After years of planning, the renovation project for Seabrook Island Club’s Racquet Sports complex is underway. Groundbreaking ceremonies were held on November 17th and the project is anticipated to be complete in about two years.

HISTORY AND NEED
The current tennis courts, irrigation system, landscape, and hard scape were installed in 1986. In 2009, the Club added the current Pro Shop. Two pickleball courts were built in 2017. Outside of that, the complex has seen very little change and investment. While it is well-known for having some of the best tennis courts in the South east, and for its beautiful canopy of live oak trees, the deferred maintenance is significant. There is also an incredible opportunity to increase the social ambiance and experience outside of actual play. Laura Ferreira, Director of Racquet Sports for Seabrook Island Club, explains: “I have fond memories of growing up at a tennis facility that my parents managed. It was more than a place to play tennis. It was a gathering place for the community. This renovation project will evolve our current complex from a place to play into a place where Members want to play and stay.”

SERVING UP SOCIAL
To this end, in addition to the sorely needed facility upgrades, the renovation includes two bocce courts, fire pits, grab-and-go food, and refreshments (including beer and wine), as well as other gathering options to attract all Members. To accommodate more Members at the Racquet Club, and them spending a longer amount of time there, 40 more parking spaces are planned, along with a one-way traffic flow for greater efficiency getting in and out. Anyone who has played pickleball knows how social it is. It is also the fastest growing sport in America and at Seabrook Island Club. The existing two pickleball courts simply are not adequate for Member demand. So four new pickleball courts are coming, along with a pickleball teaching professional.

A PHASED APPROACH
The vision and plan for the renovation project was presented in-person to the Club Membership on June 18, 2022, and a video recording is available in the Member Central section of the Club’s website. The components of the renovation project, with forecasted start and completion dates are as follows. Whenever possible, disruptions to play will be minimized.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Description</th>
<th>Start Date</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase 1A</td>
<td>Landscape and hardscape improvements</td>
<td>Nov 2022</td>
<td>May 2023</td>
</tr>
<tr>
<td>Phase 1B</td>
<td>Addition of four pickleball and two bocce ball courts</td>
<td>June 2023</td>
<td>May 2023</td>
</tr>
<tr>
<td>Phase 1C</td>
<td>Renovation of Racquet Sports Building (Feb 2023 – June 2023)</td>
<td>June 2023</td>
<td>May 2023</td>
</tr>
<tr>
<td>Phase 2A &amp; 2B</td>
<td>Addition of tennis bocce ball courts</td>
<td>Nov 2022</td>
<td>May 2023</td>
</tr>
<tr>
<td>Phase 3</td>
<td>Parking improvements, maintenance, Center Court area improvement (Dec 2023 – June 2024)</td>
<td>June 2024</td>
<td></td>
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</tbody>
</table>

There are several reasons for this increase. First, the popularity of pickleball has skyrocketed nationally and at Seabrook. It’s a unique sport where a beginner can quickly improve and feel comfortable playing with more experienced players. That has led many Members to give it a try. Another contribution to the growth in Racquet Sports participation is its committee’s recent commitment to contact every new Member of the Club who has expressed an interest, and help them join groups that fit their skill level and preferences. Last, but not least, is the Racquet Sports staff’s commitment to making leaving the island during extended periods of time during the season impractical from an engineering standpoint and almost impossible from a cost perspective. Consideration was also given that even if Seabrook Island Road was raised to a higher elevation, starting at the Freshfield Circle, Betsy Kerrison Parkway is at a lower elevation and would still be subject to flooding, making leaving the Island during extreme flooding still a concern.

Update from the Town of Seabrook Island Public Works Committee

To keep the residents and visitors of the Town of Seabrook Island informed on public works and related activities on-going in and around our Town, the following information is being provided:

**FROM TOWN HALL**

Barry Goldstein
Comptroller

Multi-Use Pedestrian/Bicycle Path along the Outbound Side of Seabrook Island Road from the Town Hall to the Circle at Freshfields – The pedestrian and bike path that was added as part of the recent road improvements is being improved and upgraded. Some of the improvements will include additional benches for sitting and updated/new landscape areas. Some older, diseased plants and shrubs will be removed and additional flowers and native grasses will be planted along the trail to provide new softness and added beauty. The existing old split rail fence will be removed and replaced with a new fence. Several additional dog waste stations and trash cans will also be added. Hopefully these improvements and additions will make the path more usable and encourage more people to enjoy it.

Seabrook Island Road – The design for repairing Seabrook Island Road is scheduled to be completed sometime this spring. The design includes raising sections of the road to improve drainage in an attempt to reduce nuisance flooding from (isles and rain). Although the Town and designers did contemplate raising the road as a potential way to minimize storm flooding (hurricane storm surge could be several to many feet of water above the land), this was determined to be too difficult from an engineering standpoint and almost impractical from a cost perspective. Consideration was also given that even if Seabrook Island Road was raised to a higher elevation, starting at the Freshfield Circle, Betsy Kerrison Parkway is at a lower elevation and would still be subject to flooding, making leaving the Island during extreme flooding still a concern.
Dear Cap'n Sam,

Below are a few comments regarding the Garden Club’s party: see page 13.

Congrats to the Seabrook Island Garden Club for just an outstanding get together Sunday evening. The food was fabulous and abundant, the Prosecco drink mixture was excellent, and it was so good seeing everyone in this Post-Covid world enjoying a beautiful evening! Well done! 

Karen Geiger, Seabrook Island

Thanks Janie! It was a perfect evening to get together with the community. I’m glad everyone had such a good time. The food and drinks were outstanding! I might be biased but I think it’s an event that should not all be missed. Football or not! Ha!

Karen Nattal, Seabrook Island

Tons of great food I mean TONS of yummy!!!

Paul McLaughlin, Seabrook Island

That was a wonderful event! Attendance was full, food was yummy and plentiful, the punch was super and the only problem with the terrific food rave was that I didn’t win anything! Thank you so much for the event and for the support of great causes!

Marsha Pajukko, Seabrook Island

So glad everyone had a good time. It was a great event by many ladies from the garden club!

Victoria Pyle, Seabrook Island

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Dear Mr. Breen’s Letter to the Editor about rebuilding Property owners pool area in today’s February 5th inc- sure Seabrookian: page 2, Holy Cow, just 2300 properties own- ers directing the event and for the good of all just for us, renters, only owners and accompanied guests.

Lori Hilker, Seabrook Island

Dear Cap’n Sam,

While watching the presentation of the SIOPA Focus 50 plan, I could not help but be struck by the creation of such a visionary plan that unfortunately is so completely ignores the fundamental reasons so many of us were drawn to Seabrook Island to begin with.

All credit must be given to the people who worked so hard to bring this project forward. The goals were commendable and, in most cases, correct. As stated by the planning sub-committee, the attempt is to provide for the future needs of Seabrook residents and improve the convenience and offerings available to all residents. I do not mean to diminish their efforts, and acknowledge they are doing a great job. But I certainly have a fundamental difference of opinion regarding the scope of the project and the assumptions they believed the residents would find acceptable, desirable, or in many cases, even the least necessary. This project envisions a grand, over the top, twenty-four million dollars plus plan of what could be. It is truly a visionary plan but exactly whose vision it was shared. With Focus 50 concentrates too much on the future and what may be versus understanding the community of the present and the character of the area at large. This is particularly true in two regards, the financial impact on the current residents, and the fact that the plan as presently envisioned would entirely change the character and focus of what is one of the most beautiful spots on our island, the North Beach community and the surrounding beach area.

As a sixteenth-year North Beach owner, I know first hand the role North Beach and the Oyster Catcher facility play in our community. This area is solely focused around beach activity. People come from all over the island, park, enjoy hanging out or walking on the beach, playing with their dogs, and maybe when they’re hungry, occasionally take a quick dip in the Oyster Catcher pool. How did you not consider that those who choose to disregard are those the principal attributes and the main attractions of people to this neighborhood! North Beach/Oyster Catcher is not a grand meeting area, it is a place you come to go to the beach! Simply parking space is not enough to offer is not being sufficiently intended, and shoehorning it into a residential area where it clearly does not belong.

The Oyster Catcher is currently relatively small and closely surrounded by the North Beach community homes. It is a quiet residential neighborhood. A project of this grand scope and ultramodern design simply does not belong or stylistically fit in a residential, beach community neighborhood. By comparison, off er Seabrook facilities, like the lake house, the club house, the equistri an, the pelican’s nest and pool along with their sunning areas all sit on isolated lots. The vision of turning the low country beauty and tranquility of the North Beach community into the equivalent of what you might see in a modern downtown area within a major city is misguided and totally out of place.

If Oyster Catcher is truly the only area where a new facility can be built, and it is determined being built is an absolute must, by all means, replace this last part of property perhaps twice the size. Provide for ad- ditional parking under the structure. Replace the pool with an area where residents can float around with perhaps a separated lap pool area and please don’t forget at least one more area where people can clean off their dogs as they come off the beach. This would accommodate and supplement the current limited public recreational space for meetings and interests on currently available property. The current structure, while featuring a marina, is now limited. Be creative and let your imagination run wild. Add a water feature, etc. As a resident who has missed football or not. Ha!

Karen Nattal, Seabrook Island

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The actual gaging of Seabrook Island Road will likely be held off until most of the construction from Seafields and the MUSC facilities are completed. Paving the road before the major construction activities of these two projects could subject the newly paved roadway to possible damage. There are some updates/improve- ments in the area of the main entrance road that will take place in the near future, including the installation of solar powered cross walk signs. These signs will be installed at both the Bohicket Marina and Lighthouse Village locations, and will have visual signa- ture to warn traffic of turning traffic of a pedestrian crossing. In addition, solar powered radar speed sign will also be installed on both inbound and outbound lanes on Seabrook Island Road. Although signs indicating the vehicles actual speed themselves will not physically slow speeding drivers, it will at least warn them to slow down. They are exceeding the posted speed limit; and hopefully be a reminder to slow down.

Town Hall Garage - As the Town Manager and owner of property, I have the self-performed more of its own functions such as landscaping, maintenance, code enforcement and development. Consequently, the Town now has several vehicles and land vehicles and large equipment. Mostly, there is no inside storage for vehicles or large equipment. Small equipment is stored in temporary storage con- tainers. Given the equipment represents a major capital expenditure, the Town concluded that a garage to house and protect the equipment would be prudent. The garage is currently being designed and will be located on the north side of the Town Hall.

Electric Charging Stations – The continued from page 1

Town requested and was fortunate enough to receive a grant from the Ameri- can Electric Aid of America to support in- stalled electric vehicle charging stations at the public parking area. Four charging stations will be installed across the new garage in a publicly accessible area. This area is intended to be the charging stations will be installed as part of the garage con- struction project.

Town Hall Annex- Again, as the Town Manager, has grown, so has the staff and as required to keep the Town operating. The Town Hall Annex was built in 2001. Office space is now limited and staff is dis- bursed in several offices. To address this, the Town is considering building a Town Hall Annex addition adjacent to the public parking area. Four charging stations will be installed across the new garage in a publicly accessible area. This area is intended to be the charging stations will be installed as part of the garage construc- tion project.

The Friday Special Meeting of the Town Council in mid-April, some macabre site activities and moving soil around the site will occur.

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The annual meetings for the Club and POA plus the Renew 50 pre- sentation on Saturday unfortunently conflicted with The Seabrooker’s deadline this month.

Mary White

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The Renew 50 meeting on Saturday of the annual meetings was a first step in our renewal process for Steep Rock. The presentation was given by people who live and work in the Seabrook area and are interested in the future of the Seabrook Island. The presentation was well received by the audience, and it is determined building is an absolute must, by all means, replace this last part of property perhaps twice the size. Provide for additional parking under the structure. Replace the pool with an area where residents can float around with perhaps a separated lap pool area and please don’t forget at least one more area where people can clean off their dogs as they come off the beach. This would accommodate and supplement the current limited public recreational space for meetings and interests on currently available property. The current structure, while featuring a marina, is now limited. Be creative and let your imagination run wild. Add a water feature, etc. As a resident who has missed football or not. Ha!

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learn every Member’s name and engage them in conversation to positively impact their experience.

This growth is only possible if you have high-quality professionals motivated to help Members improve and enjoy the game. Laura Ferrerina and Barbara Akbar elevated our teaching programs in 2022. Under their leadership, lesson volume increased 48% last year.

CHARITABLE COMPONENT

The Club is proud to continue to support the annual Alan Fleming Seabrook Open Star Tournament in October of each year. 2022 broke records with more than 290 participants, 48 of whom were Club members. The highly competitive tournament draws players from across the nation competing for national points awarded by the United States Tennis Association (USTA). The staff, committee, and volunteers work diligently to deliver a premier event. The USTA has recognized these efforts by awarding the Level 1 ITF senior clay court dudettes to the Racquet Club for four consecutive years. Seabrook players once again generously donated to designated tournament charities raising $51,385.

2023 will be an exciting time for Racquet Sports on Seabrook Island! The staff and current enthusiasts look forward to welcoming more Club Members into the fold as the exciting new offerings come to fruition.

SIX EXPERT TIPS FOR THOSE JUST STARTING THIS EXCITING AND ADDICTIVE GAME

BY SYDNI ELLIS - INVITED MAGAZINE

There are 4,800,000 people who play pickleball around the world — which is more than 195 times the population of Bainbridge Island, Washington, where the game was invented in 1965. The sport has grown 39.3% over the past two years, according to a 2022 report by the Sports & Fitness Industry Association (SFIA), making pickleball the fastest-growing sport in the nation for the second year in a row.

"The pickleball learning curve is so easy, 95% of all players can have fun the first day they start playing."

Approximately zero percent of picklers are surprised by this number. Just ask anyone who has played the addictive game, which is challenging, a fantastic workout and so much fun.

It’s also quite easy to learn. Jona-than Fralick, national director of racquet sports for Invited Clubs, calls pickleball contagious because it’s so enjoyable.

"This sport is contagious and very social," Fralick tells Invited. "The pickleball learning curve is so easy, 95% of all players can have fun the first day they start playing."

He explains that the sport, which is a combination of tennis, badminton and ping-pong, has seen "early signs of massive growth," even with people who don’t typically play racquet sports. Fralick does issue a warning for new players: "Be prepared to play every day. You just won’t be able to resist!"

John Kudrick, director of racquet sports for The Clubs of Kingwood in Texas, tells Invited that players looking to improve their skills shouldn’t lose sight of what’s most important: having fun. "It is possible to see improvement in your game and still make fun a priority," he says.

Kudrick recommends. Kudrick agrees. "Playing a lot of pickleball will automatically improve your game, but since it is still a sport, getting into a better physical shape by cardio workouts and strength training will take your game further."

"Don’t eat a big meal before-hand. Eat healthy and light so you can stay quick on your feet," Fralick says. "It does not take long to get the hang of hitting a pickball. Most of the time it is the scoring and rules that take the longest."

6/ Keep your eye on the ball. It’s a classic tip for a reason and one that Kudrick reiterates. "One of the best tips for beginner pickleball players is one that will stay with you even as you advance your skills: Watch the ball!"

"Pickleball is so much fun and easy to learn," Fralick says. Whether you want to simply enjoy its lighthearted, recreational nature or find a more competitive group, Fralick encourages all players to "find what works for you. After just one day, you will be having so much fun." So pick up a paddle and get lost in the joy of pickleball.
Architects design many types of homes for humans to inhabit. Small apartments, tall condos, singular spaces. They use a variety of styles—colonial, modern, ornate, simple. Buildings materials vary dramatically—wood, brick, clay, glass, metal. We’re aware of the many variations for our homes. Let’s think about the homes birds design and build.

The shape, size and placement of nests varies dramatically. Cup shaped nests are common, found in bird houses or free standing in trees or shrubs. Some birds construct the shape of nest from mud and attach it to trees or other stabilizing structures. Some birds build pendant shaped homes that hang with the entrance at the bottom of the nest. Platform nests are eagles, osprey and storks. Swans and Grebes erect floating nests, a modification of the platform nest for water environments. Nest spaces located in tree cavities are common, and woodpeckers actually create these holes for their nests. Natural cavities or abandoned woodpecker nest holes are the choice of owls, wrens, bluebirds and tree swallows. On the beach, the sand is simply pushed away making an indentation for egg laying. Creating the scrape-style nest is common for shorebirds like Piping Plovers and Least Terns.

How to make a nest is unknown. They left a nest as a fledgling, and then as a young mature adult they need to create their own nest. Parents may have taught the young bird some building techniques. Some knowledge may be innate and there is evidence that birds get better at nest building with practice. Edge may be innate and there is evidence that some birds get better at nest building with practice. Some knowl - edge is a problem as it can attract predators. Some geomatry needs to be maintained. Birds have been known to bathe and return to the nest damp to moisten the eggs. Parents are busy turning the eggs to keep a good equilibrium for growth, and they respond to movement and sound from within the egg as it approaches hatching. Predators such as raccoons, cats, snakes, squirrels and fire ants are always a threat. The adult bird will act to distract or try to fight off predators, defending the nest.

In precocial birds the young are born in an advanced state and able to feed and move almost immediately. Think of ducks, turkeys and many shorebirds who nest at ground level. Their young hatch with feathers, are mobile and begin feeding independent of the parent soon after hatching. The nest is used for a longer time in altricial species as the young are born underdeveloped and require parental support for maturation. The parents return many times to the nest bringing food to the maturing young until they can leave the nest on their own. Birds may reuse a nest for multiple broods in one season, but it is not typically not reused year to year. Large raptors like eagles return to a nest space as they need to create a new nest. Many shorebirds like Piping Plovers and Least Terns.

New generation of birds to mature. The used nest is a mess—once the eggs hatch it is a sloppy place. In some, the nest is typically built from available materials found in the bird’s habitat. Materials used are grass, sticks, cottony material from cattails, mosses, lichens, mud, small stones and sand. In contrast to humans, where we think of using our homes through many seasons, birds need their nest for one reproductive season, usually until the nest is abandoned. The young have fledged. The nest is a space for egg incubation, allowing development to progress once the egg has been laid. Continued development requires critical conditions for the hatching and fledging of the offspring. The nest must be structured for maintenance of temperature and humidity. It must have space for the adults, the eggs, and then the young birds as they develop. It must be safe, so the eggs and young birds aren't at risk of falling out and are protected from predators. Adult birds sit on the eggs to keep them at or near body temperature. In birds nesting during hot seasons, the adult presence in the nest may cool the eggs. If the shunts are frightened off the nest for an extended time, the eggs overheat and become non-viable. Egg shells are porous, so the correct humidity needs to be maintained. Birds have been known to bathe and return to the nest damp to maintain the eggs. Parents are busy turning the eggs to keep a good equilibrium for growth, and they respond to movement and sound from within the egg as it approaches hatching. Predators such as raccoons, cats, snakes, squirrels and fire ants are always a threat. The adult bird will act to distract or try to fight off predators, defending the nest.

References:

American Robin, Princeton NJ - cup nest (Mary Wilde); Cliff Swallow, Atlanta GA - mud nest
Ozoppy, Acworth GA - platform nest
Peregrine Falcon, ME - cliff nest
Western Grebe, ND - floating nest; Piping Plover, ME - sand scrape nest
Red-headed Woodpecker, GA - cavity nest; Blue-gray Gnatcatcher, GA - inch nest
Common Merganser, SD - ground nest, independent ducklings

For Every Bird a Nest
(Emily Dickinson)
Article by Mary Wilde | Photos by Ed Konrad

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Seabrook Island Birders presents Red Knots in the Southeast: Acting Locally, Thinking Globally

We’ve told the amazing story of Red Knots’ 9000 mile migration from the tip of South America to the Arctic to breed, making an important stop at Seabrook Island to rest and fatten up. But did you know that many Red Knots spend entire winters along the Southeastern coasts, including Seabrook?
Join us for Fletcher Smith’s discussion on this Red Knot subspecies that rely on developed SE coast beaches for most of the year before flying to the Arctic for breeding. Fletcher has been a migratory shorebird researcher for 20 years, working from Arctic to SA. He’s a wildlife biologist with GA DNR, doing research/monitoring of shorebirds along the GA coast, and the Red Knots at Seabrook and Kiawah.
Fletcher will review Red Knot life cycle, breeding season, wintering ecology, and the critical linkage Seabrook and Kiawah provide as stopover for all Red Knot migration. And why our habitat is important to this threatened species.

Click on QR code to register & attend the program!
Volunteer for SIB Shorebird Stewards!
email us for Info: sibstewards@gmail.com

Date: Thursday, March 23, 2023, Live Oak Hall at the Lake House
Registration starts 7:00 pm - Program starts 7:30 pm
Join/Renew SIB in 2023 for only $15.00
Questions? Email us: SeabrookIslandBirders@gmail.com

Save the date: Sea Island Shorebird Festival - May 11-12, 2023
More info & registration website coming soon!

The Seabrook Island Birders Shorebird Stewards are working with Kiawah Island Birders to host the first shorebird festival on our islands, Thursday and Friday, May 11 & 12, 2023.
Please join us for bird walks on both islands and field trips to Captain Sam’s Inlet.
Prominent shorebird biologists will present exciting new information on the critical importance of Kiawah, Seabrook & Deveaux for shorebirds. Shorebird organizations, artists and photographers will be featured at the Festival hub on Friday afternoon.
Short Term Rentals in Associations and Regimes

Rental season on Seabrook Island is underway! While the winter months usually see more long-term rentals, short-term rentals typically start in earnest around Easter, which is April 9th this year.

It is recommended that owners contact their HOA Board of Directors for clarification within their community. Please be aware that an LSV is considered a vehicle when issuing gate passes to a STR.

The new policy does not allow renting or being shared with current rents that were made at the new Gate Pass distribution site, which is located at 1900 Seabrook Island Road. In addition, all Short-Term rentals must be registered with the new Gate Pass home. This assures that security will have a 24-hour emergency contact information for each rental unit. There is no fee for this registration.

With the newer TOSI STR Ordinance 2020-14 and the new SIPOA Policy and Guidelines for Short-Term Rentals, now would be a good time for each association and regime to review their Rules and Regulations. It may be necessary to add language regarding the new parking and occupancy limits and listing LSV’s as vehicles. All C.O.V.A.R. member Board of Directors should review their community rules and regulations to be sure their homeowners are aware of the new restrictions.

Finally, C.O.V.A.R. encourages each association and regime board to consider reaching out to the various STR rental management companies and owners who manage their own rentals to provide an updated list of your association/regimes Rules and Regulations. This will be very helpful and well received by the companies.

Let’s Clash.

By Susan Coomer & Anne Bavier

The 4th Annual Cornhole Clash is now open for registration and we’ve made some great changes.

Date: Saturday April 11th
Time: 12:30-4:00pm
Place: Lake House Lawn
Cost: $40 per adult team
$40 per person
$30 Children’s team under 12
$15 per person

Starting at 12:30 gives all a great time to enjoy a box lunch (supported by the Seabrook Island Club) and visit with neighbors and guests—a wonderful part of our island experience. Play begins at 1pm.

Registration deadline: April 7

While we retained the structure of a single elimination tournament, we are adding the festivities by declaring champions in four divisions: women, men, adult mixed, and children. With only 65 lucky teams playing, we will reach full capacity for our boards and scoring the sure to sign up now and get one of those team spots. Several local shops and restaurants are providing gift certificates for our winners. Those terrific sponsors will be announced during the event.

Seabrook Island Village, Neighbors Helping Neighbors, is a volunteer organization fostering the ability of residents to remain in their homes and enjoy our island life. We acknowledge that people may need help for a short time or all year. For example, last year our volunteers provided more than 1500 hours serving clients to appointments, events and exercise groups. In addition, volunteers helped with household items and check-in on residents. Members can be a small part that we strive to keep as low as possible. Our fundraising efforts support our short-term rental management companies and event organizers. We are here to make it work!

Early sign-up entitles you to a box lunch, t-shirt and the enjoyment of a fun game with families and friends. You are helping your neighbors.

Let’s Clash!
Preserving Green Space on Seabrook Island

Thinking Some Cheerful Thoughts

My wife and I were enjoying dinner with several of our friends recently and the economy and markets were a topic of conversation. More specifically, my Glass Half Full Perspectives column was discussed and everyone’s recent columns have been more toward the Glass Half Empty end of the spectrum. The question then posed was “can’t you say something cheerful?”

That seemed like a reasonable request, so I decided to write as cheerfully as possible this month. Let me know what you think about this at mlaggett@gmail.com.

The first reason to be cheerful is that I believe in the longer term growth of the American economy which leads to earnings growth which leads to higher stock market values. It may seem our partisan political leadership and the media are doing their best to undermine our natural and cultural advantages, but the fact is that we have survived tests like this in the past, and I expect we will survive and thrive once again.

In the near term, virtually everyone expects a Recession and we rarely get what everyone expects! I will be much more cheerful if economic data indicates we can skate by with a mere Bear Market rally, I feel optimistic during the early 2023 rally.

There was panic liquidation of growth stocks in October at the end of the specs. Bond yields were a topic of conversation.

However, the improvement was somewhat muted, so investor sentiment is on the plus side of the ledger.

As land prices continued to rise, preserving lots for green space grew more challenging. In 2013 a big step forward occurred with the first lot donated by private owners. Roger and Vivian Stil donated a lot adjacent to their property on Marsh Hen. By the end of the year, a lot on Privateer Creek was donated by Ed and Mary Dear. These two donations became the catalyst for many serving lots for green space.

In the late 1990s a group of Seabrook Island volunteers, the Seabrook Island Green Space Conservancy was born and became a 501(c)(3) tax-exempt corporation. At SIPAO’s 2001 Annual Meeting, property owners showed their support for protecting the island’s environment by voting to allow the FOA to accept donated green space properties and to waive assessments on those properties.

In the early years of the Conservancy two highly visible land tracts were preserved—the horse pasture at the entrance to the island and the tree canopy along Seabrook Island Road. Funding became critical to the organization’s ability to acquire properties for conservation and the first full-funded Green Space Gala in 2010 boosted the Conservancy’s financial abilities. Strategic planning also became critical as all undeveloped lots on the island were assessed with regard to their environmental importance.

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HEALTHY AGING

Jerry Reves, MD

Online Medical Advice

Got a medical question? Hard to get an appointment with your doctor? Want a quick answer to your medical question? Don’t worry. All you need is your trusty smartphone or computer with an internet connection — or should you worry? We live in the fast-food, immediate gratification world and when we want answers we want them quickly. So, if you use the search engine, Google, (another example of instant answers, but that is for another column) and type in “medical advice online” you get in 0.45 seconds nearly 6 billion (with a “B”) places to go for medical advice. That is really a lot of “help.” So where do you start?

What Sites are Out There?

OK, so there is a lot of advice available, but are we talking about your health or a question you have about family, a friend, or you? You don’t want to get bad information and your chief question is where can I get a trustworthy answer to my question? Of the billion sites available, where should I take my question? If you use Google as your guide the sites listed at the beginning are listed there because they pay Google advertising fees and are so marked. That doesn’t make them unreliable. After all advertising is the American way to direct consumers and to influence their behavior. These sites allow you to explore conditions, drugs and supplements, wellbeing, symptom checker, find a doctor (based on your conditions and location) That is a wealth of information.

There are other services that have doctors at their keyboards waiting for questions from you. The doctors are unnamed but star ratings of their service are provided. How can you go wrong if others have rated their services? Five star? Others rate these anonymous physicians as 5 star? How can you go wrong if others rate these anonymous physicians as 5 star? Others rate these anonymous physicians as 5 star?

Other sources of excellent information can be obtained at disease-category sites like the American Heart Association, American Cancer Society, or a host of other nonprofit organizations that focus on disease-specific statistics and information.

There are governmental sites as well. The National Library of Medicine and the National Institutes of Health have marvelous resources online for those of us who want a more academic approach to our medical questions. The information on these sites is rigorous, authoritative, and peer reviewed by experts in the field. Wikipedia, the online encyclopedia, as you can imagine has information on most common medical diseases and offers treatment advice in a useful format that is generally respected.

And lastly, there are thousands of home remedies, experimental, and one-size-fits-all types of approaches to the medical problems you have. Charlatans are alive and well on the internet. Obvi­ously, these are to be read and followed at your peril.

Table: Selected Medical Advice and Information Websites

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Website Link</th>
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<tbody>
<tr>
<td>WebMD</td>
<td><a href="https://www.webmd.com/">https://www.webmd.com/</a></td>
</tr>
<tr>
<td>Mayo Clinic</td>
<td><a href="https://www.mayoclinic.org/diseases_conditions">https://www.mayoclinic.org/diseases_conditions</a></td>
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<tr>
<td>Merck Manual</td>
<td><a href="https://www.merckmanuals.com/home">https://www.merckmanuals.com/home</a></td>
</tr>
<tr>
<td>24 hr. MD Consultation</td>
<td><a href="https://www.24hourmd.com/medical/">https://www.24hourmd.com/medical/</a></td>
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<tr>
<td>National Institutes of Health Public Information</td>
<td><a href="https://www.nih.gov/health">https://www.nih.gov/health</a></td>
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<td>National Institute of Aging</td>
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<tr>
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What is the Best Strategy When Seeking Online Medical Advice?

There are several reputable sources of information that are user friendly. The table lists selected sites that are popular and useful. It is easy and quick to understand information is what you desire WebMD, Mayo Clinic, and Merck Manual for Consumers are appropriate. These are sites to get you started. For the more authoritative and sometimes less easy to understand sites, I recommend the National Institutes of Health and the disease-specific organizations shown in the table. These sites all offer search functions and you can type in the specific problem you wish to get information concerning. You will not get a doctor who will make a diagnosis. These sites are best used to amplify or expand the information you already have about your particular condition.

The online medical advice from a practicing physician would be a high-risk strategy to use, in my opinion. A medical diagnosis requires a thorough history, physical exam, and usually some diagnostic testing. All this should be done by a personal physician.

The newest development in your own doctor’s practice that has evolved COVID is the advent of telemedicine or tele-health. Live consultation is now often offered online to patients at your health facility. This allows you to be literally “seen” by a clinician, dialogue with her/him about your problems, and have a diagnosis and treatment plan developed. This is not the same as in-person care, but a suitable substitute for some.

Lastly, do not rely on advice, testimonials, or products that are online for the profit of the sponsor and that have not been shown to be scientifically valid by medical research published as a credible scientific medical journal.

The Bottom Line

With a billion places to find medical advice and diagnosis it is tempting to rely on the internet. There is a lot of wonderful information that gives you knowledge that is useful. However, there is no substitute for the face-to-face medical consultation required in evaluating symptoms and making diagnosis. The online material is designed to supplement information that you originally received from your physician. It is not optimal to self-diagnose on the internet, but the role of telemedicine is emerging as a convenient and acceptable method for rapid consultation.
Why do peanuts float in a regular bottle?

Once you're in heaven, do you get stuck wearing the clothes you were wearing when you were buried in for eternity?

Why do doctors leave the room extra penny going?
**Seabrook Island Turtle Patrol Prepares for the 2023 Season**

**MISSION:** The mission of the Seabrook Island Turtle Patrol (The Turtle Patrol) is to recruit, train, and organize volunteers in a collective effort to monitor, preserve, protect, and facilitate the propagation of sea turtles on Seabrook Island. This is accomplished through identification and protection of nests, inventory of nests, data collection, and education of island residents and visitors.

**New Members:** If you are new to turtle patrol and want to join this year, register each person at: [https://docs.google.com/forms/d/e/1FAIpQLSdoOE5KBrtTQoOV6x-pK11QzIOBzysSzkyNd2vUS8RFm44WZ1A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdoOE5KBrtTQoOV6x-pK11QzIOBzysSzkyNd2vUS8RFm44WZ1A/viewform)

**Kick-off meeting:** Thursday, March 30, 6 pm at the Lake House. New members will learn what the patrol does and will have the opportunity to sign up for walking and other assignments and order patrol tee shirts. Tee shirts are mandatory to work on turtle patrol.

**Existing Members:** If you were a 2022 member, an email with ordering and sign-up details has been sent.

**More information on various volunteer opportunities:** [https://www.siturtlepatrol.com/volunteer-resources](https://www.siturtlepatrol.com/volunteer-resources)

Questions? Email us at: hello@STurtlePatrol.com

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2740 Colonel Harrison Drive, Stonoview | $949,000

3143 Privatee Creek Road, Seabrook | 0.47 Acre | $295,000

The Kiawah Seabrook Group | Dunes Properties

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2719 Old Oak Walk, Seabrook | 0.22 Acre | $189,000

0 Nesting Egret Dr # 37, Briar’s Creek | 5.24 Acres | $475,000
Steve Penkhus, MD

Good sleep hygiene is now considered one of the major life-style factors associated with good health and longevity. Many studies are showing more and more links between the two. With smoking related deaths recently declining, sleep deprivation has been called the “new smoking” when looking at health and longevity. Many on us might have taken pride in thinking we could get by on very little sleep so that we could accomplish more in each twenty four hour day. We are now finding that thinking was probably not the best thought process.

Humans are very hard to study and studies of the human brain are even harder to study because of so many uncontrollable variables. So it needs to be said that the vast majority of medical studies show more associations than cause and effect. This is true with sleep studies. There is still much to be learned in this relatively new field and this is probably a good example of “we don’t know what we don’t know”. Having stated this, the evidence is still very convincing and we need take a serious look at our sleep habits.

Good sleep habits have been associated with many reported health benefits including:
- Living longer because of less medical problems.
- Maintaining a healthy weight and decreasing the risk of obesity.
- Less risk of heart disease and diabetes, stroke, hypertension, anxiety, depression, alcohol abuse, some types of cancer and dementia.
- Less stress and anxiety.
- More satisfaction of happiness.
- Thinking more clearly and improved academic performance and productivity.
- Less accidents. Sleeping 6 hours a night is associated with a 33% increased risk of a car crash.

Some common recommendations for healthy sleep habits include:
- Maintain a regular daily sleep – wake schedule and try for 7-9 hours of sleep a night. Children need more. More or less hours of sleep are both associated with more problems.
- Avoid caffeine, alcohol, nicotine and other chemicals that might interfere with sleep for several hours before sleeping.
- Avoid screen time right before going to bed.
- Making your bedroom a comfortable sleep environment.
- Using the bed only for sleep, not for screen time or reading.
- Keeping the room as quiet as possible. Ear plugs might help.
- Keeping the room as dark as possible.
- Using the bed only for sleep, not for screen time or reading.

If these measures don’t help or there is obesity, episodes of apnea, snoring or unusual daytime sleepiness, a sleep study should be considered to investigate correctable medical conditions and treatments.

Hopefully some of us will feel less guilty about some extra time under the covers.▲

SLEEP WELL, LIVE WELL AND LONGER

WASHINGTON – U.S. Senator Tim Scott (R-S.C.) is now accepting applications for internships in his Washington, D.C., North Charleston, Columbia, and Greenville offices for the summer of 2023. The majority of programs offers undergraduate and graduate students the chance to work with public service professionals and gain practical experience in government services, government policy, and more. Students of all majors, particularly those studying governmental affairs, public policy, or communications, are welcome to apply.

Washington, D.C. Office: In Washington, interns will research legislation, attend congressional hearings and briefings, assist with press tasks, and help manage correspondence on various issues. Responsibilities also include answering phones and other administrative tasks. Interns in this office will gain a stronger understanding of the lawmaking process, while also improving their communications skills.

South Carolina Offices (North Charleston, Columbia, and Greenville): In the state offices, interns will take an active role in the community, working on state-based projects while also answering phones, completing research, and being an integral part of day-to-day office operations. Interns in these offices are able to attend with issues that affect South Carolinians each day. Internship hours are flexible to accommodate students’ course schedules but generally run from 8:30 a.m. to 5:30 p.m., Monday through Friday. Students may also gain course credit for completing the internship program. Interested students can apply through our website at https://www.scott.senate.gov/constituent-services/internships/. For additional questions, contact the internship coordinator at internships@scott.senate.gov or (202) 224-6121. ▲
Barrier Islands Free Medical Clinic Annual Golf Invitational: March 27

Kiawah Island Club to Host 8th U.S. Amateur Four-Ball Championship

The Kiawah Island Club will be joining an impressive list of past venues, including The Olympic Club and Winged Foot. Introduced to the USGA schedule in 2015, the U.S. Amateur Four-Ball replaced the U.S. Amateur Public Links, an individual tournament that was played from 2002 to 2014. The Amateur Four-Ball has quickly become one of the most popular events, with close to 2,500 entries every year.

The U.S. Amateur Four-Ball is played by “sides” of two golfers, each with handicap indexes of 5.4 or less. 128 sides compete in a 36-hole stroke play qualifier that determines the field of 32 sides for match play. Play is conducted using a four-ball format, where the lowest score by either player on each hole is the score for the side.

The winning team obtains a ten-year exemption into the tournament but also automatically registers them for the U.S. Amateur Championship, where a victory leads to exemptions for the next year’s U.S. Open, Open Championship and The Masters.

The championship will take place May 20 – 24, 2023 at Cassique. The courses will be open for complimentary spectator viewing and there will be various volunteer opportunities available as well.

“We have forever etched our names in USGA history as a strong supporter of amateur golf and look forward to giving all those involved a taste of the magic our Island so graciously provides.” - Dylan Thew, Kiawah Island Club’s Director of Golf.
Seabrook Island Artists Guild Presents

Oil Palette Knife Workshop with James Pratt
March 6-7, 2023, 9:00-4:00pm
Oyster Catcher Center Seabrook Island

"Strictly with a knife, not a brush in sight!"

James Pratt, one of the “Modern Masters” of palette knife painting, will be conducting a two-day oil palette knife workshop at Seabrook Island, on March 6-7, 2023.

Pratt will introduce a new and exciting way to paint with the palette knife and develop strokes that will allow the students to paint wet on wet and finish a painting in one session (Alia Prima). Students will achieve texture, vibrant color and dimension, work on composition, on creating values and learning the proper technique on how to hold the knife, apply the correct amount of paint to the blade and how to pick up the paint correctly.

Pratt will start each day by demonstrating different strokes and spend quality time and guide each student bringing different strokes and spend quality time and guide each student on how to hold the Knife, apply the correct amount of paint to the blade and how to pick up the paint correctly.

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For Pratt, “Painting with a knife, one can achieve the suggestion of movement and the changing of light by adding textures which can be thin or ridged. Using the knife this way allows the paint to stand out and encourages a lively and impressionistic treatment, providing an exciting contrast of scale which adds greatly to the impact of the finished painting.”

To learn more about James Pratt, his portfolio, DVDs, books, and Online Academy videos, please visit www.jamesprattfineart.com

Workshop registration is limited to 10 and ends February 24.

For SIAG members: Cost is $30 payable by check to the artist, James Pratt. Please mail to Monique Boisvert, 1404 Nancy Island Drive, Seabrook Island, SC 29455.

Non-members who wish to attend: Cost is $350 (annual dues) payable to SIAG, to Treasurer Lee Fritz, 2202 Marsh Hen, Seabrook Island, SC 29455.

Seabrook Island Artists Guild
March Artist of the Month
Rob Bavier

"Painting the World of Water and Boats"

Rob Bavier grew up on the water. An early photo shows him at 10 months holding myself up by the tail of an Interchill Dingy. He comes from a family of sailors. Both his grandfather and father participated in the America’s Cup with his father being skipper of Constellation in the 1984 successful Cup defense. With that background, it is not surprising that his earliest memories are of racing on Long Island Sound and cruising the ever-changing coast of Maine. The changing moods of the sea always fascinated him and are reflected in his art. Glassy calms with a few cat’s paws playing across the surface, fierce Nor’easters with spindrift blowing off the wave tops, the isolation of a sunrise in a secluded cove in Maine, the frenzy of a 100-boat start at Larchmont Race Week all provide inspiration for his art. He no longer races, but has retired to Seabrook Island near Charleston, SC, where the ocean and tidal marches fill his daily routines and he returns every summer to sail the coast of Maine. Trained as an architect, Rob started doing watercolor renderings of his designs and then branched out into watercolors as an art form. He has added oils and pastels as alternative mediums and now switches back and forth as the subject matter and mood dictate. His awards include a membership in of the American Society of Marine Artists and the Oil Painters of America. His paintings have received "Best In Show" and "Best Watercolor" at juried exhibits. Rob was invited by the Marlborough Arts Center to present a eight week one man show titled "Sea Change" featuring his work. Most recently his work has been accepted for the ASMA 2021 North Regional Exhibition at Krad Art Center and OPA’s 2021 Salon Show at the Quinan Visual Arts Center. He is Vice President of the Seabrook Island Artist Guild and leads their weekly plein air outings.

There will be an artist reception on Thursday, March 2 at The Lake House. Please come to the Lake House and see Rob’s beautiful artwork and talk with him. Light refreshments will be served.

Seabrook Island Artists Guild

Lisa Willitts

Tuesday, March 21, 1:30 - 4:00pm
The Lake House, Seabrook Island

What began as an after work hobby for Lisa Willett in the late 1990s soon turned into her passion. Lisa was drawn to oil paintings as a medium because it best captured her love of color. Much of her early art training was at the Gibbes Museum School in Charleston. With the encouragement of family and friends, she “took the leap” in 2005 and began working full-time as an oil painter and exhibiting her work.

“I am fascinated by the colors and glow of early morning or evening skies, the incredible cloud formations here on the coast, and the moods that stretch out forever. I love paintings with a strong sense of atmosphere and I like to emphasize that quality in my art work as well. I feel very fortunate to live here in the Lowcountry and I want to share its unique beauty with my collectors.”

Lisa is one of the owners of Lowcountry Artists Gallery in Charleston, SC, where she has exhibited her work since 2013. She paints at her home studio in Mt. Pleasant, SC. Her paintings are included in private and corporate collections. She recently installed a commissioned triptych "Sky’s the Limit" at the South Carolina Aeronautical Training Center at Trident Technical College.

Lisa is an associate member of Oil Painters of America, and past coordinator of Charleston Outdoor Painters Association (COFPA). She was also a past Director of Artistic Growth for the Charleston Artist Guild. She is a participant in the annual Pecos Spoleto Outdoor Art Exhibition in Marion Square.

For more information on the Seabrook Island Artists Guild, its membership, classes, events and workshops, please visit our website at www.seabrookislandartistguild.com
For 35 years the Seabrook Island Garden Club’s Annual Holiday Open House in December has been an island-wide tradition. Each year the Club extends an open invitation for everyone on Seabrook to gather at the Lake House for an evening of food, drinks, fellowship and fun.

After a two year break due to the pandemic, the Garden Club decided it might be time to change things up a bit and develop some new traditions. This year they hosted a Winter Open House on January 29. All of the old traditions were maintained—an island-wide open invitation to all Seabrook residents and guests with welcoming hospitality and plentiful food and drinks—but with a new blue winter theme, raffles, music and Paula’s special punch. In spite of rain and having to compete with football playoff games, there was a great turnout. A much deserved “thank you” goes to Victoria Fehr, her committee members, and all of the Garden Club members for helping make this event a success.

Susan McLaughlin

2023 Art and House Tour on April 14th

The 21st annual Art and House Tour, presented by Arts, etc. will take place on Kiawah Island Friday, April 14 from 1-5 pm. The tour includes five unique homes never before open to the public. Varied in their views, architectural style, art and details, they are representative of the homes on beautiful Kiawah Island.

In Ocean Park, “Magnolia House” is a marvel of wood, glass and metal, offering sweeping marshland views. Features of the home include scraped walnut floors, Jefferson triple windows, and an imposing staircase topped by a unique skylight. A handsome study is paneled in rich mahogany and the tower stairs leads to the art studio and office. The third floor master suite includes a unique skylight. A handsome study is paneled in rich mahogany and the tower stairs leads to the art studio and office. The rooftop sitting area showcases a large brick fireplace and indoor-outdoor living. The Preserve home is transitional in style with huge windows, multiple deck areas, screened porches and incredible views of the Kiawah River and marsh. In Cassique, the home on tour exemplifies the Arts and Crafts tradition of the neighborhood. The handmade antique maple and oak beams of the great room and kitchen complement the rough-sawn cedar beams in the screened porch. In the kitchen and master bedroom cypress-paneled curved walls of windows offer extensive views of the marsh and the 17th hole of the Cassique golf course. Throughout the home an eclectic art collection, antiques, locally crafted furniture and iron chandeliers and sconces are highlighted. A walkway from the tower stairs leads to the art studio and office.

The Preserve home is transitional in style with huge windows, multiple deck areas, screened porches and a great room at the highest elevation to capitalize on captivating marsh views. Primary colors accent the crisp blues of the Cassique golf course. Throughout the home an eclectic art collection, antiques, locally crafted furniture and iron chandeliers and sconces are highlighted. A walkway from the tower stairs leads to the art studio and office.

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## List of March ‘23 Opera 101 Series

The Sandcastle on Kiawah Island. Start time is 2:00pm. All Seabrookers are welcome!

<table>
<thead>
<tr>
<th>Date</th>
<th>Opera Title</th>
<th>Composer, Genres</th>
</tr>
</thead>
<tbody>
<tr>
<td>03/07</td>
<td>“Die Gotterdammerung”</td>
<td>Richard Wagner, Epic/Romantic (G)</td>
</tr>
<tr>
<td>03/14</td>
<td>“Der Rosenkavalier”</td>
<td>Richard Strauss, Romantic/Modern (G)</td>
</tr>
<tr>
<td>03/21</td>
<td>“Akhnaten”</td>
<td>Phillip Glass, Contemporary (A)</td>
</tr>
<tr>
<td>03/28</td>
<td>“Fire Shut Up in my Bones”</td>
<td>Terence Blanchard, Contemporary (A)</td>
</tr>
</tbody>
</table>

A, American; F, French; G, German; I, Italian

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### SEED to SOUP

**Fundraiser to Support Fields to Families’ Haut Gaup Student Garden on Johns Island**

**FRIDAY, MARCH 17 • 5-7PM**
St. Johns High School Cafeteria • 1518 Main Road

**CHOOSE:** from a selection of ceramic bowls made especially for this event by Haut Gap students

**TASTE:** soups and breads from local restaurants and St. Johns Culinary Institute students

**GIVE:** $25.00 — Purchase tickets on Eventbrite seedtosouppledraiser2023.eventbrite.com

Soup and bread are complimentary. The bowls are yours to keep as a reminder there are hungry people in our community.

### IT’S NOT JUST A RACE IT’S AN EXPERIENCE

**SATURDAY, APRIL 1, 2023**

The Cooper River Bridge Run is the best organized and best conducted 10K race in the world. It includes world-class competition in a unique setting with unparalleled participant satisfaction. It broadens community cooperation and participation in healthy events throughout the year. The Cooper River Bridge Run serves as a model of health motivation for other communities throughout the world.

To register, visit: https://raceroster.com/events/2023/37453/cooper-river-bridge-run

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### A CAROLINA MUSICAL JOURNEY BACK IN TIME

**CHARLESTON COASTAL CHOIR**
Van McCollum, Conductor  Jessica Minahan White, Piano
**Friday, March 31, 2023 • 5:00pm**
Church of Our Savior, 4416 Betsy Kerrison Pkwy, Johns Island, SC

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### Growing the Green

**SEABROOK ISLAND GREEN SPACE CONSERVANCY**

**SATURDAY, MARCH 11, 2023**

**Oyster Roast**

*Live Auction*
*Roasted Oysters*
*The Lake House Casual Dress*
*BBQ & Fixings*
*Beer & Wine Open Bar*

**Join us to support conservation on Seabrook Island. SISGC protects land for the environment, for habitat, forever.**

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**OUT OF THE SOUTH**

**A CAROLINA MUSICAL JOURNEY BACK IN TIME**

**Charleston Coastal Choir**
Van McCollum, Conductor  Jessica Minahan White, Piano
Friday, March 31, 2023 • 5:00pm
Church of Our Savior, 4416 Betsy Kerrison Pkwy, Johns Island, SC
Thank you so much for all of the support of the 2022 Women’s Build! Thanks to all our volunteers, we were able to build a new home for Mr. Jerome Gathers on his family land. Mr. Gathers has worked for many years in the hospitality industry and he is now so excited to be able to host his family and friends for dinners and parties in his own home. Through your support Mr. Gathers closed on his home in October of 2022. He has been so grateful for his new home and it was an honor and pleasure to work with this homeowner.

Women’s Build is an annual opportunity for our community to come together and create something incredible for our future homeowners. In just one week, we will see everything from walls going up to roofs and windows being installed. It’s time to make plans for our 2023 Women’s Build.

This year we will be building a home on Wadmalaw for Alejandra & Fernando! Alejandra said, “This Habitat House will mean we have a place to call home—a place we can grow our family once we begin having children!”

Save The Date
Week of March 25 - April 1

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More details on event registration and sponsorship opportunities will follow soon - we hope to work with you again this year! ❤️

Kristen Nooe
Development Manager

Seabrook’s Community Blood Drive is scheduled for March 9 at the Lake House from 10:30 to 3:30 and you are all invited to attend. All you have to do is contact RedCrossBlood.org and select your appointment time. This notice is for our many regular donors as well as new residents who may not be aware of this vital service we provide quarterly to the folks desperately needing our blood. Should you need additional information or encouragement about the event contact Kathy Eggers at 843-568-3005 who will answer any questions you may have. Also our donors have found that using RedCrossblood.org/RapidPass the day of the drive speeds up the intake process and saves waiting time.

Seabrook is extremely proud of our blood donors who have established a reputation for exceeding the goals set for us by the Red Cross. Join us on March 9 – we need your help! ❤️

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Seabrook Island Real Estate

1156 Ocean Forest Lane - $5,322,000
Marsh/Ocean View | 4 BR | 4 F & 2H BA | 6,390 SF

3075 Marshgate Drive - $4,650,000
Marsh/Ocean/Creek View | 4 BR | 3 F & 2H BA | 4,325 SF

2213 Rolling Dune Road - $4,200,000
Beach Access/Ocean View | 5 BR | 3 F & 2H BA | 3,870 SF

3017 Rascal Run Court - $2,900,000
Marsh/Ocean View | 3 BR | 3.5 BA | 3,357 SF

2634 Seabrook Island Road - $1,823,325
Proposed Construction | 5 BR | 4.5 BA | 3,100 SF

506 Cobbie Creek - $789,000
Golf View | 3 BR | 3 BA | 1,490 SF

We list and sell more real estate on Seabrook Island than all other companies combined. If you are looking to purchase a new home, cottage, villa, or homesite — or list your property — contact one of our expert REALTORS® today.

512 Cobbie Creek - $699,000
Lagoon View | 3 BR | 2 BA | 1,490 SF

2778 Hidden Oak Drive - $650,000
Golf View | 2 BR | 2 BA | 1,173 SF

1243 Creek Watch - $560,000
Marsh View | 2 BR | 2 BA | 1,104 SF

2532 Clear Marsh Road - $398,000
Lagoon View | Lot 84, Block 5 | 0.55 Acres

164 High Hammock Villa - $379,000
First-Floor Villa | 1 BR | 2 BA | 1,026 SF

2114 Kings Pine Drive - $245,000
Lagoon View | Lot 32, Block 42 | 0.25 Acres

seabrookisland.com | 843.768.2560
1002 Landfall Way, Seabrook Island, SC 29455 | realestate@seabrookisland.com

Seabrook Island Club membership is required for ownership. Club amenity use is for Members and guests. Lake House use is for Members, property owners, and their guests.