

# THE Seabrooker

VOL 22 • ISSUE 2 • FEBRUARY, 2019

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The Seabrooker is excited to report that it will feature a regular Q&A with our District 9 representative on Charleston County Council, Jenny Costa Honeycutt, to keep property owners 'in the loop' on what's happening at County Council. Mrs. Honeycutt was elected to County Council this past November. Those election results included a substantial plurality on Seabrook Island.

Jenny very much wants to receive feedback from all constituents on matters affecting District 9. Those questions and concerns can be sent to the Seabrooker: [theseabrooker@yahoo.com](mailto:theseabrooker@yahoo.com)

We sat down with our newly installed Charleston County Council member, Jenny Costa Honeycutt, to see what she has done to start fulfilling the pledges she made on the campaign trail.

**Q: Jenny, you ran on a platform of Safe Roads, Smart Growth and Sound Leadership. In your first few weeks in office, what have you done to begin tackling these priorities?**

The centerpiece of my campaign was helping move the completion of 526 toward the finish-line to provide safe alternate roads on and off Johns/James Island and increasing mobility in the region. While we still have a long way to go, I attended the State Infrastructure Bank (SIB) meeting in Columbia on January 10, 2019 where the Board and SCDOT executed a revised Inter-Governmental Agreement (IGA) approving the state's \$420M commitment to the project. Council approved by 7-2 vote and executed the IGA at a special meeting the same day. We expect challenges which will be handled in due course.

To begin tackling smart growth, I have met with City of Charleston



## CHARLESTON COUNTY COUNCIL CONVERSATIONS

with JENNY HONEYCUTT

Mike Morris, Editor

leaders about how to handle in-fill development especially considering the flooding problems we are facing throughout District 9. I also appointed Laura Dukes Beck to the Planning Commission. She joins the commission with a wealth of experience in land planning having served the Town of Folly Beach, and she understands the importance of preserving our quality of life while balancing private property rights with smart growth strategies.

Finally, as a first step toward developing relationships so that I might be able to offer sound leadership, I have spoken one-on-one with each member of council. I have listened to their priorities and shared my vision for District 9. One important relationship is that of District 8 and District 9 councilmembers. I had lunch with Mrs. Johnson recently where we spoke candidly about the issues facing our constituents and how we can address them together. That was the first time since single member districts were implemented that the two district councilmembers have sat down to have an honest dialog over lunch.

**Q: Now that the SIB has committed its \$420M, how is the County going to fund the rest of the project and when will it be complete?**

The County has provided the SIB with a clear source of funding based

on half-cent sales tax revenues. The 2004 half-cent sales tax program began in 2005 and runs for 25 years or until \$1.3B is collected. The 2016 half-cent sales tax program also runs for 25 years or until \$2.1B is collected. It is important to note that previously approved half-cent sales tax projects are moving forward and are not impacted by the funds used for the completion of 526. The County has already spent \$117M in local matching funds. SCDOT has spent about \$40M in permitting and right of way. Attached to the IGA is a document which shows how the project will be funded jointly by the SIB and the County over 12 years as sales tax revenues are collected. The County estimates one year for permitting, two years for potential litigation, then 36-48 months for construction. In a best-case scenario, the project would be complete in approximately 7 years.

**Q: With the completion of 526 still years away, what measures are being taken to address traffic needs in the short term?**

At the request of Mayors Ciancio and Weaver, we recently met with county transportation officials to discuss the progress of the US 17 at Main Road Intersection Improvements and Main Road/Bohicket Road Widening. This project is fully funded, and the project team began the National

Environmental Policy Act (NEPA) process and right of way (ROW) plans for Segment A in August 2018. Public meetings to discuss design alternatives will be held this Spring. The County is currently negotiating a consulting contract for the NEPA process on Bohicket Road Segment C. In the shorter term, County Council approved a contract to expedite intersection improvements at Maybank Highway and Main/Bohicket Roads. Further, SCDOT is looking at ways to improve various turns along Bohicket and Main Roads and address safety concerns from trees encroaching in the roadways. More information is available at [roads.charlestoncounty.org](http://roads.charlestoncounty.org).

**Q: Have you encountered any issues that surprised you?**

I recently came across a facebook.com post warning residents in Kiawah River Estates of a loose water buffalo. Shortly after, I received a plea from a Johns Island farmer for road signs warning of cattle in the area. This was a perfect illustration of the challenges we face balancing life along the urban growth boundary (UGB). Much of Johns Island consists of agricultural land outside the UGB; however, suburban communities are popping up all around. As an immediate response, transportation officials are looking into erecting the proper signage to warn motorists of potential livestock hazards. But residents living in rural areas for the peaceful quality of life it provides must be mindful of their unique surroundings. ▲

If you have questions you want to ask of Councilmember Honeycutt for print in the next edition, please send email to [theseabrooker@yahoo.com](mailto:theseabrooker@yahoo.com).

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## FROM TOWN HALL

JERI FINKE

When asked to list the reasons they decided to move to our island, Seabrookers will list the beach, island amenities and, always, the island's natural beauty and its wealth of wildlife. So odds are that if you live on Seabrook Island, you are some degree of an "environmentalist" and support protecting and preserving the many elements of the environment you call home.

Seabrookers enjoy a maritime forest that surrounds inlets, waterways, and salt marshes that open to sand dunes and miles of beach, portions of which are designated by the US Fish and Wildlife Service as critical habitat for endangered species, including the loggerhead turtle. The endangered right whale travels through protected waters off our shore. We take pride in our rare strand-feeding dolphins. Based on counts by the Seabrook Island Birders club, there are at times more than 100 species of birds on our island and in our backyards. And other wildlife sightings are cherished and recorded. Sadly, one

of the major threats to all these island treasures is plastics pollution.

The Seabrook Island Town Council initiated a discussion at its January Ways and Means meeting about how the Town could best address the threat from plastics. At the top of the discussion list is whether the Town should ban single-use plastic bags. Several neighboring communities have already done so, including Folly Beach, Isle of Palms, Sullivan's Island, Mt. Pleasant, Hilton Head, Beaufort, Beaufort County, and the City of Charleston. And at this writing, the James Island Town Council is also well into the process of adding a plastic-bag ban to its ordinances. At the January meeting, the Seabrook Council determined that additional preparatory work was needed before it could consider whether to proceed.

Why are these bans being enacted by our South Carolina neighbors (and across the country)? Single-use plastic bags, those that we generally know as grocery bags, are made from some form of polyethylene terephthalate (PET), which is a nonrenewable petroleum or natural gas by-product. PET bags can be recycled (although only about 2% are) but the material is not biodegradable. As such, the plastic bags are a major source of litter, a headache for waste managers, and life threatening to wildlife and possibly to humans.

Birds and marine life are particularly susceptible to the dangers of plastic bags. Sea turtles often mistake them for one of their favorite foods, jellyfish. The bags then create intestinal blockages that eventually starve and kill the turtle. Plastic bags can also become caught on waterfowl or coral and wrap around the animals, causing injury or death. While not biodegradable, plastic bags do break down into pieces, eventually turning into a grainy dust referred to as microplastics that negatively impact the food web. One study shows microplastic ingestion can cut oyster reproduction rates nearly in half. There is also mounting evidence that microplastics are already in the food chain consumed by humans.

The single-use plastic grocery bag is not the only plastic offender, but the communities banning them suggest they are a major problem and their ban is a start toward encouraging less dependence on plastics. Generally, the bans prohibit merchants from using bags for merchandise or food take away. The City of Charleston's recently enacted ban, which takes effect January 2020, also extends to plastic straws and foam food containers.

Most of the enacted bans exempt dry cleaning bags; newspaper bags; bags for garbage, pet and yard waste; and bags containing prescription drugs or

other medical or veterinary products. The bans also include provisions encouraging merchants to offer recyclable and/or compostable bags to their customers and to promote the use of re-useable take-away bags. The bans in our sister coastal communities provide for an enforcement mechanism (a hurdle for our Town's limited staff) and a range of monetary penalties.

Should the Town of Seabrook Island enact a plastic bag ban, it's scope would not be as far reaching as Charleston's and those in other municipalities as there is not a grocery store or large box drug stores within the Town's limit. The Seabrook Island Club would be impacted as well as businesses at the gate and at Bohicket Marina. Freshfields' merchants are all located in the Town of Kiawah Island.

If Council decides to move forward with this initiative, it would follow a specific process before it would and/or could enact any type of plastics ban. That process would include a public meeting to receive input from stakeholders and the community. Should Council then consider an ordinance, the process would include a first and second reading and a public hearing at which residents would be provided an opportunity to comment on the specific terms of the ordinance. Stay tuned...▲

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

"Communication is the beginning of understanding." The Seabrooker will report regularly on Island happenings, as well as noteworthy 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

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CONTACTING THE SEABROOKER

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

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

FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT Teri B. Lash • 843.747.7767 • [TLash@BernsteinLash.com](mailto:TLash@BernsteinLash.com)



Dear Cap'n Sam: As a previous SIPOA Finance Committee Member I cannot recommend SI Property Owners vote to approve the proposed 2019 SIPOA Budget because:

- 1. It does not reflect the cost reduction commitments of SI leadership upon which Property Owners relied when they voted to approve the building of the Lake House. When the debt was paid off, the special assessment would cease and the \$250 we paid each year for debt service would not become a permanent part of the operating budget.
- 2. It does not meet the past Boards commitments to prudent budgeting relative to amounts and allocations of proposed expenditures. How can they say they need more money when revenue exceeded budget by \$600,000 in 2018?

3. Complete, detailed and adequate explanations of all proposed budgeted items have yet to be provided. Why is real spending going up by \$1.55 million, not 6.1%.

Therefore, as currently presented, the proposed 2019 SIPOA Budget cannot be determined to be in the best interests of us, the SI Property Owners.

Full explanations are presented in the NextDoor Neighbors blog on this topic.

A revised proposed budget which is more fully detailed and better represents Property Owner interests is recommended and which removes the temporary assessment from the 2019 budget now that the Lake House is debt free and brings spending down to sustainable levels.

If desired, I would be happy to assist and further participate in this effort.

Paul D. McLaughlin  
3061 Baywood Dr  
Seabrook Island, SC  
336.918.1194

Heartfelt Thanks from the Mt. Zion Holiday Fund Committee

Our hearts are overflowing With such gratitude and joy, Your generous donations Provided every girl and boy

A chance to believe in Christmas magic, Oh how we'd love to have seen their glee When they woke up Christmas morning To find what waited 'neath their tree.

Over 120 children, in families big and small,

Received clothes, toys and books, And food certificates, so they all Could enjoy a special holiday meal With their families gathered near.

Without a doubt, because of YOU, This has been their very best year! We thank you friends, so very much,

In all sincerity, How blessed we are to be a part Of such a giving community!



THE KIAWAH-SEABROOK EXCHANGE CLUB FOUNDATION ANNOUNCES ITS 2018 ANGEL OAK AWARD RECIPIENT



The Kiawah-Seabrook Exchange Club Foundation has awarded its 2018 Angel Oak Award to Mr. Allen Reed. The Angel Oak Award recognizes a volunteer who has made an outstanding contribution to the people or quality of life of Johns Island, Wadmalaw Island, Kiawah Island, and/or Seabrook Island. As a part of the award, the Exchange Club makes a \$5,000 donation to a local charitable organization or organizations of the recipient's choice.

Mr. Reed created and manages the Angel Oak Summer Reading and

Math Program at Angel Oak Elementary on John's Island. The program is the result of Mr. Reed's desire to give back to the community after the shootings at Mother Emmanuel Church in Charleston in 2015. Working with Angel Oak Elementary school's principal, Ms. Judy Condon, Mr. Reed has developed a six-week program that has a real impact on the lives of children on John's Island.

The program centers around four hours of reading and math each day, but it also includes other activities to broaden student knowledge and experience. Additional program provided include computer coding, art, dance, cooking, Spanish and sports programs as well as field trips to provide students with a broader perspective of their community. There is also a weekly community engagement segment wither local volunteers introduce students to a broad range of topics, from talks about the U.S. Coast Guard to discussions of life choices.

To date over 300 students have participated in the program and the

results have been impressive, with more than 80 percent of participating students improving their reading and math test scores. In 2018, 19 percent of participating students showed a more than one-year improvement in their reading and math skills after completion of the program.

Mr. Allen had the vision and the initiative to create a program that had an immediate impact on the community. Beyond helping to build the program, he has led fundraising efforts, getting commitments from the Church of Our Saviour, the Kiawah Cares Foundation along with contributions from individuals in the community. Going forward, the program expects to increase student participation to 500 students in 2019.

The Angel Oak Summer Reading program is an example of public and private sectors coming together to make a real impact on the community. Mr. Allen's vision and passion are at the heart of the effort, and the primary reason for its success.▲

CONVERSATIONS - continued from page 1

Jenny grew up on James Island before there was a Connector. She has seen firsthand what growth in the region looks like. Having spent her summers on Folly Beach, fishing around the Morris Island Lighthouse and swimming for the Fort Johnson Swim Team - Jenny has always appreciated the unique beauty and quality of life our community offers. As our County Council member, Jenny will work to protect and improve our quality of life.

Following graduation from Ashley Hall, Jenny earned Bachelor of Arts Degrees in both Political Science and Communications from Meredith College, where she was a student-athlete. Jenny furthered her education and built upon her strong work ethic while earning her Juris Doctorate from the University of South Carolina School of Law. She currently practices law on James Island with the firm of Best Honeycutt, PA.

Jenny and her husband, Trey, have three children, and they live in the Parrot Creek neighborhood on James Island after living on Johns Island for over a decade. Together, the family attends James Island Christian Church, where Jenny was a founding member. Jenny has also served as a James Island Christian School board member and room mom. As an active member of the Junior League of Charleston, Jenny has led efforts to combat poverty and serve the needs of the less fortunate in our community.▲



DEATH NOTICES

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](mailto:theseabrooker@yahoo.com).

Charles Measter, 76, known to all as Charlie, and to some of his friends as Charliepedia due to his seemingly vast knowledge, died unexpectedly after a prolonged illness on January 9, 2019. He was born in Brooklyn, NY, and was a graduate of St. Francis College, Columbia University, and St. John's School of Law. He resided on Seabrook Island, SC, for the past twelve years. Charlie spent his entire career in the international shipping business, mainly as the principal of Measter & Partners, Cargo and Shipbrokers, and as an international maritime arbitrator. He was a member of the Society of Maritime Arbitrators in New York and the London Maritime Arbitrators Association. He loved every moment of what he did. Surviving him is his ever loving wife, Barbara; his stepsons, Thomas M. Perdue of Charleston and James M. Perdue of Trophy Club, TX; his daughter-in-law, Andrea F. Perdue; and his grandchildren, JJ and Matt Perdue of Trophy Club. He loved them all and did everything he could for every one of them as a wonderful husband, father, and grandfather and they will miss him forever. He also leaves his brother-in-law and sister-in-law, Stephen R. Elston and Cymie R. Payne of Princeton, NJ, and many, many friends, in the Charleston area and all over the world. He was greatly loved and will be greatly missed.▲



Peter Reed Brooke, 87, of Seabrook Island, husband of Patricia A. Brooke for 42 years, passed away peacefully at home on December 25, 2018, surrounded by his loving family. He was born on May 18, 1931 in Hastings, England to the late Harold

Brooke and Annie Gorham Brooke. As a youth growing up in Hastings, he attended St. Albans boys school, and was active in many sports, gaining notoriety as a goalie for the Hastings United Soccer Club. While attending college in London he trained with Arsenal's under 21 team and also played for their mid-week league. He later joined the British army and became an artillery instructor during the Korean War era. He married Patricia Zepfler in 1977, where they spent many years on Chadwick Beach Island, New Jersey. They retired in 1987 to Seabrook Island, SC, where he was an avid golfer and tennis player, forming and captaining many competitive club teams.

He served for many years on the ARB, and numerous other committees. He was predeceased by his first wife and his brother Colin. He is survived by two loving sons Jody Reed Brooke (Suzanne) and Richard Alex Brooke (Mary-Frances), grandson Alex, step-children Peter Zepfler (Elcira), Scott Zepfler (Dee), Nancy Zepfler, step-granddaughter Lynsey, sisters-in-law Pam and Peta, nieces Maud, Anne, Beccy, Sarah, Louise and Jessica, nephew Mark, forever friends Bob and Marcia Hider, and Mrs. Nancy Klock. A special thanks to Dr. Christopher McLain and Dr. Troy Bunting, the caring cardiac staff at Roper Hospital, the Johns Island Fire Dept and EMS team, and the Roper Hospice staff.▲

REMINDER: Grief Support Group on Seabrook Island February 6, 2019



The Seabrook Island Grief Support Group holds its monthly meetings in the Eagle's Nest Studio at The Lake House. The next meeting is now scheduled for February 6, 2019.

Grief never ends, but it changes. It is a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love. In a peer support group, there is permission to grieve and share with people who understand while gaining strength from each other. New members are always welcome to join. Participants in the group include but are not limited to those who have lost a spouse as well as those who have lost a child.

For more information, please contact Mary Fleck at [marybfleck@gmail.com](mailto:marybfleck@gmail.com). Non-residents of Seabrook Island may register to attend by contacting Mary Fleck in advance.▲



Gary Carter and co-pilot Boots on the way to their villa at Seabrook. Boots seems to have better reaction time than his Dad.

PHOTO BY WIFE BARBARA CARTER



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Seabrook Island 2612 Jenkins Point Road \$289,000 | .6 Acre Homesite  
Great opportunity to build a custom home on this gorgeous, large marsh front homesite in the prestigious and exclusive Jenkins Point Plantation neighborhood. Not only will you enjoy over half an acre on the marsh with plenty of wildlife to provide entertainment, you will also enjoy the classic Jenkins Point sunsets from the comfort of your front porch.



Seabrook Island 3062 Seabrook Island Road \$219,000 | .77 Acre Homesite  
This is a very large, over 3/4 of an acre homesite on Capn Sams Creek. You can build a fabulous home with a gorgeous, always changing view, set back from the road since this is such an expansive piece of property. Enjoy gorgeous trees, the changing of the tides, and abundant wildlife from this property. This would be an ideal spot for kayaking and crabbing.



Seabrook Island 2845 Capn Sams \$189,000 | .47 Acre Homesite  
If you are looking for the perfect golf course lot on Seabrook Island, this is it. At almost half an acre, this is one of the last remaining golf homesites on Capn Sams with amazing views of the 8th green and lagoon of the renowned Crooked Oaks course. This would be the ideal spot to build the home of your dreams while being so close to the Island's amenities.



Advertisement for Reliable Home Management featuring interior design services, licensed workmanship, and contact information for Betsy Kerrison.

# Veteran's Day Charitable Golf Outing



WWII veteran and Seabrook Island resident Ed Gillen and Golf Pro Brian Thelan welcome Wounded Warrior players to the Seabrook Island Club.



The winning teams: Front Row (L-R) Carson Applegate, Joe Mangiulli, and Carmine DeGennaro. Back Row (L-R) Bob Applegate, Ron Nelson, Nick Yaksich, and John Halter.

Event Chairperson Alan Armstrong and Golf Pro Brian Thelan present \$4,000 check to Fred Lesinski representing the Charleston Veterans Hospital.



On Veteran's Day 2018, Low Country golfers teed up in the 7th Annual Seabrook Island Veteran's Day Charitable Golf Tournament. The event recognizes veterans and raises money to support both the Fisher House Charleston and the Ralph Johnson Veterans Hospital in Charleston. The event is sponsored by the Seabrook Island Club and the Kiawah-Seabrook Exchange Club.

The Seabrook Island Club hosted 100 local golfers who wanted to show their support for veterans of all eras.

The event raised \$8,000 for the Fisher House and Charleston Veterans Hospital. Among honored guests attending the event were 15 veterans from South Carolina who had been wounded in Iraq or Afghanistan. Also honored was WWII veteran and Seabrook Island resident Ed Gillen.

The Fisher Flight winning team was composed of John Halter, Joe Mangiulli, Nick Yaksich, and Carmine DeGennaro. The VA Flight champions were Bob Applegate, Carson Applegate, and Ron Nelson. ▲



## On Wine

Michael Morris - Vintage Wine

### Vodka is Vodka



come from? It almost entirely starts in the heart of grain growing country, mostly Kansas, Indiana and Iowa and is produced by companies like Archer Daniels Midland, Midwest Grain Products and Grain Processing Corporation (Whose mouth isn't watering now?). The grain neutral spirit is then purchased by the vodka company and either simply watered down and bottled, or as in the case of vodka juggernaut Tito's, distilled again to create the all important handmade distinction. One only needs to look to the fact that one can't tour the Tito's production facility to see why premium vodka is a scam. There are no fields of grain with workers pulling in the harvest to create their product. It is simply warehouse after warehouse of large tanks filled with grain neutral spirit. Not very romantic!

When it comes to taste, tasting after tasting has shown no statistically significant preference. When NPR conducted a taste test and came to such a conclusion, Grey Goose global

brand ambassador Joe McCanta derided the validity of such a test saying "obviously our product was decanted into another bottle. And when that happens, it kind of compromises, you know, our understanding of any testing that's done on the product afterwards." Say what? So basically if you remove the fancy packaging it taints the taste test? I believe I covered that idea in last month's column when I discussed expectation bias.

Moral of the story - next time you are at the liquor store, save the \$15-\$20 and buy the cheap brand and when you go out, save the \$4-\$5 a drink and drink the house vodka. If you are embarrassed by placing that plastic bottle of Burnett's vodka on your home bar, just save an empty bottle of Grey Goose or Tito's and refill it with the Burnett's. I guarantee you nobody will notice the difference. Spend the extra money on wine where price difference is usually a sign of quality difference.▲



## COVAR CORNER

DEBRA LEHMAN  
President  
Council of Villa Associations and Regimes Information

The following are excerpts from the meeting minutes authored by Cindy Brown at the COVAR meeting on Wednesday, January 9th. The agenda was to discuss the status of various activities and issues that have been a focus of the COVAR Board and COVAR Committee Leads in the past few months. Please note the correction of information in the SC Homeowners Association Act section.

Debra Lehman, President of COVAR opened the meeting at 4:00 pm. Guests in attendance included Gordon Weis and Tom Pinckney, two candidates for the SIPOA Board of Directors in 2019. 16 Village Associations and Regimes (VARs) were represented by 30+ property owners.

Treasurer - Floyd DeAndrade presented the Treasurer's report. As of January 7, 2019, 39 of the 41 VARs paid their 2018 dues. Total COVAR assets slightly exceed \$2,250 which included the bank account, cash and Lake House refundable room deposit of \$300. Invoices will be sent out to each VAR President for 2019 Dues of \$10.

Drainage and Flooding - Deb Lehman reported the announcement of an agreement between the SI Club and SIPOA regarding moving forward together to address Island drainage and flooding issues. A Community meeting is scheduled for January 16th at 5pm at the Lake House to outline the agreement. While this is an Island wide issue affecting both VARs and single family residences, COVAR's Drainage and Flooding Committee headed by Lynne Copple and supported by Deb Lehman have worked with both entities towards a resolution of the specific issues affecting Treeloft,

Sealoft and Tarpon Pond. The plan under this agreement will address the VARs' issues but COVAR will continue to work with both entities to insure this is indeed the result.

The work of the Drainage and Flooding Committee is a prime example COVAR effectiveness. COVAR is a communication organization giving voice to VAR and overall Island concerns and therefore is as good as its volunteers. Anyone who has an interest in a particular issue and wants to support COVAR contact President Deb Lehman to join a COVAR committee and/or volunteer for a SIPOA or Club committee by completing a Volunteer Form found in the respective voting packages you will receive shortly. Many committees provide conference call-in enabling non-residents to easily participate. The more we participate, the more knowledge we have, and the more of an impact we can make.

Parking and Trespassing Issues - SIPOA Safety and Security is working with the vendor of the gate access software to try to help with parking and trespassing issues by enabling software support of gate access rules and regulations. COVAR hopes to have Jenn Miller, SIPOA Director of Security provide an update on gate software and security rules and regulations at one of COVAR's late spring meetings. COVAR has presented these issues to SIPOA staff and the Safety and Security Committee regarding parking and trespassing which not only affect quality of life but critical access for fire and medical events not to mention damage to landscape and irrigation.

Limit simultaneous vehicle pass access per villa unit unless advance notice of an event is given  
Only allow property owner or rental management company to call in vehicle passes for short term renters  
Allow Community managers to call in passes for contractors working in the community they manage  
Require day pass contractors to have property owner or manager authorization for gate entry  
Require SIPOA Security to moni-

tor and ticket violators of overnight parking on SIPOA owned roads within VARs. NO PARKING signs may be required in these areas to rightfully provide notice.

Owners need to understand that they are ultimately responsible for guests' tickets and activity and therefore must be sure to effectively communicate rules to their renters/guests. Citations/fines will be passed on to the Owners if a Renter/Guest doesn't pay. SIPOA Security needs to notify the Owner in a timely manner when a citation has been issued.

SIPOA Website - COVAR will inform SIPOA staff that data regularly found on the SIPOA website such as SIPOA Rules and Regulations are not currently accessible.

SC Homeowners Association Act - (Correction from meeting comments) The new law, with a mandatory filing date of January 10, 2019, is effective for all Regimes and Associations that meet the following description. Per the new Act, "Homeowners association means an entity developed to manage and maintain a planned community or horizontal property regime for which there is a declaration requiring a person, by virtue of his ownership of a separate property within the planned community or horizontal property regime, to pay assessments for a share of real estate taxes, insurance premiums, maintenance, or improvement of, or services or other expenses related to, common elements and other real estate described in that declaration."

COVAR recommends you work with your Attorney to file the VAR By-laws, Covenants and Rules and Regulations with the Charleston County Register of Deeds.

Capital Improvements - Alison Standard, COVAR VP, is establishing a Google calendar which will identify VAR capital improvement projects and their timing. The calendar will be open to VAR Pres/Reps/Mgrs to add their respective projects. The intent is for VARs to share vendor and project

information and to maybe even gain an economy of scale by merging their like projects for proposal purposes. Pres/Rep/Mgrs are asked to respond to Alison's email related to the calendar initiative. Some VARs are hiring Architect/Designers to assist with ideas to refresh and modernize the properties. This includes updated paint colors, lighting per ARB guidelines, landscaping, etc.

COVAR Publication 5 - COVAR Survey Update - Cindy Brown, COVAR Secretary/Membership, is trying to update the comprehensive data found on the COVAR Survey which was originally published in 2014. It provides detailed information and statistics on each VAR. 14 of the 41 VARs have not updated their information. The COVAR Communication Committee chaired by Lori Leary will be trying to contact those VARs, by phone, so we can publish with 2019 data on all VARs.

COVAR Future Issues - As indicated by the agenda for the January meeting, COVAR is currently focused on two broad issues, Drainage and Flooding and Safety and Security (Parking and Trespassing). If someone has a topic that they would like COVAR to discuss and explore, please contact Deb Lehman at [debraklehman@yahoo.com](mailto:debraklehman@yahoo.com)

2019 COVAR Annual Officer Election Results - Deb Lehman announced the results of the 2019 COVAR officer election.

- President - Deb Lehman
- Vice President - Alison Standard
- Treasurer - Sue Cameron
- Secretary/Membership - Cindy Brown

COVAR February Meeting - Deb Lehman asked a newly formed charitable organization in the area called Neighbors Helping Neighbors to present their mission and goals of providing assistance to citizens in need of help. The meeting is scheduled for Wednesday, February 13th from 4 pm - 6 pm in Osprey 2 at the Lake House. Please mark your calendars to attend. The meeting was adjourned by Deb Lehman at 5:20 pm.▲



## HEART HEALTHY BAKED OATMEAL

Having graduated from culinary school, I've read countless cookbooks, food magazines, and internet recipes. So how it is that I've never even heard of baked oatmeal is beyond me. But now that I've been introduced, I am obsessed with it because I love a twist on a classic. February is American Heart Month, so In honor of the heart, here is a quick and easy recipe for delicious heart-healthy Banana Walnut Baked Oatmeal.

### Banana Walnut Baked Oatmeal Serves 6

- Ingredients:
- 2 ripe bananas, sliced into 1/2" coins
  - 1 cup chopped walnuts (optional)
  - 1/4 cup honey
  - 1 cup uncooked quick oats
  - 1/2 tsp. baking powder
  - 3/4 tsp. cinnamon
  - Pinch of salt
  - 1 cup milk (can be any kind of milk)
  - 1 egg
  - 1 tsp. vanilla extract
- \*Recipe can be gluten free if you use gluten free oats

Method:  
Preheat oven to 375 degrees. Grease a 9x9 baking dish and set aside. Arrange banana slices on bottom of baking dish. Sprinkle 1/4 tsp. of cinnamon, 1 tbsp of honey over the bananas. Cover with aluminum foil and bake approx. 15 minutes until bananas get soft. In bowl, combine oats, half of nuts, baking powder, remaining cinnamon, and salt. In another bowl, mix together remaining honey, milk, egg, and vanilla extract. Remove bananas from oven, pour oat mixture over bananas. Pour milk mixture over oats, covering evenly. Sprinkle remaining walnuts on top. Bake for 30 minutes or until golden brown. Serve warm, or cool, cover, and keep refrigerated. ▲

## The Kiawah Seabrook Group



Karen Hilty  
843.696.1325



Joy Millar  
843.425.2816



Jane Lowe  
843.709.1027



Jack Wilson  
704.661.9843



Sharon Welch  
404.444.6907



Brendan Magee  
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# The Gorski and MORE Friends Challenge for the Backpack Buddies

HE'S BACK AGAIN ..... and this year he will bring more of his clients, friends, and fellow business owners to yet again smash last year's record of raising \$28,000. This year the goal is \$30,000!!!

Mike Gorski, Owner of Island Transportation, launched this project 3 years ago in conjunction to help raise additional funds for the Bohicket Backpack Buddies Chili Cook-off. Each year so far has proved to be more successful to raise funds for this great cause. He is back with more friends for this year's Chili Cook-off on Saturday, March 16, 2019, between 1:00 and 4:00 at the Bohicket Marina.



The Chili Cook-off benefits Backpack Buddies Seabrook Island and the Backpack Buddies Group of Kiawah Women's Foundation. The 2 organizations are both 501(c)(3) nonprofits whose mission is to feed local, hungry, school children on the weekend and during school holidays. These children are being left to fend for themselves on the weekends. They are currently feeding over 400 local children each week.

Mike is hopeful to having all of the 11 sponsors from last year participate again and will secure 4 more to donate \$1,000 each to collectively secure \$15,000 of matching funds that will be used to match the donations dollar-for-dollar made by the residents of Kiawah and Seabrook Islands. Look for the complete list of sponsors and an update in next month's issue.

Making a resident donation will be very easy. Just call Mike Gorski at 864-316-3894 and tell him your donation amount. He will provide the details for the different ways that you can donate. Thank you in advance for your support. ▲



## ~ ATTENTION JUNIORS ~ USGA Launches U.S. Women's Open Junior Ticket Design Contest for Local Charleston Youth

Three Winners to be Announced in February



The United States Golf Association (USGA) and MUSC Children's Health launched a contest today for local Charleston youth to design the junior tickets for the 74th U.S. Women's Open, which will be played at Country Club of Charleston from May 27-June 2, 2019. Eligible contestants can find full information and download the entry form at [uswomensopen.com](http://uswomensopen.com).

Three (3) winners will be chosen and their designs will be prominently featured on tickets for all juniors who attend the U.S. Women's Open, as well as on site at the Country Club of Charleston during the championship. The entry deadline is 11:59 p.m. EST on Friday, February 15, and winners will be announced shortly thereafter.

"We're looking forward to engaging local kids as we continue to celebrate and embrace the community's support of the U.S. Women's Open," said Matt

Sawicki, championship director. "The Charleston community and MUSC have shown tremendous support for the Championship and this contest will further that engagement in a fun, interactive way."

Juniors are encouraged to show their creativity and originality in their ticket design entry.

The contest is open to legal residents of the 50 U.S./D.C. who are 18 and younger. Entrants who are considered a minor must have a parent/legal guardian's permission in the form of a signed entry form to participate. Eligible entrants under 13 must have a parent/legal guardian submit the entry form on their behalf. No purchase or payment is necessary to enter or win. For complete Official Rules and entry details visit [uswomensopen.com](http://uswomensopen.com).

"At MUSC Children's Health, we are constantly looking for ways to engage kids in the Charleston area

in healthy, active lifestyles, and encouraging them to attend one of the biggest sporting events in the world like the U.S. Women's Open is a great opportunity to do so," said MUSC's Children's & Women's ICCE Chief, Mark Scheurer, M.D. "This ticket design contest is a perfect opportunity for kids to feel involved with the championship beginning today and help build excitement to what we know will be a great event in May."

Through its support of junior programming, MUSC will be an integral part of activities for juniors and their families leading up to and during the Championship. All youths age 18 and under will receive complimentary admission to the Championship with a ticket-holding adult. Specific on-site activities for juniors will be announced closer to the Championship.

For 2019 Women's Open information, visit [uswomensopen.com](http://uswomensopen.com). ▲

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### Salt Marsh Model Open House

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## Seabrook Island Genealogy Fair 2019 Held January 9th



Door raffle prize winners: Nick Sanders, Sarah Good, Charlie Black, Lynn Baker (presenter), Sheila Costello



Highest score on the Genealogy Crossword puzzle were Liz Sanders, Linda Mecchi, Sheila Quigley, Lynn Baker (presenter)

The Genealogy Fair 2019 hosted by the Seabrook Island Genealogy Club - Digging Into Roots Together was a fabulous success. There were over 66 people who attended the fair that was held in the Live Oak Hall, Lakehouse on Wednesday, January 9th from 1:30-3:30 PM. All Seabrook Island, Kiawah Island and Kiawah Island River Estate owners are welcome.

The event provided an overview of the club, where to find resources in Charleston and with the Digging Into Roots Together Club to help anyone who is interested in Family History. Whether they were a beginner or experienced, everyone got some new ideas and approaches. The atmosphere was extremely positive throughout the session. The guest speakers were terrific as they explained what was available to them at the South Carolina room at the Charleston County Public Library, the Family History Center, the Charleston Chapter South Carolina Genealogy Society, the Daughters of the American Revolution and the Jamestown Society. During the "walk around" time everyone got to get more of their questions answered, including a table on scanning your photos and one on AncestryDNA. Everyone is invited to attend the bi-monthly meetings and learn more. Lynn Baker is responsible for the club and you can contact him at for more information: [DiggingintoRootsTogether@gmail.com](mailto:DiggingintoRootsTogether@gmail.com)

There were even prize winners of mugs, mouse pads or tote bags. Visit our blog for upcoming events and past presentations: [diggingtogether.blogspot.com](http://diggingtogether.blogspot.com)

The Digging into Dirt Together Genealogy Club meets every 2nd and 4th Wednesday of the month from 1:30-3:30 PM at the Osprey 2 room, Lakehouse. Come and join us. ▲  
Lynn Baker

COME ON, MALCOLM! WEE-WEEES! POO-POOS!

GET ON WITH IT, I'M GETTING COLD!

HURRY UP! WEE-WEEES! POO-POOS!

GET ON WITH IT! I'M FREEZING!

THIS IS SUCH FUN!

HUMOR

FACEBOOK.COM/OFF THE LEASH DAILY DOG CARTOONS

## GROWING THE GREEN

Sunday, March 17, 2019  
The Island House at Seabrook Island Club

The 2019 Green Space Gala **GROWING THE GREEN** promises to be a fabulous evening of casino games (think Craps, Roulette and Black Jack with professionals manning the games), including great raffle prizes! You can enjoy the atmosphere of a comforting Irish Pub with our very own Bob Becker playing Irish tunes on his guitar, or you may choose to dance the night away with a DJ who will provide a variety of great music. Unique food stations and delicious desserts will be prepared by the Club's talented chefs and staff. Be prepared to enjoy the many Gala surprises in store for you!

Tickets are on sale NOW at \$100 per person which include food, wine, beer and soft drinks. You may go to [sigcs.org](http://sigcs.org) to download a reservation form. Forms, along with your checks, may be dropped off at the special "Gala" mailbox at 3212 Seabrook Island Road, c/o Gorski. Reservations will also be sold at the Lake House on Saturday, January 5, or Saturday January 12, from 10 a.m. until noon. There will be no assigned seating at the Gala.

The Seabrook Island Green Space Conservancy is a tax-exempt organization, run completely by volunteers. Our yearly galas, along with land acquisitions by generous donors and other monetary gifts, help us accomplish our goals.

"Our mission is to preserve the natural environment on Seabrook Island through acquisition of land and land easements, through education and through advocacy of conservation issues."

We look forward to seeing you at the Gala where we are

## GROWING THE GREEN

## Volvo Tennis Needs Volunteers

The Volvo Tennis Tournament is currently seeking volunteers for its Open Tennis Tournament scheduled for March 30-April 7 on Daniel Island.

Volunteers receive a credential, which grants them access to all day sessions throughout the tournament. This includes the Finals! Our volunteers will also receive 2 tickets for the PowerShares Series event on Saturday, April 6. Additional benefits are available on a sliding scale.

Please share this information with your club members and friends.

### Volunteers Needed

currently seeking 300+ volunteers

Do you want to get involved? It's easy! This year's tournament is set for March 30-April 7. Experience the world's largest women's tennis tournament from behind-the-scenes.

Applications are available online:  
[events.trustevent.com/index.cfm?eid=3240](http://events.trustevent.com/index.cfm?eid=3240)

You can also go to:  
[www.VolvoCarOpen.com](http://www.VolvoCarOpen.com)  
and click on the Volunteer Tab to register.

Seabrook Island's newest neighbors look like something from the world of Dr. Seuss - large pink birds with a white to bald head, big bright red eyes and a long bill looking like a giant spatula - it is the Roseate Spoonbill.

These bright pink birds, standing nearly 2 1/2 feet tall, 3 feet long and with a wingspan of over 4 feet, have become a common sight at the lake at the corner of Jenkins Lagoon Drive and Jenkins Point Road. One or two of these magnificent birds began showing up a few years ago wading and feeding along with Great and Snowy Egrets, White and Glossy Ibis and other wading birds in the marsh across from the fire station on Capt. Sams Road. For the past few weeks, as many as 16 Roseate Spoonbills have been seen most nights roosting together at the tops of the wax myrtles lining the lake.

There are six species of spoonbills worldwide but only the Roseate Spoonbill is pink and occurs in the United States. Typically, the roseate spoonbill is found on the coasts of Texas, Louisiana and southern Florida and the tropics of Central and South America.

In recent years, as with many other birds and animals, they are expanding their range northward as a result of climate change. This past summer Audubon's rare bird sightings have included sightings for the Roseate Spoonbill in Maryland, Connecticut, Minnesota, Maine, and Quebec. Audubon attributes these sightings, along with similar sightings of other wading birds such as Wood Storks and Reddish Egrets, to an exceptional breeding season along the Gulf Coast this past year.

Wading along the shallows of fresh and salt water marshes, lagoons and other waterways the Roseate Spoonbill feeds on a great variety of insects, shrimp, crabs, other crustaceans, worms, and fish. The edge of its bill is equipped with a comb-like filter allowing it to strain the mud from the bird's prey as it wades through the water while

Seabrook Wild Things  
by Members of the Environmental Committee

# The Roseate Spoonbill



Roseate Spoonbills are becoming a common sight at the Lake on Jenkins Point Lagoon Drive. PHOTOS BY CHARLEY MOORE

constantly moving its head and bill from one side to the other.

As with the better-known Pink Flamingo, the pink color of the Roseate Spoonbill, which may be very pale to a brilliant scarlet color results from their diet. Shrimp and other crustaceans feed on algae containing Canthaxanthin and Astaxanthin (carotenoid pigments). When these shrimp and other organisms are in turn consumed by these birds the pigments are retained in the plumage resulting in the spectacular pinkish-reddish color.

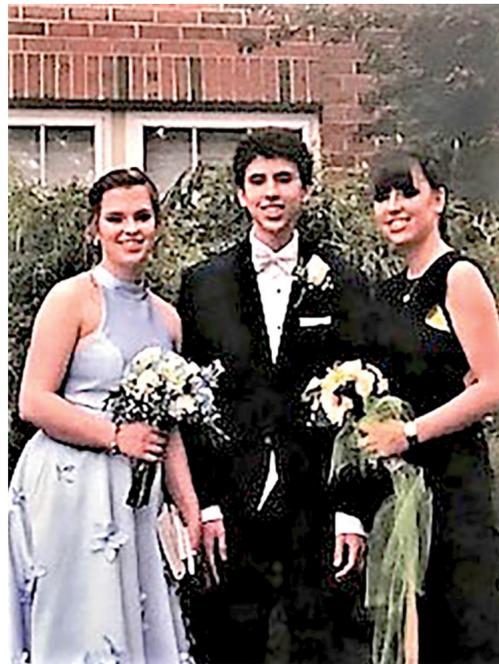
Much like the Great Egret, Spoonbills nest in colonies in trees of an island or other protected area, often above standing water. They frequently nest in mixed colonies along with egrets, herons, ibis and other wading birds. Males and females are indistinguishable in appearance and both contribute to nest building. The nest is constructed of sticks, other plant material, moss, etc and is about two feet in diameter. The pair stays together throughout the nesting season, feeding and rearing one brood of 1 to 5 pale greenish eggs with brown spots. The eggs incubate for 22 days and the young are ready to leave the nest in another 35 to 45 days. A roseate spoonbill banded in 1990 in Florida was recovered again in 2006 indicating that these birds may live at least 16 years.

In the 1800's demand for the Roseate Spoonbill's stunning bright pink feathers for hats and fans threatened their population to the point that only a few dozen nesting pairs remained in the United States. It was not until the 1940s that special protected areas were set aside, and they were protected by both Federal and Florida State laws. The primary threat to these birds today is the loss of habitat. There are an estimated 200,000 individuals worldwide today and they are listed by the Cornell Lab of Ornithology as a species of low conservation concern. ▲

Charley Moore  
Environmental Committee



## Junior Turtle Patrol Members Awarded Disney "Be Inspired" Grant



Terry Fansler (above)  
The Potter Triplets (left)

Junior Seabrook Island Turtle Patrol Member Victoria Potter was selected to receive a grant from the Walt Disney Service Company and Youth Service America based on her proposed project titled "Triumph for Turtles". She was awarded a 2017 Disney "Be Inspired" grant of \$500 and was told that her proposed project stood out as one of the best in the country.

The Potter triplets, Victoria, Christopher and Alexandria, were members of the Junior Patrol during the 2017 season. Following the season Victoria submitted her proposed project. Once selected, Victoria and her siblings made a presentation to every 6th grade class in their school district. The presentations included information about sea turtles

and the importance of their preservation. They also included Sea Turtle Trivia games and handed out some prizes. Victoria also designed a t-shirt to sell and donated the proceeds to the South Carolina Aquarium.

Victoria, Christopher and Alexandria began their freshman year at Purdue University last fall.

Terry Fansler, Leader of the Turtle Patrol and founder of the Junior Patrol said, "I'm always so impressed with the young people who commit their time and energy to the Junior Turtle Patrol. They are exceptional individuals and I am truly inspired by their dedication to the sea turtles and the environment!" ▲

Gary Fansler



## PRIMATE PROTECTION LEAGUE FOCUS OF SINHG EVENING PROGRAM



The Seabrook Island Natural History Group's February Evening Program welcomes Dr. Shirley McGreal, founder of the Summerville-based International Primate Protection League, on Thursday evening February 14th at the Lake House.

British-born Dr. McGreal had planned a career in education but founded IPPL after living in Thailand in the 1970's and witnessing the tragic fate of gibbons and macaques captured in the wild for the exotic pet market or for laboratory research. While large apes like chimpanzees, gorillas and orangutans were already the focus of specialized protection efforts, Dr. McGreal noted that no organization existed to help "plain monkeys" and in 1973 formed globally-based IPPL. In

1977, Dr. McGreal settled on Summerville as the United States base for IPPL and as the site of a gibbon sanctuary which presently houses thirty-six animals. She has been listed on the United Nations Environment Program's Global Roll of Honor among many other honors, has been one of People magazine's People Of The Year, and in 2008 received the Order Of The British Empire from Queen Elizabeth II in a Buckingham Palace ceremony.

All Seabrook Island residents and their guests are welcome at February's program beginning with fellowship and refreshments at 7pm, followed by the program at 7:30. There is a \$5 charge for non-SINHG members. Pre-registration is available at [sinhg.org](http://sinhg.org). ▲

Norm Powers

## Monet's House

Is there a little bit of Seabrook Island here?



Claude Monet lived in Giverny, a town in Normandy. He lived in a very pretty pink house from 1883 and stayed there until his death, in 1926. This house became the Claude Monet Museum.

It's like it was once because it has been completely restored. Inside, one can see the room, kitchen and dining room of Monet.

Next to the house are two lovely gardens. These gardens have a lot of charm. In the water garden, you can see the famous Japanese bridge. We see this bridge in his



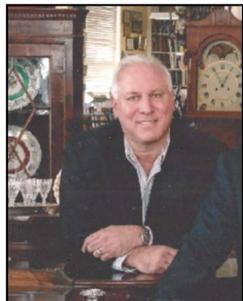
Nymph paintings. The trees, the small river, everything remained similar to Monet's paintings. There's another garden near the house. You can admire beautiful flowers and trees. If you want to walk in a wonderful setting, you have to go in autumn or spring. The Museum and gardens are open from first April to 31 October. It's open from 9 to 18 every day except Monday. The Museum and gardens visit lasts about an hour or two. For more information, you can go to the museum site. I give you the address: [www.fondation-monet.com](http://www.fondation-monet.com). ▲



### SEABROOK ISLAND GARDEN CLUB

Short business meeting and presentation by Guest Speaker Andrew B Slotin

Friday, February 8, 2019 • 9:30AM  
Seabrook Island Lake House



Andrew is the Co-Owner of George C. Birlant & Co. (Antiques) and third generation to be involved with this 97 year old business. He Currently buys, sells and manages alongside his father, Phil H. Slotin. Their store at 191 King Street anchors the Historic Charleston Antiques District in Lower King Street and boasts a Circa 1851. Birlant's maintains a large inventory of reproduction and antique gift items and offers "white glove" courier delivery services anywhere in the US.

He specializes in Antique English furniture, silver, porcelain, earthenware, crystal, brass, longcase clocks and fireside accessories. Andrew's presentation will focus on Antique English Georgian silver, Sheffield and Victorian silver-plate. He will be bringing a "box full of props" to illustrate the differences and how the British influenced Charleston and its silver artisans.

Andrew is the past-president of CADA (Charleston Antiques Dealers Association) and currently a member of the Downtown Charleston Business Council. He is also a certified antiques appraiser.

For information on membership please contact Holli Bolte, email: [hmbolte@yahoo.com](mailto:hmbolte@yahoo.com) ▲

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# HEALTHY AGING

Jerry Reves, MD

## Non-Alzheimer's Disease Dementias – Frontotemporal Disorders

This month we will cover a group of dementias that are not as common as Alzheimer's, but are just as devastating to the individual, family, and friends. These dementias are known as Frontotemporal Disorders (FTD). The dementias result from shrinkage of brain tissue in specific parts of the brain with resultant loss of normal function. The two parts of the brain are the frontal lobes right behind and above the eyes and the temporal lobes at the side and back of the frontal lobes. These lobes of the brain are generally responsible for "executive function" (frontal lobe) and language and some movement (temporal lobes).

**Incidence and Prevalence**  
These disorders are said to constitute about 10% of all dementias and are the second most common form of dementia next to Alzheimer's. Unlike in Alzheimer's Disease, the FTD's tend to have an earlier onset, meaning that many develop before age 65. Compared to Alzheimer's Disease, these diseases are less common, but because of their earlier onset and variety of symptoms they tend to be more devastating to the person and caregivers. Most of us know people and/or families that have been afflicted by the disease.

**Disorders and Symptoms**  
The particular manifestation of FTD depends on the location of the disease in the brain. As would be expected from reading the introduction, disorders involving the frontal lobe cause behavioral symptoms to develop early whereas temporal lobe symptoms involving language and or movement may develop later. The table lists several of the disorders and their respective symptom complexes.

The frontal lobe diseases produce progressive behavioral and or personality decline. Common symptoms include apathy, inappropriate behaviors, and excessive emotions, but memory remains intact early on. One of the characteristics of the behavioral change is that a person afflicted with the disease is unaware of the abnormal behavior which is often appalling to family and friends. One example given in the literature is of a 55 year old married man who conducted an open affair and could not understand the grief brought to his wife and friends. It is common for the sick person to laugh when others might cry or use offensive/abusive language. Behavior and emotions are inappropriate to all but

the victim.

Those afflicted with temporal lobe deterioration will have symptoms involving the use of language and or normal movement. With language there can be progressive aphasia, nonfluent aphasia, or semantic dementia. (See table for definitions.) Patients cannot understand words, omit key words like nouns and verbs, or cannot find the right words to express their intact thoughts. Needless to say these symptoms are terrifying to both the patient and family since normal communication is lost.

Some of the diseases of the temporal lobe involve muscle movement. The symptoms can mimic some elements of Parkinson's Disease with muscle rigidity, loss of the use of the hands for daily activities, loss of balance, and restricted eye movements. All of the symptoms progress over time and, depending on the individual, may be rapid (over months to a couple of years) or prolonged over decade or so. Some movement dysfunction can be medically treated.

**Diagnosis**  
Like many neurological diseases, FTD's are what we in the medical profession say are diagnosed by exclusion of other causes of the symptoms, like a stroke. There is no definitive blood test to make/confirm the diagnosis. Brain imaging may show shrinkage of grey matter in the brain, but the definitive diagnosis often is made at autopsy with brain tissue evidence of the disease. There are some genetic changes in some people that are associated with some of the diseases, but the diagnosis is generally made by a neurologist, psychiatrist, or psychologist based on the symptom complexes and progressive nature as shown in the table.

**Treatment**  
Management of patients who have FTD's focuses on various ways to control their symptoms. There is no definitive treatment that can cure these progressive neurological disorders. The symptoms tend to progress and

Table: Types of Frontotemporal Disorders (FTD) and Common Early Symptoms\*

Progressive Behavior/Personality Decline	
• Behavioral variant frontotemporal dementia (bvFTD)	• Apathy, reduced initiative
• Temporal/frontal variant FTD (NFTD, FvFTD)	• Inappropriate and impulsive behaviors
• Pick's disease	• Emotional lability or excessive emotions
	• Memory generally intact
Progressive Language Decline	
• Primary progressive aphasia (PPA)	• Semantic PPA (also called semantic dementia): can't understand words or recognize familiar people and objects
• Progressive nonfluent aphasia	• Apraxic PPA (also called progressive nonfluent aphasia): omits words that link nouns and verbs (such as to, from, the)
• Semantic dementia	• Logopenic PPA: trouble finding the right words while speaking, hesitation, and/or pauses in speech
Progressive Motor Decline	
• Corticobasal syndrome (CBS)	• Muscle rigidity
• Progressive supranuclear palsy (PSP)	• Difficulty closing buttons, operating simple appliances; difficulty swallowing
	• Language or spatial orientation problems
	• Progressive problems with balance and walking
	• Slow movement, falling, body stiffness
	• Restricted eye movements

Reproduced from National Institutes of Aging: <https://www.nia.nih.gov/health/symptoms-frontotemporal-disorders>

ultimately lead to the need for 24-hour custodial care since the patients cannot care for themselves. Much time needs to be devoted to the support of the patient and family during the illness. These diseases represent one of the major areas in medicine in need of new understanding of mechanisms and interventions that can stop or slow down the destruction of the brain. Many scientists are working on the problem.

**The Bottom Line**  
The degenerative diseases of the brain's frontal and temporal lobes are the second most common dementias. They typically afflict younger people as opposed to Alzheimer's which affects older patients. Memory loss comes but is not an early symptom. These diseases cannot be prevented, are hard to diagnose early, and defy curative therapy. The FTD's are traumatic to the individual, family, and friends and require enormous understanding and support for those affected and those close to them.▲



## The Exchange Club of Kiawah-Seabrook Dinner Minutes January 16, 2019

The meeting was called to order by President Jerry Stephens at 6:30 PM. Jim Bannister led the invocation and the Fallen Hero Remembrance – Sgt. Adam Wenger of Mt. Pleasant, SC who died in Iraq on November 5, 2008. He was on his fourth deployment. Jim then led the Pledge of Allegiance. Guests included Ed Rigtrup, Jim Klinger, John & Miriam Burich, and Chris & Marjorie Stephenson in addition to our guest speaker, Marty Penkhus updated the upcoming Angel Oak Award Dinner. Roger Steel handed out sign-up sheets for the upcoming CSO outing. Ron Schildge gave a membership update – we currently have 97 members and need additional members. Our guest speak was Capt. Rick Anewalt of the St. Johns Fire Department who spoke on fire safety. He is a forensic investigator and has 1100 investigations to his credit. Following a lively Q&A session, the meeting was adjourned at 8:08 PM. Our next meeting is February 6, 2019 at Turtle Point, beginning at 5:30 PM.▲

George Reinhart, Secretary



## TOWN HALL MEETING Town Council Meeting December 18, 2018

**MINUTES (abridged)**  
After the pledge of allegiance, Mayor or Ciancio called the December 18, 2018, Town Council meeting to order at 2:30 p.m. Councilmembers Crane, Finke and Gregg, 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.

**Financials:** Mayor Ciancio reported that Unrestricted Revenues for the month of November were \$75,595 and were over budget by \$35,998 due to timing issues with checks from the State and class 8 business licenses. For the year to date, not including the \$300,000 transferred from the General Fund to pay for the Roadway Project, revenues totaled \$1,411,775. Expenditures for the month of November were \$378,708 and were over budget by \$94,600 primarily due to greater than anticipated expenses for work on the roadway project. Expenditures for the year to date were \$1,135,181 and were under budget by \$41,594. For November, Restricted Revenue Receipts totaled \$64,968 and expenditures toward the Restricted Fund Balances totaled \$21,586. Year to date, Restricted Revenue Receipts were \$183,565 and were over budget by \$50,952. Year to date, expenditures used toward Restricted Fund Balances were \$231,880 and over budget by \$18,430.

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

**Reports of Standing Committees, Commissions, Boards:**  
**Public Safety/Club Long Range Planning Committee – Long Range Planning Committee** – The Club's Long Range Planning Committee did not meet in December and their next meeting has not been scheduled.

**Public Safety Committee** – The Town's Public Safety Committee met on December 10, 2018. The Committee considered an action item for identifying individuals within the community with relevant experience and training for performing emergency response activities and a willingness to volunteer. The emergency response activities would include medical care, structural integrity assessment of buildings and equipment operation, such as all-terrain vehicles, tractors, and commercial kitchen equipment. An item to address a first meeting of the Disaster Recovery Council after a disaster event will be prepared and reviewed by the Public Safety Commission for addition to the Town's Comprehensive Emergency Plan. The next Public Safety Committee meeting is scheduled for January 14, 2019.

**Request for Public Assistance (Hurricane Florence)** – Councilman Gregg reported that, on November 27 and December 12, the Town participated in FEMA's Weekly Meetings via conference calls. Due to difficulties in being able to sign the Town's "Damage Inventory" using the FEMA Grants Portal, the Program Delivery Manager will attend the December Weekly Meeting in person.

**Request for Site Visit for TDSR Sites** – On November 21, the Town

received a request from the South Carolina Department of Health and Environmental Control to arrange site visits in January 2019 to the Town's registered sites for temporary debris storage and reduction. The Town has scheduled site visits for January 9, 2019.

**Approval of Funding Agreement from SC Emergency Management Division** – In order for the Town to receive Federal funds, and possibly State funds, pursuant to the Town's Request for Public Assistance based on expenses incurred as a result of Hurricane Florence, the Town will be required to sign a Funding Agreement as established by South Carolina Emergency Management Division. Councilman Gregg made a motion for approval of the Town's entry into the Funding Agreement as presented and for authorization of the Mayor to execute the Agreement for the Town. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Public Relations/Communications** – Councilman Crane reported that the Town has purchased three HAM radios and additional antennas. He also reported that he and the Town Administrator are planning a Strategic Planning Session for Town Council that will be held sometime during the last two weeks of March. Charlie Barreaneu, a Field Services Manager for the Municipal Association of South Carolina, will lead the meeting.

**Reports of Town Officers:**  
**Mayor – Proposal from G. Robert George & Associates, Inc. for Surveying Services for Extended Centerline Elevations of Seabrook Island Road** – Mayor Ciancio reported that he had requested a quote for a field survey of the Seabrook Island Road center line from the northern end of the Betsy Kerrison Parkway embankment crossing the Kiawah River to the Seabrook Island Security Gate. The Mayor stated that he hoped the data generated from this effort could be used in public discussion of whether, or to what extent, Council should consider raising the level of Seabrook Island Road and to estimate the costs associated with raising Seabrook Island Road to various heights. Councilman Gregg made a motion to accept the quote from G. Robert George & Associates, Inc. as provided to Council. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Status of Encroachment Permit Application** – Mayor Ciancio reported that John Massalon, a member of Wills Massalon Allen, LLP, has been selected as the mediator for the mandatory mediation required because of the appeal filed by Atlantic Partners II as a result of their objection to conditions imposed by the Seabrook Island Planning Commission to their application for a curb cut on Seabrook Island Road that would lead to their proposed senior living facility. The mediation is currently scheduled for Thursday, January 24, 2019. If the parties are able to reach an agreement as a result of the mediation, the results will be brought back to Town Council for approval.

**Approval of Town Meeting Dates** – The Mayor stated that the South Carolina Code of Laws require that municipalities give written notice of their regular meetings at the beginning of each calendar year. The list, given out in Council packets, includes meeting date information for Town Council, Ways & Means Committee and other Town committee/commissions as well as the Seabrook Island Utility Commission. Councilman Gregg made a motion to approve the 2019 Town of Seabrook Island meeting dates list as proposed and to direct

the Town Clerk to post the list on the Town website. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Election of Mayor Pro Tem** – Section 2-69 of the Town Code provides that the Mayor Pro Tem be elected from among members of the Town Council and serve for a term of one year. A sitting Mayor Pro Tem can be reelected. Mayor Ciancio stated the Councilman John Gregg has done an outstanding job in this position for to discharge the functions of the Mayor. Councilman Crane made a motion to elect Councilman Gregg as Mayor Pro Tem to serve for 2019 calendar year. Councilmember Finke seconded the motion and the vote to approve was unanimous.

**Appointment of Town Attorney** – Section 2-217 of the Town Code provides that Town Council is to appoint the Town Attorney for a term of one year. Mayor Ciancio stated that Stephen Brown, from the firm of Young Clement Rivers, has served as Town Attorney for many years and has performed well, has been responsive to the Town and meets the qualifications as set forth in Section 2-218. Councilman Gregg made a motion to appoint Stephen Brown to serve for the calendar year 2019 as the Town Attorney for the Town of Seabrook Island. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Appointment of the Town Clerk** – Section 2-175 of the Town Code provides that the Clerk/Treasurer shall be recommended by the Mayor and appointed by Town Council and shall serve at its pleasure. It has been the practice of Council to reappoint the Clerk/Treasurer on an annual basis at the December meeting. Mayor Ciancio stated that Ms. Allbritton has faithfully served in the position as Clerk/Treasurer and ask for a motion to reappoint her to that position. Councilman Gregg made a motion to appoint Faye Allbritton to the position of Clerk/Treasurer for 2019. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Appointment of Zoning Administrator** – Section 2-196 of the Town Code provides that an administrative official known as the Zoning Administrator shall be appointed by the Mayor to administer and enforce the Town's Development Standards Ordinance and other Town codes as assigned. It has been the practice for the Mayor to reappoint the Zoning Administrator on an annual basis. Mayor Ciancio stated that Joseph Cronin has served as Zoning Administrator since he joined the Town's staff a little over a year ago and reappointed him to serve in that position for the 2019 calendar year.

**Committee Appointments:**  
**Board of Zoning Appeals (1)** – Mayor Ciancio stated that Robert Quagliato has resigned from the Board of Zoning Appeals effective at the end of 2018 and the Mayor recommended that Richard Finkelstein be appointed to fill the remainder of that term which will expire December 31, 2022. Councilman Gregg made a motion to appoint Richard Finkelstein to the Board of Zoning Appeals to fill the remainder of Robert Quagliato's term. Councilman Crane seconded the motion and the vote to approve was unanimous.  
**Planning Commission (3)** – Mayor Ciancio stated that Cathy Patterson and Ken Otstot had agreed to be reappointed to the Planning Commission for a two-year term but that Lori Leary did not wish to be reappointed and he was pleased to recommend Stanley Ullner as her replacement. Councilman Gregg made a motion to appoint Cathy Patterson, Ken Otstot and Stanley Ullner to the Planning Commission for terms that will expire on December 31, 2020. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Accommodations Tax Advisory Committee** – Mayor Ciancio stated that the terms of all seven members of the Accommodations Tax Advisory Committee members expire on December 31, 2018, but all have agreed to serve for another term. Councilman Gregg made a motion to reappoint Randall Buck, Jim Eisenhauer, Sue Ingram, Joseph Pontuti, Ron Schildge, Stuart Spisak and Patsy Zanetti to the Accommodations Tax Advisory Committee for terms that will expire on December 31, 2020. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Town Administrator – Beach Patrol Contract (Island Beach Services, LLC, d/b/a Barrier Island Ocean Rescue)** – Town Administrator Cronin explained that the contract with Island Beach Services (IBS) for 2018 (\$125,208) contained a provision for two one-year renewals. IBS notified the Town that they would renew the contract for 2019 with the same coverage as in 2018 (157 days) for the same price. The Town requested the additional cost for adding weekend days in March and September (16 days) in 2019 and IBS responded that they would extend beach patrol coverage for an additional \$4,600 for a total of \$129,808. Councilman Gregg made a motion to approve the contract for Island Beach Services, LLC, d/b/a Barrier Island Ocean Rescue, for 2019 in the amount of \$129,808. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Resolution 2018-12, Authorizing the Temporary Discharge of Firearms by the Seabrook Island Property Owners Association (SIPOA) within the Town of Seabrook Island for the Purpose of Thinning the Deer Herd** – Town Administrator Cronin stated the SIPOA is seeking approval to be able to discharge firearms on SIPOA property for the purpose of thinning the deer herd, up to 35 deer, beginning at 5:00 p.m. on December 19, 2018, and ending at 5 a.m. on January 31, 2019. The thinning would begin at 5:00 p.m. in the evening and end at 5:00 a.m. in the morning. Councilman Gregg made a motion to approve Resolution 2018-12 to allow SIPOA to thin the deer herd as described previously. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Town Hall Holiday Schedule** – Town Administrator Cronin stated that the Town Hall will be closed on Monday, December 24, Tuesday, December 25 and Wednesday, December 26, for the Christmas holiday and Tuesday, January 1, for New Year's Day. Town Administrator Cronin also commented that the Town's Christmas Drop-In was well attended and expressed his appreciation for all those who donated to Toys for Tots.

**Town Council Members** – See Above

**Utility Commission** – Commissioner Vancini reported that income from water sales was positive in November but income from sewer was negative. Cash flow through November is in the negative (approximately -\$70,000). The information about the rate increase will go out in the December bills. The typical increase per household will amount to \$2.89. Beginning in March, there will be a 3-1/2% increase in the cost of water from St. Johns Water that will be passed along to customers. Commissioner Vancini stated that the standby generator for Pump Station 12 has been installed. The Commission should hear in January or February if they will get a FEMA grant for the addition of more standby generators. If the Commission receives the grant, they will install six more generators;

but, if they do not, the Commission will possibly add three, depending on cash flow.

**Ordinances for First Reading:**  
**Ordinance 2018-15**, an Ordinance amending the Town Code for the Town of Seabrook Island, South Carolina; Chapter 2, Administration; Article III, Procedures, Committees and Ordinances; Division 2, Town Council; Section 2-67, Regular Meetings; so as to modify the situations in which the monthly Town Council meeting date may be moved from the fourth Tuesday of each month – Mayor Ciancio explained that this ordinance will change the wording of Section 2-67 of the Town Code to allow the Town, if they wish, to move committee/commission meeting dates up one week if a Town holiday falls within the week of the regularly scheduled meeting date. The words, "shall be held", is being changed to "may be held" and "State or Federal holiday" is being changed to "Town holiday". Councilman Gregg made a motion to accept Ordinance 2018-15 as presented on first reading. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Ordinances for Second Reading:**  
**Ordinance 2018-13**, an Ordinance amending the Development Standards Ordinance of the Town of Seabrook Island, South Carolina; Article 7, Lot and Building Requirements; Section 7.60, Minimum Setbacks; Subsections 7.60.10.30 and 7.60.10.31, Lots Subject to the OCRM Critical Line; so as to increase the validity of a SCDHEC – OCRM critical line certification from three to five years – Town Administrator Cronin explained that this ordinance is being amended so that the Town's requirements match with the SCDHEC – OCRM policy regarding critical line certification. Councilman Gregg made a motion to adopt Ordinance 2018-13, in the form as presented, on second reading. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Ordinance 2018-14**, an Ordinance to adopt a budget for the Town of Seabrook Island, South Carolina, for the fiscal year beginning January 2, 2019, and ending December 31, 2019 – Mayor Ciancio stated that this ordinance had been reviewed in the preceding Public Hearing. The Mayor noted that the 2019 budget anticipates unrestricted revenue of \$1,928,775 and restricted revenue (Accommodations Tax and Alcohol Tax) of \$251,000 for a total of \$2,179,775. The unrestricted revenues of \$1,928,775 represents a significant increase, 37.2%, over 2018. From the total of unrestricted revenue in 2019, \$700,000 is money that will be taken from the Town's General Fund Reserve and Road Improvement Reserve. In 2018, \$300,000 was transferred from the General Fund to the Road Improvement Fund. When these transfers are considered, the 2019 budget anticipates an increase of \$122,450 or an 11% increase over last year's budget.

Councilman Gregg made a motion to adopt Ordinance 2018-14 as presented on second reading. Councilman Crane seconded the motion and the vote to approve was unanimous.

**Citizens Comments:**  
The Mayor answered several questions from a resident regarding the proposed senior living facility.

Roger Steele thanked Council for including a performance of the Charleston Symphony Orchestra in the Town's 2019 budget.▲



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### OPEN HOUSE • SAT. FEB. 16 • 1-3PM

2624 Jenkins Point Rd • \$899,000  
(DRIVEWAY LOCATED ON JENKINS PT./LAGOON NORTH)

The perfect beach home located at the coveted Jenkins Point this 5 bedroom 4.5 bath home offers dual master suites on the 1st floor, game room, and open floor plan. The private oasis offers total privacy with a cul-de-sac location and upgrades throughout. (MLS #18013994)

### OPEN HOUSE • SAT. FEB. 16 • 1-3PM

176 High Hammock Villa • \$186,500

1 bedroom, 2 bath townhouses situated along the Ocean Winds golf course. This unit offers a spacious bedroom with sitting area. Private and pristine.

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REFERENCES UPON REQUEST



## REMINDER

The speed limit on Seabrook Island is 25 MPH OR BELOW, as posted. Speed limit at the gate and by the Island House is 15 mph. Please observe all signage, and drive safely, especially as the Summer months bring increased visitor and bicycle/pedestrian traffic.



# SIPOA

Administrative News from the Seabrook Island Property Owners Association

## LAKE HOUSE SPOTLIGHT

### COOPER RIVER BRIDGE RUN SEABROOK ISLAND BUS

Saturday, April 6th, 2019

The Lake House will once again be chartering a bus to take Seabrookers and their guests to and from the Cooper River Bridge Run. ENJOY THE RUN AND AVOID THE HASSLE... RIDE WITH US! Cost: \$25.00

#### Race Day Itinerary:

- The bus will leave promptly at 5:50 AM from the Seabrook Island Real Estate Parking Lot on Saturday, April 6th.
- The Cooper River Bridge Run begins at 8:00 AM.
- The bus will leave from behind the Aquarium Parking Garage once all participants have finished.

#### PLEASE NOTE:

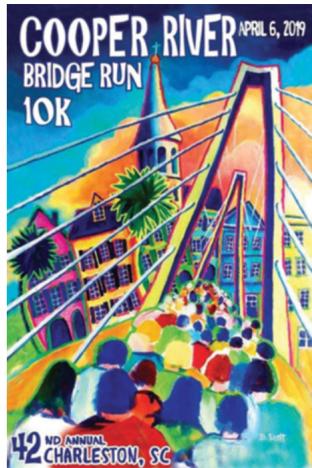
REGISTRATION FOR THE COOPER RIVER BRIDGE RUN IS THE RESPONSIBILITY OF THE PARTICIPANT.

Registration for the bus ride DOES NOT REGISTER PARTICIPANTS FOR THE COOPER RIVER BRIDGE RUN. To register for the Cooper River Bridge Run, please visit [bridgerun.com](http://bridgerun.com)

There are **NO REFUNDS** for race or bus registration.

LIMITED SPACE AVAILABLE.

For more information or to register, please contact The Lake House at 843.725.1581 or [jmogus@sipoa.org](mailto:jmogus@sipoa.org)



### SAVE THE DATE 32nd Annual Arts & Crafts Exhibit

The Annual SIPOA Arts & Crafts Exhibit will be held during Annual Meeting Weekend on February 15th thru February 17th, 2019. It is always one of the highlights of Annual Meeting Weekend to see the incredible talent of Seabrook Island Property Owners at the Arts & Crafts Exhibit.

Registration forms and details will be included in your Annual Meeting packet and are also available at The Lake House.



### ANNUAL MEETING VOTING

Annual meeting voting opened on January 14. E-vote invitations went out that day, and several reminder emails have gone out thereafter - look for emails from Association Voting (not SIPOA) if you missed it. Paper voting packages were mailed Friday, January 11; let us know at 843-768-0061 if you have not received yours.

The voting package includes your Proxy Appointment Form, voting instructions, the 2019 Budget Overview, and biographies of the five candidates running to fill four three-year vacancies on the Board

of Directors, one candidate to fill a one-year vacancy on the Board of Directors, and three candidates to fill two vacancies on the Nominating Committee. Please be sure to cast your vote for a full slate of candidates!

All package documents, as well as forms for Art Show participation and Time & Talent to volunteer for SIPOA committees and the 2019 Garbage Schedule, are available at: <https://sipoaadmin.org/annualmeeting/>

Returning your completed and signed Proxy Appointment Form well before February

16th is the easiest and best way to ensure that we have a quorum and that all the votes are counted! Please be sure to vote! **Every property owner whose vote is received by 4:00p.m on February 8, 2019 will be entered to win one of five \$50 Visa Gift Cards.**

If you have ANY questions about the Proxy Appointment Form, voting, or the Annual Meeting, please CALL US at: 843-768-0061 or email us at: [publiccomment@sipoa.org](mailto:publiccomment@sipoa.org), and we will help. WE NEED YOUR VOTE!

### TREE TRIMMING WORK



SIPOA will be conducting tree trimming throughout the island for the next 2 weeks. In some cases security will be assisting with traffic control, and brief delays are possible. Please use caution and patience while driving around these tree trimming activities in order to keep everyone safe!

Steve Hirsch, PE, PMP  
SIPOA Director of Engineering



## EXERCISE IS MEDICINE

Steve Penkhus, MD

It is very impressive to see so many people engaged in so many forms of physical activity on our beautiful island. We are truly fortunate to have so many resources for exercise through all four seasons of the year. Where else does such a small island offer so many options: golf, tennis, walking (on beaches, trails, through woods, past marshes, with dogs, observing nature) kayaking, swimming, surfing, running, gardening, horseback riding, and a full schedule of Lakehouse activities and state if the art equipment.

Because of the new year and the new exercise guidelines from the Department of Health and Human Services, it seems appropriate to review the health benefits of exercise. Many Seabrookers are obviously already aware of most of these benefits, but seeing many of them grouped together can refresh our memories and be an incentive to continue or increase our activity.

The new guidelines are 150-300 plus minutes of moderate or 75-150 minutes of intense activity per week. The longer duration needed for weight loss or treatment of some medical conditions. Strength training should be at least 20 minutes twice a week. The average person over 50 loses one percent of their muscle mass a year as well as more rapid bone loss, thus the reason for strength training. Maintaining muscle mass also helps prevent unhealthy weight gain because one pound of muscle burns 10 calories a day compared to only 2-3 calories for one pound of fat. Strength training is also important for maintaining bone density, keeping ligaments and tendons strong and prevention of injuries.

The scientific evidence of the health benefits from exercise is so overwhelming that the American College of Sports Medicine and the American Medical Association recommend all providers prescribe exercise as a prescription. If we were all compliant with that prescription, Americans would save hundreds of billions of the 2.2 trillion dollars of annual healthcare costs through decreased drug use, surgery and hospital expenses. Health care providers often see 80 year olds with the fitness of 50 year olds and 50 year olds with the fitness of 80 year olds largely related to the difference in physical activity history. Jack LaLanne (grandfather of fitness) was ahead of his time when he said "You don't get old from calendars, you get old from

inactivity." A fascinating recent study from Ball State University looked at a group of seniors of average age of 75 who had been regular exercisers for 50 years and found they had the cardiovascular fitness measured by maximum oxygen uptake of people 30 years younger. Muscle biopsies showed that the muscles of the 75 year olds were the same as 25 year olds.

Exercise has been associated with a 40% decrease in heart disease, 27% decrease in strokes, 50% decrease in diabetes, almost 50% decrease in hypertension, 50% decrease in breast cancer mortality, 60% decrease in colon cancer, and about a 30% decrease in dementia. Many drugs can't show numbers like that.

Exercise is associated with a decrease in chemicals like cytokines produced in the visceral fat which cause inflammation associated with heart disease, strokes, arthritis, tendonitis, and bursitis.

Exercise can boost the immune system by improving the killing capacity of our white blood cells which has been shown to cause fewer infections such as upper respiratory tract infections. Moderate to intense exercise has been associated with a decrease in brain damage from ischemic strokes as well as a decreased risk of dementia. Harvard psychiatrist John Ratey has written a fascinating book, "Spark: The Revolutionary New Science of Exercise and the Brain". He has chapters discussing the association of exercise on improved academic performance and memory, less depression, anxiety, addiction, dementia, attention deficit disorder, and menopause symptoms. He discusses how exercise changes chemicals in the brain like serotonin, dopamine, norepinephrine, endorphins, and brain derived neurotrophic factor. Americans spend millions of dollars on drugs to alter these chemicals. Studies have shown exercise can sometimes equal or outperform drugs for depression.

Exercise can improve mood for more than eight hours afterwards (a reason to exercise early in the day). It has been shown to help us get to sleep faster and improve our quality of sleep. More and more evidence shows an association between poor sleep history and disease and short life expectancy. Exercise is associated with the decreased incidence of sleep apnea.

For those of you who are bored with statistics by now, you might be interested to know that a Harvard study of 31,000 males found that sedentary males were 30% more likely to experience erectile dysfunction. It is also interesting to know that a University of British Columbia found that women



who exercised 20 minutes per day experienced greater sexual responses. Last but not least is the touchy subject of weight loss. We pretty much all know that obesity is associated with diseases such as diabetes, heart disease, stroke, hypertension, arthritis and sleep apnea. Some people may not be aware that obesity has now been associated with 13 types of cancer. Time and space doesn't allow a lengthy discussion obesity and exercise, but a few things might be worth consideration. Exercise is key to healthy weight loss. If you are overweight and fit you are at much lower risk than if you are not fit, so don't give up on exercise even if you don't lose weight. The important fat to lose is the harmful chemical producing visceral fat inside the abdomen. We don't need expensive equipment to benefit from exercise. Walking at 60-70% of your maximum heart rate which is calculated by subtracting your age from 220 may be the most efficient way to lose that harmful visceral fat. Every mile walked burns an average of about 100 calories which at about 3600 calories for one pound of weight loss is a weight loss of 10 pounds in a year by walking one mile a day, if all else is the same. We tend to burn extra calories for several hours after exercise. Walking may be the best overall exercise considering the benefits, costs, convenience and risks. It is important to consider that as we age we are at more risk of the diseases that exercise may prevent, so we are never too old to exercise and it may even be relatively more important. It may be good to vary exercise in order to use more muscles, change up your metabolism, avoid boredom, and add to your enjoyment. Exercise is a great way to make new friends and spend time with current friends and family.

Whatever your exercise plans are for this new year, remember how blessed we are to have so many great opportunities on this gem of an island and enjoy yourselves.▲



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

Wednesday March 13, 2019 thru Thursday, April 18, 2019  
Addresses: Varies throughout the Old & Historic District

There's no lovelier time in Charleston than spring - and no better way to experience the city's charm than our annual Festival of Houses & Gardens. Step inside the private houses and gardens of some of the city's most stunning properties, learn about Charleston's distinctive architecture and history and celebrate our unique culture at luncheons, musical concerts and other Lowcountry lifestyle events. Tours and events vary by day. For more specifics, visit: [www.historic-charleston.org/blog/events/category/festival-houses-gardens/](http://www.historic-charleston.org/blog/events/category/festival-houses-gardens/)



## Our Lady of Mercy Community Outreach Hosts 22nd Annual "Love Your Neighbor" Auction

Mickey Bakst recognized for his continued contributions to the Neighborhood House



Our Lady of Mercy Community Outreach (OLMCOS) will host the Love Your Neighbor Auction from 1:00pm to 4:30pm on February 10 at the Charleston Marriott Hotel located at 170 N. Lockwood Blvd. Guests will enjoy an open bar and heavy hors d'oeuvres while bidding on luxurious items such as a guided quail hunt for two at Pinetop Plantation, a private five to seven course tasting menu with wine pairings at the James Beard House in New York City for 12 or a six-night Fairmont Resort getaway in Banff, Calgary and Lake Louise with airfare for two and much more during our silent and live auctions.

For the second year, OLMCOS is presenting the Love Your Neighbor Award to showcase the long-term impact an individual, organization or company makes in our community, bringing our mission to help those in

greatest need reach self sufficiency, to life. This year's award will be presented to Mickey Bakst. Maître D, foodie, fundraiser, philanthropist, career restaurateur, mentor and Charleston ambassador - these are just a few titles bestowed upon Mickey Bakst. Our Lady of Mercy Community Outreach has had the privilege of seeing the impact of Mickey Bakst's work daily through the consistent support he provides to our downtown location, Neighborhood House. His latest charitable effort is Dining for a Cause, which raised over \$500,000 in 2018 for three area organizations.

"Mickey is an example of the impact one person can have on many when they share their blessings. He is a dynamic change agent in the Charleston community, and we are honored to have him as a champion of our mission and to honor him for putting com-

munity first in all he does," says Ericka Plater, executive director of Our Lady of Mercy Community Outreach.

Tickets are selling quickly and can be bought online at [www.olmoutreach.org](http://www.olmoutreach.org). For more information, contact Hannah Finley, development manager, at (843) 559-4109 x109 or [hannah.finley@olmoutreach.org](mailto:hannah.finley@olmoutreach.org).

Proceeds from the event will be used to support the mission of Our Lady of Mercy Community Outreach to encourage and support self-sufficiency and self-worth for people in need through education, wellness and outreach services.▲

### Enjoy the Ride!

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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, 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
FRANCAIX "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



THE GREEN SPACE CONSERVANCY GALA IS "GROWING THE GREEN" ON SEABROOK ISLAND!!!

The Green Space Conservancy Gala Casino Night will take place on Sunday, March 17, 2019 at the Island House at Seabrook Island Club. It promises to be a fabulous evening of Casino games, music, dancing, an awesome live auction, and lots of surprises.

Doors open at 5 p.m. and reservations are on sale now at \$100 per person which includes delectable food stations, wine, beer and soft drinks. You may go to sigsc.org to download a reservation form. Kindly complete the information and drop it off, along with your check(s), at the specially marked "Gala" mailbox at 3212 Seabrook Island Road, c/o Gorskis. Reservations sell out very quickly so don't miss out on this evening of great fun with your fellow Seabrookers.

"Our mission is to preserve the natural environment on Seabrook Island through acquisition of land and land easements, through education and through advocacy of conservation issues." All proceeds from the Green Space Conservancy Gala go towards supporting our mission.

Thank you for YOUR continuing support of the Green Space Conservancy. We look forward to seeing you at the Gala where we are GROWING THE GREEN! ▲



The Ultimate BMW Driving Experience
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Rick Hendrick BMW Charleston

the Gibbes museum of art



Lying in Wait: Sporting Art by Ogden M. Pleissner
Now through May 12, 2019

Ogden Pleissner was a master of the watercolor medium. His paintings are luminous and expressive, yet also capture his subjects in wonderful detail. Pleissner had a gift for capturing fleeting moments of time—the tug on a fishing line or the pregnant pause as a hunter sets his sights. These reflective moments immerse viewers in the beauty of the land and convey the importance of protecting our natural environment. His hunting, fishing, and landscape paintings reflect his deep reverence for wildlife and the natural world. The forty-eight watercolors on view depict scenes from Wyoming to Maine to the South Carolina coast during his illustrious career that spanned from the late 1920s until his death in 1983. ▲



Beaverkill Bridge



Fishing at Grand Lake



Vermont Hills



Charlestonly.com

Sea Island Habitat for Humanity Golf Benefit

The Ocean Course, Kiawah Island

Tuesday, March 19, 2019

10:30 AM registration

Noon Shotgun start

Reception to follow



Come support a great cause as Sea Island Habitat for Humanity celebrates over 40 years of helping hard working families attain homeownership! The 23rd annual Golf Benefit presented by Kelly Family Foundation will take place on March 19th at the Ocean Course, home of the 2012 and 2021 PGA Championships. Registration and putting contest will begin at 10:30 a.m. with a shotgun start scheduled at noon. Other contests include closest to pin and longest drive. Fun mulligan packages will also be available to make the round a little more interesting! A reception will follow, featuring food, drinks, and prizes. Entry into the field is \$475 per person. Play as an individual or foursome.
Not playing? Consider donating at

one of our various sponsorship levels! All proceeds go towards building an affordable home for a deserving family. Registration is available online at seaslandhabitat.org. For more detail, contact Jacob at 843-768-0998 or jacob@seaslandhabitat.org. Sea Island Habitat for Humanity's goal is to empower people with limited resources to realize the dream of owning a home. Since 1978, you have helped us build safe, affordable, energy-efficient homes. There are substantial rewards for Habitat homeowners and their communities. Families gain an improved quality of life and look towards a brighter future. Children benefit from the security and stability a home provides and grow up in a world of possibilities. Communities are revitalized as homeowners take pride in their own homes. ▲

World Affairs Council of Charleston

A Member of the World Affairs Councils of America

Our next regular meeting (and 4th meeting of the 2018-2019 year) is scheduled for Monday, February 25th. Reception is 5:15pm and the speaker is 6:00pm. The topic is: "Washington's Latest Worry: China's Belt and Road Initiative - Building Infrastructure Around the World to Extend Political Influence and Develop Military Assets." The speaker is: Jonathan Hillman of the Center for Strategic and International Studies (CSIS) in Washington, a premier think tank.

Our special business luncheon is scheduled for 11:30am Wednesday, March 6th. The topic is: "The Future of Commercial Aviation and Supersonic Flight." David Hyde (see box below), Director of Environmental Policy from the Aerospace Industries Association

(AIA) based in Arlington, Virginia will provide an overview of what the future of supersonic travel might look like. There will also be a panel discussion. The luncheon will be held at the Hall Signature Events, 5 Faber Place in downtown Charleston. Registration is required, the fee is \$45. Register at www.waccharleston.org. Our 5th regular 2018-2019 year meeting is scheduled for Wednesday, April 17th. Reception is 5:15pm and speaker is 6:00pm. The topic is: "Turbulence in Global Trade: From the U.S.-China Face-Off to Brexit, the EU, and Beyond." The speaker is: Bluford Putnam, Managing Director and Chief Economist of the CME Group of Chicago. ▲



David Hyde is the Director of Environmental Policy within the Civil Aviation Division at the Aerospace Industries Association (AIA). He is responsible for areas including aircraft and engine noise and emissions, and chemical policy.

Prior to joining AIA, David worked in aviation policy for the United Kingdom's Department for Transport, where he led on several areas related to aviation noise and airspace modernization. David has also held other roles in national and local government in the UK.

David holds a BA in history from the University of Southampton and an MSc in global politics from Birkbeck, University of London.



ISLAND NOTICES

INDOOR PICKLEBALL



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.



THURSDAY, FEBRUARY 7, 2019 SEABROOK ISLAND HOUSE • 7:30 P.M.

Tickets available now at the Kiawah Municipal Center or online: www.kiawahisland.org/events



Julian G.
DIRECT FROM CARNEGIE HALL

CHARLESTON SYMPHONY ORCHESTRA

SATURDAY, FEBRUARY 16, 2019

TURTLE POINT CLUBHOUSE • 7:30 P.M.
Tickets available now at the Kiawah Municipal Center or online: www.kiawahisland.org/events

Charleston-based cellist Norbert Lewandowski will treat Kiawah to a unique cello performance featuring some of the finest works in 20th and 21st century American classical music. Inspired by the Pulitzer prize-winning composer David Lang, each piece in the program was composed for multiple cellos. Thus the various cello parts were masterfully recorded by Lewandowski to accompany his own live hour-long performance, one that is sure to linger in the audience's memory.

Lewandowski was born in Milwaukee, WI and began cello studies at the age of 13. He holds a Master's degree in performance and literature from the Eastman School of Music and is the principal cellist of the Charleston Symphony Orchestra. Prior to his position in Charleston, Lewandowski performed as a member of the Rochester and Buffalo Philharmonic Orchestras, the Minnesota Opera, and the chamber music festival in Taos, New Mexico. He has also been featured as a soloist on numerous occasions including past performances with the New World Symphony, the South Carolina Philharmonic, and the National Repertory Orchestra.

Lewandowski's extensive experience with new music includes a wide array of performances and recordings with the groups Alarm Will Sound and Brave New Works, and was highlighted in 2008 by an appointment as cellist of the Pittsburgh New Music Ensemble. Lewandowski's cello was made by Emil Hjorth in Copenhagen, 1890, and is on a generous loan from the Virtu Foundation in Charlottesville, VA.

SUNDAY, FEBRUARY 17, 2019

TURTLE POINT CLUBHOUSE • 5:30 P.M.
Tickets (\$25) available now at the Kiawah Municipal Center or online: www.kiawahisland.org/events

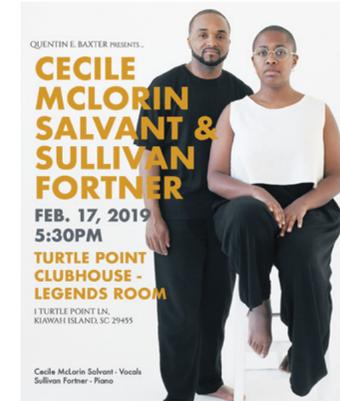
The second concert of the series will feature an amazing vocal-piano duo with vocalist Cécile McLorin Salvant and pianist Sullivan Fortner.

"Ever since the earliest days of jazz music, the pairing of piano and voice has frequently attained a deeply personal level of communication. It's evident in the distinct chemistry between two rising stars of their instruments: pianist Sullivan Fortner and singer Cécile McLorin Salvant." - NPR

McLorin Salvant's newest release, The Window (2018), an album of duets with the pianist Sullivan Fortner, explores and extends the tradition of the piano-vocal duo and its expressive possibilities. With just Fortner's deft accompaniment to support McLorin Salvant, the two are free to improvise and rhapsodize, to play freely with time, harmony, melody and phrasing.

The world first learned of the incredible vocal artistry of Cécile McLorin Salvant when she won the prestigious 2010 Thelonious Monk International Jazz Competition. In just under the span of a decade she has evolved from a darling of jazz critics and fans, to a multi-GRAMMY® Award winner, to a prescient and fearless voice in music today.

Pianist Sullivan Fortner, lauded as one of the top jazz pianists of his generation, is recognized for his virtuosic technique and captivating performances. The winner of three prestigious awards - a Leonore Annenberg Arts Fellowship, the 2015 Cole Porter Fellowship from the American Pianists Association, and the 2016 Lincoln Center Award for Emerging Artists - Sullivan's music embodies the essence of the blues and jazz as he connects music of all eras and genres through his improvisation.



COLLEGE OF CHARLESTON: STUDENTS FROM JAZZ STUDIES

SUNDAY, MARCH 3, 2019 • CHURCH OF OUR SAVIOUR • 4:00 P.M.
Tickets available 2/15



This season's Young Artists Concert will feature students from the College of Charleston Jazz Program. The CoC Jazz Program provides students with outstanding skills in jazz performance, a strong background in jazz improvisation, theory, arranging and composition, as well as practical performance opportunities, in an experiential learning environment. All members of the faculty are working professionals in the jazz field. This "real world" experience - whether touring the world with big name acts or leading their own more regional groups - informs the instruction of the next generation of jazz professionals.

Faculty members Robert Lewis, Quentin Baxter and Gerald Gregory are familiar to Arts Council audiences - these and other faculty provide students with individual and group learning experiences. Student jazz ensembles are created and perform outside of the College during many of the various music festivals held in Charleston throughout the year. What could be better for an aspiring young jazz player than individualized instruction by some of the best players in the field, combined with plenty of performance opportunities!

Robert Lewis, Director of the Jazz Studies Program, has selected one of his stellar ensembles, consisting of Noah Jones, piano; Fisher Wilson, bass, and Miller Boone, drums to perform for Kiawah. The Arts Council is pleased to present these student musicians, who are already regularly playing professionally in the Charleston jazz scene.



# SEABROOK ISLAND Real Estate



## NEW LISTINGS



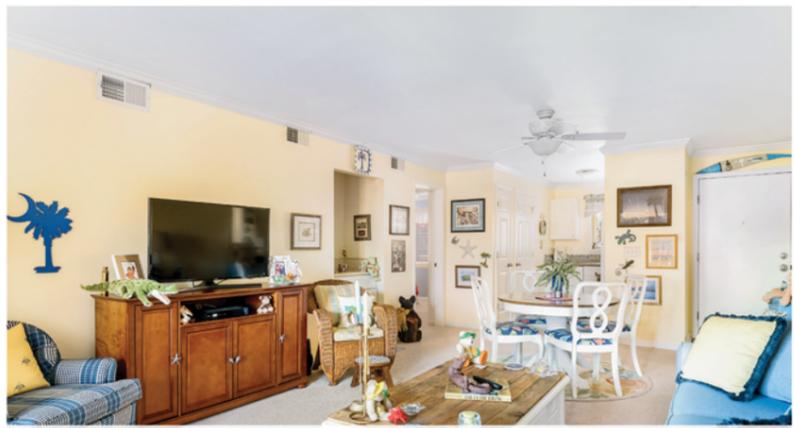
3470 DEER RUN  
\$1,699,000



3041 SEABROOK ISLAND ROAD  
\$735,000



2750 GNARLED PINE  
\$495,000



2011 LONG BEND DRIVE  
\$245,000



3006 Ocean Winds



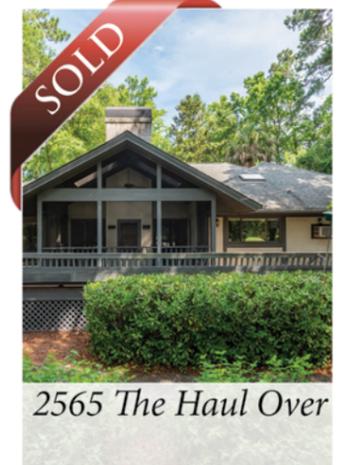
3036 High Hammock



2925 Atrium Villa



2774 Old Forest



2565 The Haul Over

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