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THE Seabrooker

VOL 27 • ISSUE 2 • FEBRUARY 2024

FAREWELL FROM CLUB PRESIDENT JIM ZIELINSKI



Both Mitchell Laskowitz, our General Manager, and I as Club President started our work at about the same time - early in 2022. One of the first things I told Mitchell was that his Number 1 goal at our Club was to improve Food and Beverage - food quality, consistency, and service. Nothing should stand in the way of achieving that objective. Why? Because many members were disappointed in our F&B. Our Club was falling short of what a high-quality club should provide. Members expected more. Mitchell took the challenge on, and with resources and energy coming from your Board, he delivered. He brought in a talented team. Food quality, creativity and consistency are now incredible; service is outstanding. Our team in the kitchens and in our dining venues - what more can I say - they are tremendous. We eliminated the F&B minimum because we no longer need it. We knew that we would succeed if we provided Mitchell with the ability to make this happen. And it happened.

But we just didn't stop there. Recently a member who knew that I was leaving my position as Club President asked me why I wanted to be President. I said, "that's simple; I just thought our Club could do better." This was not just a notion, but rather a North Star guiding me and your Board through these past two years. And guess what? We did it. We made our Club better.

Intensive work began at our spring Board off-site meeting in March 2022. Together, we embarked on a comprehensive assessment. We examined every corner, every facet of our business - amenities, facilities, finances, governance, employee well-being - we scrutinized it all. The result? A robust action plan, which we then set out to transform into tangible improvements across the Club.

Here are several of the major projects we delivered:

- Created the golf veranda with the beverage wall and lounge seating
• Ocean Terrace - now a member only venue with a small sand beach
• Weatherization at Pelican's Nest with heaters for year around use and enjoyment
• Racquet Sports facility renovations (new Clubhouse, sidewalks, landscaping, and five pickleball courts coming in 2024)
• New golf carts
• Almost completed (spring 2024) the replacement of irrigation at Crooked Oaks along with bunker and pond bulkhead modifications

But our impact went beyond the visible. We learned that we could strengthen our foundation by relying upon data, market research, and industry experts so that our

decision making could become much better, relying less upon anecdotes and more on "real" facts to drive informed decisions. Improved employee benefits and compensation created a more competitive work opportunity for our dedicated team. Seabrook University blossomed, nurturing the talent within our Club. We supported Club member volunteers who established the Employee Assistance Fund to assist employees with critical financial needs.

We held 18 Member Coffees (all of which I was privileged to host), bridges built to foster transparency, community, and understanding. We continued our program of quarterly Member Meetings and held a financial information seminar about the Club for our members. Our financials are also fully available, contributing to greater knowledge about the Club. Finally, we created the Fact vs Fiction tab on our website - a collection of information about our Club which members are hungry to know and understand. Trust thrives on openness.

Along the way there were tough decisions to make. We know we have a complex membership, and decisions impact members in different ways, depending upon which membership you hold. Some changes, like adjusting joining fees and dues, and changing members' benefits, were not easy. We also modified membership categories for 2024, attempting to manage the demands that come from an ever-larger membership community. But remember, our own work, supported by data and market research, suggested that we were "undervaluing" our Club, a hidden gem. We chose to make decisions to deal with all these complexities, trying to ensure the sustainability and excellence that defines Seabrook Island Club.

We are most pleased to deliver to our members at the end of 2023 a Club with a sound financial position. Being good stewards of your funds, while investing wisely in our facilities - those were our goals. We completed all the capital projects without a member assessment - a testament to our sound financial discipline - with a \$10 million cash reserve on hand.

My presidency was not a solo act, but a composition of collaboration and shared visions. The partnership, the shared dedication of your board and our management team - that truly fuels progress. Together we delivered for you, our members.

Looking back, did we stumble? Of course we did. Our Club is intricate, complex, and very demanding. It requires constant attention, adjustment, and adaptation. But what matters most is this: we navigated two years together, a collaborative effort with everyone contributing their voice, their expertise, their emotion. Believe me when I say that your Board worked and worked and worked in 2022 and 2023. Without their efforts we would not be where we are today.

I leave the Presidency not with a sense of ending, but a profound sense of gratitude - for the challenges that spurred us on, the triumphs that solidified our bond, and the growth that defines this amazing community. Seabrook Island Club's future is bright and brimming with potential. As I depart I urge you to keep the spirit of collaboration and community alive, to embrace the exciting future of our Club.

I will forever have fond memories of my interactions with members and employees. I will never forget these 2 years. I was humbled and privileged to have served and I thank you for allowing me the opportunity.▲



Mayor and Town Council officers: (L-R) Darryl May, Gordon Weis, Mayor Bruce Kleinman, Ray Hamilton and Dan Kortevelsky



FROM THE TOWN Bruce Kleinman Mayor

Town Hall is bubbling with excitement. With a new Mayor and three new Council members, "new solutions" is the watchword. In our search for new solutions we invite all community members to join us to present their ideas, thoughts and proposals.

On our second day in office, we held a Special Meeting of the Town Council and created three new Special Committees: a Short-Term Rental Committee, Finance Committee and American Rescue Plan ("ARPA")

Committee. The Special Committee on Short-Term Rentals, chaired by Darryl May, will lead the way as we finally develop a community consensus on the future of short-term rentals. The Special Committee on Finance, chaired by Raymond Hamilton, will provide financial expertise to assist the Council in performing its budgetary and financial responsibilities. The Special Committee on ARPA Expenditures, which I chair, is charged with developing ideas to be considered by the Council for the Town's utilization of the \$915,000 grant from The Coronavirus State and Local Fiscal Recovery Fund ("SLFRF") authorized by the American Rescue Plan Act. We have also already announced our intention to present in February a series of



Ava Kleinman greeting Seabrookers at the signing in ceremony.

amendments to the Town's Administrative Ordinance, largely intended to increase access to, transparency of, and participation in our Town's governance, and, thereby, enhance widespread buy-in for future actions of the Council.

In the near future you will see the roll out of new plans for communications and interactions, including Town email blasts and a schedule of informal public



meetings with Town Council members. We will also continue to take other steps to maximize transparency of our municipal government.

I speak for the entire Town Council when I say we are at your service; we are here to represent you; we will be humble and respectful in our service; and we look forward to working together with all Seabrookers and our stakeholders.▲

THE Seabrooker P.O. Box 30427 Charleston, SC 29417



SEABROOKER ONLINE at : www.townofseabrookisland.org



THE Seabrooker

Please send correspondence to: TheSeabrooker@yahoo.com

"Communication is the beginning of understanding."

The Seabrooker will report regularly on Island happenings, as well as newsworthy events that affect property owners and residents.

Co-Founders: 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 (ARTICLES & PHOTOS)

- Mark Andrews, Bob Leggett, Steve Penkhus, MD, Katharine Watkins, Rich Boss, Susan Leggett, Maggie Powell, Beth Wright, Barbara Burgess, Mandy McGehee-Floyd, Jerry Reeves, MD, Bonnie Younginger, Madeleine Kaye, Robert Mercer, Paul Tillman, Jim Zielinski, Bruce Kleinman, Gig Mislowsky, Marie Valle Wardell

CONTACTING THE SEABROOKER

Please send correspondence and inquiries regarding editorials to Mike Morris • TheSeabrooker@yahoo.com • 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/Publisher • 843.747.7767 • TLash@BernsteinLash.com

New Special Committees

Special Committee on Short-Term Rentals

The Special Committee on Short-Term Rentals is a special committee of the town which was established by resolution of Town Council on January 4, 2024.

The Special Committee on Short-Term Rentals consists of not fewer than five and not more than nine members. One member of Town Council is appointed by the Mayor to serve as chair of the committee.

by subsequent resolution of Town Council, all members shall serve for a fixed term expiring on June 30, 2024.

The purpose of the Special Committee on Short-Term Rentals is to bring together stakeholders from a variety of interests to study short-term rental activities and trends within the town and to recommend, no later than June 30, 2024, a comprehensive set of policy proposals that address a range of issues including, but not limited to, the following:

- Limiting the ownership of multiple short-term rental units within the town; Limiting the number of short-term rental units operating within the town; The imposition of fair and reasonable fees and taxes related to short-term rental units; Fair, reasonable, and enforceable rules to protect the life and safety of short-term rental unit occupants; Fair, reasonable, and enforceable

rules to protect the life, safety, and quiet enjoyment of neighboring property owners and the community at large; and Other fair, reasonable, and enforceable policies related to the operation of short-term rental units within the town.

COMMITTEE MEMBERS

Chair: Councilman Darryl May\*

Non-STR Owner/Manager: Debra Lehman\*, Ted Johnson\*, Tracey Kirchoff\*

STR Owner/Manager: Johanna Young, Nancy Buck\*, Oliver Sever\*, Starr Murphy, Susan Murray

\* Full-time resident of Seabrook Island

Special Committee on Finance

The Special Committee on Finance is a special committee of the town which was established by resolution of Town Council on January 4, 2024.

The Special Committee on Finance consists of not fewer than five and not more than nine members. One member of Town Council is appointed by the Mayor to serve as chair of the committee.

members are drawn from a diverse group of professional backgrounds and interests, and preference may be given to those with a professional background in accounting, banking, budgeting, finance, law, management, and related fields. Unless extended by subsequent resolution of Town Council, all members shall serve for a fixed term expiring on December 31, 2024.

The purpose of the Special Committee on Finance is to review and provide recommendations on any

finance and budget-related matters which may be referred to the committee by the Mayor and/or Town Council.

COMMITTEE MEMBERS

Raymond Hamilton, Chair

Aldrich Boss, Chris Hix, Joy Palmer, Richie Bavasso, Roger Threlfall

Special Committee on ARPA Expenditures

The Special Committee on ARPA Expenditures is a special committee of the town which was established by resolution of Town Council on January 4, 2024.

The Special Committee on ARPA Expenditures consists of not fewer than five and not more than nine members. The Mayor serves, ex officio, as chair of the committee. The remaining members are nominated by the Mayor and appointed by a majority vote of Town Council.

Town Council to the stated purpose of the committee. All members shall be registered voters of the town. Unless extended by subsequent resolution of Town Council, all members shall serve for a fixed term expiring on April 30, 2024.

The purpose of the Special Committee on ARPA Expenditures is to review the requirements of the Coronavirus State and Local Fiscal Recovery Funds (SLFRF) program, as authorized by the American Rescue Plan Act of 2021 (ARPA), in order to identify, evaluate, and prioritize projects suitable for utilization by the

town under and in accordance with its ARPA grant. The committee shall make its recommendations to Town Council no later than April 30, 2024.

COMMITTEE MEMBERS

Bruce Kleinman, Chair

Alan Glenn, Elizabeth Lagana, Karen Nuttall, Leonard Kupersmith, Lynn Lillibridge, Robert Gilmore, Susan McLaughlin

Town Council Meeting January 4, 2024

Mayor Kleinman called the January 4, 2024, Town Council Special Called Meeting to order at 1:00PM. Councilmen Hamilton, Kortvelesy, May, and Weis, Town Administrator Joe Cronin, Zoning Administrator Newman, and Assistant Town Administrator Katharine Watkins participated in the meeting.

The Assistant Town Administrator confirmed the requirements of the SC Freedom of Information Act have been satisfied. EXECUTIVE SESSION ITEMS A. Discussion of items incident to proposed contractual arrangements (Town Attorney)

B. Discussion of personnel matters Note: no votes or minutes were taken during the executive sessions.

Mayor Kleinman moved to authorize the town administrator to

proceed as directed in executive session for the existing RFP for town attorney services; Councilman Weis seconded. All voted in favor.

Town Administrator Cronin was authorized to proceed as directed in executive session for the existing RFP for town attorney services.

OTHER ACTION ITEMS

A. Resolution 2024-01: A resolution establishing a Special Committee on Short-Term Rentals - Councilman May moved to approve Resolution 2024-01; Councilman Hamilton seconded. Councilman May summarized Resolution 2024-01. Discussions were had with members of council and members of the audience. Using the original motion, a vote was taken. All voted in favor. Resolution 2024-01 was approved.

B. Resolution 2024-02: A resolution establishing a Special Committee on Finance - Councilman

May moved to approve Resolution 2024-02; Councilman Weis seconded. Councilman Hamilton summarized Resolution 2024-02. Using the original motion, a vote was taken. All voted in favor. Resolution 2024-02 was approved and adopted.

C. Resolution 2024-03: A resolution establishing a Special Committee on ARPA Expenditures - Councilman Weis moved to approve Resolution 2024-03; Councilman Hamilton seconded. Mayor Kleinman summarized Resolution 2024-03.

Discussions were had with members of council and members of the audience. Using the original motion, a vote was taken. All voted in favor. Resolution 2024-03 was approved and adopted.

ITEMS FOR INFORMATION OR DISCUSSION

None. ADJOURNMENT - The meeting was adjourned at 3:00pm

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Advertisement for CAP'N SAM EDISTO, featuring a cartoon character and the name.

Dear Cap'n Sam, Just wanted you to know that was so nice to include the note in the Seabrooker concerning the time frame. Very thoughtful and kind! Thank you and Happy New Year, Bonnie Younginger

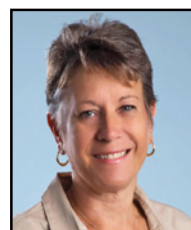
Dear Cap'n Sam, This is a much belated email, but I did want to thank you for your attendance at the November 28 Council meeting and for your comments about Town Council's contributions to the Seabrooker. I hope the incoming mayor and council members will continue to support the newspaper, both financially and with the monthly articles.

I regret that I was not at the November 28 Council meeting in person to say hello and appropriately respond to your comments with thanks from the Town. I believe the Seabrooker is a great monthly newspaper for the community.

Jery Finke

Dear Cap'n Sam, As a former member of the SIPOA Finance committee from 2017-2020 I want to give my complete endorsement of Paul McLaughlin's letter to Cap'n Sam published in the January Seabrooker. Something needs to be done with how the SIPOA budget is derived and approved each year. A lot of money is being accumulated with no controls on how it is used.

Cindy Brown 919-270-2986



C.O.V.A.R. CORNER

Marie Valle Wardell

Why COVAR Needs YOU!

Established in 2001, COVAR stands for The Council of Villa Associations and Regimes. The original membership of 23 communities has now grown to a total of 41.

The purpose of COVAR is to represent and give voice to the 1355 properties in villa associations and regimes which comprise a significant community of the Town of Seabrook Island property owners. COVAR members clearly benefit from communication and assistance regarding common concerns.

With the departure of several board members, COVAR is in search of new leadership to help continue its mission of providing a means for villa property owners to share and discuss common concerns.

As COVAR collaborates with SIPOA, TOSI and SBI Club in matters of mutual responsibility and interest, it needs the support of its volunteers to continue its mission.

For more information on becoming a COVAR Board Member, please send an email with your name, villa association or regime, and best way to contact you to: covarseabrookisland@gmail.com

COVAR Involvement Using valuable input from its members, COVAR has achieved success in several goals it set forth to address. In addition, COVAR continues to be a respected and important seat at the table. Some notable action items:

- In October 2020, COVAR was invited to participate in stakeholder meetings held by the Town of Seabrook Island (TOSI) Ad Hoc Committee who were gathering input regarding Short Term Rentals. TOSI Ordinance 2020-14 (STR) was

passed in the fall of 2020, effective on January 1, 2021. Association and regime presidents were invited to participate in two Zoom virtual meetings, to contribute ideas and suggestions regarding Short Term Rentals, as 80% of STR's are in one of the 41 Associations and Regimes.

2020, 8 of the forty-one associations and regimes in COVAR had adopted the new SIPOA ARC Standards manual. The advantage of this new format is the ease with which a homeowner can perform renovations or modifications to their properties in an expedient manner. COVAR continues to help all members that have not adopted this helpful document.

October 2020, COVAR was invited by SIPOA Safety and Security Committee to discuss the parking problems associated with rental properties. This initial meeting led to subsequent meetings with the SIPOA Executive Committee which led to changes in the SIPOA rules and regulations regarding STR parking and gate passes. These changes are now included in the Short-Term Rental.

In 2023, COVAR launched its website https://covarsi648308070.wordpress.com

Concerns relating to contribution to capital, insurance increases, gas/charcoal grill safety, LSVs and the sharing of vetted contractors for upcoming capital improvement projects are a few ways COVAR is a relevant and vital source for all villa associations and regimes.

COVAR has a relevant voice on Seabrook Island. The old saying "Many hands make for light work" seems to be appropriate right about now. Will you please consider lending a hand and becoming part of the COVAR board?

If you would like to find out more about COVAR and are willing to volunteer please reach out to COVAR at covarseabrookisland@gmail.com

COVAR encourages all residents to become informed and involved in the changes and improvements being made to the island. Virtual attendance of SIPOA, TOSI and SBI Club meetings is available by contacting each entity to obtain instructions on how to participate.

Who Likes Dead Trees? Your Green Space Conservancy does!



Dead trees are most often viewed as eyesores with no intrinsic value. However, as it happens, dead trees, whether standing or downed, are incredibly valuable to both wildlife and birds.

One arborist has extolled dead trees, writing that "No man-made structure matches the ecological usefulness of a sizeable dead tree and few living things are as overlooked and unappreciated, but wildlife and the vast community of industrious inhabitants that will eventually work on a tree's remains in the soil below know the value of a tree in decline."

(Gillian Martin, "The Dying Tree, Nature's Legacy," Arborists News, December, 2015.)

Dead trees and downed wood are left on Seabrook Island's conserved lots unless they pose a hazard. Dead trees serve a crucial function in the ecosystem by providing wildlife habitat, cycling nutrients, promoting plant regeneration, decreasing erosion and increasing drainage and soil moisture.

All parts of standing dead trees (snags) and downed trees can serve

as habitat for a host of plants, birds and animals including fungi, mosses, lichens, invertebrates, birds, mammals, reptiles and amphibians. The decayed surface, the loosening bark, hollowed cavities and unadorned perches serve as places for foraging, food storage, protective cover and nesting. Many species that thrive in snags control insects and pests, while birds of prey seek the vantage point that dead trees afford for hunting rodents.

According to South Carolina DNR biologist Johnny Stowe, snags provide habitat for at least 85 bird species that nest in tree cavities. "Cavities in snags are a critical resource for many species, and cavity-nesting birds can comprise up to 40% of the bird community within some forests." Cavities also provide homes for mammals such as bats, gray squirrels, and raccoons as well as frogs, snakes, honeybees, wasps, spiders and aquatic invertebrates.

What frequently goes unseen are the activities and presence of the small creatures such as lizards and

ants that not only serve as a food source for larger species, but also prey upon beetles, fly larvae, spiders and worms that feed on forest debris. Dead logs and snags are also the major home for pollinating insects like wasps and bees that are some of the major pollinators of flowers and berry-producing shrubs. Ultimately downed logs enrich the soil and help maintain a deeper layer of leaves and other organic material that holds moisture and reduces floods.

While Seabrook's conserved lots are ideal for leaving dead trees to decay naturally, homeowners who are faced with what to do with a dying tree may consider consulting an arborist about saving at least part of the tree. The Cavity Conservation Initiative, which promotes the safe retention of dead and dying trees, offers resources regarding the maintenance and safe retention of dying trees at their website www.cavityconservation.com.

Susan Leggett



2908 Captain Sams Rd 3 bedroom | 2 bath | 1978 sf \$1,199,000

- Beautiful ranch home tucked back on a maritime forest lot Fully-equipped, stainless kitchen Living/dining room with hardwood floors and a wood burning fireplace with built-in shelves Sunroom with walls of windows on three sides Expansive deck dramatically expands the living space of the home with enough room for multiple seating areas - great for parties and gatherings Master bedroom has a walk in closet, tray ceiling and deck access Quick walk to the Lake House, Racquet Club and Equestrian Center - walk on or bike to Bohicket Marina and Fresh Fields



Advertisement for Matt Butler, Principal Broker at Thomas Cottingham Realty. Contact info: MattButler@thomascottingham.com, 843.352.8152, www.thomascottingham.com





# How to Pick a Boat



Dick Barnola and John McCabe at Crab Dock

Kayak More, Worry Less. Or Hike More, Worry Less. Or Golf More, Worry Less. Whatever works for you. Seabrook Island Sea Kayakers is now an official SIPOA Special Interest Group and we are listed on their website. So, we have that going for us.

This month let's discuss picking a boat.

I have several boats, a 10 footer that is a basic sit on top boat that I have primarily for taking friends out kayaking, it is a little slow but very sea worthy (read - hard to flip over) and fine for a friendly social outing which includes most trips. I also have a 17 foot sit-inside kayak with a skeg (a retractable stern fin that helps the boat go straight and fast) which I only use a few times a year when paddling with more experienced paddlers across rougher water and longer durations. But I usually take my 12 foot sit on top that I like because: its good enough in most instances, it is long enough to not be slow, it has a comfortable seat, since it is a sit-on-top my claustrophobia does not kick in, it is quick to keep clean, and it is easy to

get back in if you swim (aka flip your boat over, which has happened to me on the waves on the other side of Deveaux). In the most recent annual Paddling Magazine Buyer's Guide there were 68 different sea kayaks - there is a lot to choose from. If you are just getting started, I would look for a used boat and see if you like the sport, then go from there finding a boat that best suits you.

Sometimes folks take out 2-person tandem kayaks. We don't own a tandem boat, but I think they are great if one of the kayakers is much less experienced or much less strong. Couples and grandparents/grandkids often enjoy kayaking in a tandem boat, if you have room in your garage, this can be a great part of your fleet.

We have been lucky and had a few good days to go kayak recently - by good I mean sunny, over 55 degrees, and wind less than 10 mph. You have to be more flexible this time a year, I have cancelled a few planned trips but we were able to schedule make-ups. Here are proposed February

Show and Go trips, all trips will leave from the Crab Dock, default routing will be to go to the Inlet, then decide by consensus where to go from there. Trips typically last between 60-120 minutes.

- Wed., Feb. 7 - 1:00 PM
- Wed., Feb. 14 - 1:00 PM
- Fri., Feb. 16 - 1:00 PM (special annual meeting edition)
- Wed., Feb. 21 - 2:00 PM (later due to tides)
- Wed., Feb. 28 - 1:00 PM

A Show and Go sea kayak group is a friendly informal meet up to go kayaking. All trips are subject to change or cancellation based on conditions. If you would like to join any of the above Show and Go trips, please find my phone number in the Exchange Club directory and contact me the week before the trip. The day before I will send a group text confirming details and participants.

Feel free to call me with ideas or questions or to propose a trip on another day/time. Happy Kayaking!▲

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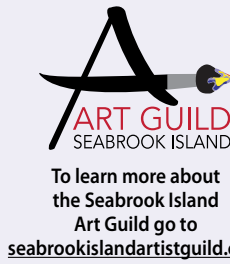
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Seabrook Island Art Guild Presents  
February Artist of the Month  
**Bob LeFevre**  
Reception Tuesday, February 6th  
4:30-6:00pm | The Lake House



Bob LeFevre, a resident of Seabrook Island and Salem, South Carolina, retired from a successful career in business at the age of 55 to pursue his passion...oil painting. Since he was a child, he loved the water and everything related to it. It was natural that his paintings from the beginning would depict scenes of life on and near the oceans and lakes he would visit throughout his life.

Bob's painting career began when, at the urging of his 4th grade teachers, he was enrolled in private art classes. Here, at this early age, he began to develop his perceptual skills as an artist learning the fundamentals of rendering and depiction of values in a representational way.

Throughout his elementary and high school days, Bob continued his private lessons. He joined every art club and organization he

could and began winning awards for his talents. One of these was a sculpture scholarship at a local academy. He enjoys sculpting and carving to this day. At the age of eighteen, Bob took private lessons from a retired sea captain in Cape Cod, Mass. where he painted his first clipper ship. It was at this moment in his life that his passion for painting scenes of the sea was born.

Bob attended Colgate University where he majored in business taking art as a second major. He earned extra money drawing caricatures of his classmates and selling paintings to teachers and the local town's people.

Following graduation, Bob elected to pursue a business career knowing that he would eventually return to art on a full-time basis. After 33 years as an executive with Procter and Gamble, PepsiCo and as an owner of The United States Playing Card Co., he retired to pursue his dream...

painting full time.

He is driven to continually develop his skills to a higher level through life drawing lessons including nine years at the Art Academy of Cincinnati, plein air workshops and also by teaching both drawing and painting classes to teenagers and adults.

Bob has been giving weekly individual and group art lessons to several Seabrook, Kiawah and Johns Island artists for over 14 years. He always welcomes new participants. If you are interested in lessons, please contact Bob at: [rodory@gmail.com](mailto:rodory@gmail.com) or 513-237-4757.

Bob maintains studios at his Seabrook Island and Salem, SC homes. He was President of Seabrook Island Guild with over 100 members. He was represented by the Spencer Art Galleries in Charleston and now maintains a gallery at his home on Seabrook Island.▲



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### CLIENT TESTIMONIALS

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# Entering Hospice



Barbara Burgess & niece, Maggie Powell

As most of you who have followed my column in the Seabrooker know, I have a disease called pulmonary fibrosis. It is a disease of the lungs whereby they scar and tighten up, making it difficult to breathe. There is no cure for it. I'm on oxygen most of the time.

I thought this was all quite manageable, so when my doctor suggested hospice care, I was astounded. I had always looked at hospice as a place you go to and die.

That is far from the truth. Hospice exists in order to keep an individual in their home as long as possible. It also pays for your medical prescriptions - those that are related to your disease. A hospice nurse comes to my house weekly to take my vitals and look for

any changes in my health. If I want someone to come more often, I can get that.

What hospice is doing is making me face the fact that I am dying. They say people need to talk about death and not be afraid to utter the word. That is what I am doing. I have a wonderful niece who visits me quite regularly and she and I discuss death quite freely. I, of course, hope my end will come peacefully in my sleep - that's a wish but probably not a realistic one. Everyone wants to die peacefully in bed. Few will be that lucky.

I fear things that might happen. I live in dread of falling and breaking my hip. It's a worry that will probably never become a reality.

I find I'm very lucky in many ways. I live in a very nice condo and have great neighbors. My neighbors do things like bring in my mail, cook food for me, and once, helped me get back up after I'd fallen. Hospice would have come if I had called them, but it would have taken a while.

If you get anything out of this article, it should be that talking about death is nothing to be afraid of, and hospice can help you with this.

I feel I have a rich and full life. ▲



Steve Penkhus, MD

# What is Prediabetes?

Prediabetes is a condition that can be looked at as a warning sign that the body's glucose levels are rising at abnormal. At this point there is an increased risk of type two diabetes. Treatment of prediabetes can likely prevent or delay type 2 diabetes with lifestyle changes. Unfortunately, more than 1/3 of Americans now have prediabetes. 48.8% of people over age 65 have prediabetes. Even more alarming, 18% of adolescents have prediabetes. Prediabetes leads to type 2 diabetes over 50% of the time within 5-10 years. Prediabetes occurs after the pancreas is no longer able to produce enough insulin to keep blood sugars down as the body's cells become insensitive to insulin. There are no symptoms of prediabetes. It is diagnosed by a blood A1C hemoglobin of 5.7 to 6.4 or a fasting blood glucose of 100 to 125. There are several risk factors that are considered an indication for testing: age over 35, being overweight (people with obesity are about 6 times more likely to develop type 2 diabetes and people who were only over weight had 2.4 times the incidence of type 2 diabetes), inactivity, family history of type 2 diabetes, gestational diabetes, giving birth to a baby over 9 pounds, polycystic ovary syndrome, hypertension, high cholesterol, low HD cholesterol, female waist over 35 inches, male waist over 40 inches, and race (Black, Hispanic, Native American or Asian).

**Prevention efforts include:**  
 + Dietary changes such as: limiting as much sugar in food and drinks as possible; limiting foods high in simple carbohydrates as white flour, pasta and rice; looking at food labels and avoiding those with significant levels of added sugars; cutting back on salt, fats and alcohol; increasing high fiber foods as grains, nuts, fruits and vegetables which slow absorption of sugars. There is an 83% increase in type 2 diabetes in those who drink more than 1 sugar drink a day compared to one a day. High alcohol consumption in-



creases the risk of prediabetes.  
 + Increasing physical activity to 30 minutes 5 times a week if normal weight and 60 to 90 minutes 5 times a week if over weight or obese.  
 + Losing weight if overweight. 5-7% weight loss cuts risk of Type 2 diabetes by 58%. The chance of developing type 2 diabetes doubles with every 20% increase over normal body weight.  
 + Joining the National Diabetes Prevention Program which resulted in 58% less type 2 diabetes.  
 + New drugs approved for obesity might be an option for those who qualify.  
 + No drugs are approved for prediabetes at this time but it is a possibility in the future.

The diet and exercise guidelines should be started in pregnancy even before birth. Mothers and babies of mothers with gestational diabetes have a higher incidence of prediabetes and type 2 diabetes.  
 Once type 2 diabetes is diagnosed there is a significant incidence of heart disease, stroke, kidney failure, blindness, nerve damage, amputations and a ten-year shorter life expectancy.  
 With the rapid rise in incidence of type two diabetes and the American Diabetes Association reporting that 29.2% of American seniors have diabetes it is very important that we all do what we can to prevent, diagnose and treat prediabetes. ▲

# HEALTHY AGING

Jerry Reves, MD

## New Year Not to Do List

THINGS NOT TO DO TO PROMOTE HEALTH	
1	Smoke or use illicit drugs
2	Drink alcohol excessively
3	Operate cars, boats, machinery under the influence
4	Eat saturated fats, salt, sugar, fried and prepared food
5	Sleep less than seven hours a day
6	Skip regular exercise
7	Ignore others and be reclusive
8	Miss physician appointments and prescribed medications
9	Track storms more than four times a day
10	Watch/listen to "news" and talking heads excessively

Each previous January this column has given advice on things to do to improve healthy aging. In fact, you probably have a habit of reminding yourself of all the things to do in the new year to make it a more prosperous and healthy year. However, just as there are many things to do, there are almost as many things to avoid or not to do that are often the opposite of the things to do. See the table. This column has ten of not to do actions for a healthier year. Avoidance will improve health and reduce stress that leads to falling health.

**Do not smoke or use illicit drugs**

There is abundant evidence that smoking is harmful to one's health. It is never too early or too late to stop. It is not easy because nicotine is addictive, but there are many aids to smoking cessation available now. As for the mind-altering addictive illicit drugs including marijuana and its derivatives, they, too, are harmful for many reasons. The craving that they cause interferes with healthy life experiences and can impair performance.

**Do not drink alcohol excessively**

As with tobacco, alcohol in excess is proven to be detrimental to physical and mental health. It also leads to isolation and social deprivation.

**Do not operate machinery under the influence of alcohol and drugs**

Many of the accidents that cause death have alcohol and impaired judgment and reflexes as their cause. As we age, we already have impaired reflexes and adding drugs of any kind (alcohol included) can further impair performance. This can have deadly consequences on the road, on the water, or in the shop with tools.

**Do not eat unhealthy foods**

What we eat is one of the best ways we have of preserving health and what we don't eat is by definition a part of the healthy recipe. Stay away from food high in saturated fats, fried in animal oils, high in salt, and baked with lots of sugar. These foods taste good, but are not good for you. They lead to hypertension, obesity that can lead to some cancers, and heart and vascular disease (including stroke).

**Do not sleep less than seven hours a day**

It is vital to get rest and good sleep each day. Sleep is essential to a healthy immune system, mental clarity, and stamina. Regular sleep cycles involve observing a routine that permits you to get the seven uninterrupted hours of sleep necessary for good health.

**Do not skip regular exercise**

Regular exercise is another proven strategy to attain and maintain good health. There are seemingly thousands of reasons not to do it, but they must be put aside if the aim is to remain healthy. Twenty or more minutes a day of exercise is a must for everyone. It can be managed no matter what else there is to do or what the weather is like.

**Do not ignore others**

Ironically, for you to remain healthy, you must pay attention and interact with others. Socialization is an important part of staying healthy as many studies have shown.

**Do not miss doctor appointments or skip medications**

Health maintenance is a team effort, you and your physician. Regular check-ups or follow-up appointments are proven methods to improve health. The new wrinkle is now some of the routine appointments can be done virtually to make it easier. Medicines are all different and require careful instructions on when, how (with or without food), and how often to be taken. Medicines are prescribed to be taken at a particular time or frequency because of their

unique properties, and it is up to you to follow the instructions for maximum benefit.

**Do not track storms more than about four times a day**

There is no scientific evidence to support this recommendation, and it is based on personal observation. However, if a hurricane, for example, is headed your way - new advisories are posted infrequently and one need only keep up with the latest one. We cannot control the weather and excessive preoccupation with it leads to unnecessary stress. Have a storm plan, when necessary use it, and otherwise concentrate on other things that you do have control over.

**Do not watch/listen to "the news" or talking heads excessively**

This key to health is like the weather. We cannot control all the bad things happening or possible. Excessive exposure to disturbing ideas is not good for one's health because it leads to stress that causes us harm. To get reliable news reporting there are still good newspapers to read in the morning or afternoon, either online or with your local paper, that can suffice for obtaining less traumatizing information.

**The Bottom Line**

January is a good time to form or reaffirm good habits and discard bad ones. The list of things not to do is a suggestion. You know your own good and bad habits and the beginning of the year is the best time to break the bad ones. Good luck with the good ones and have a happy/healthy new year. ▲



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# Your Guide to SEWE 2024 – Feb. 16-18



The Southeastern Wildlife Exposition (SEWE) returns for its 42nd event in downtown Charleston on Friday, Feb. 16-Sunday, Feb. 18. VIP events begin on Thursday, Feb. 15.

SEWE is a nonprofit that aims to increase tourism and boost local economies while raising awareness about wildlife and the outdoors through showcasing fine art, live entertainment, and special events. Every year, there are ~40,000 attendees.

**Where events are being held:**

- The Charleston Place
- Brittlebank Park
- Gaillard Center
- Charleston Marriott
- Marion Square

Fan favorites are returning including the SEWE Fine Art Gallery, DockDogs, Center for Birds of Prey demonstrations, Busch Wildlife Sanctuary live shows, curated artisan goods, exhibitors, chef demos, and canine demonstrations.

**What's new?**

Jeff Corwin, a TV personality + wildlife biologist, will do an educational presentation featuring "live exotic animals." Corwin has been seen on Disney Channel, Animal Planet, and the Discovery Channel.

This year, in addition to the SEWE Fine Art Gallery, there will be a Gallery by SEWE, which will serve as a venue for satellite events and exhibits. The Purina Pro Plan Performance

Dog Team will be back in the Marion's Square arena featuring additional shows of their Disc Dog Demonstrations.

The marine life education will have an expanded presence in Marion Square, featuring the Lowcountry Marine Mammal Network and the National Marine Mammal Foundation to host educational demonstrations and advocate for the Lowcountry's marine life.

And that's not all. There's so much to SEWE. Check out the full schedule of events. ▲



Charlotte NC based General Contractor, Hobson Builders, is opening a satellite office on Johns Island, SC and is actively looking for it's first projects to kick off this new venture. Our focus will be Seabrook Island, Kiawah Island and individual projects scattered around Johns Island that demand the quality project management and craftsmanship that Hobson Builders delivers.

Like our Charlotte operation, our core business will be new home construction, tear downs, and major renovations and additions. Hobson's team includes trained estimators, accountants, project managers, construction managers and superintendents.

If building a new home or fixing up the one you own is on your horizon, please call Ross and he will be happy to schedule a face to face meeting.



ROSS HOBSON  
 President and Seabrook Island Homeowner



MICHAEL WELSH  
 Vice President



ADAM GRASS  
 Johns Island Market Director

Contact us today for your next project | 704.654.2911 | [Ross@Hobson-Builders.com](mailto:Ross@Hobson-Builders.com) | [Hobson-Builders.com](http://Hobson-Builders.com)





# Seabrook Island Shorebird Stewards Make a Difference

Article and Photos by Mark Andrews and Robert Mercer

Our wintering shorebirds have returned, and as the season progresses will be joined by northern bound migrants until they all leave for their breeding grounds later this spring. Several Piping Plovers from the endangered Great Lakes population, a small group of Red Knots, along with other species, can already be seen on North Beach. During the next few months, the numbers will grow, peaking in April and May. In preparation, the Seabrook Island Birders Shorebird Steward Committee is planning for the 2024 season. With the changes in the beach due to Hurricane Idalia and the storm of December 17, North Beach offers less safe area for the birds to rest. Keeping the birds from being disturbed requires a strong corps of volunteer stewards.

If, after reading this article, you are interested in becoming a steward, a training session to be held in February prepares potential stewards to help protect shorebirds. Please use the QR code in the announcement below to link with our registration page. Shorebird Stewards donate their time, at their convenience, to staff two-hour shifts, providing an important on-site connection between Seabrook Island residents, visitors, and shorebirds. During these shifts, stewards do not enforce rules. Instead, they educate beach walkers who come up to the steward station (a cart with signs, a spotting scope, and educational material) about the need to keep their distance from the resting birds, and why this is important. This education about the value of Seabrook Island for shorebird survival has been met with great success.

During the 2023 season (March 1 to July 10), the 28 Shorebird Stewards donated a total of 262 hours. While on the beach, the stewards interact-



Banded Red Knots



Banded Piping Plovers



ed with 920 people. Of this, 91% were adults. Just 36% were full-time or part-time residents on Seabrook Island.

Most importantly, 64% of the interactions were with visitors to Seabrook Island, the people least likely to understand the uniqueness of the island. Visitors from 31 states, 2 Canadian provinces, Norway and Germany, all enjoyed conversing with the stewards. Visitors to Seabrook Island are less likely to have seen the many educational articles and blogs about the shorebirds and do not know to give the birds space, not to walk through flocks, but to walk around. The Seabrook Island Shorebird Stewards

become educational ambassadors for the birds, and also for the town of Seabrook Island.

A Shorebird Steward does not need to be a bird watcher or know the identity of the birds. Shorebird Stewards just need a willingness to meet new people and share their enthusiasm for Seabrook Island. The training session and reference material provided to stewards provides all the information needed to be successful. More information regarding the importance of being a Shorebird Steward can be found on the Seabrook Island Birders website: <https://seabrookislandbirders.org>

[/join-the-seabrook-island-birders-shorebird-stewards-program](https://seabrookislandbirders.org/join-the-seabrook-island-birders-shorebird-stewards-program).

Stewards not only have opportunities to meet people on the beach, they also can observe the ever-changing interaction of the shorebirds of Seabrook Island. By February, the number of shorebirds starts to increase with the birds seeking the shelter of North Beach, especially during high tide. March often provides a high count of Piping Plovers, while birds like Dunlin and Semipalmated Plovers may number in the thousands. By April and early May, the population of Red Knots, another endangered species, can reach as

high as 8,000 birds. After May, the focus shifts to nesting species. Last year, our resident American Oystercatcher, U5 and his mate, made four attempts at a family. Each attempt foiled by weather, high tides, or predators.

In addition to helping to protect the birds visiting Seabrook Island, stewards also assist with the scientific study of the birds. Several stewards, using cameras with long telephoto lenses so as not to disturb the birds, carefully take pictures of the Red Knots, looking for small flags with unique numbers. Over 100 individual banded birds were reported to a web site that scientists use to see where the birds they banded have traveled. Through this work, along with the contributions of others in South Carolina and Georgia, scientists have learned that 41% of the remaining rufa Red Knot population use Kiawah & Seabrook Island beaches as a major stopover site each spring. Shorebird Stewards help keep these birds safe and allow the birds to gain the energy needed to make their epic journeys.

One of those scientists, Felicia Sanders, SCDNR, with some help from Seabrook Island Shorebird Stewards, captured birds on the Kiawah Island site of Captain Sams Inlet. She placed tiny transmitters on some of the birds to learn where they go when they leave South Carolina. The results are stunning! On Thursday, February 22, 2024, Felicia will present some of her findings at a presentation in the Lake House. The public is invited to participate in this program that starts at 7:00 pm. Please use the QR code in the poster below to register.

Donations will be accepted at this event to support shorebird research.

More information about becoming a Seabrook Island Shorebird Steward can be found on the web site of the Seabrook Island Birders or in the QR link below.▲



Shorebird Stewards volunteering at North Beach



U5 and Mate - American Oystercatchers



Shorebird observation at North Beach



**Seabrook Island Shorebird Stewards Presents**

**South Carolina's Critical Role in the Survival of Arctic Nesting Shorebirds with a focus on Red Knots**

**Date: Thursday February 22, 2024**

**7:00 PM**

**Live Oak Hall Seabrook Island Lake House**

*Donations to support Shorebird Research can be made at the event, either with a check made out to the non-profit of Felicia's choice, details to follow, or cash*

**Presented by Felicia Sanders**  
SCDNR Coastal Bird Program Coordinator

Questions, Email us at [seabrookislandbirders@gmail.com](mailto:seabrookislandbirders@gmail.com)

Seabrook Island Birders

**Join the 2024 Shorebird Stewards Training Saturday Feb 24, 2024**

If interested in joining, please scan to Register



**Why**

Seabrook Island is a critical junction for shorebirds! Many species of shorebirds do a migratory stop over here to put on weight for migration

**Purpose**

Our Stewards perform a significant service as many people don't understand how important our sanctuary is. Volunteers educate people on the significance of our tiny piece of the world for shorebirds. It's not about enforcement, but about education!

**Volunteer's Commitment**

No special bird skills are needed! Just an interest to greet/interact with people on the beach discussing these shorebirds and how we can protect them. From March 1 through May volunteers do 2-hour beach shifts, convenient to their schedules.

**Training**

Our team, along with Audubon SC, will provide training to learn about the birds and positive ways to interact with beach walkers. We'll have materials and equipment to use on the beach. Training begins Feb. 24. We'll pair you with an experienced Steward to start.



Danielle Spies and Ella Cowan



Amelie Geiger, Charlene Barker, and Gina Goad



Debbie Daskaloff, Debbie Wiehn, and Charlotte Moran



The January 2024 meeting of the Seabrook Island Garden Club featured presenters Ella Cowan and Danielle Spies, co-owners of Sea Island Savory Herbs plant nursery on Johns Island. They began their presentation by providing some history about the property. The herb farm has been in existence since the 1970's and is located along Church Creek. The original owner and his wife had a special interest in growing herbs, and the wife was known locally as the "Herb Lady." Prior to taking over the business about ten years ago, both Ella and Danielle worked on the farm and came to view it as a unique place.

As the name implies, Sea Island Savory Herbs specializes in selling herbs, with a focus on culinary herbs. Additionally they sell succulents, perennials, and seasonal vegetables. They are looking to add medicinal herbs to their current offerings. Most of what they sell is grown on the prop-

erty from cuttings taken from existing plants. Unlike large nursery centers, they specialize in plants that thrive in our local climate. As an example of this, they sell an herb called culantro. It is similar in taste to cilantro but is easier to grow in this area.

Danielle spent a portion of her presentation explaining how to propagate herbs through cuttings. At their farm, almost all their plants are propagated this way as it is much more cost effective than purchasing seeds, plugs, or live plants. She encouraged home gardeners to do the same as propagation is relatively simple—take cuttings, strip off the bottom leaves, use a root hormone to stimulate growth, plant the cuttings in soil, and water daily. Once the cuttings take root, they can then be transplanted to larger pots.

Both Ella and Danielle encourage people to visit the farm. They are more than happy to answer questions about the plants they sell. They want garden-

ers of all ages to be successful with whatever they grow. Although their farm is relatively "deer proof," they can offer advice on plants that can be grown in areas with large deer populations. In particular, they have had success with salvias and offer a wide selection of salvias in the spring.

The farm welcomes visitors of all ages. Even if you are not interested in growing plants, the farm has 15 acres of camellias for viewing. Sea Island Savory Herbs is located at 5920 Chisolm Road, Johns Island, SC 29455. Their hours of operation vary seasonally and are posted on their website: [www.seaislandsavoryherbs.net](http://www.seaislandsavoryherbs.net)

The Garden Club's next event is the island-wide annual Open House which will be held on Sunday, February 4 from 5:00 - 7:00 pm at the Lake House. All Seabrookers are invited to attend this event to enjoy food, drinks, and fellowship with neighbors. ▲

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## The Art of Abstraction: Modernism in Quilting



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Quilting has always been a means of creative expression, uniting color and pattern to form an object of purpose. Just as paint on canvas functions, the fabric pieces often work as artistic parameters, testing the visual acuity and imagination of the individual. We are pleased to announce a collaborative exhibition with the Gibbes Museum of Art in which abstract artwork will be displayed alongside the Museum's quilts to showcase the artistic beauty of both mediums. ▲

## OPERA 101: SANDCASTLE

We are excited to announce that Opera 101 will be held this January - March, 2024, at the Sandcastle on select Mondays from 1:00 - 3:00 p.m., beginning on January 8th. This season's program will have a new leader as José Rafols decided to step down, citing other commitments. We wish José well and know that he will be a part of our audience this year. We have an exciting program organized for all Kiawah and Seabrook residents.

Sandra DeAths has agreed to lead this year's program along with a number of Sandra's colleagues each of whom will share their different perspectives from the world of opera (performing, directing, production, music conducting and music composing). This year's Opera 101 promises to be interesting and fun, so be sure to mark your calendars and join us.



Monday, Feb. 19, 1:00 - 3:00 p.m.

### Harold Meers

Founder, Executive Artistic Director, Charleston Opera Theater

Viva Verdi! This class discussion will focus on Il trovatore and other operas composed by Giuseppe Verdi during his illustrious "middle period" of compositional output. This artistic period of Verdi's life contains some of his best loved and iconic works.▲



Monday, Feb. 27, 1:00 - 3:00 p.m.

### Dr. Edward Hart

Composer in Residence, Charleston Symphony Orchestra (2019-2020) Professor of Composition and Music Theory, College of Charleston

Strauss and beyond — Richard Strauss carried on the tradition of German Romantic opera established earlier by Richard Wagner. Early landmark works, including Salome and Elektra, pushed the boundaries of musical/dramatic expression, inspiring the younger generation of Austro-Germanic composers including Alban Berg. Strauss' later operas marked the last full flowering of musical romanticism first seen in the nineteenth century.▲



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**A 2024 Laundry List**

For this month's column, I decided to compile a list of things to consider that may impact our investment portfolios this year. One bit of advice: no matter how firmly you believe you know the outcome and significance of any of these topics, it is rarely a good idea to make meaningful changes to your accounts based on one or two of them.

**January Barometer.** When the S&P 500 rises in January, its average return for the remainder of the year has been 9% and it's been positive 78% of the time. When it drops in January, the average for the rest of the year is only 2% and it's positive 58% of the time. Last year, the Barometer was very positive, which proved to be a good signal. This year first 5 days were slightly negative, but the full month is on track for gains (a positive signal) at this point.

**Politics.** The average American does not want to see two old guys battling it out for President, but that seems likely to be what we will get. Partisan battles over deficits, border security, debt ceiling, war funding, etc. will generate a lot of heat but probably little illumination for investors.

**Election Cycle.** 2023 was the "3rd year" of the Cycle and fulfilled its role as the best year of the Cycle for the stock market. We are now in the 4th year which is often the most volatile, particularly during the final quarter of the year.

**Consensus Outlook.** The consensus outlook is often off the mark, but has been totally wrong each of the past two years. Attempting to look 12 months into the future is a fool's game, which explains why so many forecasters end up looking foolish. To get a good feel for the consensus, just review what has happened in recent months and extrapolate it out a year. That would explain the current Goldilocks "just right" outlook: okay economic growth, moderating inflation, Fed rate cuts, lower bond yields and 10%+ earnings growth. Not too hot, not too cold and not too likely to be correct!

**Recession Risk.** Last year, 85% of economists expected a recession in 2023. Now, it appears to me their recession probabilities are around 25-30% or less. The first Fed Funds increase was March 2022 and the Yield Curve has been inverted since July 2022. I will note that initial Fed Fund increases and Inverted Yield Curves have been strongly predictive leading indicators for Recessions, but it may be different this time.

**The US Consumer.** Consumer finances are in pretty good shape, wages are rising and jobs remain plentiful. Consumer sentiment has been weak, but spending has remained strong, perhaps helped by the wealth effect of housing and stock market strength. With the consumer representing 70% of GDP, any changes to the consumer outlook need to be monitored closely.

**The Fed.** I came as close as I can get to saying nice things about the Fed last year when they insisted month after month that they were totally focused on wiping out inflation. Then JPOW suddenly declared victory over inflation in December and stated three rate cuts were planned for 2024. Now it just looks like the same old mistake-prone Fed to me. If you agree inflation is not dead and sticky high prices will remain with us, you may think the financial markets are way too confident that the combination of soft landing and several rate cuts is possible.

**US Treasury (UST) Bonds.** The US Treasury will auction trillions of dollars to finance the government's deficit spending in 2024. We shall see what the appetite is for these bonds and whether higher rates are demanded by bond purchasers, both international and domestic. My rule of thumb for the 10 Year UST fair value is basically inflation + 2%, so I think the 10UST at 4% is overvalued, even versus current 3% Consumer Price Index expectations. On the other hand, if you believe inflation is in the rearview mirror, bonds and CDs offer great low-risk value to conservative investors.

**Earnings (EPS).** EPS growth reversed to the upside late in 2023, and will be basically flat for the year. Analysts' EPS growth projections are typically optimistic and they appear influenced by the Goldilocks scenario described earlier. Consensus EPS estimates are for growth of 11% to \$245 in 2024 and 10% to \$270 in 2025. If GDP is sluggish, these targets will be hard to reach.

**Valuation.** At its recent All-Time High of 4840, the S&P 500 has a P/E of 19.8x the 2024 estimate. That is a well-above-average valuation unless inflation and interest rates return to pre-Covid levels. (Lower interest rates tend to boost equity valuations, particularly for growth companies.) Unfortunately, those major Fed rate cuts are unlikely without a Recession, which would obviously not be good for EPS growth.

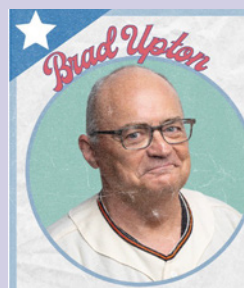
**Gold.** The price of gold has slowly moved up to new non-inflation-adjusted highs. The gold bugs seem agitated, so maybe gold prices will continue higher.

**Crypto.** Cryptocurrencies had a strong year in 2023 through a combination of "risk-on" speculation and the approval of Bitcoin Exchange Traded Funds. I think I'm safe in predicting more volatility for crypto in 2024.

**Artificial Intelligence.** I queried ChatGPT about stock risks. It answered: "Stocks can be inherently risky as their values can fluctuate based on market conditions, economic factors, and company performance. Diversifying your investments and understanding your risk tolerance are crucial in managing stock market risk." Hmm, maybe AI will take over the world by boring all of us humans to death!

I hope you found some value in my laundry list of things to hope for or to be worried about in early 2024. If you have any thoughts about this, please email me at [rmlegg@gmail.com](mailto:rmlegg@gmail.com).

**IMPORTANT DISCLOSURES**  
The opinions voiced in this commentary on current economics and markets are my own and not the opinions or positions of any entities or organizations with which I may be affiliated or associated. This column is for general enjoyment and not intended to provide specific advice or recommendations for any individual or institution.



I was outside the gates of this brew pub in South Carolina recently. It was in a brew pub - and it was full. This place was full of seniors! So, 6-8pm is "happy hour". And it's just packed full of seniors. The parking lot is full of golf carts. At 8:06 the place empties out! There I am, just me and the bartender. I go "somebody left a wheelchair." He goes "Oh, that happens a couple times a week. They come in here, start drinking, and forget they can't walk anymore. But, don't worry, they'll be back tomorrow," he said!



THERE'S AN UNSPOKEN RULE THAT WHEN YOUR PET IS SLEEPING ON YOU, YOU DON'T MOVE



As the year comes to an end I urge you to take care of yourself and avoid accidents, because spare parts for old models like you and I are no longer in stock. Forward to other old models you care about.



**The Symbol of the South**

by Paul Tillman



What tells us we are back home in the South? Is it palm trees? Oh, hell no, there's palm trees in Oregon. What about grits? No, wrong again. Grits are even in North Dakota. Well, what about them banged up F-150 pickup trucks with a rebel flag in the back window? Sorry, they're everywhere too. Only if you picked Spanish Moss would you be right. Yeah, that's right. It's that weird, gray, wavy-looking stuff that's the symbol of the South.

If you say Spanish Moss is ubiquitous in the South, you'd be right. But use of a fifty-cent word like that might make you think it's something fancy. But it ain't fancy, it just hangs off trees, fences, and rusted out tractors. It's everywhere and the reason we don't think too much about it, is because it is everywhere.

Lack of accurate information usually results in wrong conclusions which perpetuate misconceptions. Spanish Moss hides behind several of these misconceptions. We should examine these misconceptions first before we get too far into the discussion of what it really is. So, what is this graceful, swaying symbol of the South?

First, Spanish Moss is not moss. It doesn't look like moss at all. Second, it is not Spanish. It doesn't even grow in Spain. Also, it is not a place where chiggers or other nasty bugs congregate. It's just a weird shaped flower that hangs off trees in graceful silence.

In scientific terms, Spanish Moss has no roots how does it does it gets its food? Fact is, it doesn't need much. It's sorta like you going to eat at the preacher's house. You sit down nice, put your napkin in your lap and say grace. You don't sit at the table, talk with your mouth full and gobble up every damn thing in sight. You act polite, yes ma'am and no ma'am and pass the biscuits please. It's the same with Spanish moss. All it wants is a tree, preferably a live oak or a cedar, rainwater and whatever nutrients are in a tad of dust or the stuff that floats by in the air. Spanish moss don't take too much because it don't need too much. It's just happy to get by.

You might well wonder if Spanish Moss has no roots how does it does it gets its food? Fact is, it doesn't need much. It's sorta like you going to eat at the preacher's house. You sit down nice, put your napkin in your lap and say grace. You don't sit at the table, talk with your mouth full and gobble up every damn thing in sight. You act polite, yes ma'am and no ma'am and pass the biscuits please. It's the same with Spanish moss. All it wants is a tree, preferably a live oak or a cedar, rainwater and whatever nutrients are in a tad of dust or the stuff that floats by in the air. Spanish moss don't take too much because it don't need too much. It's just happy to get by.

like this. It was called a moss because the French were taught by the local tribesmen that the name of the stuff hanging from the trees was Ila-okla, or tree hair. Later, when the Spanish with their long beards arrived the French, called it Spanish Beard. The Spanish reciprocated and called it French Beard. The term went back and forth. For years. Eventually, the word beard was dropped and moss was added. And there you have it.

Spanish Moss comes to us from the hot humid forests of southern Mexico. It established itself in the coastal regions, where rain and humidity are abundant. It grows from west Texas through Florida, and on up the coast of the Carolinas to southern Virginia. As the geography changes, the heat and humidity of the coastal regions diminishes then Spanish Moss fails to grow.

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There's a nasty, but real wrong, rumor about Spanish Moss. Rumor says that chiggers (vicious, microscopic mites) live in Spanish Moss and that if you pick it you'll get bit. If this happens, tiny larvae dig into you and cause you to itch something awful. It's no joke, chigger bites are not something you want to deal with. However, scientists, I guess it's just the ones who have nothin else to do have counted the chiggers in clumps on the trees and the clumps they've picked up from off the ground. They noted that clumps hanging in the trees do not have chiggers but the clumps they found on the ground sometimes do. Using unassailable logic, they have concluded that chiggers don't live in Spanish Moss but live in soil where they sometimes infest Spanish Moss clusters laying on the ground. If you pick up a clump of Spanish Moss from the ground you might get bit Use gloves, rake it up, and you'll be fine.

Spanish Moss used to be a source of income. There's even pictures of black women washing it in tubs then spreading out on fences to dry. When it was dry, they used it to stuff things like, pillows, car seats, insulation between the walls and even voodoo dolls. Now it is used for garden mulch and decoration for floral arrangements. Though Spanish Moss has little commercial value these days, it is still valuable to us. It's there, swinging graceful as Scar-let's hoop-skirt, reminding us we are back home in the South.▲



**UPCOMING EVENTS in the LOWCOUNTRY**



**LOWCOUNTRY OYSTER FESTIVAL**  
Sunday, Feb. 4  
Boone Hall Plantation

Who's ready to do some oyster shucking? How does over 50,000 pounds of oysters sound? The Lowcountry Oyster Festival is the world's largest oyster festival! The next event will be the 40th anniversary of this favorite event of many and is set for Sunday, February 4, 2024 at Boone Hall Plantation. Highlights include live music on the main stage, raw oyster eating and shucking contests, wine, a selection of domestic and imported beers, specialty cocktails, a Children's Area ("Pluffa-Palooza") and a Food Court showcasing a variety of local favorite restaurants to satisfy everyone's taste. For the entertainment, Radio Bomb, including some members of the Blue Dogs, Uncle Mingo and the East Coast Party Band, will headline the event after Solid Country Gold takes the stage.▲  
[www.lowcountryhospitalityassociation.com/oyster-fest](http://www.lowcountryhospitalityassociation.com/oyster-fest)



**FOOD AND WINE FESTIVAL**  
March 6-10

Charleston Wine + Food was founded in 2005 by a group of loyal community leaders with a vision of creating an event to promote + elevate Charleston's culinary brand. As a 501(c)(3) non-profit organization, the goal was to put Charleston on the map as a culinary destination and bring national + international attention to the city through the production of a multi-day wine + food festival. Charleston Wine + Food infuses homegrown flavor with top chefs, winemakers, authors, storytellers, artisans, experts, and food enthusiasts from around the globe for a five-day event that spans the first full weekend each March.▲  
[www.charlestonwineandfood.com](http://www.charlestonwineandfood.com)

<p><b>Featured Listing</b></p> <p>15-ACRE DEEPWATER ESTATE</p> <p>3388 Bohicket Road Johns Island 6 BR • 7 Full, 2 Half BA • 9,943 SF <b>\$6,999,000</b></p>	<p><b>Just Listed</b></p> <p>GOLF VIEWS</p> <p>3250 Privateer Creek Road Seabrook Island 4 BR • 2.5 BA • 3,348 SF <b>\$2,299,000</b></p>	<p><b>Just Listed</b></p> <p>MARSH VIEWS, POOL</p> <p>3080 Marshgate Drive Seabrook Island 5 BR • 4.5 BA • 3,303 SF <b>\$1,749,000</b></p>
<p><b>Just Sold</b></p> <p>SOLD BEFORE IT HIT THE MARKET</p> <p>2443 High Hammock Road Seabrook Island 3 BR • 2.5 BA • 1,589 SF <b>\$1,098,000</b></p>	<p><b>Just Listed</b></p> <p>GOLF VIEWS</p> <p>195 High Hammock Road Seabrook Island 2 BR • 2 BA • 1,036 SF <b>\$495,000</b></p>	<p><b>Just Listed</b></p> <p>LAKE VIEWS</p> <p>2199 Seabrook Island Road Seabrook Island 0.15 Acre Homestead <b>\$395,000</b></p>

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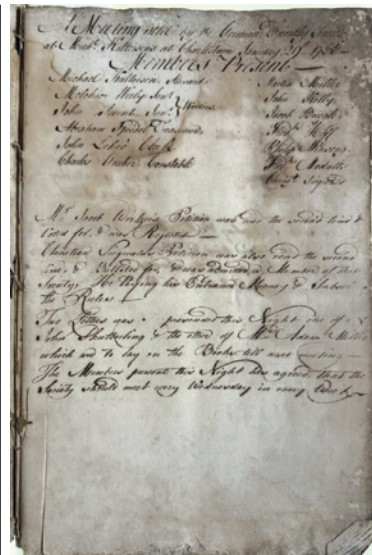


# January, 1766: The German Friendly Society was established

MANDY MCGEEHEE-FLOYD | SC HISTORICAL SOCIETY

On January 15, 1766, Michael Kalteisen held a meeting in his home in Charleston with Daniel Strobel and fourteen other German men. This constituted the founding and first official meeting of the German Friendly Society. Since the beginning of European settlement in South Carolina, German people have been a constant. German-speaking immigrants settled on James Island in 1674, west of the Ashley River at Albemarle Point. They also settled in many other South Carolina Townships, including Orangeburg, Purrysburg, and Saxe-Gotha. However, Charleston hosted the most prominent group of German-speaking immigrants. In Charleston, they established a dynamic and successful community of artisans and merchants well before the Revolutionary War. In 1759, St. John's Lutheran Church was founded and seven years later in 1766, the German Friendly Society followed. The German community was known as Dutchtown (from Deutsch or German) and was its own separate entity within the city. At the dawn of the Revolution, the Germans of Charleston were influential in both the political and military activity. Like other communities in South Carolina, support for the Patriot and Loyalist causes caused a split in the community. Most established Germans sided with the Patriots while new immigrants to the Dutch (Deutsch) Fork area of the backcountry supported the Loyalists. In 1775, the

first German military company in the United States was formed from the German community in Charleston. Known as the German Fusiliers, they distinguished themselves at the Battle of Savannah. The German Friendly Society is the oldest of all German men's social organizations in Charleston. Founded in January of 1766, the society served as a social and mutual-assistance organization to help sick and death benefits to members. It also allowed members to borrow funds at low rates of interest. In 1801 the society constructed its own meetinghouse on Archdale Street in Charleston. In 1803, the society opened a school for boys. During the War of 1812 the German Friendly Society members assisted the German Fusiliers in building and maintaining Charleston's fortifications. German immigration to South Carolina slowed significantly between 1790 and 1830 resulting in a decline in German language and culture. The Dutch Fork area was one exception to this decline. In this area of the backcountry, German culture and language extended into the early 20th century. Charleston was the other exception to this decline as local German organizations formed a solid foundation for the community. During this time, immigration of German Jews to Charleston was low and they were not extended invitations to join the German organizations.



Record of the first meeting of the German Friendly Society from the collections of the South Carolina Historical Society.

The Civil War brought a stagnation in German immigration to Charleston and the German Friendly Society evolved into a more social and charitable organization. According to sources, the modern version of the society has limited its membership to 200 members and there is an extensive waiting list to join. To learn more about the German Friendly Society, visit the South Carolina Historical Society Archives where their records are kept for research purposes. ▲

## Do You Remember?

A white Christmas isn't all too common in Charleston. But the saying goes: never say never.

Remember the winter wonderland that came with the storm of 1989? It has been over 34 years since that snowfall that came in the same year the Palmetto State was hit with Hugo in September, one of the strongest hurricanes to ever hit South Carolina.

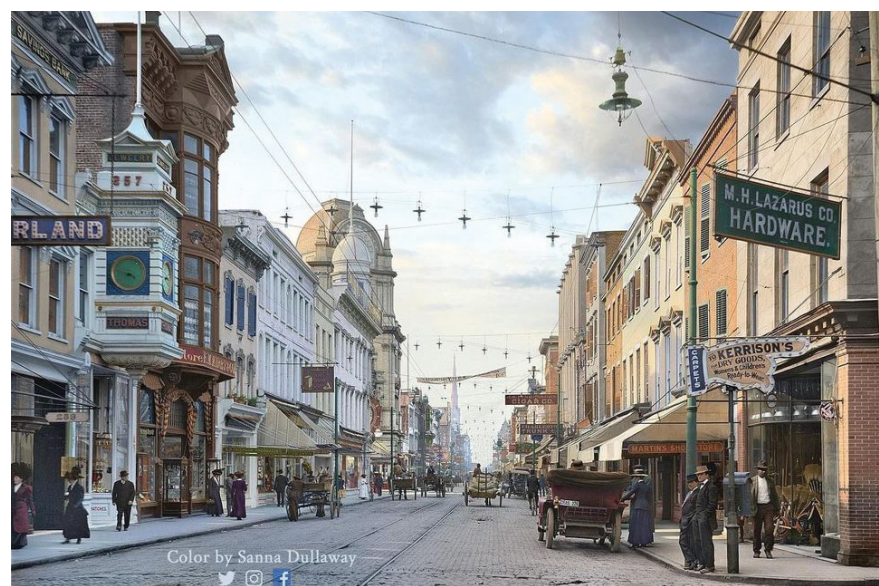
The snowstorm came from a unique mix of deepening low pressure that pulled a frigid air mass into the Southeast. What came next was 8 inches of snow and the rare white Christmas throughout the Charleston area. The snow started on Dec. 22 and didn't stop until Dec 24. It remains the greatest snowfall to date in Charleston. ▲



## 20-Foot Snowman!

We may get a little snow in Charleston every so often, but I don't think it will ever be enough to make a 20ft snowman. Photo from Anchorage, Alaska. ▲

## 1910 KING STREET



Color by Sanna Dullaway



# THE CHARLESTON FESTIVAL

The Festival of Houses & Gardens is now  
The Charleston Festival  
March 14 - April 14, 2024

For 77 years Historic Charleston Foundation has celebrated houses, history, and culture through its annual spring festival. Live like a Local through a variety of Tours & Events, with exclusive access to some of the most beautiful private houses and gardens in Charleston, SC. In addition, The Charleston Festival will feature an exclusive site-specific exhibition of original works of art by world-renowned artist, Jill Hooper. Be sure to join us for the opening weekend for Charleston by Design and explore where preservation meets design through lectures, tours and designer vignettes. As Historic Charleston Foundation's largest fundraising and educational event of the year, we hope you'll join us next spring for The Charleston Festival.



**Charleston by Design**  
A celebration of art, interiors and preservation, Charleston by Design is the dynamic kick-off weekend to the month-long Festival. Charleston x Design will feature Designer Vignettes at the Aiken-Rhett House, the Design in Mind Lecture Series and Designer House Tours, March 14 through 17.

**Jill Hooper Exhibition**  
Charleston-based Painter and Draftsman, Jill Hooper, will present the exhibition, "Windows into Another World" at the Aiken-Rhett House Museum. To accompany the exhibit, Hooper will host exclusive painting and drafting workshops and studio tours. Exhibition open for the duration of the Festival.

**Tours & Events**  
For 77 years, the Foundation's spring festival has attracted visitors from near and far to experience and learn about Charleston's historic and unique architecture, gardens, culture and history. The Charleston Festival will continue to offer House & Garden Tours in addition to a robust month-long schedule of events including the Festival Music Series, Lecture Series, social events and workshops. Expect new venues, elevated events and expert speakers in 2024.

TICKETS NOW ON SALE!  
[www.thecharlestonfestivalsc.org](http://www.thecharlestonfestivalsc.org)



## Evening Speaker Series

MONDAY, FEBRUARY 5, 2024  
5:15 pm Reception · 6:00 pm Lecture  
Alumni Center · The Citadel



### Crisis in the Red Sea

Speaker: Al Thibault

Recent attacks on commercial ships in the Red Sea—launched by the Houthis in Yemen—are wreaking havoc on global trade. These attacks have stunned the U.S. and its allies, who are working to devise an effective response, including attacks on Houthi targets.

Who are the Houthis? How did all this happen? And what are possible scenarios for the future?

Al Thibault will address this rapidly unfolding situation, drawing on his career with the State Department. Al was U.S. Consul General in Lahore, Pakistan, deputy chief of mission in Nepal and India; senior advisor at the U.S. Mission to the United Nations in New York; and director for Middle East Refugee Assistance, traveling widely in the region. He was political counselor, deputy chief of mission, and chargé d'affaires at the U.S. Embassy in Saudi Arabia. He studied Arabic in Jordan. He maintains a very active interest in Persian Gulf and Arabian Peninsula affairs.

Join us for a drink and a snack before the talk. The event is free for members and students. Nonmembers are welcome for a \$30 guest fee, payable at the event. Free parking. Contact [secretary@waccharleston.org](mailto:secretary@waccharleston.org) with questions.

[www.waccharleston.org](http://www.waccharleston.org)  
A Member of the World Affairs Councils of America



Seabrook Island Village  
Neighbors Helping Neighbors

# 5TH ANNUAL CORNHOLE TOURNAMENT

SAVE THE DATE

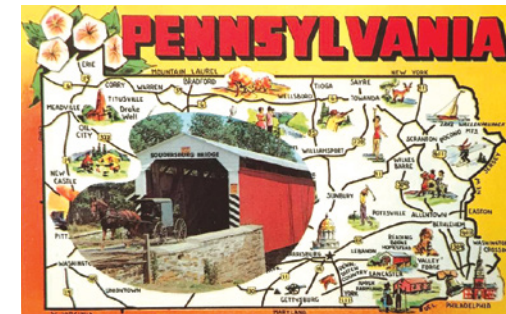
SEABROOK ISLAND VILLAGE - NEIGHBORS HELPING NEIGHBORS

## 5th ANNUAL CORNHOLE TOURNAMENT

SATURDAY APRIL 20, 2024

Hope to see you there!

## Pennsylvania Connection Feb. 18 at Oyster Catcher



If you're from Pennsylvania, worked or went to school in Pennsylvania, traveled through Pennsylvania, or thought about Pennsylvania, mark your calendar for Sunday, Feb. 18.

That's the date of Seabrook's 2024 Pennsylvania connection, scheduled in the Oyster Catcher Community Center from 5:30 p.m. to 8:30 p.m.

The all-island event is an opportunity to connect with other Seabrookers who have a link to the Keystone State. In recent years, the Connection has drawn 70 to 90 residents for conversation, snacks, and discussion of such topics as PA's world-class roads and idyllic weather.

The get-together is BYOB. Please bring a food item to share and \$5 per person to cover costs. Summerville's Peter Valencia (formerly of Berks County) will provide music.

To sign up, contact Kathy Kunkelman, [kkunkelman@comcast.net](mailto:kkunkelman@comcast.net), text 484-400-4390. ▲



## "HEALTH IS WEALTH"

Check Out Seabrook Island Village's Calendar for 2024  
Seabrook Island Village (SIV) is busy planning future programs that promote the well-being of SIV members, SIV service volunteers and all Seabrook Island residents.

Scheduled for Spring 2024:

- Practical Tips for SIV Service Volunteers**
  - Oyster Catcher Community Center / Friday, February 23rd / 10AM to 12PM
  - Roper St. Francis Healthcare Professionals will offer practical ways to be safe while helping others get into cars, going up and down stairs, and more.
- Stronger Memory Program for SIV Members**
  - Eagles Nest Room/The Lake House
  - Eight Week Program, Tuesdays, Feb. 6th - March 26th, 4PM to 5PM
  - Led by Sally Kimball, SIV's Co-Founder, participants will engage in reading, writing and math activities to strengthen working memory.
- Brain Health Seminar on Depression in Older Adults - SI Community Event**
  - Live Oak Hall / The Lake House / Saturday, March 9th, 1:30PM to 3PM
  - Presenters: Dr. Mary Hart Bryan and Dr. Randi Curtiss, MUSC Geriatric Psychiatrists
- A follow-up to the Brain Health with Age Seminar in October '23 and planning sessions on the topic of Dementia and Alzheimer's, treatment of these illnesses and additional volunteer training certificated programs by SJFD in first aid, CPR and AED use are being scheduled later this year.**

Seabrook Island Village (SIV), Neighbors Helping Neighbors, is a 501(c)(3) non-profit organization totally staffed by volunteers with the goal of helping Seabrookers of any age remain independent and active in the community. The program officially launched in January 2020 to fulfill SIV's mission of providing a variety of services to Seabrookers through a group of trained and vetted volunteers. Service offerings include:

- Transportation to and from medical appointments and local shopping
- Basic home chores and maintenance
- Computer/electronic assistance
- General support (friendly visits and phone check-ins)
- Caregiver Relief
- Social Fit Classes



## BEYOND THE BIRD-TALK BY KELLEY LUIKEY



All images by Kelley Luikey



Photographing Birds in the Lowcountry  
Wed. Feb 7th, 5:30-7:00pm, Oystercatcher Community Ctr.  
Refreshments 5:30, Presentation 6:00pm

Kelley Luikey is a South Carolina based award winning photographer, who specializes in fine art bird images. Her photos consistently rank in the Top 100 Images for national and international competitions such as the National Audubon Society, North American Nature Photographers Association and others. They have also appeared in numerous publications including the National Audubon Society magazine and the cover of Garden and Gun magazine.

While the majority of her time is spent photographing the local species of birds that she loves, she also travels for her bird photography and enjoys the challenge and excitement of photographing birds in different locations.

Kelley's talk will focus on how to photograph birds with more intention and creativity. She will discuss how she uses her camera, composes shots and places to go.

Kelley shows her photography at Pluff Mudd Art Gallery in Old Town Bluffton. (She also donates 2% of sales to Audubon South Carolina.) She hopes to inspire others to love and protect the beauty of the birds we have here in South Carolina.

This meeting is free to Seabrook Island Photo Club members. For guests and non-members we request a \$10 donation. Learn more at [seabrookphotographyclub.com](http://seabrookphotographyclub.com).



## SINHG ANNOUNCES SPRING EVENING PROGRAM SERIES

The spring series of Evening Programs offered by the Seabrook Island Natural History Group (SINHG) will explore the source of the Lowcountry's hurricanes, and two of the most influential cultures that have given texture to Lowcountry life.

February's program on Thursday evening, February 8th, will trace the origins of our troublesome hurricane season to "The Sands of Africa", presented by Post & Courier journalist Tony Barthelme, author of an extensive P&C series based on his travels and research in west Africa.

On March 14th Joseph Kelly, director of Irish and Irish American Studies at the College of Charleston, will detail the history and contributions of Irish Americans in the Holy City's development and culture.

The spring series will conclude on April 11th with "The Gullah Heritage", a deep dive into the rich cultural heritage of the Gullah/Geechee communities who settled and still thrive on the southeast's barrier islands and coastal inlets. SINHG Evening Programs at Lake House are offered free of charge to SINHG members. There is a \$5 fee for non-members. Learn more about the series and register for any or all of the spring Evening Programs at [sinhg.org](http://sinhg.org). ▲

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## 33rd Annual Gala The Greatest Show

Camp Happy Days Annual Fundraising Gala  
Festival Hall | February 23, 2024 | 6-11pm

Camp Happy Days invites you to experience magic come to life at our 33rd Annual Gala, **The Greatest Show!** This extraordinary event will benefit children diagnosed with cancer and their families.

Step right up to enjoy delicious food catered by Kickin' Chicken and Swig & Swine, drinks provided by Tito's Handmade Vodka, Beyond Distilling Distilling Company and Breakthru Beverage, entertainment from dueling DJs and enticing auctions and raffles. Your support helps Camp Happy Days work toward our mission of providing cost-free, year-round programs to children diagnosed with cancer.

"Camp Happy Days is proud to put on **The Greatest Show** in support of children and families facing cancer" says Camp Happy Days Executive Director, Cindy Johnson. "This is our largest fundraiser of the year and we are grateful to our dedicated committee members, sponsors and volunteers who make this spectacular event come to life!"

We expect more than 400 supporters to attend this event and we hope you will join us. Individual VIP tickets can be purchased for \$175. Sponsorships and tables are available beginning at \$1,750. Purchase your tickets today at [www.camphappydays.org/gala](http://www.camphappydays.org/gala).

Website: [www.camphappydays.org](http://www.camphappydays.org)  
Facebook: [www.facebook.com/chdsouthcarolina](https://www.facebook.com/chdsouthcarolina)  
Instagram: [www.instagram.com/camphappydays](https://www.instagram.com/camphappydays)

For more information contact:  
Daniele Kockler, Director of Major Gifts & Special Events  
843-571-4336 | [daniele@camphappydays.com](mailto:daniele@camphappydays.com)



Arts & Cultural Events



Chamber Trio Featuring Yuriy Bekker, Julian Schwarz, & Marika Bournaki
Saturday, February 3, 2024
7:30 p.m. | Church of Our Saviour
Cost: No Charge



The Linda Ronstadt Experience with Tristan McIntosh
Wednesday, February 7, 2024
7:30 p.m. | West Beach Conference Center
Cost: \$25



Quentin E. Baxter Presents Dan Wilson Quartet
Friday, February 16, 2024
Sunday, February 11, 2024
4:00 PM | The Seabrook Island Club
Cost: \$35 - Available at baxtermusic.org



Art Film Series
Friday, February 16, 2024
The Kiawah Island Municipal Center | 3:00 - 5:00 PM
No Tickets Required



Piano Bar with the Joy Project
Wednesday, February 21, 2024
5:00 - 7:00 PM | The Sandcastle
No Tickets Required



PURE Theatre Presents Septima Clark
Sunday, March 3, 2024
7:30 p.m. | Turtle Point Clubhouse
Cost: \$15

Visit: www.kiawahisland.org/events/ for full details of above

2024 Symphony Designer Showhouse



6 Montagu - Original Watercolor by Mary Whyte 14" x 10.5"

6 Montagu March 13 - April 13

The CSOL is thrilled to showcase the restoration and reimagination of circa 1803 John Rudolph Switzer House featuring the work of 14 interior designers, home tours, special events and SCORE, the CSOL's curated pop-up shop.

PROCEEDS BENEFIT THE CHARLESTON SYMPHONY AND CSOL MUSIC SCHOLARSHIPS



THE GAME OF BRIDGE

What is Bridge

Bridge is the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards.

Bridge is a sport: The World Bridge Federation is recognized by the International Olympic Committee. Just like every sport, Bridge offers enormous benefits to its players.

It is enjoyed by tens of millions of people throughout the world - more so than any other card game. In social circles it is considered the card game. Whether you play casually among friends or seriously in clubs and tournaments, you

will find it to be fascinating, challenging and enjoyable.

Bridge is the perfect balance of fun and logic. You get easily drawn in by the many rounds and thoroughly invested with your teammate. Since bridge is a partner game, it's perfect for a small group of friends. There's a misconception that bridge is very difficult to learn, but it really just requires practice to become familiar with it. The rules start out simple, but progressively get a little more complicated. A basic game requires just four people, a deck of cards, and something to keep score on.

At the core, bridge was once an important bonding experience for

family and friends. It's something good to keep going, along with other fun games. For those who don't have a competitive, game-savvy friend to teach you how to play bridge, luckily there are many resources that can help you and your friends learn. (See Bridge on Seabrook). Bridge might not be as commonly known nowadays, but it's never too late to bring it back.

Why is bridge such a great game?

Bridge players love the mental challenge. Each game played will offer a unique challenge of problems and solutions. Every single deal is different; every deal poses a new problem and the challenge

of finding the solution is a great source of enjoyment - even more so if you find the answer!

The results of a research by Louise Clarkson Smith and Alan A. Hartley (Journal of Gerontology - Vol 45, Issue 6, pp 233-238) on Bridge players and nonplayers aged 55-91 indicated that players outperformed nonplayers in measures of working memory and reasoning.

A study published in 2003 by Verghese in the New England Journal of Medicine indicated that senior citizens who play a board game may have a lower risk of dementia. Generally it is considered that participation in leisure

activities has been associated with a lower risk of dementia.

Bridge offers many social benefits. It is a way to make new friends all over the world, but also provides the opportunity to make social contacts that can assist players in their business. Bridge players have the opportunity to meet Bill Gates at the table! The founder of Microsoft is the most astounding but for sure not the only one testimonial of Bridge - many brilliant minds of our times are devoted to this mind sport.

https://www.bridgewebs.com/charleston/ https://acbl.org/

FAMOUS BRIDGE PLAYERS



Martina Navratilova



President Dwight Eisenhower



Gill Gates



Warren Buffet



James Bond



Snoopy

Yes, Snoopy is a bridge player too. Peanuts cartoonist Charles Schulz, a long-time player, occasionally penned comic strips in which Snoopy, Woodstock (and Woodstock's buddies) play bridge. Alan Truscott once wrote an article about Snoopy's bridge game for the New York Times.



Playing Bridge on Seabrook

The Seabrook-Kiawah Duplicate Bridge Club (SKDBC) is committed to providing a fun environment for all bridge players in our area, regardless of experience or playing level. The SKDBC offers regular sanctioned games twice per week (Monday afternoons at 1:30pm and Friday mornings at 9:30am) at the Seabrook Lake House, as well as special events throughout the year. In an effort to build on the interest in the area, we are making some exciting changes to our offerings starting in 2024:
• Nikki Domin has offered to teach a beginners bridge class,

Tuesdays at the Lakehouse at noon. The 1st 5-week course is already full. We are hoping to use these classes as a vehicle to start a newcomer duplicate bridge game for ACBL members having fewer than 50 masterpoints. This game would be a separate session that runs concurrently with our already scheduled Monday duplicate game, which starts at 1:30pm, and would provide a less daunting atmosphere for people to enjoy the duplicate bridge format.
Contact Nikki: nikkidomin@gmail.com

Paul Corkish has offered to provide weekly lessons for intermediate players, preceding the Monday duplicate bridge game. For those interested, the lessons will begin at 12:30pm and go til about 1:15pm. The initial focus will be on reviewing some hands from the previous week that pairs were not able to reach the optimum contract or make the potential number of tricks. Feedback from these early sessions will highlight topics of group interest and future lessons will prioritize content accordingly. The "Learn and Play" sessions started on Monday January 8 and

continue for as long as there is demand. At this point, there will not be a charge for any of these learning opportunities (except for reimbursement for materials if required).
Contact Paul: seabrook.kiawah.bridge@gmail.com
• We are bringing back the Wednesday bridge and dinner event from January thru April to be hosted by the Seabrook Island Club on the 4th Wednesday of each of those months. The game starts at 3pm, followed by dinner at 6:30pm. Our mission is to provide an en-

vironment where duplicate bridge players can: 1) compete in a friendly atmosphere; 2) have opportunities to learn and improve; and 3) most importantly, have fun throughout. We're hopeful that you will take advantage of one or more of these opportunities in 2024. If you have other suggestions for future offerings, don't hesitate to submit them to our team.
Thanks, and we look forward to seeing some new faces in 2024!
Communications Team: Madeleine Kaye (Kiawah) & Gig Mislowsky (Seabrook)



2403 Racquet Club Drive, Seabrook Island
2 Beds, 2 Baths, 1152 Ft² | \$445,000

This first floor villa has a lovely, wooded marsh view. The kitchen has granite countertops and nice appliances, including Maytag washer and dryer. There are two screened porches, one off living room and one off primary bedroom. The complex has a private swimming pool located on a lakefront peninsula.



Listed By: Jack Wilson, REALTOR®
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# SEABROOK ISLAND

Real Estate



**3139 MARSHGATE DRIVE**  
**\$5,750,000**

Ocean/River/Marsh View | 4 BR | 4.5 BA | 4,093 SF



**3135 MARSHGATE DRIVE**  
**\$5,495,000**

Ocean/River/Marsh View | 4 BR | 4.5 BA | 4,290 SF



**3011 MARSH HAVEN**  
**\$3,343,000**

Ocean/Marsh View | 5 BR | 4.5 BA | 5,186 SF



**3205 PINE NEEDLE LN.**  
**\$1,790,000**

Wooded View | 4 BR | 4.5 BA | 2,658 SF



**2658 HIGH HAMMOCK RD.**  
**\$1,225,000**

Golf View | 3 BR | 2.5 BA | 2,575 SF



**4056 BRIDLE TRAIL DR.**  
**\$1,150,000**

Equestrian View | 3 BR | 2.5 BA | 2,030 SF



**2776 HIDDEN OAK DR.**  
**\$720,000**

Golf View | 2 BR | 2 BA | 1,175 SF



**624 DOUBLE EAGLE TR.**  
**\$644,900**

Golf View | 2 BR | 2 BA | 1,161 SF



**7136 INDIGO PALMS WAY**  
**\$499,000**

Wooded View | 3 BR | 2 BA | 1,512 SF

**WE SELL MORE PROPERTIES ON SEABROOK ISLAND THAN ALL OTHER AGENCIES COMBINED.**



Standing: Tom Peck, John Halter, Amanda Benepe, Ryan Straup, Patsy Zanetti, Ingrid Phillips, Mary Ann Lloyd, Stuart Spisak, Joy Dellapina, Michelle Almeyda-Wiedemuth  
Seated: Pat Polychron, Chip Olsen, Stuart Rumph, Kathleen McCormack, Marc Chafe

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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.

