



TRADITION COMMUNITY NEWSLETTER

Winter 2025

"The very fact of snow is such an amazement" - Roger Ebert

Photo By Paul Lempert

KEY CONTACTS

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BOARD OF DIRECTORS

John McLaughlin, President

Debbie Moeller, Vice President

Brian Kramer, Treasurer

John Gaston, Secretary

Mike Petscavage, Director

Lisa Klein, Kuester Management

Building & Grounds: Alex Herndon

Board Meetings Fourth Thursday
1:00 p.m. Residents' clubhouse
(subject to change)

Please Reference Your Neighborhood Directory
For contact numbers and email addresses
send updates to TraditionDirectory@gmail.com
The new directory should be in your paper box soon

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From the Desk of the President *(Actually it's our dining room table)*



I hope that everyone survived our recent snowstorm. I remember looking out the window Tuesday night and thinking it looked so pretty. Of course, the following days were not as nice as the snow and ice stayed around for a number of days making driving treacherous. We also encountered Georgetown County shutting down services which caused a delay in trash and recycle services. It is a good thing we don't experience snow very often.

I want to start out by thanking all the people who assist us by participating in one of our committees. As mentioned in a previous letter, we have various committees who volunteer their time to assist our community. These committees include a Finance Committee, a Community Assistance Committee, an Outreach Committee and let's not forget the Christmas Lighting Committee. Thanks to all who participated.

We recently had a change to the Board of Directors. Diane Leg has resigned and her position was filled by Mike Petscavage. As is dictated by our CCR'S, the open position is filled by the Board and the person selected completes the term of the previous Board member. Please thank Diane for her service to the community.

Since our last newsletter Tradition has held a few social events. First, we had the ever popular, Oktoberfest, which was well attended. Attendees had a great time enjoying all the Bavarian music and superb food. We also had the ever-popular Christmas Carol sing-along and Christmas Golf Cart parade.

Last fall we began the process of repaving our roads. This requires us to grind the existing asphalt and replace it with new. We started with Tradition Club Drive from the front gate to Deacon Drive. The Board will be working with our resident Civil Engineers to determine the next phase. We are looking to space out the repaving so that we continue to maintain a sizable chunk of our reserve funds in the event of a significant event.

As our community ages we have encountered issues that required repair. A sink hole appeared in the drainage lines between Tradition Club Drive and Alexander Glennie Drive. The pipe was repaired and the hole filled. We also have addressed the road drainage problem on Tradition Club Drive on the cross-over to Hole #2. The road would fill with rainwater after a heavy rain storm. The pipe had to be cleaned out of debris and sediment removed that was blocking the water from flowing into a pond.



We have heard your concerns about the quality of the plants and flowers we have used at the front and back gate. We have asked our Home and Garden Club to assist us in our selection process. They will be selecting the vegetation starting with our spring plantings. We are also aware of the deterioration of grass in some of our common areas. While grass has worked in the past, we will need to look at potentially another strain of grass or other options to improve the look. We will be enlisting True Blue for options.

From the Desk of the President *Continued*

The new Spectrum Contract is in effect this year. There were some changes in the service. In the past we were allowed 4 devices and now we are allowed only 3. Please note that if you retain the fourth device you will be charged for it. You can change your cable box to a Xumo which assists in streaming, if you wish. But any existing devices will still work. We understand that installing the Xumo box may be difficult, but many folks are happy with the result.

The viewing package we now have has also been changed. We no longer get The Movie Channels. In its place we now get Spectrum TV Select, Entertainment View, Paramount+ with Showtime and Disney+. They also recommend that you upgrade your modem and router if you have not recently done so to improve your internet service.

Annual Meeting:

Our annual meeting is being held on February 20 at the Waccamaw Library on St. Paul Street. The meeting will start at 5:00 PM with check-in starting at 4:30. As usual we will be voting on the IRS tax question as well as for the 2 open BOD positions. This year we have six candidates to fill the 2 openings. Please send in your ballot either electronically or through USPS. We recommend responding electronically to ensure your vote reaches us on time.

Thanks, and see you around the hood.

As I am sure you are aware that we have changed how we perform the community review. Our management company has assumed that responsibility. We have encountered numerous questions regarding the new process. As with any change in process, we need to make some adjustments and modifications. Please understand that this is a work in progress. We have already reworded the notification letter that is used and have reversed a number of perceived violations.

The Board will be working very closely with Kuester to modify the criteria so that it is not so black and white. Please accept our apology for any angst this may have caused.



Photos Shared by our contributors

Oktoberfest

On Saturday, October 12th, more than 100 residents attended our annual social event. This year, the theme was Oktoberfest. Thankful that the weather cooperated, tables were set up Inside and out to accommodate seating for everyone. Debbie Moeller, along with her team turned the pool house and deck into a Bavarian gaststätte.

With seasonal Oktoberfest décor, food, DJ and even a beer tent the mood was set to enjoy all the festivities. Thanks to the more than 30 volunteers who set up, cleaned up, cooked and served.

We are blessed to have such a great community.





CHRISTMAS GOLF CART PARADE 2024



*T'was the first Friday near Christmas,
as we set up for dinner
Gathering songbooks and flowers
to award to the winners
The tree was all lighted
and food was prepared
In hopes that our patrons
soon would be there*



*When out in the car park
there rose such a clatter
We sprang to the window
to see what was the matter
When what to our wondering eyes
should appear
But 9 shiny golf carts
all decked out, oh dear!*



*With so many people dressed
up for a charade
I knew it a moment
it must be the parade
If not for the cold,
there would have been more
Kudos to those who dared to endure*



*The leader, he whistled
and called them in line
And gave them all numbers
to follow behind
now Whoville, now Tweety,
now Toothless and Pinky
On Santa, on Holly, on Beach Bum
and Sweety*



*To the back of the clubhouse,
to the path down below
Now dash away, dash away,
dash away, go!*



Ninth Annual Old Fashioned Christmas Carol Sing Along

The Traditional Old Fashioned sing-a-long was held at the clubhouse on Friday evening December 6th. Debbie Moeller and her elves prepared a feast for about 60 residents who braved the chilly temperatures to come out and join Willie Conway to sing our favorite seasonal lyrics.

Our accompanist, Jill Trinka, was unable to perform due to a family emergency, however she arranged for a colleague from the Coastal Carolina University Staff to take her place.

The joyous celebration included a southern BBQ of pulled pork, baked beans and macaroni and cheese finished with Santa's favorite, cookies! All the food was prepared and served by the elves themselves.



Welcome New Neighbors

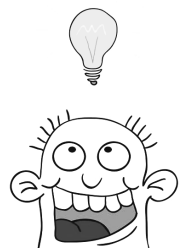
It's been a very busy end of year with home sales and new neighbors moving in and several making a purchase of a seasonal or "someday" home in our lovely community.

57 Monarch Court Eric & Jennifer Atkinson
66 Monarch Court Bruce Devoe & Karen Lappas
9 Thrasher Court Stanley Bratton & Maura Couch
34 Discovery Lane Kay Freeman-Warfield
52 Brookridge Lane Richard Rollick & Melissa Longo
96 Patriot Lane Christine McGonagle
11 Boatmen Drive David Swanson
1004 Tradition Club Drive Larry & Linda Zukowski

BE Encouraged — By Linda Smith

A study found that the most productive age in human life is 60-70 years old. The 2nd is from 70-80. The 3rd is from 50-60. The average age of NOBEL PRIZE winners is 62. Of CEOs of prominent companies is 63 years. Of pastors of the 100 largest churches in the U.S. is 71.

New England journal of Medicine— May 8th 1986. A published book review found at age 60, you reach the TOP of your potential and this continues into your 80s. Therefore, if you are 60-70 or 70-80 you MAY have the BEST and 2nd best opportunity in your life to produce meaningful accomplishments that can leave a lasting positive legacy!



WELCOME COMMITTEE

When new folks purchase an home in Tradition they are welcomed with an LBF tote bag, a neighborhood directory, a copy of the ARB and Covenants and lots of other useful information pertaining to our community and surrounding areas.

After 3 years fulfilling this role, the coordinator is stepping down and looking for someone to assume this responsibility and build their own committee of helpers.

If you are interested in volunteering as coordinator for this essential and gratifying position, please send an email to :

Newsletter@TheTraditionCommunity.com



Join the Polar Bears in the icy pool OR Join us every Monday, Wednesday and Friday
1/2 hour of Chair Aerobics followed by a 1/2 hour of line dancing
Great Winter Activity to keep those muscles toned and the heart rate up!
9 AM to 10 AM inside the club house
Just show up, no sign up required. Hope to see you there.



ANNUAL MEETING

At the LIBRARY

Thursday February 20th at 5:00 PM

Doors open at 4:30 for check in

Two seats on the Board of Directors are open for a 3 year term. You will receive a ballot in the mail and via email.

Vote Wisely

All Board positions are voluntary without compensation. It is a cohesive group of 5 men and women who dedicate their time (lots of time) and expertise to keep Tradition as one of the most sought after communities on the strand.

It takes more than talent, it takes heart.

Meetings are planned for once each month, but many impromptu meetings are held and the work doesn't stop there. It's hands-on every day, constant text messages, phone calls and emails to deal with; many times the stress leads to sleepless nights. Unfortunately there are more complaints than thanks.

There are more candidates than open positions this year. When you cast your vote be certain that your choices are for residents who have a strong work ethic, are team players and are ready to roll up their sleeves and get to work. See you at the meeting!



By Interim Secretary, Paul Lempert
All Photos by Paul Lempert

The Tradition Men's league, with 85 members in 2024, played Monday mornings except for the months of March, April, May, and October when tee times are moved to the afternoons.

Elections were held during 4th quarter and the officers for 2025 were announced at the annual Christmas Dinner in December.

President - Danny Ingram
VP of Games - Charlie Zelinsky & Bob Misa
VP of Tournaments- Ted Wroth
Secretary - Bruce Ebbets
Treasurer - Steve Smith

2024 TOURNAMENT CHAMPIONS

TEAM RINGER - Jerry Mayer & Al Britsch

MEMORIAL MASTERS - A Flt: Bill Shelly (77 pts), B Flt: Jerry Mayer (74 pts)
PRESIDENTS CUP (May 13 & 20) A Flt: Wayne Johnson (score 141)
B Flt: John Gaworecki (score 136)
MEMBER/MEMBER (June 3 & 10) Champions: Steve Johnson & Carey Hunt
MEMBER/GUEST (Aug. 16 & 17; Practice Round - Aug. 15)
Overall Champions- Dale Hertweck & Jay Hertweck



Jones Flight:	Dave Streeter & Mark Cicci
Hogan Flight:	Rick Halsey & John Gaston
Nicklaus Flight:	Dale Hertweck & Jay Hertweck
Woods Flight:	Frank Haddy & Denny Kerr
Palmer Flight:	Patrick & Ed Weich
McIlroy Flight:	Larry Barksdale & Josh Barksdale
Scheffler Flight:	Steve Smith & Chip Rodgers

CLUB CHAMPIONSHIP

Gross Flight (Sept. 9 & 17): Dave Streeter - 145
Net Flight A (Sept. 9 & 24): Steve Smith - 145
Net Flight B (Sept. 9 & 24): Paul Lempert - 145

Paul Lempert had his first ever Hole-in-one on Sept 30, hole #5

RED/WHITE GOLD/BLUE (Oct. 14 & 21)
Champions: Gold: Patrick Tole (147)
Silver: Declan McMullen (149)
Red: Dale Hertweck (139)



Final Tournament of the Year: Individual Ringer

A Flight - Lou DePazzo; B Flight - Charlie Ccores; C Flight - Bob Cate



Turkey Shootout winners:

Cary Hunt and Pat Butler

BLOCK PARTIES—NEIGHBORHOOD CELEBRATIONS

Thrasher Bash!!! - By Mike Petscavage

In mid-November the residents of Thrasher Court and surrounding homes on Tradition Club Drive held a festive get-together. It was a great time and great opportunity for new neighbors to be introduced, and for old neighbors to meet and either reestablish or further strengthen friendships and bonds.

There was an abundance of delicious food, including salads, fried chicken, pulled pork barbeque, coleslaw, macaroni and cheese, ranch beans, several potato casseroles, and many wonderful desserts.

This was the second year in a row that this gathering was held, and many are hopeful that it becomes an annual event.



Did you know that Thrasher Court was originally called Coventry Court on the Tradition Site map?

BOATMEN DRIVE BLOCK PARTY

—by Bevinn Herman, Elene Hertweck & Jan Shepherd

At one time Boatmen Drive was known as “ambulance alley” as it seemed we had at least three calls per month. Well not anymore.

Bevinn Herman had the idea to celebrate being great neighbors by having a block party last summer. The turnout was amazing. We got to meet some of the people on our street we only knew by a wave when out in the yard working.

Not to let a good thing die, she started planning a Christmas party. We had an even greater turnout at the clubhouse. There was food, food, food! We exchanged (or stole) gifts starting with Stephen Rosen, the unofficial Mayor of Boatmen, being the longest time resident on Boatmen Drive.

Plans are already in the works for the 2025 parties.

Ambulance Alley no more!!!!



A little History of Boatmen Drive. Boatmen Drive was one of the original development phases of Tradition in 1995. At the time only the south end of the road was surveyed for 12 homes and it terminated northbound at the corner of Low Country Lane (152 Boatmen). Later that year the other homes were surveyed as well as Patriot Lane and Tradition Club Drive was connected to Deacon Drive at the front gate. That is the reason the lot numbers are not sequential nor are they part of the same phase. 152 is Lot 24 Phase 8 however, the home next door, 140, is lot 56 Phase 3. Today there are 29 homes on Boatmen and 10 different models. The most common are the Calvin and the Russell. (Reference: Plats filed with Georgetown County)

The Spectrum Contract 2025 From the Editor



In December we all got a letter mailed to our homes announcing the conditions of the new Spectrum contract. We would be entitled to 3 devices and free access to Paramount +, Disney + and Max. Like most, I did not know exactly what that meant.

I ordered 1 XUMO (*Zoo-Mo*) box, just to see what it was. Tiny little thing, not much bigger than a Fire stick. I also got a new modem to replace the original one from 6 years ago, that was a plus because I have barely experienced any internet issues since. I turned in 1 cable box and my old modem.

It's easy to add the free services by going to Spectrum.net then choosing Streaming services. Don't buy extras if you don't want them.

I was already paying for Paramount + so I was unable to add that to my Spectrum account until it canceled. That saved me \$8 each month. We kept our DVR and since that now was considered our box #3, I no longer had to pay for it either, only the DVR service. That saved me another \$13 each month.

Installing the Xumo was tedious, I had to reinitiate every app that I used, which I did. But when I realized Zumo would not allow me to carry over my Hallmark +, my Pureflix or my Acorn TV (don't judge me) which I primarily watch and paid for a year in advance.

That's when I decided to put the Xumo as HDMI 2 on the "stupid" TV which is used primarily for sport channels and I use my smart TV without any boxes. Xumo may have capabilities that I have not yet discovered, but for now, I don't plan to explore them.

I do find changing channels through the spectrum app somewhat annoying, but I rarely watch any cable other than the weather channel. So I can manage.

In summary, I do recommend getting a new modem and router if yours is not the most current. (just call Spectrum, they know exactly what you have). Any smart TV is capable of streaming without any boxes.

If you have a Firestick, Roku or Tivo and are happy with them, stay with what you have. If you have more than 3 TVs, at least one of them must be "smart" enough to work without any boxes so you don't have to pay the extra fees.

I saved money, got better internet access and an education. So I am happy.

If you have found hidden secrets about the wonders of Xumo, please share.

HAND, FOOT & ELBOW

By the editor



I joined the Hand, Foot and Elbow card group in December last year. I was amazed by the paraphernalia required to play a card game. The complexity of the game was daunting.

Many people have played canasta and hand and foot card games. But adding the elbow is another level of play. Darlene Dodson introduced this game several years ago and serves as the coordinator.

Each Table is equipped with 7 (seven) decks of cards, thus the card shuffler is a necessity. There is also a tray for selecting and discarding and another for storing "foot and elbow" plus paper and pencil for keeping score. Arithmetic skills are required, the scores can reach to the tens of thousands.

The games begin on Monday afternoons at 1:00, show time is 15 minutes before to ensure all the equipment is out and table assignments are completed. It is very popular among our residents. Four rounds are played at each table, each round becoming more and more difficult. In some cases it take more than 3 hours to complete all 4 games and earn bragging rights or suffer defeat.

On January 27th we said farewell to long time Tradition resident, Diane MacDonald, who has sold her home on Tradition Club Drive and heads north to New England with her husband, Doug.

"New Hampsha" that is, on the "bawda" of Massachusetts.

We enjoyed a celebration of cupcakes and ice cream between hands.



Back Row: Jeanette Renault, Jan Shepherd, Darlene Dodson, Vicki Wythe, Lynn Mayer, Mary Grace Robic, Renee Bruce Mary Graef, Kathy Knittle, & Deb Moeller

Front Row: Betty Ruff, Diane MacDonald, Dee Phillips, Kathy Berko

FROM THE EDITOR: OUR JOURNEY OF HOME MODELS

Continuing on our journey of home models in Tradition, the second most popular home built by Centex was the Calwin.

This model starting at 1,332 Sq Feet, was not only the smallest, but the most affordable.

In the early days of Tradition, this home could be built on a “non-premium” lot for only \$140,000. Earlier this year one of the Calwin models sold for over \$500,000.

Of the 403 homes built at Tradition, 56 of them are the Calwin model, only 10 less than the Delaware which was our topic in the last edition.

The Calwin also was a decorated model on Basketmaker Lane for the potential buyers to admire. All 6 of the decorated models sold in 1999 in a lottery; many having changed hands a few times since.

The appeal of the Calwin, in addition to the price, was the 3 bedroom, 2 bath, split plan with a large great room and eat-in kitchen. Optionally, the 3rd bedroom could be converted to a study with French doors off the great room and/or a 15' or 27' sunroom added onto the back of the home.

The brick and vinyl elevations of the Calwin are very similar, and easily spotted by the post at the front entrance. However, the stucco elevation, seen above in this 1998 flyer, with its front porch and dormers make it more difficult to identify. There are 6 stucco versions of the Calwin; 5 All Vinyl Sided and 23 Brick & Vinyl. All Calwin models were built in the parcels formerly known as Tuckers Grove and Hunters Reserve.

In the next Edition of the Newsletter, we will look at the 3rd most common model built in the Tradition.

Can you guess?

Hunters Preserve
\$148,900
Available Now!

Flyer from 1998



The popular Calwin home has three bedrooms, two baths (split bedroom plan), large family room, kitchen with eat-in breakfast area. Some of the special features included are: *Screened porch * Fireplace with gas line * Ceiling fans in every room *Garage door opener * Garage service door * Laundry sink in garage * Too many extras to name. Call to get a list of all the additional features that make this home such an exceptional value.

Heated Square Feet: 1332 Homeowner's Association Fee is \$70 per month which includes resident's clubhouse with pool and tennis court and private beach access at Litchfield-By-The-Sea. **Special Financing Available**



THE TRADITION
AT WILLBROOK PLANTATION

Royce King, BIC
Pricing and availability
subject to change without
prior notice.

Call Sales Office
for More Information
237-5050



Can you guess?



An Apple Dumpling is Really Something

From the Editor

I was fortunate to get an invitation to be a vendor at the 2024 Apple Dumpling Festival at St. Peter's Lutheran Church on the 23rd of November. Having never been, I didn't know what to expect; in fact, I didn't know what an apple dumpling was.

The event was held in Heinecke hall. Several Large round tables and chairs were set up just outside the kitchen and about 20 vendor tables in the back and along the walls. The doors opened to patrons at 10a.m. that Saturday morning, and I was amazed at the line of 100 people waiting to get in. This was a story I needed to tell.

More than a decade ago a former resident and parishioner shared her Ohio family's apple dumpling recipe. From this the Apple Dumpling Festival was born. Although a small beginning, over time the event has gained popularity as demonstrated with the 100's of people waiting to purchase their delicacy.

In 2023, the parishioners made 200 Apple Dumplings, and they sold old so quickly that in 2024, they doubled the amount. But it was not only 400 dumplings that were available to the public, but an additional 400 that could be pre-ordered and picked a week before. Volunteers also made 9 variations of soups for sale at the festival.

What does it take to make 800 apple dumplings?

I talked to Organizer, Jane Rudd

- ⇒ 30 people
- ⇒ 800 apples
- ⇒ 200 lbs. of flour
- ⇒ 50 lbs. Crisco, 120 lbs. of sugar
- ⇒ 20 dozen eggs.



Due to the size of the kitchen facilities, all 800 could not be housed at once, thus the preorder and sales dates.

The apples are peeled and cored, wrapped in pastry dough, stuffed with cinnamon and sugar sauce and baked. When they are served, more warm sauce is added and dollop of vanilla ice cream. Delectable.

When the doors opened at 10a.m. the line of people went to the order table to purchase multiple apple dumplings and cups of soups. Three hours later, everything was gone.

Fortunate for the vendors, the attendees did not come only for the food, they also came to shop. I had created a special line of mixed media Christmas ornaments on wood, Thanksgiving cards and Christmas cards just for the occasion. It was not my normal "Art Under the Oaks" inventory of Art but catered to the holidays and small inside craft show. It was very successful.

I hope to get invited back next year.

The Tradition Ladies Nine Hole Golf Association (TLNHGA)

By Jan Jennings, Secretary

The League enjoys an active membership which meets weekly on Tuesday for play at our beautiful course. We hold a "Gals and Pals" tournament yearly. Unfortunately play was suspended due to weather. However, participants still enjoyed a delicious dinner prepared by our very talented Club Chef, Debbie. Hearty participants returned the following Tuesday to enjoy a fun competition followed by a pizza dinner.



Additionally, social gatherings are scheduled a few times during year to provide an opportunity to enjoy other activities, such as a "souper" supper, music bingo, a Christmas gift exchange and gourmet dinner, and the annual Christmas/Awards luncheon.

The Christmas/Awards luncheon is an opportunity to enjoy the Christmas spirit and to acknowledge those ladies who have earned awards for Most Improved, Chip Ins and Birdies.

Smith Free Clinic Update

Anne Faul—Interviewed and written by Linda Smith

On August 29, 2024, Anne Faul kindly sat down for an interview about Smith Medical Clinic (SMC) here in Pawleys Island. She explained that she is acting as an Interim Executive Director until a new director can be hired to fill the vacancy left by the previous director, Gretchen Smith. She stated that she had had the honor and pleasure of being part of the SMC team previously, serving in the director position from 2010 until 2021. And because of her being away for a while and then returning, she could share her perspective of what has changed in the last few years.

Anne is impressed by the many improvements and enhancements made by Gretchen in her time at the clinic. Advancements have been made in the use of electronic medical records, in patient flow and there has been a significant expansion in the utilization of the Georgetown clinic location. Ms. Smith did a wonderful job of creating new strategic partnerships throughout the community and excelled at patient outreach and increasing community support for the clinic.

Anne has also noticed a disturbing difference in the patients seen at SMC. Since the Covid pandemic, the clinic providers are seeing a growing trend of patients with more complex and severe health conditions that have delayed seeking treatment. Many patients present with multiple chronic illnesses and more advanced stages of disease, requiring more intensive care and management.

These very people who come to SMC are the same folks that we all encounter in our day to day lives, whether we realize it or not. They may work as cashiers, dental hygienists, construction workers, house cleaners, hairdressers, artists, fast food workers, roofing installers, landscapers, etc. For one reason or another they may not have access to health insurance benefits. But they are not really any different than you or I. Their lives are just more complicated and their resources are more limited.

Whereas most of us have a cushion to fall back on when hard times come, they don't. Or their cushion has disappeared. People that care about them have left or died. Jobs have dried up. Vehicles no longer run and might need costly repairs that they cannot afford. Their home that might have been in their family for generations might have been destroyed by a natural disaster. Their savings may have been exhausted during Covid shut-downs. They might have suffered an injury and can no longer work in their specific occupation. Or other traumatic insurmountable events occurred in their lives. Affording health care, medications, or following through with medical appointments can be extremely daunting when they are struggling with just putting food on the table. Often their hardships seem to come in a series of multiple waves. They may feel as though their entire family household is about to fall down. Sometimes they are barely holding on mentally, physically, and economically.



UNPARALLELED HEALTH CARE SERVED WITH DIGNITY, KINDNESS, & RESPECT FOR OUR MOST VULNERABLE NEIGHBORS

At SMC, the goal is to help folks regain their health so they can hold down a job, and take care of themselves and their families. The clinic gives them a place to gather themselves amid the storm so they have a chance they can go on with life with better health and more resources.

As concerning as the health profiles of patients may be, Anne stressed that she has also seen great positive advancements in the clinic that bring much hope for the future. For instance, more and more Continuous Glucose Monitors (CGM) are being used with diabetic patients. If you've ever known someone to receive a new diabetic diagnosis, you've seen what an overwhelming life adjustment it requires for them to change their entire lifestyle.

A CGM allows instantaneous feedback about the relationship between what the person just ate or the amount of exercise they recently undertook and how it has impacted their blood sugar. That better helps them make better choices going forward. Admittedly these CGM are expensive, but because of their positive impact on patient outcomes, a grantor provided funds to cover the cost. SMC is currently searching for diabetic educators to further enhance services. SMC patients have access to the latest and most advanced medications completely free of charge, thanks to an on-site pharmacy. This ensures they receive top-tier treatments without the burden of cost.

Smith Clinic also actively collaborates with Tidelands Health through Tidelands Community Care Network (TCCN). In fact, at the Georgetown SMC location the clinic resides in the same building as TCCN so our mutual patients can receive additional assistance, like education on how to manage chronic diseases like diabetes and hypertension.

Another change since Covid, is that clinic mental health providers are seeing more patients suffering from loneliness, anxiety, stress, and depression. The clinic is fortunate to have 2 mental health volunteers that can help patients deal with these issues.

The clinic is finding that the data available through electronic health records helps staff and volunteers provide better follow up and care for patients. For example, it is easier to identify and reach out to lapsed patients to encourage them to re-engage with managing their health.

Continued on next page -

Smith Medical Clinic (continued)

When asked how folks in Tradition can support Smith Medical Clinic, Anne replied that there are 3 very important ways to help. First and foremost, refer patients that may need care. Mention SMC to everyone with whom you come in contact. You never know who needs to know that this clinic is here. You never know who you might help or who might wish to volunteer. Secondly, consider volunteering yourself. You don't have to be a medical professional to help. There are other ways to share your time and talent. The clinic needs administrative people, clerks, diabetic educators, physical therapists, patient-navigators, fund raisers, data analysts, outreach coordinators, people who can convert paper charts to electronic files, those who love Excel, people to make follow up phone calls to patients, and many others. Your workplace or church could even plan a Team-Building Activity with the SMC team!

DID YOU KNOW? BABY BOOMERS HAVE THE HIGHEST RATE OF VOLUNTEERING IN THE US (59%) COMPARED TO ALL OTHER GENERATIONS — US CENSUS BUREAU

The third way to support the clinic is by providing financial support. Because of their volunteer model and strategic partnerships, the clinic stretches every \$1 donated to create \$5-\$8 in medical care. No talent nor contribution ever goes to waste. And it's important to know that when patients receive care at SMC, the clinic is helping to reduce the number of avoidable Emergency Department visits, thus reducing overall health care costs in our community. The clinic strives to help people get the right care, at the right place, at the right time.

SMC volunteers consistently demonstrate empathy, perception, and excellent listening skills. For example, SMC nurses frequently must "read between the lines" and "hear" what the patients may not wish to say. They need to be attuned to identify needs or problems that patients may be afraid or embarrassed to share. It's not merely Triage at SMC, it's much more than that. It's more of an astute realization of the Whole Person as well as his or her health, social network, deficits, and dangers. Is the person living in their car, has a death of a significant person just occurred, has there been a recent loss, or is the patient contemplating suicide or experiencing domestic violence? Are they distrustful? Are they withdrawn? Are they in pain? These exceptional SMC nurses share these insights confidentially with the rest of the care team. Then the team can sensitively, compassionately, and purposely attend to the person's needs.

A life just might be saved. A person and their family just might be preserved. And they might go on to serve our community in a way no one ever imagined.

SMC families have all the same needs as any other families here. They just need a way to access services. We can help. Won't you join us?

VOLUNTEERS NEEDED

IN ORDER TO PROVIDE SERVICES AND MORE, WE NEED THE HELP OF VOLUNTEERS!
Please contact Dina Wells at dwells@smithfreeclinic.org

If you are a nurse, medical assistant or CNA please reach out! We need nursing help in Pawleys and Georgetown clinics!

We are in need of help with Electronic Medical Records entry Contact us if you know someone!

Our patients need canes, CPAP machines and supplies as well as oxygen concentrators!

Annual Review 2023

<p>1,186 INDIVIDUAL PATIENTS </p>	<p>7,920 TOTAL VISITS - Georgetown - Pawleys Island</p>
<p>PATIENT DEMOGRAPHICS</p> <div style="display: flex; align-items: center;"> <div> <p>Ethnicity</p> <ul style="list-style-type: none"> • African American: 441 • Caucasian: 367 • Hispanic/Latino: 345 <p>Gender</p> <ul style="list-style-type: none"> • Female: 652 • Male: 534 </div> </div>	<p>COMMON DIAGNOSIS</p> <ul style="list-style-type: none"> • Hypertension : 572 • Diabetes : 246 • COPD : 57
<p>332 NEW PATIENTS</p>	<p>10,969 VOLUNTEER HOURS </p>
<p>2,983 LABS </p>	<p>151 VOLUNTEERS </p>
<p>1,669 DIAGNOSTIC TESTS & X RAYS </p>	<p>PRESCRIPTIONS FILLED 11,418 </p>
<p>263 BEHAVIORAL HEALTH VISITS</p> <p>HEALTH & WELLNESS SUPPORT SERVICE VISITS: DIABETIC EDUCATION, PHYSICAL THERAPY NUTRITION & YMCA</p> <p>1,308</p>	<p>TOTAL VALUE OF MEDICAL CARE</p> <p>\$5.6 \$ MILLION</p>
<p>99 BASKERVILL DR PAWLEYS ISLAND, SC 29555 1101 HIGHMARKET STREET GEORGETOWN, SC 29440 SMITHFREECLINIC.ORG 843.237.2672</p>	



Our Habitat Story

By Charlie & Carol Cocores

-Interviewed and written by Linda Smith

This nonprofit, non-governmental charitable organization was originally started in 1976 in Georgia by Millard and Linda Fuller. And in its infancy President Jimmy Carter and his wife Rosalyn became its public face. In the years since it has grown to be in all 50 states as well as in over 70 countries. It grew as a grass roots effort to partner those in need of shelter with volunteers, in order to build decent, affordable houses. While on a build site, Habitat volunteers work with local building professionals for a better product. The aim is to set families up to succeed, to build their self reliance, and ultimately give them stability and better lives.

Habitat for Humanity has built, renovated, and repaired more than 800,000 homes worldwide since its beginning! And in 2023 alone, the efforts of 895,000 volunteers helped 13.4 million people to achieve a decent place to live. The greatest number of homes through the ages has been in the US, with the 2nd greatest built in Guatemala.

Locally the Georgetown affiliate was formed in 1991. In this area alone 104 homes have been built, or about 4 homes per year. Habitat as a 501(c)(3) has an excellent rating among charities with 90% of each dollar actually going into the builds rather than into corporate wealth.

These are not “free” homes either. Rather, they are built at no profit. People must meet requirements of having a job and being impoverished. Then their subsequent house payments are combined with no-interest loans provided by supporters and donated funds. These future homeowners must donate “sweat equity” also, meaning they must provide hundreds of hours working at the building site or within other areas of the local Habitat. Future homeowners also attend classes on how to handle finances to help them succeed as well as classes on how to maintain a home.

Volunteers can go all over the world, giving their own time, effort, and paying their own way. Many have said that their experience at Habitat really changed the course of their lives. Some have even volunteered after some personal trauma in order to experience something positive and to renew their sense of hope. All expressed being enriched, uplifted, and feeling more positive. They formed friendships, had fun, felt useful and appreciated. They experienced new cultures, gained a wider experience of the world, learned to respect other cultures both within this country as well as having created great memories!



Charlie started working with Habitat in 2008 during a six week break from his job at Connecticut College and had a great time! Then he was hooked! He then went to Honduras and met lots of interesting people. The following year he went to Guatemala and also worked to become a Habitat Leader.

Carol became involved later and found that it renewed her spirit and outlook each year before she resumed teaching in the fall with Special Education classes. A little over a year ago she even brought 8 women together to do a successful and fun Women’s Build in Asheville North Carolina.

In a Habitat Retraining weekend they both got to meet President and Mrs. Carter about 6 years ago too!

Charlie and Carol have about 100 interested people who regularly send them emails asking “When’s the next trip?” They lovingly refer to them as their “habitat family” and are always willing to see the family grow.

Several Tradition folks have also gone along on trips and had a great time. This past July Robin and Bob Wigham, Bob and Denise Bridges, Jeff Breland as well as Bruce and Karen Ebbets went on a Habitat Build with Charlie and Carol to Kalispell, Montana. They worked on refurbishing a house, constructing some Habitat offices and helped to reorganize the Kalispell Habitat Restore. While there, and on a cultural experience Charlie seems to have thought he might have encountered a Yeti, but that’s still to be proven.



Some of the countries Charlie and Carol have visited with Habitat are Poland, Romania, Thailand, Portugal, Honduras, Guatemala, and Costa Rica. Other trips have taken them previously to Kalispell MT, New Orleans LA, some of the Hawaiian Islands, Asheville NC, Taos NM, Charleston SC, New London CT, and right here in Georgetown SC.

If you or anyone you know are interested in being a part of this fun adventure in any way, or would just like to get more information, contact them — they are in the Tradition Directory. Volunteers and supporters are welcome from all backgrounds. You can also donate items to a Habitat ReStore. And of course, all donations are always welcome and appreciated. This link helps you donate locally in Georgetown county, habitatgeorgetown.com, And of course donating to the International office will allow your money to be used worldwide.

“It’s been a wonderful time with each and every trip, building friendships, sharing stories, and most of all helping families build better futures for themselves and their children. We lovingly call our ‘habitat family’.....hooked on “habitat” and that’s a good thing!

Together, we build better lives, through a hand up not a hand-out

Tradition's Architectural Review Board

Charlie Zelinsky, ARB Chair & Al Britsch, ARB Secretary
-Interviewed and written by Linda Smith

The most significant purposes of any Architectural Review Board (ARB) is the preservation of curb appeal, assure property maintenance, and promote optimal property values in an HOA community. The ARB as a sub-committee of our very own HOA aims to follow the original Covenants and other binding documents that have been established by our community. They strive to follow the design and intent of the builder, developer, and board of homeowners. The goal is to remain true and consistent with the plan and aesthetics as well as to be sure decisions are not in conflict with Tradition covenants, local zoning codes, laws, and safety regulations.

Since the ARB is an offshoot of our HOA, its members operate in a collaborative fashion with that board. Likewise the ARB members strive to be as responsive and helpful to the community homeowners as possible — serving them by answering their questions, directing them to resources, explaining the Covenants and ARB guidelines, sharing their own experience, giving timely feedback, offering ideas and alternatives, as well as outlining the appeal process if needed. The ARB tries very hard to be transparent, reasonable, logical, and deliberate. All decisions are made in good faith.

Through the years the majority of ARB members have hailed from professional experience in technical fields such as engineering, building construction, civic planning, architectural design, electrical contracting, etc. These backgrounds offer the needed expertise to allow them to use their knowledge to better serve the community. All of their time and effort is donated.

The ARB meeting dates and current members names are listed on our community website found at <http://www.tradition29585.com> : Charlie Zelinsky (Chair), Al Britsch (Secretary), Bob Hammond, Jim Jackson, and John McLaughlin. And since John also serves a key role on the HOA he is an effective liaison between the two groups. Any one of them can be contacted with questions or concerns. Their contact information is in the Tradition Directory.

All except for two of Tradition's properties already have established homes on them. So these days it is rare for the ARB to be presented with architectural plans for new construction. Rather their work usually focuses on major changes to existing homes such as tree removal, house additions, patios, driveways, changing exterior house colors, new windows, and similar requests.



In order to prevent having to spend more money and time later to correct a project, a homeowner is encouraged to contact an ARB Board Member first, download an ARB Application from the above website, follow all directions outlined, and include a check to cover the deposit. For smaller projects there is a \$25 deposit and a larger \$500 deposit for significant projects that could negatively impact common areas in the community. Once the project is approved the homeowner is then issued a yellow Permit which can be placed in their front window. The Permit is good for six months. But if the project is expected to take longer than expected you can contact the ARB for an extension.

This Tradition ARB Permit in no way replaces any required county building permits that may also be needed by the homeowner. If the project is rejected by the ARB, the homeowner has the right to appeal the decision to the HOA.

Once the project is completed the homeowner should immediately notify the ARB so that their deposit check can either be shredded or returned. The ARB makes absolutely no money from any of these transactions.

THE ARB'S GOAL IS NOT* TO REJECT — IT IS TO PROMOTE PROPERTY IMPROVEMENT

One concern in the past has been that not all current homeowners have a plat map of their property. Not having that can make it difficult to accurately depict their property on an ARB Application. Some ways to obtain boundary specifications or a plat map if desired, may be to check your deed for details about property boundaries, contact the local county assessor's office, or go online to check county or local government public records. If a more precise and updated plat is needed for any reason whatsoever, a homeowner can consider hiring a professional land surveyor to conduct a boundary survey of the property.

Last year the ARB set a record, receiving 145 applications — as compared to the previous year of 113. That fact alone stands as a testament that Tradition residents are cohesive when it comes to community attractiveness, are proud of their Tradition community, and are committed to its improvement and longevity.

TAKE PRIDE IN YOUR HOME AND COMMUNITY -YOUR ARB IS HERE TO SUPPORT YOU AND THE TRADITION COMMUNITY!

Best Kept Secrets of Our Local YMCA

Tyler Wiggins, Clinical Exercise Coordinator
-Interviewed and written by Linda Smith



Although personal trainers have a place in community fitness, our local YMCA staff are at a much higher level of expertise. All have a minimum of a BS degree in health sciences, biology, or kinesiology. These educational majors form the basis of in-depth knowledge in human anatomy, physiology, and movement mechanics which actually serve as a foundation for becoming a Physical Therapist. In fact many of these staff do come from a PT background. They are accustomed to working with goals on a PT Plan of Care or from doctor's orders. All can accept clients referred directly by a physician. Some are even ACSM Certified through the American College of Sports Medicine. That makes them uniquely qualified to work with a variety of people including those with health risks. And our local doctors have expressed confidence in their level of expertise as well as the value of the programs offered here. Orthopedic surgeons in particular send patients to the Y to address various muscular imbalances.

The public is generally aware that a YMCA membership offers great access to a facility filled with top notch exercise equipment, weights, pools, and classes. But despite living in a large golfing community, most are not aware of the *Titleist Performance Institute* (TPI) certified program offered here. But to clarify, it is not* a series of golf lessons, so don't bring your golf clubs. Instead, it is a comprehensive analysis of an individual's body mechanics and physical state and how those impact their golf swing. Recommendations are then made, based on those findings.

Did you know that 18 of the last 20 major championships were won by players advised by a TPI Certified Expert?

Additionally, some high caliber programs are also offered here at the Y under the umbrella, "*Moving is Medicine.*" These are supervised evidence-based fitness plans that help with specific medical conditions such as joint issues, hypertension CHF, COPD, cancer, diabetes, deconditioning, stroke, Parkinson's, or after Cardiac Rehab. The major goal is to improve the person's overall health, stamina, mobility, balance, longevity, and quality of life. An *EBHI Grant* has helped to defray the cost for some participants as well. All must be referred by a physician. The specific programs are: 1. *Learn Your Moves*, 2. *Maintain Your Moves*, 3. *Power Through Parkinson's*, 4. *Stabilizing Strokes*, 5. *Fitness After Rehab*, 6. *Livestrong At The YMCA* (for cancer survivors).

Remember, when technology makes life easier, humans tend to get lazy. There's more sitting and less moving. The result is that muscles shorten and stiffness and pain settle in. More and more time is spent in front of the television. It can become a habit and a downward spiral. In winter time it may seem unavoidable since it's too cold to do much outside. Winter is very dangerous for seniors. It can feel like life is on hold for 3 months of the year. Heart disease, insomnia, arthritic pain, depression are all harmful effects of being inert. Stay busy anyway you can!

You Can Improve Your Health with as Little as 30 Minutes of Exercise a Day.

