommodations Tax Advisory Committee. A public hearing on this ordinance was held prior to the March Town Council meeting. Mayor Ciancio remarked that the Town had received a check in 2017 for State Accommodations funds that were due to the Town but erroneously sent to Charleston County. The Town did not use these funds in 2017 and the 2018 budget ordinance did not appropriate the expenditure of any surplus funds from that account even though the Town did contemplate using part of these funds to pay for a portion of the cost of the Beach Patrol. Subsequently, the Town has decided to also use \$10,000 of the money for the Dolphin Awareness Program. Ordinance 2018-02 increases the amount in Line Item #8501 from \$80,000 to \$145,000, a net increase of \$65,000. Councilman Gregg made a motion to approve Ordinance 2018-02 on second reading. Councilman Wells seconded the motion and the vote to approve was unanimous.

Miscellaneous Business: None

Citizens Comments:

A Seabrook Island resident commented on problems that residents are experiencing because of short-term rentals. Mayor Ciancio stated that he is inclined to think that the Town should ask the Property Owners Association to look into a lot of these issues and he would like to get Council's view on the role they think the Town should play.

Questions followed concerning the status of the FEMA flood maps, FEMA reimbursement after hurricanes, whether Seabrook Island would ever consider having a police department, etc.

Mayor Ciancio stated that the City of Charleston and Charleston County are looking into road issues on Johns Island and a group, known as the Johns Island Growth Management Committee, has been established. The Mayor has been asked and has agreed to serve on that Committee.

The meeting adjourned at 3:47 p.m.▲

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The Latest on I-526

"DON'T HOLD YOUR BREATH"
Charleston County's new plan to finish I-526 remains secret but includes half-cent sales tax money
by Abigail Darlington - Post and Courier

After several failed attempts over the past two years Charleston County is again trying to resuscitate a decade-old agreement to complete Interstate 526. This time, it involves a new funding plan the county is not sharing publicly, even though it contains millions in tax dollars.

At the direction of County Council Chairman Vic Rawl, the county recently submitted a new proposal to the state Transportation Infrastructure Bank board to cover the project's \$330 million shortfall.

County staff denied the Post & Courier's request to review the proposal, citing an exemption in the state Freedom of Information Act for governments to negotiate "contractual matters."

Rawl said the three main funding sources are:

- \$62 million left over from the first half-cent sales tax fund. County voters approved the tax increase in 2006 to pay for transportation projects, but the plans didn't include the Interstate 526 extension.
- \$108 million in federal "guide share" dollars available for regional transportation projects.
- \$150 million in general obligation bonds issued by the county. Rawl didn't elaborate on how they would be paid off.

Council members Herb Sass and Brantley Moody confirmed to The Post and Courier they were familiar with the plan but not all council members have been briefed on it. Rawl said if the bank board is receptive, that's when it would be placed before council for a vote. Releasing the details to the public would jeopardize the negotiation, he said. "There is really nothing for the public to know until there is a proposal that has been accepted by both sides," Rawl said. It would not take away money from other budgeted projects, he added. The board hasn't responded. "We have no control over whether they will respond or if they will respond," Rawl said.

Bank board member Chip Limehouse, a former state representative for Charleston, said he hadn't reviewed the proposal but had been in

touch with County Council members about it. From what he's heard, the new proposal seems more concrete than previous ones. He's been a supporter of the project all along. "This might be the spark plug we've been looking for to get 526 moving again," he said. The bank agreed a decade ago to pay for the highway extension across James and Johns islands, which at the time was expected to cost \$420 million. When the price-tag rose to \$750 million, the bank asked the county to come up with the difference.

The county has been trying to convince the bank it can pay for it ever since, even after the board voted to unwind the project in 2016. The funding proposal is similar to one County Council voted for about a year ago but that one didn't include half-cent money. When the pitch fell flat, the county asked the S.C. Supreme Court to find that the bank breached the contract and should be ordered to pay for the whole project. The Supreme Court rejected the case in October. If the board isn't willing to renegotiate, the county could pursue its claim in circuit court. "There is a dispute as to whether we owe anything, and if so, how much. All those points are still up in the air," Rawl said. "Those are the discussion points contained in part of the financial proposal."

Rawl declined to say whether the county's latest pitch would be its final attempt to revive the plans.

Agencies involved in the project have spent about \$10 million on permitting and buying rights of way. "At some point in time, we will have to seek whatever relief we can from whatever source or process we can," Rawl said.

The highway extension has been controversial since its inception. Supporters maintain it's the key to fixing gridlock traffic across the county and would provide an important evacuation route. Opponents argue it would give rise to more development and would only fill up with traffic over time. Other projects would provide more relief for the money, they have said. ▲

Turtle Patrol Assists in Sea Turtle Nesting Pattern Study

The South Carolina Department of Natural Resources has tracked the nesting patterns of Loggerhead Sea Turtles for the past several years by sampling DNA. The Seabrook Island Turtle Patrol assists this study by providing a sample from each nest on our beaches.

Every year, Patrol member Judy Morr accesses the DNR data and does an analysis of the Loggerheads that nested on Seabrook Island.

Judy's review of last year's nests again produced some interesting results:

- 66 of the 70 nests have DNA mapped
- These 66 nests were laid by 43 unique mothers
- 10 of those 43 mothers had never before been identified in the system, regardless of beach.
- Those 43 mothers laid a total of 158 nests on 29 different beaches in 2017.
- Of those 158 nests, 66 were on Seabrook Island with an additional 47 nests on Kiawah.
- Some of the mothers have become our "friends"
- Mother CC00343 laid 5 nests in 2017 on Seabrook. All 19 of her nests since 2010 were on Seabrook and all at the southern end of the island. She had an 89% hatch rate in 2015 and 93% in 2017. This compares favorably with our overall average of about 75%.
- Mother CC00530 laid 2 more nests on Seabrook in 2017 and one on Kiawah. 19 of her 22 nests laid since 2010 having been on Seabrook. The other 3 were on Kiawah. She has laid nests in 2010(3), 2011(4), 2013(6), 2015(4), 2016(2) and 2017 (3). Her average clutch count is 138 eggs with a hatch rate of 74%. There were a total of 2,236 hatchlings in those 22 nests.
- Mother CC006108 laid 4 nests on Seabrook in 2017. All 16



of her nests since 2011 have been on Seabrook with 12 being between the Club and Boardwalk 6.

- Some other fun facts:
- Mother CC001594 must call Cape Island (north of McClellanville) "home" as she laid 11 nests there since 2010. Her first nest of 2017 was on Seabrook Island before she laid 4 additional on Cape Island. I guess she just couldn't get home before it was time to lay those eggs.
 - Mother CC003703 also prefers Cape Island. She has laid 17 nests there since 2011. In 2013, she laid her first nest of the year on Kiawah and this year she laid a nest on Seabrook in mid-May. Her first 2017 nest on Cape Island was on 5/21.
 - Mother CC002034 has laid 15 nests on Harbor Island (off St. Helena) since 2011. This year she took a vacation and laid her fourth of six nests on Seabrook.
 - New mother CC010751 laid her only nest on Seabrook. All the other new mothers laid multiple nests in 2017 but only one on Seabrook
 - Of the 247 mothers who have laid on Seabrook Island to date, 75 of those laid somewhere in 2017. Since Seabrook had 43 mothers, that means 32 prior Seabrook mothers chose to lay somewhere else in 2017.
 - Theoretically, mothers who laid in 2014 or prior would have nested again by 2017. 57 of the 201 mothers who laid in 2014 or prior have not laid since 2014. Hope they're OK. If all that isn't "turtle-nerdy" enough for you, here's a link to a New York Times article on the same subject. <https://www.nytimes.com/2018/04/13/science/sea-turtles-magnetic-field.html>
- The 2018 Sea Turtle Nesting season will begin in early to mid-May with the first nests hatching in July.▲

Kiawah Prepares for 2021 PGA Tournament

The Kiawah Island Golf Resort is in the opening stages of a \$250 million capital construction plan that is projected to be completed before they host the PGA Golf Championship in May of 2021. I thought Seabrookers would be interested to see how the marketing people at KIGR are presenting these projects:



◀ WEST BEACH VILLAGE HOTEL
Relaxed elegance. Two words describe the luxurious hotel overlooking the Atlantic. Designed by the world renowned Robert A.M. Stern Architects, the hotel will feature 150 suites, junior suites and generous guest rooms, along with a full-service spa, two-story oceanfront restaurant, casual poolside dining, lobby bar, club level lounge, coffee shop, nearly 5,000 sf of meeting space, adult and family pools, 10 distinctive retail shops and a grand boardwalk along the dunes. Grand opening fall 2020.



▶ COUGAR POINT CLUBHOUSE
After undergoing a complete course renovation in 2017, the Gary Player-designed Cougar Point Golf Course is getting a stunning new clubhouse situated on a terrace offering sweeping views of the 18th hole on one side and the new beachfront hotel through an allee of live oaks on the other. Designed by world renowned Robert A.M. Stern Architects, the clubhouse will feature a grand lobby, a full-service pro shop, a bar and sports tavern, and locker rooms. Grand opening planned spring 2019.



◀ OCEAN COURSE COTTAGES
A bucket-list golf getaway to The Ocean Course is about to get even more fantastic with the addition of two two-story, four-bedroom cottages just steps away from The Ocean Course clubhouse, home to the Ryder Cup Bar and Atlantic Room restaurant, and overlooking the driving range with an unparalleled view of the Atlantic Ocean. The cottages are designed by world renowned Robert A.M. Stern Architects, who also designed The Ocean Course clubhouse. Grand Opening spring of 2019.



▶ WEST BEACH CONFERENCE CENTER
Within walking distance of the new beachfront hotel, Cougar Point Clubhouse and Villa Check-in, the new West Beach Village Conference Center designed by the world renowned Robert A.M. Stern Architects will offer 24,199 sf of pre-event and state-of-the-art meeting space, including a 10,529 sf core space divisible by air-walls into six sub-units, and 11 breakout rooms totaling 3,815 sf. Grand Opening fall 2019.



◀ THE SANCTUARY CHAPEL
Kiawah Island Golf Resort will enhance its status as a location for dream destination weddings with the addition of a stately new chapel that will seat up to 150 guests. The chapel will connect by a courtyard garden and colonnaded walkway to The Sanctuary Hotel's elegant 6,000-square-foot Grand Oaks Ballroom, a popular reception venue. The chapel will also offer weekly nondenominational services welcoming all hotel guests regardless of religious affiliation. Opening summer of 2019.

Seabrook Wild Things
by Members of the Environmental Committee

The Great Horned Owl Hoo-h Hoo-hoo-hoo

The Great Horned Owl is one of nine owls that frequent South Carolina: Barn owl, Eastern Screech-owl, Snowy owl, Burrowing owl, Barred owl, Long-eared owl, Short-eared owl, Northern Saw-whet owl, and the Great Horned owl.

Other than the rarely seen Snowy owl, the Great Horned owl is the largest owl having a wingspan of between 3 to 5 feet. feet are equipped with 2 to 3-inch talons reaching over 8 inches across that can apply over 300 pounds of crushing power per square inch. It is easy to see why this owl is nicknamed the "Tiger owl".

Great Horned owls inhabit nearly all of North and South America and are extremely adaptable being found in nearly every type of habitat from deeply forested areas, grasslands, deserts, mountains, farmlands and in suburban and Powerful highly populated areas.

Of all birds the Great Horned owl is one of the earliest to breed. Strictly monogamous and mating for life, courtship including frequent hooting begins in October with the male seeking out a nesting site. As with other owls they do not build a nest but take over an existing nest. Nests of ospreys, eagles, hawks, night herons, great blue herons, crows, ravens, and even squirrels may be utilized. Nesting also occurs in large tree hollows, a rock crevice or small cave within rocky areas and even in bushes or bare ground in sparsely vegetated areas. One to four eggs are laid in February and March. The female remains on the nest incubating the eggs for proximally a month while the male hunts and brings food to her nightly.



The Great Horned Owl's large size, camouflaged coloration, acute hearing, incredible night vision and nearly silent flight make it an extremely effective predator of the night.



The eyes of the Great Horned owl are nearly as large as a human's eyes but do not move in their sockets, however they have the ability to rotate their entire head in any direction.



A Great Horned owl fledgling rests on the edge of a nest in a large pine tree along Seabrook Island Road. This nest was constructed and utilized last year by a pair of ospreys.

The hatchlings weigh a little over an ounce at birth, average gaining an ounce daily during the next month and are hopping around on nearby branches at 6 weeks. Although flying at 10 to 12 weeks they depend on and beg for food from their parents for several additional months and remain nearby for one to two years until they reach sexual maturity prior to seeking out their own territory. They live an average of 13 years in the wild but have been recorded to live 35 years in captivity.

Seeing in black and white (not color) with extremely large eyes (nearly the same as in humans), having acute hearing that can detect a field mouse at a hundred yards, and having serrated wing edges enabling nearly silent flight, the Great Horned owl is a powerful predator. Interestingly, their eyes do not move in their sockets but because of having 14 neck vertebrae (humans have 7) they are able to move their head 270 degrees. Hunting primarily from a high perch their prey includes rats and mice, squirrels, rabbits, opossums, bats, frogs, snakes, etc. as well as other birds such as crows.

When an excited flock of crows is heard squawking and darting about their target is frequently their greatest predator - a Great Horned owl.

As with other owls, Great Horned owls regurgitate the indigestible portions of what they eat in the form of a 3 to 4-inch pellet called a "owl pellet". The skull and other bones within these pellets can be utilized to determine what they have been eating. ▲

Charles Moore
Environmental Committee



"We have been hearing our friendly feathery friend around our home on 2930 Seabrook Island Road for a week or so. He is majestic both sitting and in flight."

PHOTO BY: KEITH T. S. WARD

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Respect Seabrook Island Shorebirds & Habitat!



Piping Plovers

April and May are critical months to protect our shorebirds in the Lowcountry, especially on Seabrook Island's North Beach. Red Knots (federally threatened) are arriving to rest and feed on their long journey to the Arctic to breed. By end of April there could be 5000 knots here! Piping Plovers (federally endangered or threatened depending on breeding area) are still wintering here, but in larger numbers as they move through SC from southern beaches to prepare for flight north to breed. This week we spotted 24 Piping Plovers, normally we see 3 to 5! American Oystercatchers (including our resident banded U5 and its mate), Wilson's Plovers, Least Terns, and Willets will soon begin their mating, and possibly nesting here.

Red Knots and Piping Plovers feed on North Beach shore anywhere from the protected habitat, to along the designated dogs of lead area, to past Boardwalk 1. Both can be on the lagoon shore, and knots can be on sandbars. American Oystercatcher, Willet, Wilson's Plover, and Least Tern can be along North Beach and the lagoon shores. Wilson's Plover and Least Tern may court on the beach around the SCDNR winter habitat/nesting area signs.

So please...
(1) Give the birds space: Resting and feeding



Black Skimmers



Red Knots

are critical to survival of migratory and wintering birds. If birds run or fly, you are too close!

(2) Keep out of posted areas and dunes: Birds can be nesting, and disturbance causes egg and chick loss.

(3) Be a Bird Friendly Dog Owner: Keep dogs on leash when near bird flocks. Don't allow dogs to chase on the beach and sandbars. This stresses the birds and saps their energy for migration. Please follow Seabrook's dog rules.

Seabrook Island Birders (SIB) has collaborated with the SC DNR, USFWS, Town of Seabrook, and SIPOA to develop a new brochure, "Respect Seabrook Island Shorebirds and Habitat." In it you'll find what we all can do to protect our shorebirds, the Seabrook Island beach dog rules, and some interesting information on our two key protected birds, the Red Knot and Piping Plover.

You can download the brochure by going to: <https://seabrookislandbirdersdotorg.files.wordpress.com/2018/04/sib-shorebird-brochure.pdf>. Or pick up a hard copy at Indigo Books at Freshfields, the Seabrook Island Lake House, the Seabrook Island Amenities office, the SIPOA office lobby or the Town of Seabrook Island office lobby.▲

Aija & Ed Konrad, Seabrook Island Birders



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HEALTHY AGING
Jerry Reves, MD



How to Have a Healthy Heart

Heart Disease remains the number one cause of death in the U.S. The heart is that muscle about the size of a human hand (see figure) that works all the time to keep us supplied with blood and nutrients required to stay alive. The good news is that we have learned a lot about how to prevent or in many cases postpone that outcome. When I was in medical school way back in the 1960's, men and women, but mostly men were dying in their 50's from heart attacks. They still do, but not at the rate they used to. There are many reasons for this improvement and we will cover some of them below. Also, I invite you to go https://www.nia.nih.gov/health/heart-health and read what the National Institute of Aging has to say about this subject. Their site lists several things to do to keep heart disease at bay.

Preventive Steps You Can Take

1. See your physician regularly
It may seem self-serving, but it really is important to be followed at least twice a year by your doctor who can help you keep your heart healthy. There are well-known changes that occur as we age and you and your doctor need to keep an eye on them. The healthy heart tends to function normally as we age. However, there are pathological processes that go along with seniority. One of these is atherosclerosis.

Atherosclerosis is an abnormal build-up of lipid deposits and calcium in the walls of our arteries. Lay people often refer to this as "hardening of the arteries." This process contributes to high blood pressure which if left untreated can contribute to strokes and heart attacks. So one thing the doctor visit addresses is blood pressure. If high it must be treated.

As mentioned it is fat or lipids that build up in the arteries and this is known to be associated with our blood lipids. If our triglycerides or low-density-lipids (LDL) are abnormally high there is a good chance that atherosclerosis is accelerating. On the other hand if we have higher high-density-lipids (HDL) there is some protection. The only way to determine one's blood cholesterol is by going to the doctor and having it measured with a simple

blood test. Again, if things are abnormal there are a variety of actions to take including possibly taking cholesterol lowering drugs like the "statins."

2. Exercise
Exercise is prescribed to keep the heart healthy. There is a lot of scientific data to show that regular exercise of 30-60 minutes every day is good for your heart. The more strenuous the exercise the better, but a brisk walk will do. If it can't be done every day try to do it at least 5 times a week.

3. Eat Smart
It is also well know, and certainly in this column we have written much about the value of a good diet and health. This is particularly true for the heart. A diet low in fat (cholesterol) and high in vegetables, fruits and grain is proven to help prevent heart disease. Stay away from red meat, sugar, processed food, and salt. Obesity or even just overweight are risk factors for heart disease. A body mass index (BMI) of greater than 25 represents a cardiac risk. Your doctor should know your BMI and tell you if you are at risk. (The BMI is calculated from your height and weight that should be measure with every doctor's visit.)

4. Monitor your heart yourself

There are a number of symptoms that may be an expression of heart disease. These are listed in the table. It is up to you to determine if any of these are new or worsening since then the chances are they could mean you have heart disease. One of the problems of aging is that many of the symptoms compatible with heart disease are also signs of normal aging. Nevertheless, pay attention to these for they may mean heart disease.

The symptoms that are mainly related to the heart exclusively are pain or tightness in the chest, jaw, arm or throat. Cold sweats, nausea and vomiting with the pain is particularly worrisome of heart disease or even a heart attack.

Swelling in the ankles, feet or legs can mean poor heart function and these symptoms are commonly associated with tiredness or lack of stamina. Heart function that is no longer normal can be called "heart failure"

and can be a result of damage to the heart muscle or from an improper heart valve function, like mitral valve incompetence.

Lightheadedness and dizziness may be heart related or brain related. If common or increasing in severity these are symptoms that require immediate investigation.

The regularity of your heart beat can indicate problems with the electrical system in your heart. A resting heart rate should range around 60-70 beats per minute and be very regular. If you sense or feel an irregular pulse, a very slow pulse, or a very rapid one at rest, then these are all signs that there may be a cardiac arrhythmia that need immediate evaluation.

Finally a heart attack often causes crushing chest pain, cold sweat, fainting, shortness of breath and a general feeling of doom. If you or a friend experience these symptoms there is only one thing to do - call 911. Take some aspirin while you wait for the ambulance or first responders and never ignore the symptoms. If it is a heart attack, time to the chest pain center or emergency room is critically important. If it isn't better to be safe than sorry.

5. Drink alcohol in moderation
Excessive alcohol intake has been related to heart disease. Gentlemen get 2 drinks a day and women 1.

6. Do not Smoke
Enough said.

The Bottom Line
Heart disease is common, but preventable which can lead to a longer, healthier life. Enjoy.

- Table Possible Symptoms of Heart Disease
• Chest, shoulder, neck pain
• Shortness of breath
• Lightheadedness
• Dizziness
• Cold Sweat
• Nausea/vomiting
• Fatigue/tiredness
• Swelling in legs, ankles
• Inability to exercise
• Irregular, slow, very fast heart beat

Modified From: https://www.nia.nih.gov/health/heart-health

Advertisement for Franke at Seaside, Lutheran Homes of South Carolina. Features a photo of a seafood platter and the text 'Retirement for Foodies'. Contact info: 843.856.4700, FrankeAtSeaside.org, 1500 Franke Dr. • Mt. Pleasant, SC 29464.

Advertisement for Habitat for Humanity ReStore. Text: 'FREE IN-HOUSE PICK-UP DONATING TO HABITAT RESTORE HAS NEVER BEEN EASIER.' Includes a truck icon and contact info: 843-559-4009, www.seaislandhabitat.org.

Protect Your Investment
Exercise Before and After Joint Replacement Surgery



According to Consumer Reports, knee and hip replacements are now among the most common operations in the United States. Currently about one million are performed every year and quadruple that number are expected by 2030.

Joint replacement used to be about doing the things you needed to do - literally, being able to walk. Now people are electing to have joints replaced in order to get on with their active lives. Their joints are worn, they are living longer, and they are determined to "do it all" no matter what wear and tear and arthritis have wrought.

Joint replacement surgery is an investment, not just in time and money, but in your future quality of life. Like any other type of investment, there are ways to maximize your gain. Exercising before and after joint replacement

surgery is top among the factors within your control that will lead you to a successful outcome and recovery.

Here are some guidelines:

Get in shape for surgery
Exercising, up to the day before your surgery, helps improve your strength, range of motion and endurance, all of which will benefit you during recovery. The stronger and fitter you are going into surgery, the more complete your recovery will be. Isometric exercises like low-impact muscle toning, tensing, and stretching will strengthen the muscles, tendons, and ligaments surrounding and supporting the joint that will be replaced. Upper body conditioning exercises help reduce muscle soreness and fatigue caused by the use of a walker, crutches, a cane, or other aids. The goal is to effectively exercise prior to surgery with as little discomfort as possible.

Life after physical therapy
Physical therapy after joint replacement surgery is a critical part of recovery. The main goals are to learn to walk again, reduce swelling and pain, and regain mobility. Many patients move on from working directly with a physical therapist somewhere between 6 and 12 weeks following surgery. However, as stated by the Cleveland Clinic, continued exercise leads to the best long-term outcome and should not be replaced by work or home activities.

For lifelong fitness, it is vital to progress and stay as active as possible. Working with an experienced personal trainer can help you accomplish the recovery that still needs to be done following physical therapy. Together you can:

- Design an optimal exercise routine that enables you to progress at your own pace
• Focus on regaining strength not only in the affected joint, but also in your entire body
• Maintain a healthy weight to avoid undue stress on the joint

Ultimately if you engage in a regular and well thought out exercise program, you can be in terrific shape and enjoy many lower impact sports and activities.



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

The Backyard Tourist Finds 100 Things to Do in Charleston



Lynn and Cele Seldon

The late Pat Conroy waxed poetically about the Lowcountry and Charleston. South of Broad was his love letter to the city (calling it "the Mansion on the River") and many of the places centered in the novel can be visited through his words.

Lynn and Cele Seldon (above) have more than 25 years of travel writing to their credit. Their works appeared in the likes of Southern Living, Taste of the South, Atlanta Journal-Constitution, Charlotte Observer, and many, many more. For 100 Things to Do in Charleston Before You Die the Seldons were given the mission to make this intimidating place more accessible to visitors and locals alike. The idea was simple: create a guide filled with easy-to-follow suggestions of where to go, what to see, and what to do along with seasonal activities, itineraries, and lots and lots of insider tips.

Mark Shaffer: There are hundreds if not thousands of things to do in Charleston. How did you whittle it down to 100?



Cele Seldon: We've been going to Charleston for 25 years and covering it for a variety of magazines and newspapers. So we had a good base to start. But we did want to cast a wide net of options, so we emailed about 75 friends and colleagues asking them, "What's your 'go to' Charleston thing?" We got back tons of great stuff and then we went to Charleston a few times - once for 10 days - and tried to do as many of the things that we hadn't done before for a first hand experience. A lot of them made the list. Most were common denominators - things we heard about from a lot of people. Some were illegal. (Laughter) We didn't include those. We wanted a well-rounded series of options. We obviously included the tried & trues. You've got to talk about the plantations and Fort Sumter. But we worked hard to find some things that were under the radar.

MS: What was your top choice "off the radar"?

Lynn Seldon: The one that we truly had not heard of was to have a PBR at The Recovery Room.

MS: Right. More 12 ounce cans of PBR are sold there than anywhere else in the United States.

Cele: One that struck me was Magnolia Cemetery. It's way off the beaten path, a total treasure with all these founding fathers of Charleston, governors and senators and the crew of the Hunley. We had an interesting experience there. We were working our way toward the Hunley gravesites and a gentleman in a truck passed by dressed in reenactment garb. By the time we got to the site he was there and he gave us the entire history of the Hunley.

Lynn: He was in character the whole time as one of the crew of the Hunley. That was his thing.

Cele: It was very cool.

Lynn: Locals have told us at signings in Charleston that they haven't done either of those things. So, that makes us feel pretty good.

MS: That makes the book a good resource for locals. That was the original idea behind The Backyard Tourist, to give locals a fresh insight into things they either don't know about or take for granted.

Lynn: I used to do Thursday lunches with Pat Conroy and several times afterward we'd drive around in his car and he'd say, "Man, I haven't been back here in years." And this was his town, the place he wrote about so much.

MS: Exactly. Let's talk about the format of the book. It's like walking around with an analog website in your pocket.

Lynn: The Food & Drink section was the toughest. We could've done a whole list on shrimp and grits places. We've been surprised by how many people thought this book was a ranking.

MS: The web's made us list crazy.

Lynn: Right. But when you look at the table of contents it becomes very clear that it's not that way. We did make a conscious decision to put the Charleston Wine and Food Festival at the top, though. It's a great introduction to Charleston, especially the Wednesday night event where you can taste the food of about 35 Charleston chefs.

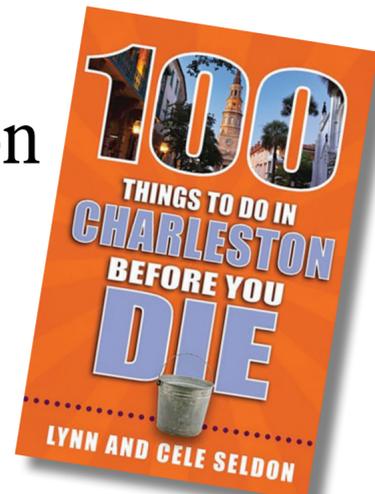


Cele: And some of the other events on the weekend take you out of town, out on Bowen's Island and Shem Creek, and some of the places people might not know about.

MS: Unless you're a local.

Lynn: True. We definitely became backyard tourists in Charleston.

Cele: We did all kinds of things we'd never done in all the years we've been going to Charleston. This really gave us the opportunity to do things that we normally might not do.



in the hotel lobby the next morning. I said, that's great, but has he ever had a VMI grad buy him lunch? (Laughter) She covers the phone for a second and then says, "Be here at noon." We met and walked down to Slightly North of Broad and I started to see how to become a writer sitting there with Pat. We had a three-hour lunch and when we got back to the hotel he goes, "You want a cup of coffee?" Sure.

Lynn: Typical Pat. And then he took it upon himself - as he's done with so many writers - to push me to finally write a novel. That took about four years of late night calls. But that's how the novel (Virginia's Ring) happened.

MS: Over the last 25 years you've seen the post Hugo explosion in Charleston. Is there a future for locals or is it just a tourist destination?

Lynn: Pre "number one in the world."

MS: Enough with the "Best of" lists. We suffer from the same thing here.

Cele: It's concerning. We're big fans of the area looking to relocate here. I love to see Charleston on these lists. It makes me proud to be in love with the city, but it's an awful lot of people.

MS: What's next?

Cele: So we'll never write about it again. (Laughter) We don't want any more people to come. ▲

By Mark Shaffer
Reprint: Lowcountry Culture Weekly



THE SIP

Administrative News from the Seabrook



EXECUTIVE DIRECTOR'S CORNER
Heather Paton
hpaton@sipoa.org

A summary of our operational activities as of the April Board meeting:

Operations & Maintenance:
Boardwalk 1 construction is complete and the new shower station has been added. The 4-week spring leaf cleanup/street sweeping is finished. We collected about 200 cubic yards of leaf debris that didn't enter our drainage system and ponds. The Greenery has now resumed regular clean up and mowing work.

Safety & Security:
The new ABDI gate software system went live on February 1st. We've received very positive feedback about the visitor pass app. The properties that are managed by rental companies have been set up so a pass-voucher can be sent to the renter before they arrive. When the renter arrives at the gate, the voucher is scanned and the pass prints automatically.

Administration:
An additional "barcode lane" sign was installed just before the entrance to Landfall Way.
Officers are preparing for the busy rental season that starts in late May. The Saturday of Easter weekend was very busy, with almost 600 visitor passes issued in 8 hours. It was also the first opportunity to test the rental voucher system in the new ABDI software. With this system, when a renter books their visit, the rental agency sends them a voucher with a QR code that can either be printed or saved on a smartphone. When the rental guest

arrives at the gate, the voucher is scanned and their pass prints automatically. The pass process takes 10-15 seconds rather than 60+. We found that many of the agencies didn't use the voucher system that weekend. We've been in contact with them to guide them through the process. After May 1st they will be required to issue vouchers for all guests. The system is also available to owners that rent through VRBO and other online rental services. Every second we save will help reduce traffic at the gate.

Lake House:
The Lake House was busy for the two weeks of spring break visitors. The sail shades that were removed for the winter were re-installed last month.

Administration:
The deadline for annual assessment payments was March 31st. 91% of the 2018 assessments have been received. Per our collection policy, late notices were sent out April 16.

ARC Activity:	
New Homes:	
Applications Pending =	11
New Homes Approved, not yet started =	2
New Homes Under Construction =	18
Repair & Maintenance Projects:	
Maintenance Projects Approved by staff in March =	77
Total YTD =	216

Communications:	
publiccomment@sipoa.org Activity -March	
Topic	# of comments/questions
Assessment	1
BW1	1
Low Speed Vehicles	1
Sign	1
Total	4

MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vans	2 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	3 12:30pm Art Open Paint 1:00pm Mahjongg 5:00pm Seabrook Island Healthcare Professionals Meeting	4 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	5 10:00am Kids on Seabrook Art Class 11:00am Seabrook Smashers
6	7 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 1:30pm Ladies Bible Study 3:30pm Seabrook Smashers	8 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vans 7:00pm Apple User Club	9 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	10 12:30pm Art Open Paint 1:00pm Mahjongg 7:00pm SINHG Evening Program	11 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	12 11:00am Seabrook Smashers
13	14 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	15 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vans 2:00pm Art Guild Meeting 4:00pm Men's Book Club 7:00pm Coin Club	16 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm Digging Into Roots Together Workshop	17 10:30am Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg 6:00pm SI Photography Club	18 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	19 10:00am Kids on Seabrook Art Class 11:00am Seabrook Smashers
20	21 9:00am Social Bridge 11:00am Sbrk Stitches 1:00pm SIPOA Board Meeting 1:00pm Ladies Bible Study 1:30pm Dup Bridge 3:30pm Seabrook Smashers	22 9:00am Ikebana Group 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vans	23 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 1:30pm Digging Into Roots Together 3:30pm Seabrook Smashers	24 12:30pm Art Open Paint 1:00pm Mahjongg	25 9:30am Dup Bridge 1:00pm Scrapbooking Club 3:30pm Seabrook Smashers	26 11:00am Seabrook Smashers
27	28 9:00am Social Bridge 11:00am Sbrk Stitches 1:30pm Dup Bridge 3:30pm Seabrook Smashers	29 12:30pm Art Open Paint 1:00pm Mah Jongg Ma- vans	30 1:00pm Weight Watchers 1:30pm Social Chicago Bridge 3:30pm Seabrook Smashers 7:00pm SI Birders Evening Presentation	31 10:30am Blood Drive 12:30pm Art Open Paint 1:00pm Mahjongg		
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 6:00pm Evening RideSBI	8:15am Core & More 8:30am Splashers 9:15am HIIT to be FIT 10:15am Strength & Flexibility Express 11:00am 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 Strength & Conditioning 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am Pilates 8:30am RideSBI

OAPAGES

Island Property Owners Association

LAKE HOUSE SPOTLIGHT

Seabrook Island Healthcare Professionals



Thursday, May 3rd • 5:00 PM - 7:00 PM

Seabrook Island Healthcare Professionals will meet at 5:00 PM on Thursday, May 3rd at The Lake House in the Osprey 2. Guest speaker, Denise Kotva will present on CERT and how healthcare professionals can support our Island in crisis.

All healthcare professionals are welcome to attend.

Oyster Catcher Community Center Information

The Oyster Catcher Community Center is open to ALL Property Owners and their ACCOMPANIED guests.

An active Property Owner/Club Member amenity card is required to access to the Outdoor Pool at the Oyster Catcher Community Center. Please note, there is no Property Owner/Club Member code to enter the Property Owners Outdoor Pool and the only way to access the pool is with your Property Owner/Club Member amenity card.

We appreciate your cooperation and understanding.

Thank you!

4th of July Events



Hard to believe, but the Fourth of July is only a couple of months away and The Lake House is gearing up for its Annual Fourth of July Events. We are once again excited to host the Fourth of July Parade, After Parade Family Fun Celebration, (just over a 5K) Walk/Run, and Kids Sprint Triathlon. Registration forms for fitness event are available at The Lake House.

Additional information, including the schedule of events to follow in Weekly Eblasts and Tidelines Blog. For more information, please contact The Lake House at jmogus@sipoa.org

Seabrook Island Recognized by Audubon International

On March 15, 2018, Audubon International recognized Seabrook Island Property Owners Association (SIPOA), the Town of Hilton Head Island, and Oldfield Community Association as South Carolina's first Audubon International Certified Sustainable Communities. Audubon International held a recognition ceremony to honor each community's commitment to creating a sustainable future by developing and implementing sustainable management practices around the three pillars of sustainability: healthy local environment, quality of life for citizens, and a vital economy.

To become certified, Sustainable Communities Program members must develop and implement management practices and policies according to a community-driven Long-Term Sustainability Plan that has timeliness and measurable goals addressing 15 focal areas: agriculture; economic development and tourism; education; environment; governance; housing; open space and land use; planning, zoning, building and development; population; public safety and emergency management; recreation; resource use; transportation; and volunteerism and civic engagement.

"We are excited to honor these communities for their commitment to creating a sustainable future," said Christine Kane, Executive Director at Audubon International. "As the first communities in South Carolina to receive the Audubon International Sustainable Communities certification, Hilton Head Island, Seabrook Island, and Oldfield are demonstrating a strong commitment to the environment that will benefit us all for many years to come."

Seabrook Island Property Owners Association achieved certification in 2017, and is the first Audubon International Certified Sustainable Community in South Carolina, and is 6th overall to receive this designation. "SIPOA residents have been tremendously supportive of the efforts to focus on preservation, conservation and sustainability within our community," said Julie McCulloch, SIPOA President. "The hard work and many months of meetings and synthesis of materials and views has firmly established our relationship with Audubon International, culminating in this exceptional award."

Also achieving certification as an Audubon International Certified Sustainable Community before the end of 2017 was the Town of Hilton Head Island. They are the first municipality

in South Carolina, and the 7th overall to receive this designation. "Development on our Island was born in a climate of sustainability, and the Town of Hilton Head Island strives to continue our partnership with nature via public education, public-private partnerships, the use of green building techniques and a deep respect for our natural environment and the many natural services it provides our residents and visitors," said Sally Krebs, Sustainable Practices Coordinator.

Oldfield Community Association received designation as an Audubon International Certified Sustainable Community in February of 2018. They are the fastest community to ever achieve certification, completing the work in only a year and a half, and are the 8th community overall to receive this designation. "Oldfield residents, management and staff joined in a common cause to mold the community in accordance with the precepts established by Audubon International," noted Steve Massas, Oldfield Club board member. "Oldfield has doubled its emphasis on sound ecological and sustainable practices to ensure Oldfield remains a community attractive to future generations of environmentally conscious individuals. We look forward to a long term, mutually beneficial relationship with Audubon International."

These communities' multi-stage, staff and volunteer led efforts will help to preserve their unique settings and enhance quality of life for all residents over the long run. Seabrook Island Property Owners Association, the Town of Hilton Head Island, and Oldfield Community Association join Eufaula, Alabama; Williamston, North Carolina; Coconut Creek, Florida; Stowe Mountain Resort, Vermont; Rio Verde, Arizona; and The Landings on Skidaway Island, Georgia as Audubon International Certified Sustainable Communities.

About Audubon International
Audubon International is a not-for-profit 501(c)(3) environmental education organization dedicated to providing people with the education and assistance they need to practice responsible management of land, water, wildlife, and other natural resources. To meet this mission, the organization provides training, services, and a set of award-winning environmental education and certification programs for individuals, organizations, properties, new developments, and entire communities. Through the Sustainable Communities and Green Neighborhoods

Programs, Audubon International works to help community leaders and stakeholders embrace environmental stewardship and sustainability as a central element of planning, policies, and practices. For more information, contact Audubon International at (518) 767-9051 or visit the website at www.auduboninternational.org.

About Seabrook Island Property Owners Association

Seabrook Island, South Carolina is a 2,400-acre barrier island/maritime forest located approximately 23 miles SW of historic Charleston. Residents of this gated community enjoy miles of pristine, private beach on the Atlantic Ocean and North Edisto River. With 2,600 properties, the island is home to both full time and part time residents. Seabrook Island is also a popular guest/rental destination. Seabrook Island received designation as an Audubon International Certified Sustainable Community in 2017. They are the first community in South Carolina, and the 6th overall to receive this designation.

About the Town of Hilton Head Island

The Town of Hilton Head Island is a barrier island off the coast of South Carolina encompassing 54 square miles, including 13 miles of beaches and a permanent population of approximately 40,000. Since incorporating in 1983 the Town has been known for its "green culture" and sees sustainability as the next logical step in its evolution. Hilton Head Island achieved designation as an Audubon International Certified Sustainable Community in 2017. They are the first municipality in South Carolina, and the 7th overall to receive this designation.

About Oldfield

Oldfield overlooks a spectacular horseshoe bend in the Okatie River, deep in South Carolina's legendary lowcountry. This private community's 860 acres are replete with magnificent moss-draped specimen live oaks and dramatic marsh vistas for which this area is known. Homes in Oldfield reflect the best of lowcountry architecture nestled along a stunning Greg Norman Signature golf course that was built with respect for the land and the heritage that it brings. Oldfield achieved designation as an Audubon International Certified Sustainable Community 2018. They are the fastest community to ever achieve certification, completing the work in only a year and a half, and are the 8th community overall to receive this designation.

Audubon International Sustainable Communities Award

Good morning. I am proud to represent Seabrook Island this morning in receiving this award. For those of you who may not know, we are a private community, some 6 square miles in size and 2600 properties, located near Charleston. We run a lean machine, with only 13 employees on our Property Owner Association staff.

It's because of these two factors that I consider this award as akin to "The Little Engine That Could." As you may remember, this story teaches children the value of optimism and hard work.

Little did our small staff and dedicated volunteer property owners realize when they undertook the challenge of receiving certification almost 7 years ago how much optimism and hard work they would truly need.

I'm sure there were times they felt like it was just too hard and thought about giving up. But their belief in the values of this program, and the long-lasting benefits for our community, kept them going.

This award would not have been possible without the relentless drive and passion of our Executive Director, Heather Paton. She was ably assisted by a number of property owner volunteers, two of whom were on this journey from the start, Jim Bannwart and Carl Voelker.

It is for them, and the property owners who share our little "slice of paradise," that I accept this award.



Thank you,
Julie McCulloch
President, SIPOA
Board of Directors



2018 Gullah Celebration



featuring
Lowcountry Voices
and
Deninufay
African Dance & Drum Production
Saturday, May 19th
3pm-6pm Freshfields Village, Kiawah Island
Admission: \$15 adv / \$20 door
(12yrs and under are free)
Silent Auction, Gullah Cuisine,
Sweetgrass Baskets, Wine/Beer,
Jewelry and Art
More Info & Tickets: FightIslandHunger.org
Or Select Freshfields merchants
Sea Islands
Hunger Awareness Foundation
Fighting island hunger with healthy food and clean water one meal at a time.

The Sea Islands Hunger Awareness Foundation (SIHAF) sponsors or helps support ten different programs focused on providing food and clean water to needy residents of Johns and Wadmalaw Islands. Its major annual fundraising event is the Gullah Celebration which was initiated in 2014. This year's festivities will be held at Freshfields Village on Saturday, May 19 from 3:00 to 6:00 pm. The program will include entertainment by the Deninufay African Dance and Drum Production and the Low Country Voices, as well as Gullah food, wine, beer and iced tea, a children's art show, craft vendors and a silent auction with a wide variety of offerings donated by friends, supporters and local merchants.

The 2018 Gullah Celebration is dedicated to Donna Mundy, an enthusiastic proponent of SIHAF and a former board member who passed away in March of this year. Donna was one of the guiding forces behind the founding and growth of SIHAF, as well as a dedicated and widely honored educator who unselfishly offered her considerable expertise to numerous non-profit organizations.

The proceeds from the Gullah Celebration are the main source of funding for two major programs. The first is the monthly Sea Islands Blessing Basket, which provides canned goods and other food staples, as well as bread,

meat and fresh produce, to help feed needy children, low income families and elderly individuals. The second is the Water Wellness Mission, which installs new wells and filtration systems for families who have been living without clean, running water. New wells have already been installed for fifteen homes, at no cost to the recipients, but twenty-six more families are currently on the waiting list. The cost to dig a well and install a filtration system averages \$5,000.

SIHAF also sponsors quarterly fresh produce giveaways, which usually include a hot lunch for the recipients. In addition, the Foundation offers financial and other support to Fields to Families, the Hebron Zion Presbyterian Church Emergency Food Bank, the Rockville Presbyterian Church Meals on Monday, Sweetgrass Garden, Back Pack Buddies of Seabrook, the Wesley United Methodist Temple Take Out Ministry and Meals on Wheels of Charleston (delivering meals to residents of Wadmalaw and Johns Islands).

Tickets for the Gullah Celebration can be purchased in advance at the SIHAF website, fightislandhunger.org, where additional details are available, including information about sponsorships, auction donations and other support opportunities. Tickets are available and Indigo Books and will also be available on site on May 19. ▲

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, after all), 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 vine 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 ▲



The Charleston Museum is pleased to announce the opening of a new photo exhibit in its Lowcountry Image Gallery. A Photographic Artist Morton B. Paine's Shots of Charleston, on display through November 4, 2018, features the work of Charleston photographer Morton B. Paine.

Morton "Nicky" Brailsford Paine, Jr. photographed the people and events of Charleston for forty years. Arguably one of the most dedicated photographers of the Holy City, Paine was interested in mechanics and new inventions, and he led the way in using modern scientific advancements. He was a cross-country driver, a pilot,

and one of the first amateurs to use a motion picture camera on the east coast. Always experimenting with speed, light, shadow, and later, color, Nicky Paine would record the history of the buildings, beaches and people of Charleston from 1900 to his death in 1940.

The images in this exhibit are part of the collection purchased by the Museum in 1941 from Nicky's sister, May Paine. Rescued from their 47 Meeting Street residence after a Category 2 hurricane flooded the basement three days before his death, they include glass plate negatives and prints. ▲

World Affairs Council of Charleston



Our speaker for the last meeting of the season will be Col. (Retd.) Joseph J. Collins whose topic will be "Seven Deadly Threats to the United States and what we can do about them".

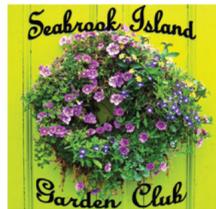
Those threats include challenges from great powers like China and Russia, from rogue powers like Iran and North Korea, from terrorist groups of various stripes. The last threat comes from within the United States and may be the most serious of all.

An active duty Army officer for 28 years, senior Pentagon official, distinguished scholar and author of books focusing on national security issues, Col. Collins is eminently qualified to discuss looming threats that lurk just

behind the front page. Until very recently, he was Director of the Center for Complex Operations at the National Defense University (NDU). He is a former Deputy Assistant Secretary of Defense for Stability Operations, the Pentagon's senior civilian official for peacekeeping, humanitarian assistance, and stabilization and reconstruction operations. His team led the stability operation effort in Afghanistan. Col. Collins served in infantry and armored units in the U.S., South Korea and Germany, in the office of the Chairman of Joint Chiefs of Staff, and as a faculty member at West Point and at NDU. He holds a Ph.D from Columbia University where he has taught, and is currently at Georgetown University.

He is a former contributing editor of the Armed Forces Journal and author of books on the war in Afghanistan and on lessons to be learned from our experience in Iraq and Afghanistan. He is a former senior fellow of the Center for Strategic and International Studies in Washington and a current member of the Council on Foreign Relations.

Coming to Charleston, Col. Collins will have just returned from Afghanistan, ready to offer fresh insights. ▲



Celebrate
30 Years of Excitement, Education and Camaraderie
Friday, May 11, 2018
12:00 PM

The Seabrook Island Club House

This year the Seabrook Island Garden Club concludes the season with a celebration of its 30th Anniversary.

The first official meeting of the Garden Club was held in 1988. The club was originally an informal gathering of creative women who had a mutual interest in gardening as well as in preserving the intrinsic beauty of the Island. They were soon confronted with the damaging winds and rain of Hurricane Hugo. In the aftermath of the hurricane the club members were instrumental in promoting ideas that helped restore the natural balance of Seabrook. The membership increased and programs including educational lectures, workshops, trips, and social events soon blossomed.

The Garden Club that began with just 14 members, now boasts over 60 active members. The meetings are held the second Friday of each month (September through May). The club continues to offer a variety of timely and relevant agendas including presentations by gardening experts and club members sharing their personal stories, expertise and experiences, to philanthropic activities. The club is especially proud of its annual gift to a student pursuing an interest in the study of horticulture. Today the SIGC remains committed to the pursuit and sharing of ideas, towards the beautification and enhancement of our homes and natural environment.

This year's SIGC Spring Luncheon is scheduled on Friday, May 11, 2018. Come celebrate 30 years of excitement, education and camaraderie. A booklet including the development and history of the SIGC will be distributed at the luncheon.

A three course lunch will be served at the Island House at 12:00 PM. The cost is \$27.00, and you can secure your reservation by contacting Judy Hubbard or simply drop off your check payable to the Seabrook Island Garden Club at Judy's house, 3033 Marsh Gate Drive, Seabrook Island.

Email: judyhubb@yahoo.com
Phone: 843-768-4695
For information on membership please contact Hollie Bolte, email: hmbolte@yahoo.com

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

COASTAL CONNECTION
Call Rod Ward for Reservations
843.810.1365
CoastalConnectionLLC@gmail.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.



MONDAY MORNING BRIDGE

Welcomes New Members!
Please join us for Monday Morning Bridge. You do not need to bring a partner. For more information or to register, please contact Ilse Calcagno at 843-768-0317.

ISLAND NOTICES



Piccolo Spoleto Festival PREVIEW
The City of Charleston Office of Cultural Affairs and the Town of Kiawah Island Arts & Cultural Events Council present a sampling of the
2018 Piccolo Spoleto Festival
Sunday, May 6, 2018 at 4:00 pm
Holy Spirit Catholic Church
3871 Betsy Kerrison Parkway Johns Island, SC 29455
Ticket Release: 4/20
For free tickets visit www.kiawahisland.org/events or call 843-768-9166



SIB Presents Birding Beyond Your Backyard
Where are best local places to bird?
Keith McCullough from CCPRC and eBird Reviewer for our area will talk about local "Hot Spots."



Date: Wednesday, May 30, 2018
Registration & Social: 7:00 pm
Program Starts: 7:30 pm
Location: Live Oak Hall at the Lake House
Fee: Members Free / Guests \$5

Please register on our Website:
SeabrookIslandBirders.org/sib-evening-programs-2018/
RENEW/JOIN SIB in 2018 for only \$10

Questions? Email us at: SeabrookIslandBirders@gmail.com
Everyone is Welcome!

SEABROOK ISLAND BIRDERS - CALENDAR OF EVENTS

- **Saturday, May 5, 2018: Global Big Day**
Learning Together • Jenkins Point • 8:30 – 10:00AM
Learning Together • North Beach • 1:30 – 3:30PM
- **Wednesday, May 16, 2018 • 6:00-8:00PM • Max: 12**
Backyard Birding on Clear Marsh
2565 Clear Marsh Road (at the home of Patricia and Page Schaefer
Their home in a beautiful wooded lot has frequent song bird visitors. Hopefully we will also be privileged to see the Red Headed Woodpeckers that make their nest nearby.
Cost: None for members; \$5 donation for guests
This event is free for SIB members. If you're not yet a SIB member, you must first become a member by following the instructions on our website. Once you are a member, please register no later than Monday, May 14, 2018. All registrants will receive a confirmation letter on Tuesday, May 15, 2018.
Register at: www.seabrookislandbirders.org/bird-walks/



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 Calcagno Residence, 2871 Hidden Oak Drive
TELEMANN Canonic 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-SAENS Fantaisie 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, Op.2 No.2, HWV 387
MOZART Violin Sonata No. 23 in D Major, K. 306
FRANÇAIX "Musique de Cour" for Flute, Violin and Piano

WEDNESDAY, APRIL 10, 2019 AT 7PM
The Wildermann Residence, 3138 Privateer Creek Road
THE EAGLES Hotel California
MCCARTNEY Live and Let Die
LED ZEPPELIN Kashmir
BEETHOVEN String Quartet No. 3 in D Major, Op. 18

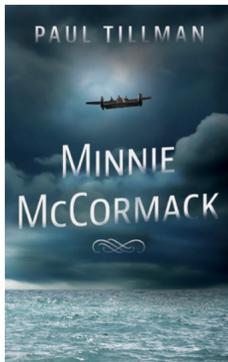


PALMETTO PRIDE - ADOPT-A-HIGHWAY

Palmetto Pride is the name of the program, run by the State Department of Transportation since 1988, that aims to help clean up South Carolina highways. Because there are never enough resources for projects like these, the effort is entirely conducted by volunteers. SCDOT estimates that, in the last decade, litter along our highways has been reduced by 62%, largely through this program. Last year's pickups by SPOA volunteers on Betsey Kerrison Parkway averaged almost 40 bags of trash and 13 volunteers for each of the 3 designated dates. In February of this year, 24 Seabrookers helped!
On May 5, volunteers will once again gather at the Lake House to clean up our section of the parkway. Anyone can join in. We hope to see you at 8:30 AM at the Lake House.

Meet the Author BOOK SIGNING COMING SOON

DETAILS TO FOLLOW



Minnie McCormack is a fast paced adventure story for women. Minnie, a "red neck" girl from the panhandle of Florida is tricked into smuggling cocaine by a local developer and his cohorts. Her story involves romance, ying, deception, violence and courage. Guns blaze as she shoots her way out of danger and kills all those who sought to do her harm. With support of her friends, she uses her intelligence, spirit and courage to outwit the drug cartel and the men who tricked her. In the end she emerges triumphant, wiser, stronger and six million dollars richer.

Paul Tillman

Seabrook Island Property Owner

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