Monopine Progress

After many years of planning and working through various regulatory and other hurdles, telecommunications services within Hilton Head Plantation are slated to make a quantum leap forward. Although work continues on both the monopine and Distributed Antenna Systems (DAS), this long-awaited improvement will be switched on in the next few weeks. As with any new system, some calibrations and adjustments will be needed to fine-tune the system. Below are a few photos taken in December 2014 noting the progress of both projects.

(below) One of the DAS system poles near High Bluff Road in the middle of pine trees.

(above) Cell tower and housing in mid-December.

(below) Cell tower mixed in with pine trees.
President’s Report

Happy New Year to All! I hope your holidays were filled with friends, family, and fun. Oh yes, and lots of good food.

As you read this, we should be very close, if not already there, to a final solution to the cell phone reception problem. The new monopine and the improved Distributed Antenna System (DAS) should significantly improve reception throughout HHP. Many thanks to all who have assisted in this project over the past several years.

We have received permits from the Army Corps of Engineers for the Spring Lake Pool renovation, thanks to the assistance of State Senator Tom Davis. Construction is expected to commence at the end of the swimming season of this year.

Thanks to all who submitted applications to serve on the POA Board of Directors. The Nominating Committee has selected four candidates to run for three vacancies occurring this year. The candidates will be introduced at the 'Coffee with Peter' on Thursday, February 19, 10:00 AM, at the Plantation House. Thanks to Vice President Harry Meyers for chairing this very important committee.

Thanks to all of the volunteers who contribute so much to the day-to-day operations of our community. These great people, along with a truly dedicated staff, give us good reason to be proud of where we live. Their hard work is what makes living here so pleasant.

We always want your comments and constructive criticisms. Call us at 681-8800, ext 9. Or you can email us at: board@hhppoa.org. If you wish to contact the Board President directly, you can email me at: president@hhppoa.org.

--Terry Conway

HHP Resident Mallory Liggett named 2014 Cross Country Runner of the Year by the Island Packet

Congratulations to Mallory Liggett for her outstanding achievement. Mallory played a pivotal role in assisting the Hilton Head Island High School Seahawks to another team title, their fourth. A freshman at Hilton Head High School, Mallory became the school's first girl's individual State Champion, finishing in 18 minutes, 37.20 seconds.

Many residents may be aware that HHP allows the Hilton Head Island High School Cross Country Team to use our facilities for their training. Although we would like to take some credit for the team’s Four State Championships and performances such as Mallory’s, the credit needs to go to the coaching staff of the high school and the young men and women who we see training diligently on a regular basis within HHP.
General Manager’s Report

Coffee with Peter
Our next Coffee is scheduled for Thursday, February 19, 10:00 AM, at the Plantation House. Besides our usual updates and a question and answer period, we will introduce the candidates that are running for the three open seats on the Board. We will also be introducing the new General Manager of Public Service District (PSD) Peter Nardi, which is HHP’s Water District. If you are new to our lovely community, these Coffees are a great way to get up-to-speed on the operations of the Plantation.

Looking Back to Move Forward
In the month of December, the POA performs two very special tasks. One is recognizing the hundreds of volunteers who gave of their time and talent to the HHP community during the year. These are the folks who worked tirelessly and altruistically on the POA’s many committees, volunteered to decorate the Plantation for Christmas, volunteered for our July 4th extravaganza, worked with our Kids Kamp program as mentors for all manner of skills, assisted with the upkeep of the General Howard Davis Island, or served our community in some other meaningful manner. Hilton Head Plantation could not provide the services and expertise necessary to operate without the contributions of our dedicated volunteers. These individuals add unprecedented value to the community. If you want to know why we enjoy the quality of life we have come to expect from HHP, look no further than these dedicated volunteers. One of the ways we recognize these contributions in a very small way is with a party each year at the Spring Lake Pavilion hosted by the POA staff. This year over 250 invitations were sent out to individuals who so readily gave of themselves. On behalf of the Board of Directors and the POA staff we thank all of our volunteers for their dedicated service.

Two of these volunteers with long and distinguished careers of service will be going off the POA Board — Terry Conway, the Board’s President, and Tom Hoppin, the POA Board’s Treasurer. Both of these individuals have led the community through several challenges. From upgrades to the Plantation’s telecommunications to renovating the Spring Lake Pool to finding an appropriate use for the Salty Fare property just outside our Cypress Gate, these two community leaders were there to provide their expertise and time in so many ways. Besides their presence at a multitude of POA Board and committee meetings, they worked tirelessly by attending HHP community meetings and Town meetings to guide several major projects that will benefit Hilton Head Plantation for years to come. They will be honored along with many others at the POA’s Annual Meeting on Saturday, March 28, at the Plantation House, 10:00 AM.

The second task is a letter I draft every year to your POA staff recognizing them for their contributions. In this correspondence I enumerate in very broad strokes the work of our fine staff. The one attribute I always come back to is their ability to provide what I call “lateral service.” This is the portion of the customer service equation where staff members support each other in our overall goal of providing excellent customer service to you, your guests, and vendors. Lacking that lateral service component (also known as teamwork), our full-time staff could not hope to deliver all the programs and services without this synergy among our team members.

As a result of that concerted effort, we have produced many noteworthy performances by staff members who are able to capitalize on that synergy. From time to time, that collaboration, training, and dedication leads to the ultimate act of saving the life of a fellow human being. Last year we recognized Corporal Tomika Busby for her heroic act of saving the life of a resident’s guest who was suffering a heart attack. That gentleman is alive today due to Officer Busby’s quick actions. In late November 2014, the training and skills of our Officers once again paid off when a resident suffered a heart attack. Private First Class Jerri Spraggins and Sergeant Williette Lee were the first on the scene of a medical assist and found a woman suffering from an apparent heart attack. Officers Lee and Spraggins worked together to bring an unresponsive, unconscious individual back to life. Their actions were recognized as were Tomika’s by Chief Brad Tadlock of Hilton Head Island’s Fire and Rescue Department.

These positive outcomes and scores of other accomplishments would not be possible without your support for the training each staff member receives to learn and better their craft. Performances like this also do not occur without consistence leadership — all three of these fine Officers report to Lieutenant Vanessa Green, the first shift supervisor. These outcomes are a positive reflection of all of our Security Officers and all of Hilton Head Plantation, providing just one of the many reasons folks love living here.

Telecommunications
Most of the difficult infrastructure has been installed in conjunction with the two major telecommunication upgrades within HHP. The monopine project is moving forward with Verizon scheduled to install their equipment presently, which will be followed by the installation of artificial pine tree branches. AT&T has tentatively committed to locate on the monopine in the first quarter of 2015.

(Cont’d. on page 4)
General Manager’s Report
(cont’d. from page 3)

The upgrade to the Distributed Antenna System (DAS) continues. All of the new concrete poles for the system have been installed. The poles are in the process of being outfitted with antenna arrays and the appropriate wiring for connectivity.

Spring Lake Pool Renovation
We are very pleased to report that, with the assistance of State Senator Tom Davis, we have secured a permit from DHEC/OCRM for the installation of the boardwalk/fishing pier associated with this project. Wood+Partners, the land planners, continue to work on bid specifications for review by the POA Board.

Contribution to the Conservancy Foundation
The Whooping Crane and Cypress Conservancies comprise well over 127 acres of unspoiled wetlands and forest. These two features are among the many elements that set HHP apart from other planned communities. Funding for the maintenance and improvements to these two valued natural treasures are, for the most part, derived from the generosity of Hilton Head Plantation residents. Once again, this year’s assessment mailing will contain a letter from the Conservancy Foundation Board of Trustees who are asking you to consider making a voluntary donation to the Hilton Head Plantation Conservancy Foundation (HHPCF). Please consider making a tax-deductible donation. You can place your donation in the return envelope for your assessment payment. Checks to the Conservancy Foundation should be made out to the Hilton Head Plantation Conservancy Foundation or HHPCF.

Lock your doors
The crime rate in HHP is very low. Please do not let that sense of security lure you into becoming careless. The number one thing you can do to prevent your home or car from being burglarized is to lock your doors, even if you are home. Please help make HHP a tough place for those who may have a criminal intent to make a living.

Tailgating
Please do not tailgate. Travel at a safe distance from the vehicle in front of you. A good rule of thumb is 10 feet for every 10 mph.

Security Services
Just a reminder — With the colder weather upon us, our Security Department provides the following services that are not always well publicized: a jump start for your car, a gallon of gas in case you run out somewhere on the Plantation, turn off your water in an emergency, and check your home when you leave for an extended period.

Catch and Release
One of the little publicized natural resources of Hilton Head Plantation is our freshwater fishing. Each year, in conjunction with the Plantation’s Fishing Club, the POA stocks many of our freshwater lagoons. This helps to keep the sport and recreational aspects of fishing alive and well in Hilton Head Plantation. The POA Board, working with the Fishing Club, wants to educate residents and their guests on the merits of "catch and release" fishing. It is the POA’s and Fishing Club’s objective to keep the fish in our freshwater lagoons a vibrant natural resource for years to come. To that end, we ask that all residents and their guests adopt the practice of catch and release fishing.

Projects - 2015
The following are the projects and items that are budgeted for completion or purchase in 2015: Paint the exterior of the Dolphin Head Pavilion, repair/replace three aerators, replace the A/C at the Plantation House, replace administration office computers, replace the Administration Office's computer server, replace the single roof on the POA Service Center, replace the Security Department's ballistic vests, replace the air handler at the Main Gate, renovate the Spring Lake Tennis irrigation system, replace the air handler at the Spring Lake Tennis Pro Shop, upgrade the computer software for the POA Service Center, replace two Security Department patrol vehicles, replace one Maintenance Department pickup truck, replace three infrared digital cameras for the Security Department, replace the exterior doors at the Dolphin Head Pavilion, repair/replace the Maintenance facility’s roof, replace the A/C at the Dolphin Head Pavilion, repair/replace subdivision signs, perimeter fence renovations, cut and fill work on damaged roadways, resurface leisure paths as needed, replace the tennis tapes at six Har-Tru courts, renourish the Pine Island Beach, paint the exterior of the Security Gatehouses, and replace the security system at the Plantation House. Inclusion on this list does not indicate that the project or purchase will absolutely be completed in 2015. It merely indicates that these projects/purchases will be evaluated by the Board and staff based on present status and budget considerations.

Holiday Decorations
A hearty well done to all of you who took the time to adorn your homes for the holidays! Your decorations were a gift to your neighborhood and helped spread the holiday spirit so prevalent in our fine community. As with all things, there is a season. If you have not done so already, please take down your holiday decorations by January 20, and pack them carefully away for next year so they can once again brighten our neighborhoods.

Stay Safe

Peter Kristian
Community Policing is one of the tools we use to keep crime in check as compared to the greater Hilton Head Island community. The community policing philosophy is embraced department-wide. Our Officers are here not only to enforce the laws and keep the peace, but also to simply serve.

Community Policing has been defined as a collaborative effort between law enforcement and the community that identifies problems of crime and enhances the quality of life in the community. We accomplish these goals by combining the efforts of the Security Department, the POA’s other departments, and our community members.

Many policing concepts in recent years have tended to isolate Officers from the community they serve which can hamper crime control efforts. A good Community Policing agency is charged with the responsibility of crime prevention. Most traditional law enforcement agencies are charged with ‘solving’ the crime problem, the drug problem, the DUI problem, the domestic violence problem, etc. Those are predominately REACTIVE concepts. Community Policing allows a Security Department to get back to the principles upon which policing was founded; to integrate itself, once again, into the fabric of the community so the people come to Security for counsel and help before a serious problem arises. This allows the Officers to provide PROACTIVE solutions rather than to be solely reactive.

For any Community Policing program to be beneficial there must be a long-term commitment from everyone involved. Our goal has always been to form lasting partnerships between our community members and the Security Department. The present results indicate we have had great success with this technique. By providing even non-law enforcement services to our residents we open up the lines of communication, which enhances our crime prevention efforts in a big way. Each and every call for service, whether it is in response to a medical emergency or a call for a jumpstart, gets our Officers out into the community so they can establish a rapport and a level of trust with residents. This sustained integration serves to enhance the flow of information from residents to POA Security Department personnel.

As indicated by the crime reports in the media, criminals and crime are alive and well outside our gates. The Hilton Head Plantation Security Department recognizes the value of bringing the members of the community back into the policing process. Hilton Head Plantation is by no means crime-free; however, by adopting a Community Policing philosophy we decreased the likelihood of criminal activity gaining a foothold on the Plantation. We encourage the community to express their concerns over crime-related or quality of life issues. We will continue to work with the community to provide problem-solving activities. Please join us in our efforts to keep Hilton Head Plantation a safe and enjoyable community. If you see something that doesn’t look right, report it. If you have a crime or safety concern, call me or, better yet, come down to the office and we’ll discuss it over coffee.

Art Benoit, Director of Security  
email: abenoit@hhppoa.org
**Holiday Decorations**

Flying around the Plantation during the Christmas season, I took notice of all the beautifully decorated homes and neighborhoods. The holiday spirit was alive and well in HHP. Thank you so much for your beautiful donations to our neighborhoods. I hope all of you took the time to enjoy the colorful displays of holiday cheer. The POA asks that you carefully remove all holiday decorations by **January 20**, so that you may use your decorations for the next holiday season.

**Rules and Regulations**

It's a New Year – time for a fresh start and new beginnings. Let us begin with sources of information that are available at your wingtips. I would like to invite the residents of Hilton Head Plantation to join me in reviewing the Plantation’s Rules and Regulations. It’s a great source of information, and makes great bedtime reading as it underlines its purpose, which is to maintain and enhance the lifestyle we all enjoy. You can find the Rules and Regulations at: [www.hiltonheadplantation.com](http://www.hiltonheadplantation.com) under the Documents/Forms tab. Next year I will have to remind Santa that the printed HHP Rules and Regulations would make a great stocking stuffer, right beside our note cards!

**Play Equipment**

I spend most of my winter months perched on the play equipment on my human neighbor’s back lawn. My bird’s eye is always on the lookout for the decal that shows the play equipment has been approved by the ARB. Play equipment installed on any part of the property outside of the dwelling, even if it is not structurally permanent in nature, must be approved by the ARB prior to installation. Such play equipment includes, but is not limited to, basketball backboard and hoop (fixed and portable), swing set, gym set, trampoline, and more. ([Personally, I really enjoy the swings and rings. Doing ring routines with feathered wings is a challenge at times, but I must admit being able to fly does limit the length of my fall when one of my high flying routines misses.] You can find a list of play equipment in our Rules and Regulations. An application form must be completed in full with all requested information and consent signatures where applicable. Consent signatures would include adjacent neighbors in the proximity or in view of the recreational area relative to the type of activity play. An application form is available at the POA Service Center, and at [www.hiltonheadplantation.com](http://www.hiltonheadplantation.com), under Forms.

**POD Deliveries**

Portable on Demand Storage Units (PODs) need approval for entry. You may contact Covenants at 681-8800 ext. 242 to schedule entry onto the Plantation. PODs are classified as utility trailers; therefore, they must be removed the same day and adhere to the commercial designated work hours. The designated work hours are Monday-Friday, 7:00 AM-7:00 PM; Saturday hours are 8:00 AM-5:00 PM. Entry is not allowed on Sundays.

**POA Debris Dumpsite**

The landscape drop off area, open from sunrise to sunset, is a nice and convenient HHP amenity. The area is for owners/residents only. Commercial vehicles are not permitted to use this area. An owner/resident may not escort their contracted commercial landscaping company to the POA disposal area to dump debris removed from their property.

**Fishing**

Persons desiring to fish in HHP POA-owned lagoons are **urged** to obtain a map designating which lagoons are POA-owned and which are privately-owned by regimes within the Plantation or by a golf course. When in saltwater, you are not obligated to practice catch and release, but please remember that I love fish! A catch thrown my way is always appreciated. The Rules and Regulations address the regulations used to maintain established policies. The HHP map also designates which lagoons are **no fishing** areas. Maps are available at the POA Service Center to all owners/residents for $1.00.

**Spring Lake Pool Renovation**

I have heard through the air waves that a lazy river may be part of an upcoming Spring Lake Pool renovation. It has come to my attention that a certain duck is already lobbying the Board of Directors for a special “Duck Pool Pass” so he can just drift along with the human swimmers in the lazy river. However, between you (my human friends) and me, he is actually just scouting out an opportunity to have a captive audience to sell some silly add-on insurance policies. If this special “Duck Pool Pass” makes the cut, what will be next? A gecko on a raft asking for 15 minutes to save on your car insurance? The new pool should be a “no fly” zone unless I can have a soap box on the bridge overlooking the lazy river to espouse the virtues of picking up after your dog and how easily geckos can be swallowed. :-)

--Harry Heron

681-8800 ext. 242  mchisolm@hhppoa.org
2014 Holiday Lighting Tour of Homes

Thank you to the many HHP residents who decorated their homes and mailboxes so beautifully!

This really helped to transform HHP into a lovely holiday wonderland.

BEST of the SEASON
30 Knollwood Drive 7 Fallen Arrow Drive
1 Bent Hook Court 14 Quail Walk Lane
31 Eagle Claw Drive 2 Saddlewood Court
4, 6, & 8 Christo Drive 38 Deerfield Road
2 Loggerhead Court 2 Golden Hind Drive
4 Annabella Lane

People’s Choice Voted Homes
30 Knollwood Drive 7 Fallen Arrow Drive
14 Quail Walk Lane 4 Misty Morning Drive
20 Cygnet Court 12 & 24 Winding Trail Lane
14 & 15 Saltwind Way 13 Margarita Court

Most Decorated Streets
Wimbre Lane – bring your sunglasses!
Kinglet Lagoon – wear short sleeves, lights are hot!
Stillwater Court – no grinches in this neighborhood!
Crooked Pond Drive – no headlights needed!
Oyster Bateau Court – a partridge in a pear tree!
Sara Court – curvy!
Carma Court – electrifying!
Margarita Court – makes you feel tipsy!
Anna Court – tight, but bright!

Most Decorated Mailboxes
16 Winding Trail Lane 2 Isabella Court
1 Fish Hawk 65 Old Fort Drive
16 Flying King Court

Please remember:
All exterior holiday decorations need to be taken down by January 20, 2015 and stored for next year.

ASSESSMENTS ARE DUE WITHOUT PENALTY BY JANUARY 31, 2015

If you did not receive a bill, please contact Angela Graves at 681-8800 ext. 235.

Do You Have a New License Plate?

Please call the POA Service Center (681-8800 ext. 0) with the new tag number.

View Plantation Living in color!
www.hiltonheadplantation.com

Advertisements in the Plantation Living newsletter should not be viewed as an endorsement from the Hilton Head Plantation Property Owners’ Association, Inc.

The Association claims no liability for content of any ads.
Ads are accepted on a space available basis.
2014 Women’s Plantation Cup

The 12th Annual Women’s Hilton Head Plantation Cup golf tournament was played at the Dolphin Head Golf Club and the Country Club of Hilton Head. Ten two-person teams led by a Club Professional from three golf clubs in Hilton Head Plantation (Bear Creek Golf Club, Country Club of Hilton Head, and Dolphin Head Golf Club) and Golf Club at Indigo Run participated in the two-day event. The seven lowest net scores for each club were recorded each day with both days played in a better-ball-of-two format.

The Country Club team won for the eleventh time in Plantation Cup competition, taking a one-stroke lead over GCIR on the first day of competition and expanding that lead by an additional 28 strokes on day two for a 29 stroke victory over GCIR. Final stroke totals for each club were: Country Club (929), GCIR (958), Dolphin Head (978), and Bear Creek (1,004).

The Country Club teams of Janet White and Joanne Paterno, and Barb von Bremen and Bev Holmes, Golf Club’s Barbara Hynes and Barbara Grimes, and Dolphin Head’s Pat Carroll and Gila Schmid all tied for the tournament’s low 2-day net score of 130. Bear Creek’s low 2-day net score of 134 was recorded by Renee Rezzetano and Carol Jackson.

The Country Club of Hilton Head Team


(above) Golf Club at Indigo Run team (above) Bear Creek Golf Club team (above) Dolphin Head Golf Club team
Many of us spend hours walking or reclining on our beaches during the summer months with little thought to what might be living in the sands under our feet. A number of crabs might be found in our area — among them being ghost and fiddler crabs, sometimes called sand crabs.

Ghost crabs are semi-terrestrial crabs found in tropical or subtropical regions. They look rather odd, with a square shaped head and two swollen eye stalks sticking up on top. The entire lower part of this stalk is their cornea. They have two claws, one of which is larger than the other, and four walking claws on each side of the body. Their pale-colored bodies blend very well with the sand and they are able to gradually match their color to their surroundings. However, they cannot rapidly change back as chameleons do. It is more likely that their changes will occur slowly in response to the time of day. These crabs dig deep burrows just above the tidal zone of open sandy beaches. They breathe oxygen through moistened gills which need to be dampened periodically in wet sand or with dips in the sea water.

Like the ghost crab, the fiddler crab is also part of the same sub family Ocypodinae. They have the same mismatched claws as the ghost crab; however, in fiddler crabs it is only the male with this claw difference. Here the difference in size is also much more obvious. In fiddler crabs the head is more broad at the front than that of the ghost crab. Also, the eyes of the fiddler crab are on tall thin stalks with the cornea being small and located at the tip.

Bridge Winners

◆ PH Team Bridge

December 2 - Winners
1. Don Edwards & Roger Kline
2. Hand & Shirley Bourgaux
4. Linda Schneider & Rusty Malacarne
PH - 1st Tuesday - 7:00 PM
Call Barbara/Don Edwards 689-3311

◆ SL Ladies Bridge

December 2 - Winners
1. Sigrid Peters
2. Sue Creighton
3. Dorothy Feind
December 16 - Winners
1. Gloria M. Campeau
2. Jeanne Napier
3. MaryLou Meinholz
1st & 3rd Tuesday - 10:00 AM
Call Sigrid Peters 689-9350

Three species of ghost crabs are found in the Atlantic Ocean and the Mediterranean Sea, and two are found in the eastern Pacific coast of the Americas.
HHP Train Club

The snowman has arrived! Visit the HHP Train Club layout (right) at the Plantation House and enjoy!

Several members have presented "Show and Tells" at recent meetings.

Dave Garceau showed off his "TieJector" (left) at our November meeting. He also showed off this Marx Bronze Nose "O" Gauge train (right) at our December meeting.

Rusty Fuller showed off his old-looking, but modern Lionel train set (left) at our December meeting.

At our January 14 meeting, member Earle Nirmaier presented the Durango and Silverton Colorado Railroad.

The club meets monthly from September to June, 7:00 PM, the second Wednesday of the month, normally at the Plantation House, but we do have occasional field trips. For more information contact Don Fellner 843-290-5353 or email: hhptrainclub@gmail.com.

--Doug Volk

Bunco

We meet on the 3rd Monday, 7:00 PM, at Dolphin Head Rec Building.

--Joan Heller 681-4720

Euchre Club

We meet on the 3rd Friday at Spring Lake Pavilion (except December), 6:15 PM. The game is easy and lessons are taught. If it sounds like something you would be interested in, call 843-715-2529 or email Chuck Stewart at: chuck.stewart@e3partners.org.

--Chuck Stewart

Men’s Cooking Club

Enjoy cooking and want to learn more?

Men’s 2nd Wednesday Cooking Club

Meets the 2nd Wednesday of each month, 12 Noon until 2:00 PM, at the Spring Lake Pavilion. We each demonstrate our favorite meals on a rotating basis. Initial membership is limited to 12 members. Can’t cook? Come anyway! For more information, call Joe Sanker at 682-2615.

Men’s 4th Tuesday Cooking Club

The HHP Men’s Cooking Club started a second division that meets every 4th Tuesday of the month. While the meeting place will generally be at Spring Lake Pavilion, some members elect to host their cooking presentation at their respective homes. For information, call Steve Strom at 342-2838.

Vino Formaggio Group

The Vino Formaggio Group offers wine tasting opportunities for the novice to develop an appreciation for various wines; the making of red and white wines, champagnes, etc.; the pairings of wines with cheeses, and wine etiquette. Wines tasted can be purchased at a discount from a store the day of the tasting.

Please contact Linda Jones 342-6425. You must be a current member of HHP Women’s Club to join.

--Linda Jones 342-6425
Fishing Club

Our next meeting will take place on **Wednesday, January 28, 6:00 PM** at the Plantation House. The dinner theme will be “Tailgate” food as we (other than Giants fans) celebrate this year’s Super Bowl. Our speaker will be Al Stokes of the Waddell Mariculture Center who will update us on some new tours the Center offers, as well as the Center’s part in the new Port Royal Sound Maritime Museum.

Winter has arrived and has had its normal effect on fishing in the Plantation lagoons. Our most popular target fish, the largemouth bass, is severely affected by cold water temperatures. Bass are most comfortable and active (and hungry) in water between 65-75° Fahrenheit. When the water drops below that range, metabolism slows and the fish become very sluggish. They don’t hibernate, but require more oxygen and less food. They move to deeper water and continue to feed but not vigorously, chasing equally sluggish minnows and bluegills, then taking days/weeks to digest their catch.

This makes catching largemouth much more difficult, relying largely on the fish’s natural instincts to react to anything passing by. The place to hunt for them in the winter is the bottom. They probably won’t chase something on the surface. Activity will shut off almost completely as a cold front passes, but conversely, will pick up with passage of a warm front. Activity, starting with the spawn, will start to pick up when the water reaches 60 degrees.

How old was that largemouth you caught? A one-year-old fish will average about 4 inches, a 2-year-old 7.5 inches, a 3-year-old 9 inches. Each subsequent year will add about two inches, so a 21-inch fish, which we do see occasionally, will be 9 years old. Bass in the northern part of the country will tend to be larger and live longer than southern bass because the summer water temperatures tend to be lower. Bass don’t do well when water temperatures reach 80 degrees. The normal maximum age for a northern fish is 10-11 years while we can expect one of our bass to max out at 7-8 years. These sizes are for females, which are larger than a same-aged male.

Caregivers Support Group

Our support group for caregivers in Hilton Head Plantation is growing! What a wonderful group of people who care about helping others. That’s what a mutual self-help group is all about. You get some time out from your caregiving (respite) to touch base with others, have a laugh, a cry, attend to your needs (feelings, spirit, thoughts, and fears), and you reach out and help another with your experiences. It’s always a value to your personal health and wellness, as well as your loved one’s care.

You will learn from a professional facilitator and counselor, Ann Martel, M.S.W., LISW (HHP resident). Ann has over 30 years’ experience in Healthcare, Mental Health Care, Senior/Hospice Care, and private counseling for adjustments related to illness, major transitions in life, stress, grief, and caregiving.

**THIS GROUP IS FOR YOU – THE CAREGIVER.** The group meets the **3rd Friday** of the month, **11:00 AM**, at **The Cypress Clubhouse - TV Room**, just past the concierge. There is no charge for the group.

Contact Ann Martel to get on her email list: amartel@hargray.com or give her a call at 785-5995. See Ann’s blog at: www.annscaregivertips.blogspot.com.

How much does that bass weigh? You can estimate with this formula: \( W = \frac{(L \times G \times G)}{800} \) where \( L \) is the length in inches, \( G \) is the girth, measured at the widest spot, and \( W \) is the weight in pounds. I found this information online in an excellent article entitled, "The Behavior and Habits of Largemouth Bass" by William K. Johnke. Worth reading!

If you want more information about the club, call Dave Morse at 682-2356. Information about fishing? Call Gary Turner at 342-3254.

--Earle Nirmaier
Women’s Club

Please join us for the next meeting of the Women’s Club on **Tuesday, February 10, 2:00 PM**, at the Plantation House — a half hour of refreshments and socialization followed by a short business meeting, and then our program.

Is red wine good for you? Is diet soda bad? What about eggs and chocolate? Making sense of the conflicting claims about diet and nutrition can be overwhelming. Award-winning health journalist Robert J. Davis, Ph.D., author of "Coffee Is Good for You", will cut through the clutter to reveal what’s believable and what’s not in an easily digestible way. Davis, whose work has appeared on CNN, PBS, WebMD, and in *The Wall Street Journal*, is an adjunct professor at Emory’s Rollins School of Public Health, and is founder of Everwell, a company that creates and distributes health video content. He’s also the author of "The Healthy Skeptic".

During the February 10 business meeting, we will vote on the recommended By-Law changes presented by the Board at the January meeting. This change will create an additional Board Director to help with the Membership responsibilities.

Please email your reservation for the February meeting to HHPWCO1@gmail.com. Mark your calendar for the **second Tuesday of each month from August through May** to attend all of the Women’s Club meetings.

You can become a member of the Women’s Club by sending a check for $15 payable to HHPWC to Kathy Eckart, 5 King Rail Court, HHI, SC 29926. Please include your registration information that includes: name, address, phone number, email, and spouse’s name (please print this information). Joining is easy; refer to our club section at [www.hiltonheadplantation.com](http://www.hiltonheadplantation.com) where you will find the membership form (select Recreation and Activities on the left, then Clubs).

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Island Hoppers

Well, here we are at the start of another New Year. If all went as planned, the Island Hoppers enjoyed a fun, relaxing, and educational day in Columbia on January 14 visiting the Planetarium and the Norman Rockwell exhibit at the Columbia Museum of Art.

We will now reassess our interest level to decide if the Island Hoppers will continue to travel the Lowcountry and its environs. If there is sufficient participation, we will endeavor to schedule another day trip — perhaps to the Charleston's Spoleto Festival or A Day on Jekyll Island. Let us know your preference. Look for an update in next month’s *Plantation Living*.

Any questions call:  
**--Pauline Ross 689-3294**  
**--MaryJo Happley 689-3952**

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Happy Times Society

The Happy Times Society is a social group for all HHP residents. Happy Times Society meets each month (except December) at Dolphin Head for light refreshments.

- **Date:** 4th Sunday of the month  
- **Time:** 5:00 - 7:00 PM  
- **Place:** Dolphin Head Rec Area

Each person/couple attending is asked to bring an hors d’oeuvre for eight and their own liquid refreshment. Ice will be supplied. For information, call Dottie Distelheim at 342-6828.

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Cheers by the Sound

Come and greet dear friends and make new ones at Dolphin Head Recreation Area. Bring an hors d’oeuvre for eight, a serving utensil, your favorite beverage, paper plates, cups, and napkins.

- **Day:** 2nd Monday of the month  
- **Time:** 5:00 – 7:00 PM  
- **Place:** Dolphin Head Rec Area

No reservations are necessary – just show up.

For information, call Margita Rockstroh, 682-3171.

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The Lucky Shots

Our fun loving golf group continues to drive, pitch, and putt our way around Pinecrest Golf Club on Monday mornings. No matter how we play, we always have a great time! After completing nine holes, we relax and enjoy a delicious lunch together in Chopper’s Pub. The Lucky Shots are not accepting new members at this time.

**--Nancy Meyer 682-4060 or njm6409@gmail.com**  
**--Trish Ouellette 342-2534 or pouellette9@me.com**
**Tee Timers**

The Tee Timers have been alternating playing golf between Bear Creek, Dolphin Head, and Oyster Reef Golf Clubs and have had a great first year. Several of the gals play 18 holes, while a lot still just want to play 9. We are all having a great time getting to know a lot of new friends from the Plantation. Matt Stewart at Dolphin Head Golf Club gave some of our gals a group lesson and the gals are looking forward to a series of lessons with him next year. Matt started with the short game on and around the green and will work up to the driving range.

We had a Christmas get-together and our members are looking forward to a great New Year and are hoping for a milder winter this year. The Tee Timers are taking names for a waiting list or possible openings, so if anyone is interested in joining the Tee Timers, please call or email Carole Ide, our Chair, at 682-2652 carolehhi@me.com or Kathy Enders, our Co-chair, at 342-6995 hhigolfer@roadrunner.com. Members of the Tee Timers don’t need handicaps (we just get together for some fun golf and friendly times), but you must be a member of the HHP Women’s Club, so make sure you join that group first.

--Kathy Enders, Co-Chair  342-6995

**Dance Club**

Start the New Year off by learning how to dance! Join the Hilton Head Plantation Dance Club. You do not need to know how to dance as beginning and advanced dances and dance steps are taught. This is a great opportunity to learn how to dance or improve on what you already know for those times when you are attending social functions and dancing is included. Dances taught include waltz, shag, swing, and several Latin dances.

New members are always welcome and can join at any time. There is a minimal charge of $6.00 per person per class to cover expenses. You pay only for the classes you attend. There are no other membership requirements or dues. All classes are taught by a professional dance instructor. Classes are held at the Plantation House at 6:15 PM. Join us, meet some new friends, and have some fun.

Our schedule is as follows: **January 21**, February 4, February 18, March 4, March 18, April 15, and May 6. (There are no classes held during the summer months.)

If you have an interest in joining us or would like more information, please call one of us listed below.

--Charlie or Joan Forton 681-4761
--Veronica Schaffner 715-8163

**HHP Big Band**

We are continuing to add to our repertoire and prepare for our Fat Tuesday gig in February. We’ve been fortunate to have two fine guest drummers play with us recently. David Bricker joined us on December 1, and Dominic Castobile played with us on December 15. Thanks so much for filling in, gentlemen. We really appreciate your help.

As always, we encourage those of you who play, or have played, an instrument to come to the Plantation House on Monday evening, 7:00-9:00 PM, and sit in on a rehearsal. Who knows? You might even want to join us regularly. We also welcome listeners, if you’re happier “playing the radio.”

--Marianne Currie

**HHPWC’s Book Clubs**

Happy Reading!

Happy New Year!

--Margita Rockstroh  682-3171

**Keyboard Club**

The Electronic Keyboard Club is looking for NEW members. If you can play a little piano, then you can play the keyboard. If needed, we can loan you a keyboard. We play for parties and sing-a-longs. For more information, call **Sally Davis** at 689-2674.
January 8th was our first meeting, and experience has taught me that at the first meeting of the year we discuss our objectives, what we did right, and what we did wrong. Also, there’s some more housekeeping of our storage areas, and other good things like that. Now that you see what goes on in back of the scenes with us, before we get underway for the New Year, if there is anything special you would like us to consider making, either for you to purchase, or that you saw or received and think it would be a good item for our sales, why not contact us and let us see if it is possible? This would be most helpful.

Our minds will be geared toward spring and summer items. Are there such items that you may have bought 5, 10, 15 years ago and would like to see us make again? As you can see, I am reaching out to all of you for input that might stimulate our creative juices to achieve new heights.

Another interesting item I wanted to share with you is that a resident had not finished a very beautiful, complex item and wondered if we had someone who could complete it. We did. The lady donated it to us and one of our members finished it beautifully. When the woman who donated it, saw it, she was thrilled and...she bought it! And, we were all thrilled and happy for her. This is not the first time that one of our craftsmen completed a project; but it is the first time the originator bought it back.

Also, as you do your spring cleaning, if you find fabrics, paints, or any items we could use, that you are no longer using, please call me. This is a great way to reduce our costs and increase the amount we donate to Hospice Care of the Lowcountry. Thank you.

--Charlotte G. Ward  681-8407
email:  cgwardhhi@roadrunner.com

The Avid Gardeners (TAG)

Our beautiful island is even more so during the holiday season. Each year it is more bright and festive as additional lights and decorations are added to homes, public buildings, and grounds. Many thanks to those who participate. We must be a wonderful sight from planes landing at our local airport.

Be a seasoned gardener or newly interested, now is the time to study catalogs for spring and summer plants and bulb. Do we increase what has been successful or add new offerings? Or both? With so many beautiful photos, the decision is even more difficult. Dream, imagine, and go forward.

TAG’s Christmas party was a huge success. Olivia Ford’s uniquely designed table centerpieces were spectacular. The food was delicious, and the dance group “Target” encouraged many onto the dance floor with “our music”.

A reminder to join us on Friday, January 16, for our monthly meeting. Skilled floral artist, Lauri Leber, owner of The Flower Shop in Bluffton, will demonstrate how to create an arrangement using roadside flowers and greens. Nature offers us a varied array of seasonal wild flowers, grass, and greenery. Ours for the taking. This will prove to be a very informative presentation. Bring your own container and join the fun.

The Avid Gardeners meet on the third Friday of the month in the Spring Lake Pavilion at 9:30 AM for a coffee/social, followed by a short business meeting, and then the guest speaker about 10:30 AM.

For further information, contact Corliss Zampino at 681-6062 or Claudia Hawn at 682-3886.

--Midge Kennedy

Out to Lunch Bunch

On January 15 the Out To Lunch Bunch will be meeting at OKKO’s located at the BiLo shopping center. It’s one of the only Hibachi restaurants on the Island specializing in Japanese and Thai cuisine. They will be performing right at our table and it’s quite a show. The atmosphere is sleek and upscale. The menu and price will be available on our Website. See you there.

Save the date — February 18 — restaurant information to be announced.

--Carol Vivona  682-4129
--Kathy McLaughlin 342-6284
--Mary Skwirut 342-3345
Farmers Club

Welcome 2015 and all of you new farmers. December was rough with three or more nights of frost and three weeks of no water due to the failure of the pump motor. We were busy hauling water in all sorts of containers large and small. *(Photo right of Charles Sampson hauling water.)*

If you used some of the jugs I left on the market stand, please keep them for future use or return them to the market, but do not throw them away.

Remember to water your onions every other day to keep them sweet. This may also prevent them from developing seed heads later. Spinach and lettuce also need a lot of water; and root veggies such as beets, turnips, and parsnips are slow to germinate and need careful weeding while small. Check out our Website at [www.hhpfarmers.com](http://www.hhpfarmers.com) for planting charts on when to plant what. If you want the login and password to see the member or plot list, please email or call me.

Roots are best harvested young. Wash gently, let dry, and store in a plastic bag in the refrigerator with a damp paper towel to keep them crisp. Leave about an inch of the stem. A medley of root vegetables are delicious roasted together in a 400° oven for about an hour. Cut them so they are about the same size and coat them with olive oil and salt and pepper before baking.

There are lots of good seed companies out there, but two of my favorite Southern ones are [www.tomatogrowers.com](http://www.tomatogrowers.com) and [www.parkseed.com](http://www.parkseed.com). Just received an impressive catalog from [www.vermontbean.com](http://www.vermontbean.com) and have already ordered some items. Keep in mind that we cannot grow heirloom tomatoes here very well. If you start your own seeds, wait a few weeks as they only need six weeks before setting out on our last frost date of March 15.

There are several good plots available at a rate of $30 plus membership fee of $20. If interested, call Chuck Mainenti at 682-3475.

--Diane Middleton  342-5884  mastergardener4@hhpfarmers.com

HHP Softball Club

The Softball Club continues to stay active year round playing competitive games with teams from both Sun City and the Landings near Savannah. Practices are held every Tuesday, 1:00 PM, at the softball field near the POA Service Center. We’ve had outstanding attendance at our practices and have even had some intrasquad scrimmages lately. We continue to add new players to the team and are growing our roster.

We encourage new players to come and join in the fun. The club always would like to have new players join the team, the more the merrier. The size of the club, in terms of active participants is growing very nicely, but we’d love to have even more. The club is open to both male and female softball players.

If you’re interested in joining the club or have any questions, feel free to contact Bob Huisman at modybloo@hotmail.com. Or, just come down on Tuesdays, 1:00 PM, and see what the team is all about.

We are just starting a new year, and with that we will ask for a $20 annual fee to support all the expenses of the club, including equipment (bats and balls).

Softball is fun...come out and join us.

--Rick Sarcione, President  
617-513-0234 mobile  RCSarcione@aol.com

Plantage Living, a Newsletter for Residents of Hilton Head Plantation
Yacht Club

The Yacht Club held its Change of Watch Formal Ball at the Country Club of Hilton Head on December 2 with music by the Headliners. After introducing all of the Past Commodores attending, Commodore Jim Ackerman swore 2015 Commodore Sandy Koepke into office. Commodore Koepke then presented her 2015 Flag Officers and board and swore them into office. The January 2015 meeting will be a potluck dinner at the Plantation House with a speaker.

(above) Commodore Jim Ackerman (far right) and Past Commodores

(above) 2015 Commodore Sandy Koepke (second from right) and Board

(above) Swearing in 2015 Commodore Sandy Koepke

(above) Past Commodore and Commodore - Paul and Sandy Koepke

(above) Enjoying the 2014 Change of Watch Ball

If you are a property owner in Hilton Head Plantation and have a boat registered in SC, you are encouraged to contact our Membership Officer, Rae Scott, at 681-8682 or visit our Website at: www.hhpyc.org. Also, new additions for the waiting list for Social Members (persons living on the Plantation with a past history and/or interest in boating) are encouraged to contact Rae for an application.

--Jim Ackerman

Knit Wits
This friendly group of women welcomes all skill levels of knitting. The group meets every Wednesday, 2:30 PM, at the Dolphin Head building. No fee is required, although you must be a current member of the HHP Women's Club. Come, have fun, laugh, knit, purl, and relax. For more information, contact:
--Ceil Meyers 342-2185
--Barbara Bitner 341-3304

Woodcarvers
Woodcarvers have many projects in the works – birds, figures, bas-relief, etc. Come spend some time with us. Experience is not a factor; we learn from one another.

Days: Mondays
Time: 1:00 - 3:00 PM
Place: Dolphin Head Rec Area
Contact: Jim Gorddard 689-3273

Plantation Living, a Newsletter for Residents of Hilton Head Plantation
The Plantation House has been filled with our Winter Collection, all new artwork from your talented artists. The Winter Exhibition brochure is available at the Plantation House where you can find the information about the exhibit and the artists’ contact. Make sure to take one home.

There is still time (and it’s always a good time) to become a member. For more information about our membership, email Mike Nicastre, our VP and membership coordinator, at: hhpartistnews@gmail.com. We have a diverse group of members who work at all levels from beginners to professional artists. This provides a strong, creative environment for development and motivation.

Whether you live in the Plantation or elsewhere, anyone interested in receiving our newsletter can subscribe by sending a request to the following email address: hhpartistnews@gmail.com.

Looking for some motivation? Come and join our artists who paint together on Wednesdays from 10:00 AM until 2:00 PM at the Dolphin Head Pavilion. Please call Evelyn Kowtko at 681-6338 for more information.

--Jean-Marie Côté
President, HHP Artists Association

Our February meeting will be a field trip to the May River Orchids commercial greenhouse located at 122 Confederate Avenue, in Bluffton owned by Madeline and Dan Nelson. The Nelsonts have been raising orchids for many years, and are involved in hybridizing Phalaenopsis. Madeline will share the secret to raising beautiful orchids. You may purchase one of their blooming creations, or bring your own orchid and have Madeline repot for $3.00.

The Green Thumbers will meet at the Plantation House parking lot Monday, February 9, 10:00 AM, and carpool from there. If you wish to drive and would like to form a group ahead of time to ride with you, that would be great. For those members interested, the Thumbers may stop for lunch together on the way home. Please RSVP to: Shea.kathy@gmail.com if you plan to attend the February 9 event.

The January joint meeting of the Green Thumbers and the ladies from Island Transplants enjoyed Angela Mandigo, owner of “Gardenia’s Floral,” a division of Circle of Life Plant Interiors and Rentals. She demonstrated how to creatively use succulents in our homes and gardens.

If you think you would like to join our group, it is never too late.

--Linda Watts, Publicity Chair

If you have any questions regarding the field trip or membership, please contact one of our Co-Chairs:

Edna Coombs 342-7184
Sandra Palma 342-5240

Healthy Eating Macrobiotic Network

Start your New Year off right by eating and feeling better with our healthy gourmet luncheons.

Please join us on Friday, January 23 at the Spring Lake Pavilion, where Sarah Maier, a culinary expert and chef at The Olde Pink House in Savannah, and Betty Melkon, a nutritional health counselor, certified culinary teacher and yoga instructor, will provide another fabulous meal, as well as recipes and cooking tips. You’ll enjoy unprocessed foods, including whole grains, fresh vegetables and fruits, beans, and natural sweeteners. When possible, the food is locally grown and organic.

Reservations are required, and payment must be received in advance. The annual membership fee is $10 and the cost per meal is $20. Please email Kathy Shea or Phil Carney at hhmacro@gmail.com or call 843-715-2008, and leave your name, phone number, email, the number of people who’ll be attending, and any allergies or dietary concerns. Checks should be made out to HHMacro and sent to Kathy Shea at 74 Deerfield Road, HHI, SC 29926.

We look forward to seeing you!

--Kathy Shea and Phil Carney
Dog Club

Hello Dog People! The HHP Dog Club met on January 6 to plan dog-centric events for the winter and spring, so watch this space for details as our plans and provisions take shape!

We have welcomed several new members to the club recently, including Laurie and Alan Biggs and their trainee, Reef, a Lab/Golden mix. Yes, I said “trainee.” They are preparing Reef for a career as a service dog, specifically, a guide dog for the visually impaired. Laurie was prompted to undertake such training by observing the needs of visually impaired students whom she met while working as a K-12 ESL teacher. The puppy was put in her care by Southeastern Guide Dogs (SGD), a non-profit organization accredited by the International Guide Dog Federation.

Laurie is following an extensive training program, including benchmarks which Reef must achieve in the year she is with Laurie and Alan. After the puppies are trained in private homes, they receive more training on the SGD campus in Palmetto, Florida and are paired with visually impaired adults, who live on campus for several weeks, learning how to navigate the environment with the aid of their dogs.

Because of the rigorous program, only 38% of the puppies trained are able to fulfill all of the requirements and eventually serve as guide dogs for the visually impaired. The remaining dogs go into other forms of service, such as search and rescue; arson, bomb, and drug detection; and assisting veterans suffering from PTSD. Each dog represents an extensive investment of time and money, so every effort is made to utilize the dog’s training to best effect.

If you are interested in raising a puppy to become a guide dog, visit the Website: www.GuideDogs.org/ RaiseAPuppy or call 800-944-3647.

Laurie and Alan will be bringing Reef to each club meeting, so we will be able to see firsthand how she is meeting her benchmarks.

Wishing you and your furry companions a healthy New Year, filled with Happy Dog Walking.

--Helen Collins, HHP Dog Club Secretary/Treasurer
tel. 689-9303  email: hmcollins@hargray.com

Newcomers Club

The Newcomers Club celebrated another wonderful event — Jingle Fest with the Main Street Village merchants on December 4. Gift bags loaded with gift certificates and other prizes were given to our Newcomer members donated by the Main Street Village merchants. A live remote feed from 104.9 The Surf provided holiday music, local author Kathryn Wall was at Letters with her newest book, and wine and hors d’oeuvres were served by many of the merchants. Thank you, Main Street merchants!

We are kicking off the New Year with our History of Hilton Head Program and Gullah dinner on Tuesday, January 20 at the Plantation House. Lou Benfonte, President of the Heritage Library, is our speaker, and the Gullah dinner will be prepared by noted chef and author Sally Ann Robinson of Savannah. Mike Sirgo with Merrill Lynch is our sponsor. Reservations are required and you should receive the email blast with the evite. The cost is $14 per person.

Looking ahead: February 17 - Mardi Gras Party; March 17 - St. Patrick’s Day Party; April 21 - BBQ and Horseshoe Crab Talk (bring the kids); May 19 - Sunset Boat Cruise.

As always, we welcome those interested in becoming new members. For information, check out our Website at: www.hhpn.com or call our membership chairperson, Suzi Huisman, at 843-715-2516.

--Cathi Sansone, Publicity

Bocce Club

Well, the New Year is upon us and that surely means a new bocce season will soon begin. New teams will be formed, a new roster of players will be completed, and a new schedule created.

Hope to see y’all at our organizational meeting scheduled for Saturday, January 24, 10:00 AM, at Spring Lake Pavilion.

If you are interested in playing bocce this season, please join us at this meeting. For more information, contact Shay Wolf at wolfd@union.edu.

--Sandy Stern
Spring Lake Tennis Club News

The Spring USTA Team Tennis Season will be in "full force" beginning February, with Spring Lake Tennis fielding over 15 teams in the 18 & over, 40 & over, 55 & over, and 70 & over Divisions. If you would like to come out and cheer our teams on, please call the Pro Shop for days and times at 681-3626.

It's a New Year, time to update changes to our committee. First of all, the Spring Lake Social Committee would like to praise and thank Jan Fatzinger, Neil Strohmaier, and Bob Holland for their years of service on the committee. We'll miss you and appreciate all your efforts to make Spring Lake an exciting and fun place to play tennis.

We are welcoming three illustrious new members for 2015...Dan Wojcikiewicz, Janet Holland, and Mike Riley.

The Tennis Social Committee's first event of the year will be a Round-Robin and Soup/Chili Challenge in February. See the Pro Shop for details later in January.

Here's the list of upcoming events we have planned for 2015:

- St. Patrick's Day "Luck of the Irish" Round-Robin and Dinner
- Wimbledon Tournament complete with strawberries and cream
- HH Plantation Court Challenge (Spring Lake vs. the Country Club of Hilton Head)
- Pizza Party and Round-Robin
- Sunset Boat Cruise and Round-Robin
- End of Summer Party and Round-Robin
- Oktoberfest Round-Robin and Brats on the Grill
- Holiday Party

Now that the weather is cooler, Java Jan and Java John remind you that we have coffee, tea, and cocoa available in the Pro Shop.

Please note: You do not have to be a member of the Spring Lake Tennis Center to attend these social events.

--John Blake and Neil Strohmaier

Spring Lake Tennis Drill Clinics
Tuesdays 11:00 AM
Forehand and Backhand Groundstrokes
Fridays 11:00 AM
Volleys and Overheads
Call Spring Lake Tennis Center 681-3626
or Lou Marino 843-301-4453

After-School Kids Tennis
Now taking sign-ups.
Ages 6-10 and Ages 11-14
Where: Spring Lake Tennis Center
When: Tuesdays and Thursdays
Time: 4:30 - 5:30 PM
*For details, call: Lou Marino
(843) 301-4453, or Spring Lake Tennis Center 681-3626.

HHP Pickleball Club
The Club has flourished over this last year with the support of the Island Recreation Center and new players from all over HHI. This game is easy to learn and great fun to play while you’re getting your cardio workout in for the day. Come by and use our demo equipment to try it live!

Contact BC Huselton at 843-342-5471 or email: bchuselton@gmail.com if you'd like to be on the distribution list for scheduled play times at the Recreation Center. The typical schedule starting time is 9:00 AM on Monday, Tuesday, Thursday, and Friday for all levels.

--BC Huselton
### Chair Yoga – New Session

The Activities Department is excited to offer another 8-week session of Chair Yoga beginning Monday, March 2. Chair Yoga is for everyone. No matter what age you are or what condition you are in – you can experience the health benefits of yoga.

Did you know you can perform most yoga postures, breathing techniques, meditation, and relaxation techniques from a chair? This form of yoga is very easy to do no matter what physical condition you are in. It will give you peace of mind and self-esteem to know you are doing something good for your body, mind, and spirit.

The chair is not only used for the seated postures but as a support for many of the standing postures as well. It replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga’s amazing fitness and health potential. Even if you are in a wheelchair, you can receive the many benefits of Chair Yoga – the integration of body, mind, and spirit that keeps the yoga practitioner at the top of his/her game.

**Dates:** Mondays, March 2 – April 27 (skipping April 20)

**Time:** 4:00 – 5:00 PM

**Cost:** $40/person

**Instructor:** Gayle Caporale

If interested, please stop by the Plantation House to sign up with Keriann. **Please note:** Participants **will not be allowed to use Universal Fitness Tickets to attend.** Participants will be required to pay for the entire 8-week session in advance. For questions, call Keriann at 681-8090.

### Universal Fitness Ticket Prices for 2015

Universal Fitness Tickets are now on sale. The following reflect the **NEW** prices for 2015:

- **1 ticket** - $5.75 each
- **10 tickets** - $52.50 ($5.25 each)
- **20 tickets** - $95.00 ($4.75 each)
- **30 tickets** - $135.00 ($4.50 each)
- **40 tickets** - $170.00 ($4.25 each)

The 2015 Universal Fitness Tickets can only be used January 1 through December 31, 2015, and they are non-transferable and non-refundable. The Universal Fitness Tickets may only be used for the following classes:

- Low-Impact Aerobics
- Total Body Conditioning
- Gentle Yoga
- Pilates
- Beginner Pilates
- Total Fitness
- Shallow Water Aerobics *
- Deep-End Water Aerobics * (summer months only) *

For additional questions regarding the Universal Fitness Program, please contact the Director of Activities at (843) 681-8800, ext. 226.

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<td>Low-Impact Aerobics</td>
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Qigong Class - New 6-Week Session

Qigong (chee gong) is an ancient Chinese health care system that was developed before the written word in Chinese monasteries, hospitals, and imperial courts. It integrates movements, breathing techniques, focus attention, and self-applied massage. Qigong means cultivating or working with energy and is practiced for health maintenance, increased vitality, and inner peace. Our instructor, Benedicte Gadron, will be teaching a six-week session, beginning February 16. Classes will be held on Mondays at the Spring Lake Pavilion from 4:30-5:30 PM. The new class session runs February 16 through March 23, and the cost is only $40/person for the entire session. If interested, please sign up with Keriann (681-8090).

- Dates: Mondays
  - February 16 through March 23
- Time: 4:30-5:30 PM
- Place: Spring Lake Pavilion
- Cost: $40/person
- Instructor: Benedicte Gadron

Qigong's great appeal is that anyone can benefit from practicing it, from the very young to the very old. The movements are easy to learn. They can be performed standing, sitting, or lying down, and can be adapted for physical limitations. No special equipment or clothing is required. A minimum is needed in order to have this class so sign up today!

Kids' Night Out

The Activities Department is teaming up with Bricks 4 Kidz® to offer a fun-filled Kids’ Night Out on Friday, January 16, 6:00-9:00 PM, for all kids in grades K-5th, for $20/child. The festivities will begin with a pizza dinner, followed by a team-building activity with Lego® bricks, then will conclude with a showing of “The Lego Movie.” The deadline to sign up was Monday, January 12.

Questions? Call 681-8090.

- Date: Friday, January 16
- Time: 6:00-9:00 PM
- Place: Plantation House
- Cost: $20 per child
- Deadline: Monday, January 12
- RSVP: Keriann at 681-8090
- Movie: "The Lego Movie" (Rated PG)

Movie Description: This original computer animated story follows Emmet, an ordinary, rules-following, perfectly average LEGO mini-figure who is mistakenly identified as the most extraordinary person and the key to saving the world. He is drafted into a fellowship of strangers on an epic quest to stop an evil tyrant, a journey for which Emmet is hopelessly and hilariously underprepared.

“Standing Guard: Protect What You’ve Worked For” Seminar

You've worked hard to provide for your family. Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. Please join the Activities Department and Danielle Jeffcoat, a Financial Advisor with Edward Jones, on Wednesday, February 25, for a free seminar entitled, “Standing Guard: Protect What You’ve Worked For.” Danielle will share proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected.

- Date: Wednesday, February 25
- Time: 12:00 Noon
- Place: Plantation House
- RSVP: Keriann at 681-8090
- Cost: FREE!
- Presenter: Danielle Jeffcoat

Financial Advisor with Edward Jones

If interested in attending, please call Keriann at the Scheduling Office at 681-8090. Lunch will be provided so sign up early! Seating is limited. We hope to see you there!
Formosan Termite Discussion

Please join the Activities Department and Hilton Head Exterminators on Wednesday, February 11, 10:00 AM, at the Plantation House for FREE refreshments and seminar on Formosan Termites. Learn some of the essential elements of Formosan Termites including:

- Biology and habitats of Formosan termites
- How are they different from our native Eastern Subterranean termite
- Do Formosan termites really forage and make nests in live trees?
- What can I do around my house to keep termites away?
- What is a professional looking for during the inspection? What are some high risk areas?
- Is a Termite Warranty important and what does it really cover? Do all warranties and companies cover Formosan termites?
- What is all this talk about Spray Foam Insulation? How does Spray Foam Insulation impact my Termite Warranty?
- Where are Formosan termites most active in HHP and on HHI?
- What is the best way to provide adequate control? What do you recommend?
- Lessons learned from the field and technological advancements in termite control

Date: Wednesday, February 11
Time: 10:00 AM  Cost: FREE!
Place: Plantation House
Presenter: Bill Robertson, John Holbrook, Todd Pierce, Rick Culbreth
Hilton Head Exterminators
RSVP: Keriann at 681-8090

If interested in joining us for this free seminar, please call Keriann at the Scheduling Office at 681-8090. Space is limited so sign up today!

Presenter Background: Hilton Head Exterminators is deeply rooted in our local community, providing pest control services to the Island since 1968. The first pest control company on the Island, their mission has been to provide the best extermination services possible while maintaining exceptional customer service. Locally owned and operated, they are proud stewards of our community. The company has a long-term view focused on serving our community and protecting the homes of our friends and neighbors. In fact, five members of their staff live within Hilton Head Plantation!

“9 Conversations” Seminar

The Activities Department is pleased to be teaming up with Agape Senior to offer a FREE seminar entitled “9 Conversations” on Tuesday, January 27, 10:00 AM, at the Plantation House. There are “9 Conversations” that you inevitably have to have with your parents or senior adults for whom you will be responsible. The sooner we begin the conversations with our parents and loved ones, the better. Learn what topics you should cover as well as tips on tackling them. The “9 Conversations” include:

1. Driving: Taking Away the Keys
2. Physicians and Primary Medical Care: Don’t Know Much About “ology"
3. Medication: Just a Spoonful of Sugar
5. Cleanliness and Hygiene: Clean Up Your Act
6. Personal Emergency Device: One Fall Away from “Dependence”
7. Living Options: When They Can’t Safely Live at Home
8. Finances: Put Your Money Where Your Life is
9. Health Insurance: Learning the A, B, C’s ...and D of Medicare

Light refreshments will also be available. If interested in attending, please call Keriann at the Scheduling Office at 681-8090. Seating is limited so sign up today!

Date: Tuesday, January 27
Time: 10:00 AM
Place: Plantation House
Cost: FREE!
RSVP: Keriann at 681-8090
Speaker: Susan Siegel, Senior Solutions Advisor Agape Senior

Instructor Bio: Susie Siegel is a Senior Solutions Advisor with Agape Senior, the largest healthcare provider for seniors in the state of South Carolina. Susie is from the Chicago area and earned her Bachelors of Arts in Communications Studies from the University of Iowa. She has lived in the Lowcountry for 12 years now and serves as a community liaison for Agape Senior. Agape provides integrated healthcare and specifically hospice care in the Lowcountry. Agape Senior is a wonderful resource for senior care and needs.
“Adding Years to Your Life and Life to Your Years: How to Live Longer and Healthier” Seminar

Please join the Activities Department and Dr. Travis Sizemore, a member of the Foundation for Wellness Professionals, for a FREE seminar on Wednesday, March 4, entitled "Adding Years to Your Life and Life to Your Years: How to Live Longer and Healthier.” Dr. Sizemore will discuss three main concepts on how to achieve this, including:

- Proper communication is key – Inside and outside the body.
- Exercise is vital – A body in motion tends to stay in motion; whereas a body at rest tends to have pain and inflammation.
- Proper nutrition is a necessity – Your health is determined by what you put into your body.

Also learn what three main things to avoid. The seminar will be held 10:00 AM at the Plantation House. Light refreshments will also be served. If interested in attending, please call Keriann at 681-8090.

Date: Wednesday, March 4
Time: 10:00 AM
Place: Plantation House
Cost: FREE!
RSVP: Keriann at 681-8090
Speaker: Dr. Travis Sizemore

Presenter Bio: Dr. Travis Sizemore earned his doctorate of chiropractic in 2001 from Logan College of Chiropractic in Chesterfield, MO. He also obtained a bachelor’s degree in human biology from Logan. He completed his undergraduate studies at Marshall University in Huntington, WV, where he graduated with a bachelor’s degree in biological science. Dr. Sizemore is skilled in a diversity of chiropractic techniques, therapies, nutrition, and functional medicine for age birth and up.

Shamrock Shuckin’ Shotgun

Join the Activities Department and Bear Creek Golf Club on Friday, March 13, for the Shamrock Shuckin’ Shotgun 9-Hole Golf Tournament and Oyster Roast. Come by yourself or sign-up with a group of four. We’ll set out for 9 Holes on Bear Creek Golf Course with a shotgun start at 3:00 PM.

For those interested in dinner only, we’ll plan to serve at 6:00 PM. The dinner menu includes: Oysters, corned beef and cabbage, boiled potatoes and carrots, and mint chocolate brownies. Tea, coffee, and lemonade will also be included; however, a cash bar will be available. The cost for golf/dinner is $45/person or dinner only for $25/person. For those playing golf, proper golf attire is required.

If interested, sign up with Keriann before the deadline: Friday, March 6.

When: Friday, March 13
Time: 3:00 PM – Shotgun start
6:00-8:00 PM – Dinner
Where: Bear Creek Golf Club
Cost: $45/person – Golf & Dinner
$25/person – Dinner only
RSVP: Keriann 681-8090
Deadline: Friday, March 6

Come out and celebrate St. Patrick’s Day with us! Deejay Pete Rice will provide the music throughout dinner, so feel free to bring your dancing shoes and wear your green! Don’t forget to sign-up with Keriann. Seating is limited so sign-up early!
The King's Feast & Revels

Enjoy a wonderful night of music, food, and fun as the Activities Department turns the Plantation House into an Olde English castle and celebrates the arrival of the King and his Court with an evening of Medieval entertainment.

The Lowcountry Renaissance cast includes the Port Royal Sound Vocals singers, but this time they’re in Middle Ages costume to regale us with beautiful, bawdy, and very funny Medieval music and comedy. Get ready to participate in the craziest version of “Little Red Riding Hood” you’ll ever experience.

**Date:** Tuesday, February 24

**Time:**
- 5:30 PM Pre-Show Entertainment
- 6:00 - 6:30 PM Dinner Served
- 6:30 PM The King arrives and the revelry begins!

**Place:** The Plantation House

**RSVP:** Keriann at 681-8090

**Cost:** $35/person

**Presenter:** Lowcountry Renaissance

**Menu:** Roasted pork loin with dried cherry demi-glace, garlic mashed potatoes, green beans, roll, and bread pudding for dessert. Soda, water, and coffee included; however, feel free to BYOB!

For questions, call Keriann at the Plantation House (681-8090). Your check is your reservation. All HHP residents and guests are welcome. Menu items subject to change. A minimum is needed; however, seating is limited so sign up early!

Children's Holiday Party - Loads of Fun!