



Living in I'On

Monthly Newsletter for the Residents of I'On ... April 2013

April Calendar

4/4 House Concert

4/4 Recycling Day

4/5 First Friday Cocktails

4/6 Dignified Deaths and Burial Workshop at Holy Ascension

4/6 Bridge Run Concert

4/9 I'On Women's Coffee

4/18 Recycling Day

4/18 I'On Assembly Board Meeting

4/20 May Newsletter Deadline

4/21 Amazing Race

4/23 I'On Potluck Dinner

4/20 I'On Circuit Race

4/24 Yarn Buddies

4/25 Lunch Bunch at TW Graham Co. in McClellanville

4/30 Ladies' Movie Group

Coming in May

5/6 ECMCS Blood Drive

I'On Circuit Kicks Off LCR Race Weekend on April 20th

If you are looking to see some of the region's best cyclists, walk over to Maybank Green or along North Shelmore, Ponsbury, and Sowell Streets on Saturday, April 20th when I'On welcomes the I'On Village Smackdown Races Saturday, April 20th from 8 am to 5 pm.

Whether you are a kid looking for a fun race, a first time competitor or a Master 4/5 racer, eleven different events held throughout the day offer a race or two for almost any cyclist. Neighborhood kids wanting to try their wheels can register for the free Kids Race scheduled for 12:05 pm- 100 yards for the youngest participants and once around for older ones.

In addition to a day full of racing: food, drinks and music are being offered at the start/finish line at Maybank Green, and after the race, the party continues at O'Brion's.

If you would rather cheer than race, look for the Lowcountry Racing Team wearing white, red, and black: Ms. Roses Jerseys. Several I'On host homes will be cheering for visiting teams, who will be using their porches, driveways, and shower.

While we have made plans to minimize the inconvenience, it really helps if homeowners can move any cars parked on the course (street) before 7:00 am Saturday morning. Also, when moving your cars please be mindful of your neighbors when you find alternative parking. Lastly, please be sure to let the kids know, not just of the fun events that day, but also the activity that will be taking place on the affected streets.

*John Hayes, President
[Lowcountry Racing Team](#)*

Welcome

New Neighbors...

Kathryn Bender
34 Sowell

Diana Donnelly
163B East Shipyard

Bill Aherne
147 Ionsborough

Guy & Margaret Norcott
57 Jane Jacobs

Jocelyn & Pete Goldsmith
59 Rialto Road

Andy & Becky Mintz
141 Jakes Lane

If you are or know a new or relocating neighbor who hasn't been properly welcomed, please inform Trisha Elrod of SCS of your new address so she can share your information with everyone.

Home Chamber Music Concert

Thursday, April 4 7:00 pm

28 Robert Mills Circle - Lees and John Baldwin's Home

Please join us for a wonderful evening of chamber music with local musicians from Chamber Music Charleston. Tickets are \$35 and may be purchased through their website www.chambermusiccharleston.org by [email](#), or call The Trust at (843) 881-7541.

First Friday Cocktails

Friday, April 5 6:00 to 8:00 pm

4 Edenton Road -Marilyn & Jennings Austin's Home

BYOB, a glass, and an appetizer to share with each other as we celebrate the beginning of Spring with Marilyn, Jennings, and your other I'On neighbors. If you have any questions or if you would like to host a First Friday Cocktail Party, call [Gail Lauder](#), 971-0985 or [Peggy Watt](#), 284-8516.

The I'On Trust Presents: Cooper River Bridge Run Concert

Saturday, April 6 3:30 - 6:30 pm

Westlake Amphitheatre

Running is not required to enjoy part of "Cooper River Bridge Run Day"! All you have to do is come to the Amphitheater to enjoy great music from Red Dog Ramblers, great food and beverages from O'Brion's, and a relaxing spring afternoon with friends and neighbors. This event is free and open to all; so do invite others who would enjoy the concert. The festivities take place from **3:30 until 6:30 p.m.** be sure to bring blankets and chairs. For any questions please contact [The Trust](#) or call (843) 881.7541. Once again, we offer very special thanks to **Lucey Mortgage Company** for sponsoring this annual event for the Trust. Their support makes good things possible!!

Around I'On continues on pages 3 and 4

Stay Connected - Get connected!

The I'On Assembly's Communications Committee is moving forward with updating the ioncommunity.com website to a more user-friendly format.

Please login and verify that your personal contact information is up to date under the Directory. This contact information is what we use to distribute news and emergency alerts. Any questions, please contact [Vikki Davis](#).

If you have trouble remembering your login and password, use "FORGOT YOUR PASSWORD" – do not 'click here to request a login' because it will result in filling out forms and waiting for a response.

Around I'On ... *continued from page 2*

Dignified Death and Burial: A Return to Ancient Practices

Saturday, April 6 10:00 am to 4:30 pm

265 N. Shelmore - Holy Ascension Orthodox Church

How should people prepare for death and burial, their own or that of loved ones? No question can be more important than this, since death is the final reality of our earthly life. The Rev. Deacon Mark and Elizabeth Barna, co-authors of "A Christian Ending, A Handbook for Burial in the Ancient Christian Tradition," have been preparing our neighbors for burial without the aid of a professional funeral director for seven years. They cared for three of their parents; two with Alzheimer's disease and one with Parkinson's, in their home for over six years. They will share their knowledge and experience of elder care and end-of-life issues as well as how to organize and prepare for a Parish or family-directed funeral without the help of a professional funeral director. Americans in particular have gone to elaborate lengths to hide the reality of death, to mask what they mistakenly consider to be its destructive effects and its finality. This has led to the development of an industry devoted to reaping vast profits caring for our dead. A dignified ending to our life can mean real beauty and simplicity without burying our life savings in the ground or putting it unnecessarily in the pockets of the funeral industry. Topics include: The origin and Christian understanding of death, eldercare and dealing with hospitals, nursing homes and hospice; legal issues and paperwork, the spiritual aspects of suffering, care of the caregiver, what to expect and what to do at the time of death, dealing with funeral directors, how to prepare a body for burial, how to organize and hold a vigil and a parish or family directed funeral, and a proper understanding of grief. To register contact [Fr John Parker](#) can be reached at 881-5010.

Women's Coffee

Tuesday, April 9 10:00 - 12:00 noon

35 John Galt Way - Delores Rosebrock's Home

Join your friends and neighbors for some coffee (don't forget your mug), a little food, and lots of conversation. Look for the blue sign in front of Delores' house. If you have questions or need a ride call [Linda Rinaldi](#) at 388-5209 or [Jan Laabs](#) at 284-8979. Hope to see you there!

I'On Assembly Board Meeting (our HOA)

Thursday, April 18 6:00 pm until ...

I'On Realty Office

To improve the flow of information from the Assembly Board Meeting to the newsletter, the Assembly Board voted in March to move their meetings to the third Thursday. Look for the agenda should be posted on the [I'On Community Website](#) a few days before the date. All homeowners are welcome.

Sunday, April 21 2:00 - 5:00 pm

The I'On Trust Presents: The Amazing Race

Around the 'Hood

A family-friendly scavenger-treasure hunt on bicycles where quick thinking beats quick riding! Get a team together to ride the streets and trails of I'On solving cryptic clues and completing crazy tasks to win the Amazing Race, created especially for I'On neighbors by Creative Spark, and sponsored in part by **William Means Real Estate**.

Around I'On continues on page 4

Around I'On ... *continued from page 3*

Sunday, April 21 2:00 - 5:00 pm

The I'On Trust Presents: The Amazing Race - continued

We are so excited about this year's race. If you like to solve puzzles, this is perfect for you. (An example of the types of silly clues that you might have to solve is on page 6.) Teams should have four riders including at least one adult. The race requires more ingenuity than athleticism, and more brains than brawn. The race begins and ends at Maybank Green and will visit nine other I'On locations. The first team to finish will win the grand prize. All participants will enjoy post-race refreshments and celebrating. Entry fees are \$20 for a team of four participants. Registration is available by [email](#) or by calling 881-7541. Visit the website for more details. The number of teams will be limited, so sign up early to enjoy the fun.

I'On Residents' Potluck Dinner

Tuesday, April 23 6:30 pm

Creek Club

The March potluck dinner was a huge success! Fifty-eight neighbors enjoyed delicious food and great company. Being with so many friends, many of which were long time residents while others were newbies getting to know everyone, was wonderful. If you weren't there - you missed a wonderful evening, complete with a lovely sunset. Karen and George Fisher will be our April hosts, please bring a dish to share with the group, along with your own plate, utensils, and drink. You might want to toss in an extra chair just in case! I look forward to seeing you. You will not be disappointed or hungry. Contact [Gail Hardie](#) with questions.

Yarn Buddies

Wednesday, April 24 10:00 - 11:30 am

286 North Shelmore Blvd - Judy Chisholm's Home

Whether you have a needlework project you are working on or not, we guarantee a fun morning with lively conversation and help for anyone needing it with their project. If you have questions, contact [Delores Rosebrock](#) at 881-1693.

Lunch Bunch

Thursday, April 25 Reservation at 11:30 am

TW Graham & Co in McClellanville

This "back-to-basics" restaurant is located in an old general store where the menu includes seafood, sandwiches, and salads - all quite tasty. Hopefully it will be a lovely spring day for a short road trip to this charming little village that feels like a step back in time. Our reservation is for 11:30 AM. For those who are interested in carpooling, we will meet at 10:50 AM at the I'On Square. Please reply to [Becky Van Wie](#) and Anne Register at 849-1091 by April 22 to let us know you are coming and whether you will carpool or drive by yourself. We look forward to seeing you then.

The Ladies' Movie Group

Tuesday, April 30 for an Afternoon Show

Details will be on the bulletin board on Friday, April 26th with location, time, and of course the movie title. Hope you can make it. Please call [Jan Laabs](#) at 284-8799.

Holy Ascension Morning Prayer Service

Morning Prayer Service

8 am Monday-Friday through April 26th

All of our neighbors are welcome to join us for Matins, the Morning Prayer service of the Orthodox Church. This ancient service is a collection of Psalms, Hymns, and Prayers rooted in the early Christian Church. We often enjoy tea and a light fare together after the service, around 9am. Because the Orthodox Church calculates Easter (we call it "Pascha") on the 4th Century Julian calendar, our Holy Week begins April 29, with Pascha on May 5. Please visit ocacharleston.org for our Holy Week Calendar; all are welcome! If we can serve you in any way, by prayer or in deed, please ask! [Fr John Parker](#) can be reached at 881-5010.

Carter's Kitchen Grilled Flatbread Pizza with Kale and Country Ham

Serving Size: One 8x12in pizza can serve as a meal or two as an appetizer

Ingredients

1 piece lavash bread, 8 inch x 12-inch rectangle	½ C fresh ricotta cheese
4 oz. baby kale, cleaned, washed and chopped	¼ C freshly grated Parmesan cheese
1 clove garlic, minced	½ C country ham, julienned
1 medium shallot, thinly sliced	1 t freshly chopped oregano
1 t butter	¼ t crushed red pepper (optional)
	Olive oil

Directions

Preheat grill to medium-high heat. While the grill is heating up, bring 1 gallon of salted water to a boil in a large pot. When the water comes to a boil, add the kale and blanch for 1 minute or until tender. Remove the kale and immediately chill in ice water. When cool, strain the kale and squeeze all the water out.

In a small sauté pan over medium heat, sweat the garlic and shallots with the butter until fragrant. Add the kale to the garlic and shallot mixture and lightly sauté for 3 to 4 minutes. Lightly season with salt and pepper.

In another sauté pan, render the country ham over medium heat until crispy. When crisp, drain the country ham on a paper towel.

When the grill is hot, brush the bread on both sides with olive oil and grill the bread on both sides until golden brown and crispy. Spread the ricotta and Parmesan on one side of the bread and place back on the grill to melt the cheese slightly. When the cheese is melted, sprinkle the oregano on the pizza and top with the warm kale and country ham.

Sprinkle top with crushed red pepper if desired. Cut and serve.



If you can solve this challenging clue, the Trust's Amazing Race on April 21st is looking for you.

- _____ What comes once in a minute, twice in a moment, but never in a thousand years?
- _____ What does a baby do when it plays basketball?
- _____ What is put on a table, and cut, but never eaten?
- _____ Light as a feather with nothing in it, a strong man can't hold it much more than a minute?
- _____ What has 22 legs and 2 wings?
- _____ Why did the cucumber hire a lawyer?
- _____ What did the giant ape say when it dialed the wrong number?

- | | |
|----------------------------|-------------------------------|
| A. A deck of cards | Q. Splinters in your
bacon |
| B. Nowhere-ville | R. Because readers
digest |
| C. It was in a pickle | S. They get board |
| D. A foam mattress | T. Stage struck |
| E. An orange crush | U. Contact raisins |
| F. Honeydew | V. After ewe |
| G. King Kong ring wrong | W. An appendix |
| H. A creative spark | X. Saddlebags |
| I. A soccer team | Y. Singing in the rain |
| J. Bushed | Z. A breath |
| K. The community
garden | |
| L. The letter "m" | |
| M. It dribbles | |
| N. He was in a pickle | |
| O. My life is at stake | |
| P. A soccer team | |





I'On Assembly Board News...Submitted by Martha Morgan, Communications Chair

Poop Free Zone?

The Board is considering establishing a dog-free zone, and is specifically looking at the athletic field, Maybank Green, and/or the Amphitheatre. We are interested in community opinions on this issue--please submit your comments through the [HOA Board Mailbox](#).

Waterfront Amenities Committee

We are still looking for volunteers to work on the plans to manage the waterfront docks according to the proposed settlement agreement. Please contact our Board Amenities chair, [David Countryman](#) or the [HOA Board Mailbox](#) if you'd like to help with this important task.

Flying the Flag

We are trying to be aware of those sad occasions on which citizens are asked to pay their respects to the fallen by flying our flag at half mast. It is sometimes harder to learn about incidents that are more local or on a state level. If you become aware of such a situation, we'd be grateful if you would notify [Trisha Elrod](#) so that we can lower our community flag in a proper observance. And if you know of a website or other location where we can track this information, please pass the address along to Trisha as well.

On Street Parking Considerations

The Town of Mount Pleasant has plans to put in parking spaces for Jane Jacobs Road, Duany Road and Robert Mills Circle. No schedule has been confirmed but we expect it to happen within the next two months. If you have any comments or suggestions, please contact the [HOA Board Mailbox](#).

The Big Blue Bins

At long last the big mixed-item recycling bins have arrived in I'On, providing a great convenience and a terrific incentive to all of us to recycle even more household waste. They also present a new challenge: how to hide the new bins. Like our brown trash bins, the blue ones also need to be stored so they are not visible from the street. It may take a little rearranging, but it will help keep I'On beautiful.

Temporary Signs

As spring approaches, contractors, housepainters, and house washers start working on our homes. It is also their opportunity to advertise with temporary signs. Please remember to take these signs down within a day or two of when the contractors finish their work, just to keep the neighborhood attractive. Similarly, political signs should be removed within a few days after the candidate's election date.

Did You Know?

Did you know that the Rookery is a protected wildlife refuge? As owners of this amenity, I'On has an official agreement with the State Department of Natural Resources. Together, we are responsible for preserving and maintaining our Rookery for existing wildlife:

To protect this precious site, it is important that some activities are limited. Therefore:

- **No boating**
- **No fishing**
- **No vehicles or bikes**
- **No swimming (including dogs)**

APPLY NOW for Exterior Home Improvement Approvals

ALL landscape, renovations/ remodeling including change in paint color projects MUST be submitted to the IDC BEFORE work starts. The IDC application can be found [here](#). There is a \$100 fee for minor changes including fences and landscape modifications and a \$250 fee for changes to existing structures including renovations, garages, and additions. Why risk the fines, stop work orders, and alteration or removal expense headaches later?

Citizens Police Academy

The Mount Pleasant Police Department is offering it Mount Pleasant Citizen Police Academy beginning April 4th 2013.

The Mount Pleasant Citizen Police Academy – the third of its kind in South Carolina –provides a chance for the citizens of Mount Pleasant to understand the various aspects of the Police Department on a more personal level and to closely interact with its members. A wide range of topics will be discussed to include, but not limited to, national accreditation, operations, uniform patrol, traffic services, and investigations.

Meeting only on Thursdays, one day a week for 10 weeks, from 6:00 p.m. until 8:00 p.m. these classes will allow flexibility for voluntary portions of the program. Class size will be limited to 25 students of at least 18 years of age who have successfully completed the application process. The next class is scheduled to begin on April 4th.

The classes will take place at the Mount Pleasant Police Department, 100 Ann Edwards Lane, Mount Pleasant. Anyone interested in enrolling in the Citizen Police Academy should contact Crime Prevention Officer [Bryce Gregory](#) at (843) 849-2779.

I'On Community Garden

News from your community garden



22 gardens already planted!

Here are some watering recommendations to improve your vegetable garden.

- 1. Using a hand watering wand will allow you to water the base of your plants, avoiding wetting the leaves which causes mold & fungus.*
- 2. Vegetables need roughly 1" of water each week. Try to water 2/3 times a week during the hottest weather.*
- 3. Early morning or evening watering improves water conservation.*
- 4. Watering in the early morning helps avoid plant disease.*

5. Skip the hottest time of the day as it increases water evaporation.

- 6. Avoid evenings during high humidity, it's an invitation to plant disease.*
- 7. How much water is enough? Insert a wood dowel to the plant root and water. Pull out the dowel and if the base is saturated, you've confirmed that water has reached the root. Adjust your watering time based on what the dowel shows.*

*Steve Degnen
I'On Community Garden
Coordinator
iongarden@gmail.com*

Home Gardening Tip

Weeds are your enemy... They'll beat you every time if you don't stay on top of them.

Three ways to control weeds:

1. Get down and yank 'em out. They don't leave on their own.

2. MULCH, MULCH & MULCH.

Add at least 3" of mulch. In addition to keeping weeds down, mulching conserves water and prevents weeds from stealing moisture from your plants.

3. Plant as close as your varieties allow. Be sure to check planting specs for how much room to leave between each seedling or you may torture your plants!

TEACHING CHILDREN ABOUT HEALTH

Kendra Nangle, RN ECMCS School Nurse and Health Educator

Almost every parent has had a battle with their child about eating their vegetables and drinking water. Many children hear they need to play more and stare at screens less. As the school nurse and health educator at East Cooper Community Montessori Charter School, I have the incredibly fun job of teaching kids WHY healthy behaviors are important.

In health class our students learn how their bodies work from top to bottom.

Discovering how each body system works, children begin to truly understand how the decisions they make impact their health and wellbeing. We talk about physical, mental, and emotional health and how they work together to maintain total wellness. Interactive lessons give students the ability to ask the questions that they are dying to know. We explore the importance of hand washing and how germs work by using a black light and a special solution to make "germs" glow on our hands. A torso model enables us to examine each organ and understand its connection with the other organs, and a skeleton model allows us to learn about bone and muscle health. Students get to be scientific researchers when we trace how traits are passed through our genes. We also learn about blood and what happens in the cells when someone is ill. Teaching personal health is not complete without considering community health so we have also discussed what happens when natural disasters strike and people are injured or need help.

This year we are taking our lessons a step further. Rather than simply thinking about what we can do to help our own bodies, we are thinking about things we can do for others who are unwell. On May 6th, ECMCS will be hosting its 1st Blood Drive with the American Red Cross from 1-6pm. Please help us show our children how we can come together to help others by donating with us. You can register online at: <http://www.redcrossblood.org/> or by emailing me -[Nurse Kendra](#).



ECMCS Blood Drive
Monday, May 6, 2013
1:00 to 6:00pm