

Plantation Living

NEWSLETTER FOR RESIDENTS OF HILTON HEAD PLANTATION
Volume 36/Issue 8 - August 2022

Congratulations Chrissy Kristian, Michele Chisolm, & Natalie Keene

We wanted to share a few outstanding accomplishments with all of you. Activities Director, Chrissy Kristian, has completed all of her coursework and her Professional Community Manager (PCAM) Case Study. Chrissy was informed Monday, July 18, that she has passed her case study and awarded her PCAM Designation, the highest Designation in the Community Association Industry. Chrissy also holds an Association Management Specialist (AMS) designation and a Certified Manager of Community Associations (CMCA) certification.

Natalie Keene, Staff Accountant/HR, has obtained her Certified Manager of Community Associations (CMCA) certification, which is the first step toward a PCAM designation. Natalie also holds an Association Management Specialist (AMS) designation and presently needs to complete one more course to qualify her to take the PCAM Case Study.

Michele Chisolm, ARB Director, is presently enrolled in the CMCA course called the M-100. Once completed, Michele will be eligible to take the CMCA exam and, if successful, will provide Michele with a CMCA certification.

These are all great achievements, and they are very significant in demonstrating the professionalism of these staff members in furthering their professional growth. These achievements benefit these staff members in their careers and provide the HHP community with professionals at the top of their game, benefiting our entire organization and all of our residents. Please join me in encouraging and congratulating these individuals.



Spring Lake Tennis

We would also like to recognize our Spring Lake Tennis Professional, Trevor Scott. Trevor has been with the POA for one year and has been working tirelessly on transforming Spring Lake Racquet Club. He has added new clinics for all ages, lessons, events, and merchandise. We are very proud of all that he has accomplished this year!

If you're interested in learning more about Spring Lake Racquet Club, go to our website www.hiltonheadplantation.com and click on the Recreation tab and that will bring you to the Tennis page.



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Hilton Head Plantation

Property Owner's Association

7 Surrey Lane - PO Box 21940
 Hilton Head Island, SC 29925
 Tel. 843-681-8800 Fax 843-681-8801
 Hours: Mon.-Fri. 8:00 AM - 4:30 PM
www.hiltonheadplantation.com

Board of Directors

Board of Directors Hotline Ext. 9

President Lori Schmidt
 Vice President Ed Schottland
 Secretary Carlton Dallas
 Treasurer Jon Heron

Members

Jordan Berliner Ann Schwab
 Rex Garniewicz Betsy Weppner
 David Pollock

POA Staff

General Manager
 Peter Kristian Ext. 233

Asst. Gen. Mgr./Administration
 Todd Lindstrom Ext. 239

Director of Activities/Recreation
 Chrissy Kristian Ext. 226

ARB/Covenants
 Michele Chisolm Ext. 231

Communications
 Leah Davis Ext. 244

Maintenance
 David Mills Ext. 227

Security Director
 Major Warren Gaither 843-681-3843

Tennis Pro
 Trevor Scott 843-681-3626

Important Phone Numbers

POA Service Center 843-681-8800
 Accounting Ext. 236
 Communications Ext. 244
 Covenant Enforcement Ext. 242
 Maintenance Shop Ext. 241
 Tennis Hotline Ext. 290
 Vehicle Decals Ext. 223
 Dolphin Head Building 843-681-8019
 Plantation House 843-681-8090
 Scheduling Office 843-681-8090
 Spring Lake Pavilion 843-681-3707
 Spring Lake Pool Information 843-689-6473
 Spring Lake Tennis 843-681-3626

Security & Emergencies

Dispatch (24 hours) 843-681-2459
 Pass Line (24 hours) 843-342-9980
 Security Office 843-681-3053
 Fire & Ambulance Dial 911

From the *President's Desk*

Thanks to the Recreation Department, Community Volunteers, Kids Kamp, and HHPPOA staff, we enjoyed another FABULOUS 4th of July celebration. The staff was delighted with a new vendor, as the old company we used for years was no longer in business. The new business delivered in a BIG WAY. Congratulations and thanks to everyone who contributed their time and talents! Kids Kamp set a new record for attendance and made a few families whose children were on the waitlist very happy when enough counselors were found to expand enrollment. I know many of you have spotted the HHPPOA staff in their purple Kids Kamp tee shirts (and some in purple sneakers) in their roles as crossing guards. Deas-Guyz put on another terrific concert, the last of the HHPPOA's summer concert series. The July Coffee with Peter, as usual, was well attended. The Hilton Head/Bluffton Chamber of Commerce's Charlie Clark presented a very well-received presentation that recapped the Chamber's 2021 Tourism Resident Survey. Ms. Clark took questions following the presentation, most of which she could answer; others were referred to Council members who were present.

July was a quiet but productive month for HHP. Construction preparation for the Dolphin Head Recreation renovation was slow to start but has gained momentum. Our contractor reported that the demolition permit had been issued, the playground had been stripped of equipment, and the old Dolphin Head Pavilion has been demolished. The construction fencing has been installed, and staff is working closely with Nix Construction to ensure safe access to the neighboring property and Pine Island.

I hope those who have returned from your earlier travels and/or are waiting for cooler weather enjoy the amenities HHP has to offer. And with August here, that means more Spring Lake Pool days. Peter has shared with everyone that one of the two lazy river impeller pumps failed, and we are awaiting replacement parts. The lazy river is still functional, just a bit "lazier."

Regarding the pool, the new pool maintenance company has struggled with maintaining the appropriate chemical levels due to a "perfect storm" of more than ever pool usage (due partly to increased Kid's Kamp attendance). The pool company also struggled with staffing shortages, a problem with which we are all familiar. Peter assures me he is on it! And I believe him.

As a reminder, the following links contain information helpful to both new and/or are a refresher for "veteran" residents. They provide DEPENDABLE HHPPOA sources by which you can stay informed and/or share your thoughts with Board members and staff.

The following resources are the best way to stay reliably informed about HHP issues/events/activities:

- Read *Plantation Living*, online or hard copy delivered to your mailbox
- Attend Coffees with Peter, an opportunity to hear first-hand what's happening and ask your questions
- Enroll for e-mail blasts
- Communicate with the Board:
 - by phone- 843-681-8800 ext. 9
 - e-mail- board@hhppoa.org
 - Letter to the POA Service Center
- Visit our website (www.hiltonheadplantation.com) for board meeting minutes and available forms and documents.

**-- Lori Schmidt
 Board President**

A letter from our

General Manager

Coffee with Peter

Our next Coffee is scheduled for Thursday, September 29, at 10:00 AM at the Plantation House. Our Special Guest will be Senator Tom Davis, who will provide an update on State Legislative activities and comment on the 278 Bridge and Corridor Project.

Back To School

Youngsters throughout the community will be back in school on August 15. Our Kids Kamp program ended on August 5, which means many youngsters will be underfoot. Be mindful of youngsters out and about the community.

Dolphin Head Renovation Project

As you may have noted, the Construction Trailer has been delivered, and the fencing is already in place. Limited parking for access to both Pine Island and the Bluff is available on either side of the entry road into the construction zone. Folks can then walk to either Pine Island or the Bluff. The only vehicles allowed inside the fenced-in area are authorized vehicles providing services for the project. Demolition of the old building has been completed. This is going to be a neat project to watch come out of the ground!

The Hot Dog Meter

When we celebrated, the hot dog meter and pizza meters were a little lower this July 4th. That was not born out by the crowds of adults and youngsters that took advantage of all the games and other festivities. This year was once again unique for many reasons – we have many new residents, and we used a new vendor for all the inflatables and games. You guys were great, and all the staff and volunteers appreciated your patronage and positive comments.

I could still perch myself atop the Dunk Tank, which was the coolest spot in the lineup! I lost count after twenty-one trips into the drink! One young hurler nailed me three for three! That individual was deadly accurate with every throw. Many thanks to the members of the Softball Club who staffed the Dunk Tank for their administrative and crowd control support.

Patriotic Parade Winners

Most Patriotic Child

1st – Grace Kennedy
2nd – Evan Walters
Tie for 3rd – Winnie & Hadley Kostrzewski
Honorable Mention – Vivienne Walker

Most Patriotic Duo/Family

1st – Lyanna Choban
2nd – Vienna & Jackson Davis and Izzy Keene
3rd – Hannah & Cora Pevey

Most Patriotic Pet

1st – Lilly Pearl Howe

Most Patriotic Bike

1st – Zane Bailey
2nd – Emma Robine
3rd – Savanna Myers
HM – JP Schmid

Most Patriotic Stroller

1st – Valerie Marshall
2nd – Colt Hinson
3rd – The Potter Family

Most Patriotic Wagon

1st – The Potter Family
2nd – Eberly Hinson

Most Original Idea

1st – JP Schmid
2nd – Grace Kennedy

Best Overall

1st – Valerie Marshall
2nd – Emma Robine
Tie for 3rd – Dominic & Bella Sansone

Watermelon Eating Contest Winners

Division: Kids 8 & Under

1st – Finn Morse
2nd – Jacob Vesey
3rd – Mitchell Lawrence
4th – JP Schmid

Division: Kids 16 & Under

1st – Gabriel Kohmescher
2nd – Bryce Herman
3rd – Joey Bailey
4th – Fynn Cloud
5th – Hattie Taylor
6th – Alyssa Bell

Division: Adults 17+

1st – John Taylor

Pie Eating Contest Winners

Division: Kids 9 & Under

1st – Ethan Bell
2nd – Bridget Kostrzewski
3rd – Liam Hagedorn

Division: Kids 16 & Under

1st – Ryan Popp
2nd – Angelina Pejeau
3rd – Malacay M.

Division: Adults 17+

1st – Keith Kostrzewski
2nd – Anna Deal
3rd – Alex Fortanbary
4th – Michael Punn

Main Street

Many have asked about the status of the Main Street renovation. This is a Town of Hilton Head Island project.

General Manager's Report

(cont'd. from page 3)

Legal work and survey work are currently ongoing. The legal work entails the Town securing all the necessary deeds and easements to take ownership of not only the road from the Whooping Crane Way traffic circle to the Beaufort County school campus by all the side streets and enough road right of way to accommodate a sidewalk/leisure path from Whooping Crane Way to the school complex. These property issues take time and must be methodically researched and recorded.

The trees along this route were marked with ribbons. This does not mean all of these trees are slated for removal. A tree and topo survey must be completed as part of the preliminary work to resurface the road and build a pathway. This is part of that process and necessitates the survey crew to mark every tree appropriately identified on the survey. These ribbons have been removed.

Website

If you have not done so already, please visit the POA's website www.hiltonheadplantation.com. If you have not done so already, please consider signing up for our email alerts services, including Safety Alerts, Exigent Information, Plantation Living online, and Recreation updates. Signing up takes less than a minute and can be found under the Email Services tap on the left of the screen.

Hurricane Kits

If you have not already done so, please review the POA's Hurricane Preparedness Guide, which can be found on the POA's Website: hiltonheadplantation.com, or you can pick up a copy at the POA Service Center on Surrey Lane. Please review this very important material which has been updated due to our experience with Hurricane Matthew. You should have prepared a Hurricane Evacuation Kit for yourself and your family. Your kit should be kept where it is easily accessible and updated periodically. If you have not prepared a Hurricane Evacuation Kit, please review the section in the Hurricane Preparedness Guide on what items should be part of your kit. Remember the time to prepare for a possible hurricane strike and possible evacuation is before a threat is imminent.

Water Conservation

If you have an in-ground irrigation system, please give the sprinkler heads a periodic tune-up. Over time these heads get out of adjustments and often put more water on your driveway and the street than they place on your turf and plant material.

Four Quick Reminders

Do not feed or harass the alligators. At the suggestion of a property owner, we just installed new signs at the Main Street Traffic Circle that indicate "Use Turn Signal." Please mind the signs and signal your turns, and lastly, if you are fishing, please remember it is your responsibility to clean up your area when you leave. We ask you to practice catch and release at the POA's freshwater lagoons.

Respecting Private Property

Some property owners have purchased the lot adjacent to the lot their home is built on, and other property owners just own a vacant lot. These lots are private property and should not be used for dog walking, dumping landscape debris, or a cut-through to gain access to a golf course or lagoon. Please respect your fellow property owner's privacy and rights and do not use their property without appropriate permission.

Projects

Here is a status report on all the Repair and Replacement projects we were scheduled to take on in 2022.

2022 Projects

- Repair/Replace Two Aerators - In Progress
- Replace the POA Office HVAC Unit
- Paint the exterior of the POA Service Center
- Replace office computers - In Progress
- Replace one Security vehicle - Completed
- Replace the Director of Maintenance's Vehicle - Completed
- Pine Island Beach Renourishment - Completed
- Rehab/Replace Subdivision Signs - In Progress
- Resurface Appropriate Sections of Roadway - Underway
- Resurface Appropriate Section of Leisure Path - In Progress
- Refurbish Six Tennis Courts at the Spring Lake Tennis Complex-Completed
- Engineering Work to Update Our Permits to Renourish the Pine Island Beach - In Progress
- Start the Dolphin Head Recreation Renovation Project - In Progress

Landscape Debris

HHP Security and the HHP Maintenance Department have encountered an increase in illegal dumping on POA Common Property and POA road right-of-way. The POA does not provide curbside pickup of landscape debris. It is the responsibility of every property owner to dispose of their landscape debris responsibly and legally.

HHPPOA property owners can bring their landscape debris to the POA Dump site next to the Seabrook Farm or the County Transfer Station on Dillon Road. Residents dumping landscape debris on the common property, including road right of ways, are subject to fines and other sanctions.

Landscape debris up to four inches in diameter is accepted at the HHPPOA site, while larger diameter items will need to be brought to the County Transfer Station. HHPPOA landscape debris is processed into mulch and used throughout Hilton Head Plantation as a ground cover and/or soil amendment. We deliver mulch free of charge to HHPPOA property owners. All you need to do is call the POA Service Center at 843-681-8800 and press "0" for the receptionist, and they will take your order. Mulch is usually delivered on Thursdays every week, weather permitting.

Speeding

HHP Security will be stepping up enforcement of our speed limits by issuing more state citations which carry fines and points against a drivers license.

**Stay Safe,
Peter Kristian, GM**

"Harry G. Heron" Master Covenants Bird

This month's compendium includes: Pedestrian Safety, Bird Signals, and Restraint



I was thoroughly blown away by all the action in conjunction with the July 4th holiday. I did make several flyovers of the Spring Lake Recreation area during HHP's festivities and observed the parade, all the games, and the packed Spring Lake Pool! I was amazed at how many times the General Manager was dropped into the drink by several fledglings who responded to their achievement with various dances, gestures, and facial delight denoting their success!

Speaking of gestures, I had an unfortunate experience checking out the streetscape and prep-work at the Dolphin Head Recreation area. I took on this task with a low-to-the-ground inspection of Dolphin Head Drive to look over the landscaping and any tree work that may be needed in that area. Harry often times encounters human pedestrians that choose to walk along the side of the roadway even though there is an adjacent leisure path in close proximity. While on my inspection, I passed a pedestrian walking on the side of Dolphin Head Drive towards the Dolphin Head Recreation area. After stopping at the Dolphin Head Recreation Area to speak with a few of the human workers that at the time were removing some of the remaining playground equipment, I started my return flight back down Dolphin Head Drive towards the Plantation House at an extremely low level commensurate with the height of a motor vehicle off the pavement. As I rounded the first curve, where there is a post and chain barrier about two feet off the paved surface, I once again encountered the same human traveling down Dolphin Head Drive, now on the same side of the roadway. I slowed and flew over to the center of the roadway as this human appeared to be on the paved surface. I quickly aborted that move as a vehicle came around the curve traveling towards the Dolphin Head Recreation area. Unable to move over, I chose to come to a complete stop in front of the human to allow them to pass unfeathered. The pedestrian provided yours truly with his middle wingtip. That symbolic gesture now received my full attention as I endeavored to ascertain whether this was simply a feather slip or a deliberate gesture. With my talons on the road surface at a standstill, I craned my neck to point my head and eyes directly at the human in question and was once again greeted with a middle wingtip.

Harry is aware of the perils of walking along the paved surface of a roadway, especially on a busy road such as Dolphin Head Drive. This is one of the reasons why I emphasize safety and the use of leisure paths, especially when one is adjacent to the roadway where they are traveling. I was extremely disappointed with this human behavior as I went to great lengths first to move over to allow safe passage and then come to a complete stop only to be greeted by a second middle feather gesture! I can speculate that maybe this human was just having a bad day.

As a quality control measure at times I land on top of one of the Security Gate Houses to observe the interactions between those seeking access to HHP and our Security Officers. On one of my visits to the Cypress Gate, I observed a property owner come up to the gate arm in the bar code lane. When the arm did not open,

the property owner resorted to what I compare to goose calls by honking. The Gate Officer was engaged at the time with another human at the podium. As soon as they completed servicing that customer, they looked over to see what the commotion was about and see if the vehicle had a valid decal/bar code. The Officer informed the Property Owners that the Gate Arm did not open due to their expired decal. Unfortunately, the property owner was impatient and squawked off a few derogatory comments about the Officer's age and body type, demanding that the Officer open the gate arm.

I tend to be an "Old School" customer service bird, taking some of lessons from Mr. Bernard Thompson, the hotel manager in the movie *Pretty Woman*, or Dalton in his speech to the bouncers in the flick *Roadhouse*. What took me totally by surprise was a bird-like Harry being given the "Bird" by a human that Harry tried to go out of his way to keep safe. There were several alternatives for the human pedestrian to secure self-help, such as using the adjacent leisure path or moving off the paved surface of the roadway to give themselves an added margin of safety. I could speculate that this human pedestrian was taking their cue from the movie *Top Gun* where Maverick and Goose were trying their best to communicate with their foreign counterpart by using "bird signals."

In the case of the Gate Officer experience, unlike Harry, my human friends are all human and subject to human frailties. Harry is also aware that our Security Officers try their best to discern in what is often a few seconds which vehicles need to stop at the gate for further verification, which vehicles are to be waved through, and which vehicles need to be turned away. Harry has observed many of the same security officers that staff the gates are the same Officers that respond to a human in need of medical services, assistance after they have fallen down, an alligator, snake, or other critter on their property, turning off the water when a hot water heater ruptures in an attic, among a host of other calls for service.

I advocate for exercising common sense, polite interactions, and always erring on the side of safety. Harry is also aware that sometimes tempers run short, and some humans can rush to judgment in various situations. It has become increasingly more difficult in circumstances where two sides can be argued that the other person is the one at fault and the other aggrieved. Both positions of fault and aggrieved can and will run interchangeably depending on facts and perspective. Although often counterintuitive, we all need to at times take a breath, employ patience and emotional restraint, and give the other the benefit of the doubt.

Harry's modified quotes for the month
Among Harry's most prized possessions are words that he has never spoken.

"A Common Bird's patience will bring them more happiness than a common bird's power."

-- Harry Giovanni Heron
843-681-8800, ext. 242 wlee@hhppoa.org

2022 Spring Lake Pool Rules

Swimmers assume responsibility for their own safety and that of their families. Lifeguards will not be on duty during all hours that the pool is open. The pool is equipped with a self-locking gate, an emergency telephone, and a first aid kit at the Guard Office. Report problems to Security – 843-681-2459. Also, DHEC will inspect for fecal contamination and other violations. If DHEC finds any contamination, they will close the pool immediately. Please be courteous and if you have a child that is NOT pottytrained, he/she MUST wear a secure-fitting, waterproof swim diaper at all times. For questions, please contact the Director of Activities at 843-681-8800, ext. 226. Thank you for your cooperation.

Spring Lake Pool Regulations

1. HHP Property Owners, their family members, guests, and tenants with leases of at least nine months may use SL Pool.
2. Spring Lake Pool users must present their validated HHP Photo ID Card to the pool staff when using the facility.
3. Property Owners, residents, and children 17 years and older, with validated HHP Photo ID Cards, may bring four (4) guests to the pool. Children 16 years old, with a validated HHP Photo ID Card, may enter the Spring Lake Pool; however, they are prohibited from bringing guests.
4. Guests, 17 years or older, with a validated House Guest Card may bring two (2) guests.
5. Spring Lake Pool users and their guests must adhere to a proper code of conduct and follow instructions from the lifeguards and pool attendants

Appropriate conduct and rules include, but are not limited to, the following:

- Lifeguard approval of all floatation devices. (Floatation devices must be Coast Guard approved.)
 - Using earphones with audio equipment.
 - Placing trash in receptacles.
 - Smoking is not permitted within the Spring Lake Pool compound at any time. (This includes e-cigarettes.)
 - Wearing swimwear at all times.
 - Showering prior to entering the pool.
6. Children age 15 years or younger MUST be accompanied by a parent/guardian (17 or older).
 7. It is the parent's/guardian's responsibility to ensure that children not potty-trained must wear secure-fitting, waterproof swim diapers at all times. NOTE: Anyone found responsible for a fecal contamination at the Spring Lake Pool will be held accountable for the cost of treatment and be subject to additional sanctions. If the person responsible is not a property owner, the cost of treatment and other sanctions will be levied against the host Property Owner/resident.
 8. The following is prohibited in the Spring Lake Pool enclosure:
 - No solo swimming
 - No animals or pets of any kind
 - No glass containers
 - No spitting, blowing nose, or individuals with skin, eye, ear, or respiratory infections, diarrhea illness, or nausea
 - No diaper changing on deck
 - No bikes, skateboards, skates, or rollerblades
 - No diving
 - No one with communicable diseases
 - No one with open lesions or wounds
 - No running, boisterous, rough play
 - No alcohol or drugs and no one under the influence of alcohol or drugs

- No rings, body floats, rafts, and other such devices
9. In the zero-depth area of the pool, infants will be permitted to use a baby ring as space dictates but they MUST be under direct supervision of a parent/guardian at all times.
 10. Safety breaks will be called at the discretion of the lifeguards.
 11. Pool noodles are permitted but they are to be used for floatation only.
 12. Coolers are permitted but they are subject to inspection. All food/drinks must be kept at least ten (10) feet from the edge of the pool. Alcohol is NOT permitted.
 13. No climbing is allowed on the island in the middle of the lazy river.
 14. Children wearing Coast Guard approved floatation devices in the lazy river or the deep-end area of the pool MUST be accompanied by a parent/guardian at all times.
 15. Spring Lake Pool may not be used for personal profit or commercial purposes.
 16. Lounge chairs, cabanas, tables and other pool equipment may not be reserved. They may be used on a first come, first served basis. Property Owners and guests should not leave personal items unattended. The HHPPOA accepts NO responsibility for any item left unattended.
 17. Lifeguards and pool attendants have the authority to expel violators. They may also create and enforce other safety rules, as necessary.

POOL HOURS

MON & WED-SUN	8:00 AM - DUSK
TUESDAYS	10 AM - DUSK

*MORNING LAP SWIM TIMES ARE 7:30 AM UNTIL 8:15 AM (EXCEPT TUESDAYS). THERE IS NO MORNING LAP SWIM ON TUESDAYS.

*EVENING LAP SWIM TIMES ARE 30 MINUTES PRIOR TO CLOSING.

Tuesday Bridge

Our Tuesday Bridge meets every Tuesday at the Plantation House at 12:30 to play intermediate level bridge. Our membership is currently complete, however, subs are welcome. If you are interested, please contact me, at the following email, and I will be in touch with you.

bgsips@hargray.com

Lois Smith

Wednesday Ladies Bridge

The Wednesday Ladies Bridge Group meets every Wednesday from 1:30 - 4:00 PM at the Plantation House.

843-341-9383

Lois Womelsdorf

Plantation Golfing

by Jerry Cutrer

Dolphin Head Golf Club

The Dolphin Head Women's Golf Association's July 5 Flag Day Tournament managed to get in twelve holes before the rains came, and players had to adjourn to the Clubhouse.



Top Right: (L-R). Chris Flanagan and Pam Kurtz, Flag Day participants before the deluge.

Country Club of Hilton Head

The Country Club celebrated America's Birthday with a Red, White & Blue July 4 Flag Tournament.



Each player received an American Flag with their name on it to be planted at the point where their total strokes equaled par plus their handicap. The farthest flags were the Flight Winners. Rick Lazzari and Glenn Stanford won Flights 1 and 2 in the Men's Division, while Mary Shanahan and Chery Webb took top honors in Flights 1 and 2 of the Women's Division.



CCHH members participated in the June "Dice Game" Twilight Mixer; a couples cramble event featuring a roll of the dice to determine instructions for each hole, followed by dinner in the Clubhouse.

The Women's Nine Hole Association and Lady Longshots Group held a farewell party for member Linda Ackerman.

*Top Right: July 4 Men's Flight 1 Winner Rick Lazzari.
Bottom Right: July 4 Men's Flight 2 Winner Glenn Stanford.*

In order below:

First: July 4 Women's Flight 1 Winner Mary Shanahan

Second: (L-R) June Twilight Flight 1 Champions Christine Powell, Megan Rishel, Andrew Brown, & Will Mijnarends.

Third: (L-R) June Twilight Flight 2 Champions Bill & Maribeth Wolfe and Steve & Shelley Sant.

Fourth: Linda Ackerman.

Fifth: July 4 Women's Flight 2 Winner Chery

Tennis at the Country Club of Hilton Head

The Tennis Association hosted a Breakfast at Wimbledon event at the Country Club of Hilton Head. Head Tennis Professional Don Harring oversaw a fun mix of men's, ladies', and mixed doubles. Everyone had a great time. Afterward, in keeping with the theme, delicious strawberries and cream were served on the patio.



Our next tennis event will be a twilight doubles round robin on August 19, followed by dinner on the patio.



Fishing Club

Other than the Fishing Tournament scheduled for August 13, no organized Club activity is underway. We are getting close, however, to the start of a new club year with a

dinner meeting on Wednesday, September 22, at 5:30 pm at the Plantation House. Our dinner theme is scheduled to be "Western." Hopefully, the COVID situation at that time will permit us to get back on track! Our speaker will be Steve Schabel of the Birds of Prey organization. This is one program not to be missed. You will receive an e-mail notice regarding the payment of club dues for next year.

Thanks to all members who took part in the Kids Kamp fishing program. It wasn't always easy, but most volunteers consider it time and effort well spent. Certainly, POA management is thankful for our participation. The club would also thank those club members and Plantation residents who have donated unused fishing equipment to the club. We welcome those donations. Any rods and reels that are useful in our Kids Kamp activity are rehabbed if necessary and are used during those fishing sessions. Other more advanced freshwater gear or salt water gear are made available to Club members at the cost of a donation. Un-sold equipment goes to consignment stores where funds generated from both sources wind up in the Club treasury. These funds are 100% used in our annual fish stocking program. Contributions come back to Plantation anglers in the form (after a few years!) of new fish to catch.

The new emphasis is being placed on improved techniques for releasing saltwater species. With reduced catch limits and more restrictive size limits, more fish are being returned to the water and better fishing equipment, primarily in the form of circle hooks, is a part of new legal requirements. The design of circle hooks vis a vis straight shaft hooks permits most hookups to concentrate in the corner of the fish's mouth and not somewhere internally. This makes the quick release of the fish possible and minimizes possible damage to the fish's internal organs. There are some strange angles to the regulations, however. In Federal waters north of 28 degrees N Latitude, non-offset, non-stainless steel circle hooks must be used. South of 28 degrees N Latitude, any non-stainless hooks can be used. Presumably, saltwater fish are smart enough to swim north of N-28 latitude if they feel they might be caught. (28 degrees N-Latitude is about at Cape Canaveral, Florida).

New members are welcome! Check out our website: hhpfishingclub.org.

- Earle Nirmaier

Calling all Paddleboarders!

Looking for other Plantation residents that may be interested in forming a new club of Paddleboard Enthusiasts! If you would be interested in joining, please contact Dawn Wickline at 843-422-0889. If there is any interest, we will schedule an informal meeting to discuss details. *Would love to hear feedback!*

Dawn Wickline

dawnipoo1119@gmail.com

Kayak Club

Living on Hilton Head Island reminds us that the world is basically just one big kayaking playground.



Have you ever seen an area of Hilton Head water you would like to explore but do not want to go alone? Or heard of a guided paddle excursion you would like to try? Or maybe go fishing from a kayak? Contact the Kayak Club to help you fulfill your ideas for a kayak adventure.

There's nothing boring - and never should be - about a kayak adventure.

If you want to learn more about kayaking in the Low Country, join us at our next meeting at the Plantation House on Tuesday of the Month at 7:00 pm. For all the latest information on our current plans and meeting information, please check out our website at kayakclubhhp.weebly.com.

If you are not yet a member of our club or if you have any questions about our activities, please contact Janis Agnew at Kayakclubofhhp@gmail.com.

Please note you must be 21 or over. A parent or guardian must accompany those under 21.



Top Right: Green Terrapin laying eggs from our last adventure on Page Island.



The Tee Timers

The Tee Timers, a women's golf group, plays year-round, each Wednesday, on the courses here in HHP: Bear Creek, Dolphin Head, and Oyster Reef. We welcome golfers of all levels of ability. Our new season begins in September, and registration for the new year begins in August. Dues are \$15 annually.

To sign up for the next year with our group, please send your dues, name, and email address to Maureen Schlegel, 9 Pearl Reef Lane, HHI SC 29926. For more information about The Tee Timers, email theteetimers@gmail.com.

-- Carol Ells

Newcomers Club



Aloha! While summer may be winding down, our plans for our first event of the 2022/23 season are underway. We will start the season with a Hawaiian Luau Party catered by Jimmy Fitts (drinks will not be provided, so please BYOB) and will be held on Tuesday, September 20th, starting at 6:00 PM at the Plantation House. Please wear any Hawaiian garb you may have; this is optional.

FYI you can pay online for your yearly membership dues of \$15.00 per person and also for our club events.

If you are not yet a member of the Newcomers Club, we are a fun social group and offer a great way to make new friends. Our season runs from September through May, with one planned event each month. Please check out our website at HHPNC.com for details on how to join. Please remember that you do not need to be new to the Hilton Head Plantation to join the Newcomers.

Looking forward to seeing everyone in September!

-- **Ginny Freeland**,
Publicity Chair

Calling all HHP Porsche Owners!

Hi Porsche Enthusiast,

It was great seeing all the beautiful Porsche cars at our last meeting. Not only did we have some new cars but also a collection of well-kept or restored vintage models. Everyone gave a short history about their vehicle, which was interesting to hear. Hope to see you all again at our next meeting, which will be held on Saturday, September 17, 2022, at the Plantation House at 6:00 pm. To join our club or for more information, contact George @ porscheclubhhp@gmail.com.



Happy motoring!

Happy Spirited Driving,

-- **George Haley**

Java Thursdays HHP Men's Group



Looking for an opportunity to get together with some of the men from

HHP for some good old fashioned male conversation and a cup of coffee? Well, join us every Thursday morning at Spring Lake Pavilion from **8:00-9:00 AM**. We'll have the coffee, a bite to eat and lots of things to talk about!

If you have any questions or would like to get on our mailing list, please contact Ray Makalous at rmakalous@gmail.com or John Prange at j2prange@gmail.com. Look forward to seeing you there!



Corvettes of Hilton Head Plantation Club



TO ALL RESIDENTS OF HILTON HEAD PLANTATION!!! PLEASE COME OUT TO SEE US.

The club will be having their signature event, Shine and Show, at the Plantation House from 9:00 am to 12:00 pm on September 10 with a rain date of September 24. Please, come out to look at the cars and connect with your neighbors.

If you own a corvette, please join us. Just contact me at the number below.

CHHP is an informal organization. There are no dues, regular meetings, officers, or by-laws. What we do have is an email list to notify you of events for you and your car to get together with other corvette owners.

If you are not a member, live in the plantation and own a corvette, call us to get on the emailing list.

Contact Dale Pena at dpena1@yahoo.com or call 585-704-2386.

Notice

Your interactions with members of the Security Department and the POA Staff may be recorded.

Garage Band

EVERYONE COME AND LISTEN!! WE PRACTICE ALMOST EVERY WED NIGHT, STARTING AT 7:30 PM AT THE PLANTATION HOUSE. COME INSIDE OR SIT ON THE DECK. BRING YOUR OWN BEVERAGE.

ALSO, BIG NEWS – WE HAVE EXPANDED INTO ANOTHER SESSION ON THURSDAYS FOR ACOUSTIC PLAYERS. 7:30 PM ON THURSDAYS AT THE PLANTATION HOUSE FOR 'SOFTER' SOUNDS.

We continue to have a safe and friendly place to play music. We use a large space in the Plantation House where there is a lot of room and good ventilation. Everyone follows COVID rules.

The 'Garage Band' is a place for musicians (beginner to experienced) who want to play 'classics': rock, country, blues (and even pop). We have a good time playing music that people like to hear. Members are encouraged to bring songs for the band to play. Everyone is encouraged to help the band get a set of songs together. So, everyone come 'rock out' with us. The Garage Band wants YOU to come and listen, play, and/or sing!! Don't be embarrassed – it's like singing in the shower only with clothes on. WE REALLY NEED A KEYBOARD AND MORE HORNS. We meet on every Wednesday of the month at the Plantation House from 7:00 until 10:00 pm. For more information, you may contact Ric Blaine at 706-373-8204 (rcb3771@gmail.com). And stay healthy and safe!! We'll play loud enough so you can hear us – maybe even in the parking lot! Please come on down and rock out.



HHP Dog Club

Hello, Dog People — As you interact with your pooch this summer, provide plenty of shade and cool water, and bring your furry friend into your air-conditioned home on particularly hot and humid days. All walks should be on grassy paths, not on concrete or tarred surfaces. Year-round preparations should include a first-aid kit with essentials that can be easily taken if we should have to evacuate. (All content is from *The Whole Dog Journal*.)



1. Heavy Towel or blanket and a thermal blanket if possible. An injured dog needs to be kept warm to avoid shock.
2. Bandages such as sterile gauze pads or rolls and elastic bandage rolls can be used to control blood flow or provide a makeshift muzzle.
3. Emergency tools include blunt-tip scissors, tweezers, disposable gloves, and a flashlight with fresh batteries.
4. Hydrogen peroxide which is an effective disinfectant and can induce vomiting when swallowed. Use only as directed by your vet or first-aid guide.
5. An antibiotic ointment such as Neosporin to apply to wounds that have been cleaned and blotted dry.
6. Styptic pencil or powder to stop the bleeding of small wounds, such as that caused by over-trimmed nails.
7. Bottled water and an electrolyte replacement are made especially for pets to help them recover from dehydration, diarrhea, or shock.
8. Wet wipes or grooming wipes that do NOT contain alcohol which can damage tissue and sting.
9. Hot and cold packs. Hot packs increase circulation and help dogs recover from shock. Cold packs reduce the inflammation of bruises and sprains.
10. Documentation such as microchip number, vaccination and other medical records, and vet's contact info, as well as a first aid guide or book.

Looking ahead — Be sure to mark your calendar for Friday, September 30, our annual Cocktails and Dogtails, Spring Lake, 6:00 PM. Bring a plate of appetizers to share, your favorite beverage (not to share), and your canine companion.

**Meanwhile, Careful Dog-Walking,
Helen Collins, Club Facilitator
helen.marie.collins@icloud.com
843-689-9303**

HHP Softball Club

The HHP Hurricanes continue to conduct practices despite the rainy weather. If our 10 AM Monday practice is canceled due to the foul weather, we set up another later in the week. So, if you are interested in joining our club and you stop by on a rainy Monday, give me a call and I'll tell you when we'll meet next. Don't forget, ladies, you are also welcome. Softball is Fun!



Bob (Bonzo) Huisman, President,
HHP Softball Club
843-715-2516
modybloo@hotmail.com

Just a reminder for all POA Clubs using the POA facilities:

We will be having our ANNUAL ALL CLUBS MEETING on **Thursday, September 8**, to review HHPPOA rules and regulation for Clubs, discuss logistics of use of the buildings, scheduling procedures and event marketing. Each Club is encouraged to send at least ONE representative to the meeting.

**ALL Clubs – Please meet at the
Plantation House at 10:00 AM.**

Also, don't forget! Club paperwork and building schedule request forms for 2023 will be emailed to each Club in advance and must be returned to the Scheduling office on or before the meeting date. For questions, please call the Scheduling Office at 843-681-8090.

HHP Yacht Club

The best boating season "ever" kicks off this summer!

Hilton Head Island is unlike most coastal towns. There is no crisp divide between land and water; our creeks and rivers are surrounded by miles of tidal salt marsh and 12 miles of spectacular coastline. All of it is waiting to be explored!

Boating around Hilton Head Island is a truly magical experience. On July 20 we began with a "Raft-Up," a club day event at Mackay Creek/Pinckney Island. Boat owners invited Social Members to enjoy the party and picnic on the water.

In August, we will go to Beaufort, SC, for a couple of days, enjoying a dock party, exploring the town, and dining ashore. Coming on September 7, we will experience time on board a fully functional shrimp boat and see what it takes to bring wild shrimp to the table. Then, on the 15th, we will dine and hear from Paul Golden of the Coast Guard Auxiliary on how "Ten small ships saved the Country — a routine Day for the Coast Guard". Our calendar is filling up, and there is time to join the fun on the water by becoming a member today.

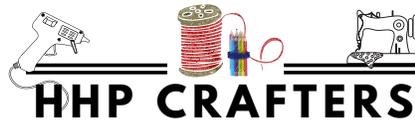
Are you ready to be part of the Adventure? Explore our website at HHPYC.org. All residents of HHP may join the club. Social memberships are available for non-boat owners. Contact Membership Officer Malcolm Maclennan mnm6562@gmail.com.



Follow Us On
Instagram



@hiltonheadplantation



The HHP Crafters are very lucky to have several members who create beautiful decoupage items.

Decoupage gained popularity in France in the 17th century as an alternative to painted furniture. It is the art of decorating objects with paper cut-outs and then sealing with a decoupage medium, an all-in-one sealer, glue, and finish.

There are many different types of finishes – satin, matte, glossy, iridescent, even water resistant, and dishwasher safe!

Are you a crafter who would like to join us? We have two sales every year benefiting the Hospice Care of the Lowcountry. Our members have many different crafting abilities, and we always welcome new members, whether full or part-time. If you would like to join Crafters, get email updates on craft sales or have donations of craft materials, please contact either Margot Gilbert at 843-342-9996 or Deanna Collins at 843-689-3979.

Laurie Arnold
arnold3909@yahoo.com



ANNUAL CLEANING OF THE FACILITIES:

Plantation House | Spring Lake Pavilion

Monday, August 22 through Friday, August 26

***Some POA Clubs meeting during this timeframe may need to be moved to another facility to accommodate the annual cleaning schedule. Please call Jen at 843-681-8090 if you have any questions.**

****All ad-hoc card groups who regularly meet at the Plantation House will need to find a different location for the week. THANK YOU!!**



The dog days of summer are the perfect time to sit back, relax, and try something different, such as pet portraits.

Don't forget; there is wonderful artwork hanging in the Plantation House all summer. There you will find paintings, photography, a variety of 3D creations, and more. Please stop by and enjoy. If you come on a Wednesday morning, you may just find some painters "in the act"! If you are interested in learning more about us, or to join our group, please email us at hhpartistnews@gmail.com to receive our quarterly email newsletter, which contains a wealth of information about art activities and opportunities all around Hilton Head.

--Mary Elizabeth Sullivan

"ASIA"
by Mary E. Sullivan



Bocce Club

While you enjoy family visits, vacations away, and time at the beach, we wanted to update you on our Fall Bocce schedule so you can put it on your calendar.

The champions clinic, where new players can learn the rules and strategies of the game, is scheduled for August 20 at 10 a.m. at the bocce courts. Hope to see you there!

Our Fall season will run from September 5 to October 29. The Fall Bocce tournament will take place from October 31 to November 6. Please plan to either play in the Sweet 16 round or be present to cheer others on the weekend of Nov 5 and 6! Wouldn't you like wearing the champion's medals like John and Jayne Hupchick?

And finally, our Fall Bocce Ball will take place in mid-November. If you have suggestions about the format and details of the final celebration of the fall season, please let the bocce board know.

Bocce continues to rock and roll!

Bocce Rocks!
Debra Reece



TAG - The Avid Gardeners



PLANT OF THE MONTH

This part of the column will introduce you to plants you might not have come across if you hailed from cooler parts of the country. Make new friends!

This month features Digiplexis. Digiplexis (DX) is a cross between hardy digitalis and tender Isoplexis. Digiplexis is prized for its incredibly long bloom season, flowering from spring to frost. Tall spikes of bell-shaped flowers are produced over a basal rosette of dark green foliage. DX. has a bushy habit and, in contrast to Foxglove, bears several flower spikes at once. Several stunning colors are available, here are some examples...



Grow DX in full sun to part shade and average to moist soil. Best of all, DX is truly perennial, in our z8 climate, is sterile and does not reseed. Oh, and it is deer-resistant too, a 'must' if you garden in HHP!

COMING UP

- Our next meeting will be on September 16, at 9:30 AM. September's guest speaker will be Ellen Comeau, Clemson Extension's Water Agent, who will be teaching us about Rain Gardens.
- The Avid Gardeners Amaryllis Sale will start in September. Amaryllis is 'the new Poinsetta'! More details about this Holiday 'MUST have' in our September newsletter.

JOIN US

Whether you are new to gardening, or an experienced gardener, if you would like to meet some fellow gardening enthusiasts, and would like to learn more about gardening in the South, come and join us at our next meeting...

Avid Gardener meetings are held on the 3rd Friday of each month at the Spring Lake Pavilion (SLP), and HHP residents are always invited. Our meetings begin with a coffee/social at 9:30 AM, followed by the month's program.

If you are interested in learning more about The Avid Gardeners, please contact Christine Thumm, at Thumms@aol.com.

-- Jacqueline Emery

SOLO DINING GROUP FOR MEN AND WOMEN IN HHP OVER 60

A social group for widowed and unattached single men and women over 60 years old who do not wish to dine alone but would like to socialize and dine at local restaurants once or twice a month.

For more information, contact Pat Lucas - email patvhhi@aol.com or call 843-301-6600

The Happy Times Party

Happy Times moved to the Spring Lake Pavillion, due to the construction that will start at Dolphin Head. It is still the fourth Sunday of every month. Again no reservation, no RSVP, no agenda, no dues. Just a good time. Bring your own beverage and a contribution to the food table. Ice will be provided.

Date: **Fourth Sunday of every month (except December)**
Time: **5:00 - 7:00 PM**
Place: **Spring Lake Pavillion**

For more information call Schatzi Khalifa at 315-382-1727 or email Ezz Khalifa at hekhalifa@gmail.com.

Men's Cards

Per the schedule listed on the POA Monthly Activities Calendar (insert can be found inside *Plantation Living*), Men's Card Groups play at the Spring Lake Pavilion at 6:00 PM on the following days:

Every Tuesday
Every Wednesday
Second & Fourth Thursdays

We encourage you to stop by and watch the games played to determine if you are interested in joining one of the groups.

Euchre Club

The Euchre Club meets on the third Friday of each month. They will play at the Spring Lake Pavilion at 6:15 PM. For more information, please contact Chuck Stewart at chuck.stewart@e3partners.org or 330-283-2827.

Junior Shag Dance Club

If your family likes music, dancing, and having fun with friends join the HHP Junior Shag Club. The Shag is our state dance. It's a swing dance, done by rhythm and blues beach music that the whole family can enjoy. It provides fun, exercise, and healthy social interaction for everyone. In the process of learning to dance we also learn respect, manners, social graces, sportsmanship, work ethic, and positive communication skills. Parents always accompany their juniors and are encouraged to learn Shag too. HHI Carolina Shag Club members share their joy of dancing with our neighborhood families.

Age: **Recommendation 8 - 18 years**
When: **Twice a month**
(Saturday's at 9:00 AM & Tuesdays at 5:00 PM)
Where: **TBA**
Cost: **FREE!**

If interested, please contact Becky Elliott at elliottbs08@gmail.com to register.

Woodcarvers

Are you looking for a hobby that allows you to create beautiful keepsakes or practical items without spending hundreds of dollars just to get started? Wood carving checks all of those boxes. It is a type of woodworking in which people use



knives, chisels, and other hand-held wood carving tools to create figures or designs in pieces of wood. A wood carver's most basic tools are carving knives, such as whittling knives, chip carving knives, and hook knives. Whittling knives are all-purpose tools while chip carving knives feature a thin, short blade that allows carvers to chip away small bits of wood. A hook knife, or spoon knife, has a bent blade shaped like a hook and is ideal for carving spoons and other pieces with hollowed-out areas. Most woodcarvers start by whittling. They find a small piece of softwood and use a pocket knife to create a toy or a trinket. Whittling is the most basic type of wood carving since the only essential tools are a wood carving knife and a honing stop. Chip carving starts with a flat piece of wood. Carvers "chip away" bits of wood to form a design in the wood's surface. Chip carvers use gouges as well as carving knives. Most woodcarvers do not build or repair furniture. They work on a much smaller scale. Come and visit with us at the Plantation House on Thursdays from 12:30 to 2:30. See if you might be "cut out" to be a woodcarver. Your grandkids will benefit from your newfound skill

Contact Jan Gantzhorn 302-528-3475

Ladies Bridge Group

We meet at the Plantation House every Friday at 1:30 PM. We currently have a full roster; however, if you are interested please let me know and I will get in touch with you if we have an opening or need someone to sub. Please email me at lakwb@hargray.com. Level of play is Intermediate.

--Lois Womelsdorf

"Party for One" Club

Party for One is an HHP club for women who are "uncoupled" for one reason or another. We meet once a month to enjoy an evening of good food, drink, and conversation with our peers. There are no dues. Members bring their favorite beverage and a dish to share.

To sign up to for our monthly announcements, or for questions contact Susan Maynard, susanmmaynard@gmail.com, 404-295-5687.



Friendly Foodies/Sips & Bites Cooking Club

Do you delight in cooking, trying new recipes, entertaining in a more formal style, and regularly sharing wonderfully prepared food with three other couples? Then the Friendly Foodies Gourmet Cooking Club may be just the group you are looking for. We offer formal, full course, home-cooked dinners for dinner parties of 8 during the first half of the month and more casual and relaxed gatherings of four couples, sharing delicious Appetizers/Hors d'oeuvres paired with wine during the second half of the month. You can choose to participate in either or both types of events monthly. (The club does not meet during July, August, and December).

If you are interested in joining or would like more information, please contact John Prange at j2prange@gmail.com.

Train Club

The Hilton Head Plantation Train Club participated in the annual 4th of July festivities and again on July 8 for Kids Kamp; we ran trains for both of the events. The first picture shows three of our members, left to right, Mike Denoncourt, Earle Nirmaier, and Dave Garceau; the second picture features our main layout and two happy, interested children watching the passenger train flash past while on the inside track, the maintenance car is keeping things running.



Men's Cooking Club

Men's 2nd Wednesday Cooking Club We are delighted to have added several new members to our group to celebrate our post-Covid re-started monthly meeting schedule. We began meeting in March and are enjoying terrific lunches and supporting of our monthly chefs. We will, however, take the summer off since the Spring Lake Pavilion will be occupied with HHP summer camp. We will start up again in September. We are just about full, but would accept one more interested man. Our mission is to foster camaraderie, fun and a non-challenging atmosphere where we learn cooking skills and techniques from each other. Please contact Rick Dean (mobile 770-354-3340) or rjdean@roadrunner.com for further information.

Men's 4th Tuesday Cooking Club

Our Cooking Club consists of men who enjoy cooking new and interesting full course meals for lunch once a month. The meal is prepared at the Spring Lake Pavilion or frequently at the member's home. We enjoy each other's company and the opportunity to improve our skills. **For further information please contact: Steve Strom 843-342-2838.**

Our normal club meetings start again: on October 12, 2022, Wednesday, at 2:00 PM, at the Plantation House. Everyone is welcome; you do not need to have trains to enjoy our club activities. If you have an interest in trains, please consider attending.

We have club members who can advise you on train values and perform service and repair.

For additional information, contact Bob Gluszik at 843-415-5825 or email: rgluszik@yahoo.com.

Written by David Garceau
843-342-6023



Orchard at Seabrook Farm- Part 1

Farmers Club

As you drove by the Farm Plots this spring, did you notice something happening inside the fence along Seabrook Drive? This will be a 2-part story- about the newly revitalized Farm Club Orchard and about the farmer who revived the orchard.

The initial orchard began at Seabrook Farm in 1989, expanded in 1995, and again in 2000. In January 2003, there were 30-45 trees; the majority were peaches, a few nectarines, and apples. Sadly, by 2021, due to a lack of volunteers and poor irrigation, there were 13 viable trees; the remainder were dead.

Growing fruit trees in the low country present a challenge for all fruit trees require a specific number of "chill hours" to flower and produce fruit. A chill hour is when the temperature is between 32 and 45 degrees. Different fruits and even different varieties within a category, i.e., peaches, require a different number of chill hours. Too much or too little cold can be detrimental to fruit development. Choices are limited here due to our mild winters, on average 300 chill hours per year. In addition, the Farm Club Board requested that the farmer find trees where the fruit will ripen between May and the first of July to sell the fruit at the Farm Market.

Our farmer selected 15 new fruit trees: three peach, three apple, six plum, and three nectarine to plant among the existing 13 trees. The varieties were grouped together to facilitate pollination and the spraying schedule. There may be a little fruit in 2023; it will likely take two years to produce market quantities. More to come next month regarding the farmer and the planting process!



--Nancy Renner

nnrenner@outlook.com 505-269-6498



**Women's Club is like 20 clubs in one!
Something for everyone.
"The friendliest women I've ever met!"**

We'd love to have you join us!

Upcoming Speaker:



Meet Lola Campbell who was born and raised on Hilton Head. Lola will be speaking about growing up Gullah share her stories of Gullah culture from her elders and discuss her company Gone Gullah

Upcoming events:

Sept. 13th: Monthly meeting with speaker: Growing Up Gullah, Lola Campbell

Sept. 27th: New Member Happy Hour 5-7, Spring Lake Pavilion deck

Oct. 11th: Monthly meeting with speaker: Lowcountry 101, Jill Moore, Master Naturalist

President's Message:

Welcome to the Hilton head Plantation Women's Club. We are more than 500 women coming together for fun, learning, and charitable work. Whether you're new in the neighborhood or a long-timer, Women's Club is a great way to meet people who share your interests. We have an exciting line-up of speakers for our monthly meetings, from exploring the history of the Gullah community, to an award winning chef. You can see all the details and join the club on our website. Looking forward to seeing old friends and meeting new ones!

Susan Crow, President

Last year's highlights

Spring luncheon



Food drive



Fun at the toy drive



Bluff & Beach walks



Shrimp boat trip



Biking the island



The activity groups:

Beach and Bluff Walkers | Biking Buddies | Bible Studies | Book Clubs | Flick Chicks | Theatre Lovers | Green Thumbers | Happy Hour Girls | Virtual Happy Hour | Vino Formaggio | Out to Lunch Bunch | Road Show Adventures | Knit Witts | Mah Jong & lessons | Card Sharks | Marathon and Party Bridge | Advanced & Beginner Bridge Lessons | Euchre

Follow us on Facebook
Visit our website www.HHPWC.org and Join today!

Spring Lake Tennis

Well, our string of good weather for the social events has ended. Unfortunately, the July 1 Red, White, and Blue Gala was rained out. All courts had been filled, so there were a lot of disappointed tennis players – as much for missing the grilled ‘dogs’ as getting out on the courts! Hopefully, we will keep the menu for another event.



Hard to believe fall is almost here, so on **Friday, September 23, the Spring Lake Social Committee will be sponsoring the "Happy Fall Y'all Party."** The temperatures should be coming down a bit, so tennis is scheduled to begin at 2:30 pm. The menu for the meal will be determined and posted later.

Proceeds from the social events have been used to purchase the new ball trays, scorekeepers, and rocking chairs. More updates are in the works!

If you haven't been in the pro shop lately, stop in and check out the items with our new Spring Lake Racquet Club logo. There are some nice towels to keep in your tennis bag, insulated water bottles, visors, and hats.

-- Gretchen Griggs

Craft Beer Club

The July meeting was held at Spring Lake Pavilion with a novel theme idea—Beer or Brewery logo shirts and hats. After all, this is a Craft Beer Club!

Many members have ordered tickets for the Charleston Beer Fest held on October 22, and tickets are still available.

This outdoor event with 40+ breweries is held along the Cooper River in North Charleston. These events provide an exciting way to taste new craft beers and frequently feature one-time brews from a brewery. Due to COVID, this event has been canceled for the last few years, but we are thirstily hopeful that it will be held.

"Compass direction" focused meetings will continue as we head "South" for our August meeting.

The club typically meets on the 4th Monday of each month at the Spring Lake Pavilion at 6:30 PM unless there is an offsite event. Members are always encouraged to bring craft beer from the area or from their travels to discuss and share with the group. Dues are \$10/year per person, and you may join at any time of the year.

Our sharing provides craft beer aficionados the opportunity to try other styles and flavors of beer to expand their beer palates.

Please contact Steve Yingling via Email at SteveHHI@kw.com with questions or to indicate your interest in becoming a member or to send contact info for those that wish to be members or guests.

-- Steve Yingling

Holiday Photo Sessions

Looking to have that perfect family photo for your Christmas or Hanukkah cards this holiday season? The Activities Department is excited to be partnering with **Stephanie Dunn of Be Still My Heart Photography** to offer **Holiday Photo Mini-Sessions** for families this fall. Capture the moments that last forever with a convenient mini-session to be scheduled through Jen in our Scheduling Office. **Reservations are for one immediate family and ONLY accepted with payment.**



Mini-sessions will be scheduled on Tuesday evenings in late September and through October at the Hickory Forest Boardwalk. Because we will be at the mercy of the weather, rain dates will also be scheduled for the following Thursday just in case. Cost is \$175/session, and you must make an appointment in advance.

Dates:	Tuesdays September 20, 27 October 4, 11, 18, 25	Rain Dates:	Thursdays September 22, 29 October 6, 13, 20, 27
Times:	Starting at 6:00 PM (10-minute time slots – max 5 families per date)		
Cost:	\$175/session		
Place:	Families will need to meet Stephanie at the Hickory Forest Boardwalk at your designated appointment time		



For questions, please contact Jen in the Scheduling Office at 843-681-8090. Space is limited so sign up today!



**Cook Better Together with Mary Kay Gill,
Professional Culinary Instructor**

Home cooking enthusiasts of all levels are invited to join the Activities Department and Professional Culinary Instructor, Mary Kay Gill, for a NEW offering of "lunch and learn" chef demonstrations this fall. The classes will focus on fresh ideas for using the summer harvest in your meals. Techniques and tips for preparing three recipes (including how to effectively use a chef's knife!), shortcuts, serving ideas and more will be discussed while you dine on a generous sampling of each dish. Come hungry and curious!!

**Class maximum: 15 participants;
class minimum: 6 participants
Visit website: [Healthyinstructor.com/
kindredkitchenhhi](http://Healthyinstructor.com/kindredkitchenhhi) to learn more about the
instructor's approach to teaching and cooking and
to be added to the mailing list for future events.**

When: **Mon., September 19 – Cooking with Herbs**
**Fri., September 30 – Side dishes starring
Late Season Vegetables**
Mon., October 17 – Go for Whole Grains
Time: **11:00 AM – 1:00 PM**
Place: **Spring Lake Pavilion**
Cost: **Introductory rate of \$55/participant per
class (normally \$65)**

If interested, sign-up at the Scheduling Office with Jen – (843) 681-8090. Your check or cash payment IS your reservation. For questions, call 843-342-2059 or contact Mary Kay Gill via email: kindredkitchenhhi@gmail.com

Instructor Education:
Professional Cookery Certificate from Kendall College, Chicago, Illinois Honor's BS from Marquette University, Milwaukee, Wisconsin

Instructor Experience:
Lead instructor for Adult Education at The Chicago Botanic Garden – 4 years
Director and instructor for Thyme in the Kitchen at Sunset Foods, a family-owned grocery store chain – 6 years Member of Les Dames d'Escoffier, a philanthropic group of female professionals in the food, fine beverage, and hospitality industries



"From Capturing Pictures to Creating Images" Photography Classes for Beginning Photography Enthusiasts

The Activities Department is excited to be working with Michele Hutchinson (professional photographer) to offer a series of photography classes for beginners on Friday afternoons this October. Our island is the perfect backdrop for beautiful imagery! Whether you love to take photos of landscapes, animals, or people, this series of classes will teach you some basic photography fundamentals. Learn from a pro photographer who will help you improve your own picture-taking skills.



When: **Fridays,
October 7, 14, 21, & 28**
Time: **2:00 – 4:00 PM**
Place: **Spring Lake Pavilion**
Cost: **\$139/person for the
entire session**
Questions: **Jen at 843-681-8090**

Some pictures may be taken and shared during class, so bring a camera or smartphone with you. No particular type of camera is necessary, but you should know how to take pictures with your own camera. Objectives for this series of classes include:

- Gain knowledge that will help you improve your landscape, nature, and portrait picture-taking skills
- Get shooting tips from a pro photographer
- Have your images reviewed by a pro photographer and discuss them with your peers
- Have fun shooting!

Each class will be held at the Spring Lake Pavilion from 2:00-4:00 PM. Cost is \$139 per person for the entire session of 4 classes. If interested in signing up, please stop by the Plantation House with payment. For questions, call Jen at 843-681-8090. A minimum of 6 participants is needed to have this class so sign up today!

Week 1: Diagnosing Problems in Your Pictures (Blurriness & Focus issues, "Dirty" Areas, Hot Spots, distortion & more)

Week 2: Seeing the Light (Types, Direction, Exposure, Focus)

Week 3: Getting Creative (Backgrounds, Perspective, Color, Texture)

Week 4: Adding Artistic Elements

Fall Trash & Treasure Sale

Saturday, October 1 — 11:00 AM to 2:00 PM
Plantation House Parking Areas

*(In case of inclement weather, it will be MOVED to **Saturday, October 8!**)*



**To reserve a space and table(s),
complete the application and
return it to the Plantation House
by Monday, September 26.
Space is limited so sign up early!
Questions? Call Jen at 843-681-8090.**

**A designated set-up time will be assigned to each spot when you make your reservation with Jen.*

Required Fee: One parking space = \$25.00.
A 3' x 6' table can be added to your space for an additional \$10.00.

***Concessions will be available for purchase.*
*No Refunds will be given if the decision is made to move to the rain date.***

2022 HHPPOA Fall Trash & Treasure Sale Application

Name _____

Address _____ Phone _____

Email _____

_____ Spaces at \$25 each (**Required**) = \$ _____

_____ Tables at \$10 each (Optional) = \$ _____

Total amount of check to HHPPOA = \$ _____

Return the completed application & check (payable to HHPPOA) to the Plantation House or mail to: Activities Department, P.O. Box 21940, Hilton Head Island, SC 29925.

**Sign up for POA Activities at the Scheduling Office in the Plantation House.
Questions? Call Jen at 843-681-8090.**

Hatha Yoga Class – New 6-week session

The Activities Department is excited to introduce another 6-week session of Hatha Yoga taught by Mary Montour. Hatha yoga combines a gentle asana (posture) practice that emphasizes core strength, flexibility, balance, concentration, and breath control. Mary feels alignment is key to staying safe and getting the maximum benefit from the poses. Mindful, slow flow coupled with the breath and longer holds compliment the active alignment cues. Props will be utilized to help with alignment so students of all abilities can participate. Restorative poses and meditation close out the class. This class is suitable for students that are newer to yoga, as well as experienced students interested in a lower intensity flow and refinement of alignment.

Classes will be held on Wednesdays at the Spring Lake Pavilion from 2:30 – 3:30 PM. The session will run September 14 through October 19, and the cost is only \$40/person for the entire session.

Dates: **Wednesdays,
September 14 – October 19**
Time: **2:30 – 3:30 PM**
Place: **Spring Lake Pavilion**
Cost: **\$40/person**
Instructor: **Mary Montour**

To add your name to the waitlist, please call the Scheduling Office. A maximum of 16 participants are permitted to sign up for this class. For questions, call the Scheduling Office at 843-681-8090.

Qigong Class – New 4-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, Bénédicte Gadron, will be teaching a six-week session beginning Monday, September 19. Classes will be held on Mondays at the Spring Lake Pavilion from 4:30 – 5:30 PM. The new class session runs September 19 through October 24, and the cost is only \$40/person for the entire session. If interested, please sign up with Jen at the Scheduling Office. Questions? Call 843-681-8090.

Dates: **Mondays
Sept. 19 – Oct. 24**
Time: **4:30 – 5:30 PM**
Place: **Spring Lake Pavilion**
Cost: **\$40/person**
Instructor: **Bénédicte 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 or sitting 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!

Universal Fitness Classes

Program	Instructor	Date/Days	Time	Place	2022 Fees
Chair Yoga	Gayle Caporale	Mondays	4:00 - 5:00 PM	SLP	\$6.50 = 1 ticket \$60.00 = 10 tickets \$110.00 = 20 tickets \$157.50 = 30 tickets \$200.00 = 40 tickets
Gentle Yoga	Gayle Caporale	Tues. & Thurs.	5:30 - 6:30 PM	SLP	
Core, Strength, & Balance	Louise Lund	Tues. & Thurs.	9:45 - 10:45 AM	SLP	
Pilates	Holly Wright	Tues. & Thurs.	8:30 - 9:30 AM	SLP	
Low-Impact Aerobics	Louise Lund	Mon. Wed. Fri.	8:30 - 9:30 AM	SLP	
Total Body Conditioning	Louise Lund	Mon. Wed. Fri.	9:30 - 10:30 AM	SLP	
Deep End Water Aerobics	Jackie Spindel	Tues. & Thurs. <i>Last Day 9/29</i>	5:30 - 6:30 PM	Pool	
Morning Water Aerobics	Gretchen Spiridopoulos	Mon. Wed. Fri. <i>Last Day 10/14</i>	8:30 - 9:30 AM	Pool	

You must use a 2022 Universal Fitness Ticket in order to attend the above classes. Tickets are available for purchase at the POA Service Center and the Plantation House.

September Art Classes with LeAnn ANIMAL PAINTINGS AND PORTRAITS

In September join LeAnn Kalita for training on painting animal expressive eyes, wet noses, floppy ears, sleek and bushy fur, etc.....from kitties to canines to herons to giraffes and more! In the sessions of Animal Paintings and Portraits, she will begin with explaining the steps needed to best capture your subject in a useable reference photo, demonstrate techniques, and share tips from years of painting. During the month, a portrait or painting will be completed by everyone. View LeAnn's website www.leannkalita.com to see samples of her animal paintings. Open to all levels of watercolor/ acrylic painters with a basic knowledge in use of their medium. Supply list given at registration.



When: **Thursdays, Sept. 8 & 22** **Thursday, Sept. 15**
 Time: **1:00 – 4:00 PM** **9:30 AM – 4:00 PM**
 Place: **Spring Lake Pavilion**
 Cost: **All 3 Classes (1 full-day & 2 half-day)
 for \$160/person
 OR \$90/full-day workshop
 OR \$49/half-day class**

If interested in signing up for any of LeAnn's classes, please stop by the Scheduling Office. Your check or cash payment IS your reservation. For questions, call 843-681-8090 or contact LeAnn Kalita via email: kalitart@gmail.com.

Community Blood Drive

The Activities Department is teaming up with OneBlood for another community blood drive on Monday, September 12, between 10:00 AM and 4:00 PM. OneBlood is a not-for-profit community asset serving hospitals in the South Carolina Lowcountry and Coastal Empire region. Blood donated with OneBlood stays in our community to help the needs of our local patients. Did you know – about 38% of the population can donate blood, but less than 10% actually do? Share your power!

When: **Monday, September 12**
 Time: **10:00 AM – 4:00 PM**
 Where: **Plantation House
 Parking Lot
 (inside the OneBlood
 Big Red Bus)**
 RSVP: **Jen at 843-681-8090**

To schedule an appointment, call Jen at the Scheduling Office at 843-681-8090 today! Not sure if your travel or medications will impact your eligibility, visit www.oneblood.org/donate or call 1-888-9DONATE (936-6283). Please remember to eat, hydrate, and bring a mask and an ID. Also, all donors will receive a OneBlood short-sleeved t-shirt and a \$20 eGift Card PLUS a wellness check-up, including blood pressure, temperature, iron count, pulse, and cholesterol screening. If you are not feeling well and healthy the day of the blood drive, please do NOT come to the blood drive. Thank you!

All Things Medicare Seminar

Please join the Activities Department in welcoming Karla Fields and Jennifer Hughes, Licensed Insurance Agents with the David M. Gilston Insurance Agency, on Wednesday, September 21, at 11:00 AM at the Plantation House for a FREE seminar on All Things Medicare. It is almost that time of year again – Medicare Open Enrollment! Join us as Karla and Jennifer discuss the proposed changes for 2023 and what you need to know as we enter the annual enrollment period. Learn about your Medicare options and how to compare plans. If you have questions about the above, then you won't want to miss this seminar as Karla and Jennifer will keep you informed and up to date on All Things Medicare.

Date: **Wednesday, September 21**
 Time: **11:00 AM**
 Place: **Plantation House**
 Cost: **FREE!**
 Presenter: **Mrs. Karla Fields &
 Ms. Jennifer Hughes
 Licensed Insurance Agents with
 David M. Gilston Insurance Agency**
 RSVP: **Jen at 843-681-8090**

If interested in attending, please call Jen at the Scheduling Office at 843-681-8090. Space is limited so sign up today!

Presenter(s) Background:

Karla Fields – Individual, Senior, and Group Licensed Staff Agent

A native to Charleston, SC, Karla attended the University of South Carolina in Columbia where she graduated Cum Laude. She studied Management and Marketing as a dual major under the Business Administration degree program. Since graduating, she has been in the health insurance industry, specifically with BCBS of SC. In this capacity, Karla marketed and sold individual plans, senior products, and small group plans. In the summer of 2020, Karla became a licensed Staff Agent with the David M. Gilston Insurance Agency and will continue to be an active producer in all lines of business.

Jennifer I. Hughes – Individual Licensed Staff Agent

Jennifer Hughes, a Staff Agent with the David M. Gilston Insurance Agency, graduated from the University of South Carolina with a Bachelor of Science Degree in Hospital-ity Management and a Certificate in Luxury Management. While at the University, Jennifer was a member of the Alpha Delta Pi Sorority, Beta Epsilon Chapter, as well as the Eta Sigma Delta, Hospitality Honors Fraternity. Before joining the Gilston Agency, Jennifer was an Associate Sales Manager at Lilly Pulitzer on Kiawah Island. Jennifer's current role at the Gilston Agency is to work directly with Individual clients who are exploring insurance options.

"Know Before You Go - Navigating through the Levels of Care in the Post-Acute Continuum" Workshop

Please join the Activities Department and Renee Bannon, RN, the Business Development Director from Encompass Health Rehabilitation Hospital of Bluffton on Wednesday, September 7, at 10:00 AM as Ms. Bannon highlights the different levels of care in the post-acute continuum. Navigating through the current healthcare environment can be very confusing and overwhelming, especially during a traumatic and unexpected health event. Understanding the resources and options available to you in the community is how you make an informed decision for you or your loved one when needed.

Date: **Wednesday, September 7**
 Time: **10:00 AM**
 Place: **Plantation House**
 Cost: **FREE**
 Presenter: **Mrs. Renee Bannon, RN, Business Development Director Encompass Health Rehabilitation Hospital of Bluffton**
 RSVP: **Jen at 843-681-8090 or email: Scheduling@hhppoa.org**

If interested in attending, contact Jen at the Scheduling Office at 843-681-8090 to reserve your spot today. Light refreshments will be served.

Presenter Bio:

Renee Bannon joined Encompass Health with the opening of the Bluffton hospital in 2018 and now serves as the Business Development Director. She came with 20+ combined years of sales, business, and nursing experience. Renee earned her bachelor's degree in nursing from The Baptist School of Health Professionals and is licensed as a registered nurse. Renee is a native to the area and comes from a family of nurses, first responders, military, and community servants. She proudly boasts that her grandmother, also a nurse, helped establish the Emergency Medical Services (EMS) in Jasper County.



Morning Water Aerobics

Our morning Water Aerobics class with Gretchen Spiridopoulos will not only keep you cool, but also benefit your body. Water aerobics is similar to a land aerobics class but since it's done in the water, it places less strain on your joints (less impact). It also helps to strengthen the body because the water offers resistance leading to burning calories and losing weight.



Water aerobics works all the major muscle groups, provides all-over toning, improves balance and coordination, and relieves stress. Plus, the water massages you and the feeling of weightlessness can be very enjoyable. So dig out those swimsuits and take advantage of this class!

Date: **Monday – Wednesday – Friday**
 Place: **Spring Lake Pool**
 Time: **8:30 AM – 9:30 AM**
 Cost: **See Universal Ticket Matrix for prices on page 19**
 Instructor: **Gretchen Spiridopoulos**

Final Class: Friday, October 14.

Universal Fitness Tickets from 2021 are not valid or exchangeable!! You must use a 2022 Universal Fitness Ticket in order to attend the class.

Deep-End Water Aerobics

The Activities Department is also offering an evening Deep-End Water Aerobics class on Tuesdays and Thursdays. Deep-End Water Aerobics is a non-impact aquatic class with water resistance for overall conditioning using vertical positioning. Jogging and specific exercises will strengthen the back and abdominal muscles for a total body workout. This class will be a wonderful way to strengthen and tone your body!

Dates: **Tuesdays & Thursdays**
 Place: **Spring Lake Pool**
 Time: **5:30 – 6:30 PM**
 Instructor: **Jackie Spindel**

Final Class: Thursday, September 29.

To attend this class, you must use a 2022 Universal Fitness Ticket. See Universal Fitness Ticket Matrix for prices on page 19.

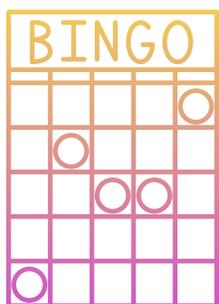


Please join the Activities Department on Friday, September 9, at 6:00 PM at the Plantation House for a fun evening of Totally 80's Bingo and refreshments and be sure to wear your favorite 80's outfit!

Event price includes admission, an assortment of yummy appetizers, and one bingo card for the first round. Additional bingo cards available for \$1 donation per bingo card per round. Deadline to sign-up is Friday, September 2. Seating is limited so sign up early. To register, stop by the Scheduling Office at the Plantation House because your payment IS your reservation. For questions, call Jen at 843-681-8090.

Date: **Friday, September 9**
 Time: **6:00 – 8:30 PM**
 Place: **Plantation House**
 Price: **\$10/person (includes admission, refreshments, and one bingo card for the first round) \$1.00 donation per bingo card per round**
 Questions: **Jen at 843-681-8090**
 Deadline: **Friday, September 2**

We will also be selling bingo markers for \$2 each; however, feel free to bring your own. You may also BYOB if you wish. And don't forget to wear your NEON!!!



“Investing in an Uncertain Market” Workshop

If the ups and downs of the market make you feel uneasy about investing, you're not alone. What can set you apart is maintaining a long-term focus through inevitable market fluctuations.

Please join the Activities Department and Edward Jones Financial Advisor Amy Covington for “Investing in an Uncertain Market,” a presentation by Kyle Coffey, CIMA, from American Funds, The Capital Group, on Thursday, August 18, at 10:00 AM at the Plantation House. Mr. Coffey will highlight actionable investment strategies to help you stay committed to your long-term financial goals. There will also be ample time for questions. A continental breakfast will be provided.

Date: **Thursday, August 18**
 Time: **10:00 AM**
 Place: **Plantation House**
 Cost: **FREE!**
 RSVP: **Jen at 843-681-8090**
 Presenters: **Amy Covington, Financial Advisor with Edward Jones & Kyle Coffey, CIMA, with American Funds, The Capital Group**

If interested in attending, please call Jen at the Scheduling Office at 843-681-8090 or email her at scheduling@hhppoa.org. Seating is limited so sign up early. We hope to see you there!

Presenters' Bios:

Amy Covington, AAMS®, is a Financial Advisor with Edward Jones with her office located on New Orleans Road in Hilton Head Island. Through their proven process and high-quality strategies, the branch team partners with clients to help them organize and make informed decisions while building the wealth they need to fuel the future they envision. She has lived and served the community of Hilton Head/Bluffton for the past 26 years with her husband and two daughters and is currently serving as the President of the Zonta Club of Hilton Head, a non-profit that supports women and children's programs here locally. Amy also serves the community by bringing educational seminars to better help those to understand the changing world of investing and building wealth. She holds a Series 7 and 66 registration, life and health insurance license and the AAMS® professional designation.



Kyle Coffey is a wealth management consultant at Capital Group, home of American Funds, covering North Carolina, South Carolina, and the Atlanta metropolitan area. He has 10 years of industry experience, all with Capital Group. Earlier in his career at Capital, Kyle worked as an area sales representative. He holds a bachelor's degree in history from the University of Texas at Austin. He also holds the Certified Investment Management Analyst® designation. Kyle is based in Charlotte, N.C.



Rock, Roll & Release with Foam Rolling – New Class with Gayle



The Activities Department is excited to be offering a NEW Foam Rolling Class with Gayle Caporale on Thursdays this September. Foam rolling is a form of self-massage that uses body weight in conjunction with a foam roller to apply pressure to tight tissues. We can use the foam roller to help improve mobility of the muscles and connective tissues to allow the nervous system to activate our muscles more efficiently. Essentially, you roll your muscles, and it helps them function better in the same way that a massage would. Using a roller just allows you to get to all the hard-to-reach areas of your body without requiring the assistance of another person.

The benefits of Foam Rolling include:

- Increased range of motion
- Increased blood flow to a specific area
- Reduced pain and stiffness
- Increased hydration through compression and release
- Elimination of toxins
- Improved nerve signal flow
- Break up of trigger points

Areas of tissue in your body can become thickened or inflamed due to injury, a sedentary lifestyle, and repetitive movement, such as from cycling or running, or lack of appropriate stretching. The deepest layers of tissue often can be reached with a combination of yoga and foam rolling.

Dates: **Thursdays
September 22 – October 27**
 Time: **4:00 – 5:00 PM**
 Place: **Spring Lake Pavilion**
 Cost: **\$40/person**
 Instructor: **Gayle Caporale**

If interested, please bring your \$40 payment to the Scheduling Office to reserve your spot today. For questions, call Jen at 843-681-8090.

WHAT YOU NEED: A YOGA MAT AND A FOAM ROLLER. (THE FOAM ROLLER MUST BE AT LEAST 36" LONG AND 6" IN DIAMETER.) The instructor has a Rehabilitation Advantage high density round white foam roller, 36", from Amazon, and it cost \$18.75. Gayle is not aware of any retailers locally that have foam rollers that are 36" long. A medium density foam roller is better to begin with. Again, on Amazon the Yes4ALLPremium Medium Density Round PE Foam Roller for physical therapy, 36", is \$19.95 It is not recommended to use a roller that has a bumpy or textured finish.

Yoga for Osteoporosis – New 6-Week Session

The Activities Department is excited to offer another 6-week session of Yoga for Osteoporosis with Gayle Caporale in September. This new session will be offered on Tuesdays from 4:00-5:00 PM starting September 20 and continuing through October 25. Yoga benefits people with Osteoporosis in many ways, such as improved balance and posture, coordination, strength and range-of-motion, and lower anxiety, all elements that reduce the risk of fracture. Whether you have Osteopenia, Osteoporosis or just want to build your bone strength and improve your balance, the 12 yoga poses participants will practice specifically counter bone and muscle loss and improve coordination and balance. It's accessible to those new to yoga, as well as long time practitioners. Gayle is certified to teach this method and has personally committed to this program of 12 poses 5-7 days per week. It has significantly improved her own bone mineral density in her spine and femur.

Dates: **Tuesdays
September 20 – October 25**
 Time: **4:00 – 5:00 PM**
 Place: **Spring Lake Pavilion**
 Cost: **\$40/person**
 Instructor: **Gayle Caporale**

If interested, please bring your \$40 payment to the Scheduling Office to reserve your spot today. Class size will be limited to 8 participants. For questions, call Jen at 843-681-8090.

