

TRADITION COMMUNITY NEWSLETTER

FINALE 2026



FROM THE EDITOR: Celise McLaughlin

Thank you to the Tradition for starting this newsletter almost 28 years ago. While looking through the archives I see many faces whom we have lost, have moved away and some still here, but with a few more wrinkles. I picked up the responsibility for the newsletter in 2006. At the time it was printed and delivered to mailboxes 4 times each year. As a computer programmer I decided to write code for publication on the internet as well as the MS Word paper version. Unfortunately, the two were mutually exclusive and it was double work on my part.

After a short while, the board conceded to publishing 3 times each year, although it continued in both internet and document formats. Printing 400 copies of a 20+ page layout was quite expensive. Fortunately, we had a former salesman (Bill Renault) who sold ad space to cover most of the cost. My time of course, was free.

In 2020 Covid stopped the printing of the newsletter and it became an online project only afterwards at which time I assumed the sale of ad space which put a few dollars into the coffer to cover web-hosting and network services.

Although in 2022 I tried to relinquish my editorial responsibilities, it was short lived as a short 18 months later, a new resident wanted to resurrect the publication as a roving reporter. Linda Smith volunteered to go out into the neighborhood and interview homeowners about living in Tradition.

Over the last 3 years she has written many interesting articles, not only about people and activities in Tradition, but also excerpts on health and local lore.

In this last edition, she has outdone herself. So, other than one article to finalize the Tradition Home models. The content is all from Linda.

Why We Came to Tradition

By Billy & Timna Benson

We lived and raised our kids in Conway for about 40 years and were well acquainted with this entire coastal area. Billy was born in Conway and Timna is originally from Albany, GA. Their son Marty is an attorney in Asheville and daughter Katie is a pickleball teaching professional/lawyer in Litchfield.

Through the years Billy had had multiple relatives who had either lived on or near the ocean. So as time went on and they decided to retire and move, they decided to move closer to the ocean themselves. Billy's sister Fran lives close by in TPC in Murrells Inlet. And Timna's sister Claire has a house in Tradition and has talked enthusiastically about the Tradition Community. Their daughter Katie lives nearby in Pawleys also. So with much family support they decided to try here as well.



We found Tradition to be well located, well kept, stable and friendly. We bought at 80 Prentice and are very satisfied. We are now full time Tradition residents along with our 1 year

old energetic pup Rosi. We both went in the ocean almost every day this past summer. Our new neighbors have been most friendly and hospitable. We walk a lot, often with our dog. Timna has joined CrossFit and Billy is being broken in by the Apostles league at Tradition Golf Club. Life is good at the beach in Tradition.

ACTIVITES AT TRADITION

Activities, Services and Committees are found on the Activity page tab

our community website
"THETRADITIONCOMMUNITY.COM"

Any open group wishing to add or change information should use the contact link on the website

All activities held at the Tradition Clubhouse are open for residents to join, use of the tennis courts are as per the rules posted on the board

Residents may, for private events, reserve the clubhouse, space available, and pay the rental fee.

Contact phone numbers and/or email addresses are in the Neighborhood Directory published annually

Aerobics

Water (summer) - Monique Philips
Chair & Dance (winter) - Cindy Kramer

Book & Puzzle Exchange
- Kathy Knittel & Linda Wittig
Community Mah Jongg- Debbie Moeller
Bridge (Ladies')-Mary Grace Robic
Bridge (Men's)-Al Britsch

Golf Leagues

TMGC (Men) 18 Hole - Charlie Zelinsky
TLGA (Ladies) 18 Hole -Loretta Samartino
Gold Tees (Men) 9 Hole -Vince Franco
Ladies 9 Hole—Tracey Aitkin
Hand Foot & Elbow Cards— Darlene Dodson
Home & Garden Club - Debbie Moeller
Mexican Train - John & Jan Shepherd
Needleworkers - Loretta Espy
Pickleball (Men) - Gene Zawislak
Pickleball (Women) - Dawn Jones
Tennis (Women)- Susan Akers
Winey Wednesdays- Barbara Alice
Whiskey Wednesdays- Nick Alice

WHY WE CAME TO TRADITION By Jim & Lynne Carney

Lynne and I moved into The Tradition in February of 2025. We purchased our home from Ted and Deb Passig on 279 Deacon Drive. I think our story is probably similar to many other residents. We're married, forty years and counting now, had our careers, raised our family, now retired, dealt with elderly parents' needs and now warmer weather and enjoy live.

As for our story and how we came about choosing this area, we had visited and looked in Florida in Marco, Naples, Hutchinson Island, then in Hilton Head, Bluffton, Myrtle Beach, and Calabash. They all were Vacations Land, transients. We were looking for a Community, and we don't think we could have found a better one than The Tradition.

Our friends live in Willbrook and their neighbor became our realtor. We visited a few years back and knew instantly this area is where we wanted. Lynne was sold on Litchfield Beach, we both golf, loved for the opportunity to have a home adjacent to a course. Our realtor took us around a few years back to show us the area, properties, amenities, etc.



Last year when we came back we were on a mission to find something, and there was not a lot available. I think we maybe saw 6-8 properties, and most of the homes we looked at needed work. Some did not have Litchfield Beach access, and that was one of the criteria.



On the Saturday before we scheduled to leave, the realtor called us again and said, before you leave you need to see this home. We did and it was exactly what we were looking for (Community, Beach, Clubhouse and Pool, Golf, Sidewalks, great friendly neighbors) everything! I mean Everything* we were looking for — it checked off all the boxes.

We relocated from New York State, approximately 50 miles north of the city. Lynne was a School Teacher within our home town and retired in 2017 after 25 years, and I retired in 2015 after working 30 years with New York City Fire Department.

I will not lie, it was a big change. I was ready to move, but was worried Lynne would not be happy with the change. She left very close friends and routines she had established once retired. Plus, not to mention she left her sister and brother and their families. But as already proven, they will come and visit. Also Myrtle Beach Airport is only a 30 minute drive from here. So, an hour and a half flight back to Westchester is a no brainer.

Our Home, the Beach, and Golf — living at The Tradition "IT DOESN'T STINK!!!", as Lynne and I have said many times. It's a New chapter of our life, and we are loving it.

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient." — Daniel Schabacker

RESILIENCE Dr. Laura Smith, PhD; Cottonwood Psychology

HERE IS THE BOTTOM LINE: YOU ARE NOT STRONG BECAUSE LIFE GOT EASY.... You are Not strong because you read about it.... You are strong because you kept going when life was hard! If you've lived through even one of these things, you have resilience. If more than one, you have an absolutely rare level of resilience! You're stronger than you think! This list is not about perfection or hustle. It is about Real Life. Resilience is the ability to bounce back from adversity with flexibility and strength.

1. YOU GRIEVED A MAJOR LOSS AND REGAINED YOUR FOOTING: you actually experienced post-traumatic Growth,* the process of finding new meaning after loss. It's not about "getting over it" but rather through establishing new meaning day-by-day.
2. YOU REBUILT AFTER A JOB LOSS OR BUSINESS FAILURE: you readjusted your goals after a setback, resulting in career adaptability. It reminded you that your worth is not tied to a job title. Instead, you found that your true value sits in your skills, your effort, your ability to keep learning, and to keep going.
3. YOU ENDED A HARMFUL RELATIONSHIP: change is messy and lonely, but you persevered and built new relationships and routines. You became stronger through the experience, gaining wisdom, asking better questions, and protecting yourself.
4. YOU MOVED TO A NEW CITY AND STARTED FROM SCRATCH: at first, everything and everyone were totally new. Everything took much effort to navigate. Often, belonging grows from your new rituals. Each small win taught your brain that you can handle unknowns. And your roots grew.
5. YOU FACED A SERIOUS HEALTH SCARE AND ADAPTED: these can shake your sense of safety. If you adjusted your schedule, asked clear questions, and focused on what you could control you were practicing self-compassion and realism. You treated yourself like a person, not a project. Maybe you changed your daily habits to match your energy. Perhaps you learned to say No without guilt, which is a valuable skill at any time.

6. YOU DUG OUT OF CRUSHING DEBT: money stress can be loud and demanding. It steals your sleep, attention, and energy. But if you faced the issue squarely, cut expenses, made a plan you could keep, then you gradually built delayed gratification. You also built trust with yourself. You told yourself that you would do something, then you did it, one step at a time.
7. YOU SURVIVED A PUBLIC FAILURE AND KEPT SHOWING UP: everyone saw it. You stumbled. You were embarrassed. But, if you returned the next day, and every day after that, you grew a Growth Mindset. You treated failure as merely helpful feedback or data, just a setback, not your identity. And you used it to improve and keep on going.
8. YOU CARED FOR A LOVED ONE LONG TERM: caregiving is a marathon. It requires patience, planning, and heart. Not everyone can do it. And the quiet strength that ensues rarely makes headlines. You juggled many demands, goals, and appointments. But because you learned to coordinate help, you also grew in leadership skills. And later on, you carry a different kind of compassion into the world. You better understand how much invisible effort goes into some peoples' day. That insight is rare and extremely valuable.
9. YOU ENDURED DISCRIMINATION AND STAYED GROUNDED: bias takes a toll. It adds stress you did not choose. If you sought support and protected your mental space, you modeled psychological safety for yourself and for others. Your worth is not up for debate. You practiced courage with a purpose when you set boundaries or advocated. And you found that courage speaks, it helps others to feel seen and safe too.
10. YOU CHOSE SOBRIETY AND STUCK WITH IT: it is not just removing a substance, but building a new life that fits. You gradually reinforced an Identity Shift, where you began to see yourself as someone who keeps promises to your future self
11. YOU MADE A BIG MISTAKE, OWNED IT, AND MADE IT RIGHT: owning is a Power Move. If you apologized without excuses and repaired the harm, you built Radical Accountability. You also showed people that they can trust you to tell the truth, even when it costs something.

"The tough seasons that try to break you often end up shaping your grit, your values, and your voice."

NEW NERVE PAIN MED

By Linda Smith

Researchers at Weill Cornell Medicine and the Burke Neurological Institute may have found a solution to the excruciating nerve pain experienced by so many. They have developed a new drug that could ease that pain without the dangerous side effects of current treatments. The drug is currently named BP4L-18:1:1, also known as AKE-1018, and it works in a brand-new way. The idea for this drug came from a surprising link between pain research and ocean science. Scientists learned that nerve pain is tied to certain proteins in the body called HCN1 ion channels. These channels help control how nerves send signals. But when they become too active, they can send constant pain signals — even when there is no injury. Blocking them everywhere could cause serious issues like heart trouble or extreme sleepiness.

So to solve this, Dr Gareth Tibbs and his team came up with a clever plan. They took a commonly used surgical drug called propofol and changed its structure. Then they added a special chemical anchor that keeps the drug outside the brain. This means it can calm the over-active nerve cells that cause pain without affecting the heart or brain. Imagine it like tying a boat to the shore. The boat can still float in the water, but it won't drift away. In the same way, this chemical anchor keeps the drug in the right part of the body — where it's needed — and keeps it from going where it might cause harm. When the drug was tested in rats, it significantly reduced nerve pain. Even better, the drug is given as a pill, not an injection, and it didn't cause any noticeable side effects. This makes it very different from other painkillers, especially opioids.

The research team is now preparing for human clinical trials. If the drug proves safe and effective in people, it could become a new way to treat chronic nerve pain — without the risks of addiction or other serious problems. Dr. Steven Fox, founder of Akelos, the company helping to develop this drug, said, "This new drug has the potential to change how we treat chronic nerve pain. It targets the root cause without harmful side effects." The work was supported by the Daedalus Fund for Innovation, which helps turn lab discoveries into real-world treatments. There are no current human trials for this drug, but if interested, ask your doctor or neurologist to let you know when those trials become available so that you can sign up as a participant.

Sponsored Activities

Looking for members!

Ladies Bridge Wednesdays at 1pm Millions of people play Bridge worldwide making it one of the world's most popular card games, especially among seniors. We are looking for players to fill our ranks! Beginners welcome! Please contact Mary Grace Robic for more information.

Men's Bridge If you are interested in playing a casual card game of Bridge with other guys, call or email Al Britsch. We can arrange to play mainly on Tuesdays, Thursdays, or possibly Weekends at a time that's convenient for the group. It will be a casual game best suited for those having a basic understanding of the game. Or possibly beginners — if you can count to 13, that's a start! We've been playing monthly at individual homes which has worked well so far. Looking forward to your joining us!

Needlework Group What could be cozier on a cold winter's day than sitting in a circle of Tradition friends, sipping a hot drink, and chatting while working on needlework. Please bring your half-finished needlework project of any type and join our group of other Tradition ladies. We meet on Fridays from 10 am - 12 in the Residents' Club House next to the pool. For more information contact Loretta Espey.

Hand, Foot & Elbow Mondays at 12:45, four challenging hands with friends, 4 hands, 4 feet and 4 elbows. Come and see what all the fun is about. For more information see the article in the Winter 2025 newsletter on page 12. Contact: Darlene Dodson

Women's pickleball Friday mornings—come out and learn to play, they have equipment available, need more people, year round. Contact: Dawn Jones

Book and Puzzle Exchange

What do you call someone who does jigsaw puzzles? — A Dissectologist! Other nicknames might be Puzzler, Jigsaw Junkie, Puzzlist, Jigsaw-ist, Puzzle-ologist, Jigster, and Piece-ologist. Those who enjoy puzzles are typically goal-oriented, patient, have a great eye for detail, enjoy a challenge, and have a knack for analytical thinking. And did you know that puzzles can even boost your cognitive function and memory retention? So don't let the winter weather get you down. Check our available puzzles, in the women's restroom at the Residents' Club House. Borrow one, or bring one that you have finished to exchange for another. They come in all sizes! Bring it back and exchange it again! And what do you do when you grow tired of your puzzling? Why, read a borrowed book! We have those too!

To know more about the Exchange, contact either Kathy Knittel or Linda Wittig.

A Hidden Gem THE VILLAGE MUSEUM H. Huger McClellan

Our small museum tucked away in the village of McClellanville SC about 24 miles south of Georgetown and is loaded with interesting artifacts and finds. Although small, it has a lot to offer! It is a non-profit that offers multiple exhibits about the local area. It is touted by Charleston Living Magazine as one of South Carolina's preeminent small-town museums. It focuses not only on the village of McClellanville and the Cape Romain area, but also on the rich story of St. James Santee Parish, a French Huguenot colonial settlement here.



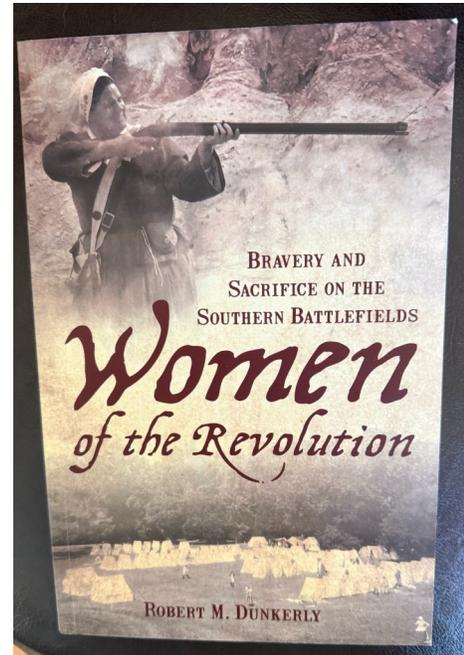
Twenty-five years ago, the community came together to restore and make useful the old Town Hall to establish the museum. Many residents donated memorabilia and artifacts to the cause. Bud Hill was the first Executive Director, and now H. Huger McClellan proudly holds that title. With a \$5 ticket (\$4 senior, free for children & students), the welcoming curator will share a ton of interesting local facts, share family stories, local lore, Indian artifacts, and fill in the history for each item archived there. South Carolina's first Poet Laureate Archibald H Rutledge is also highlighted!

From the early Sewee Tribe, local plantations, to the present-day seafood industry, rural medicine, the area's wildlife, to rice planting on the Sewee River — there is so much for everyone! There is a well stocked bookstore on-site with fascinating book titles about the area too.

*Not too far away are other historic sites that you may wish to visit, like the Hampton Plantation, Hopsewee Plantation, Cape Romain Lighthouses, St. James Santee Brick Church, Blue Pearl Farms, the George Washington Oak, and the Seacoast Church and others.

*Looking to get lunch while the museum is closed? Our town's T.W. Graham & Co seafood restaurant at 810 Pinckney St serves an excellent menu choice of items.

*Check it out on the museum's Facebook page!



The Village Museum, 401 Pinkney St, McClellanville SC 29458 / Thurs-Fri-Sat from 10-5 (closed 12-1 for lunch) / (843) 887-3030 or (843) 709-5851 for H. Huger McClellan, Executive Director

Days For Girls Susan Davis, DFG Project Coordinator

This charitable organization is one of which you may not be aware. But Days For Girls International (DFG) is an endeavor with a completely novel approach to poverty. It was started in 2008 by founder and executive director Celeste Mergens. Her idea grew from an inspirational moment after visiting an orphanage in the slums of Kenya. At its core is a simple and sustainable solution to reversing the cycles of poverty and violence for women. Today DFG empowers girls, women, and communities in 101 nations on six continents by the efforts of 60,000 volunteers. These volunteers hail from New Zealand, Australia, Europe, Canada, and the USA. And DFG impacts second educational opportunities for 50% of the inhabitants of the communities it touches.

The decisive question that Celeste Mergens found to be at the core of the issue was so hidden in stigma that many people did not ask it at all. That question is — do you have access to feminine hygiene products? Yet how can we be relevant and culturally responsive if we don't ask the people in the hurting cultures such necessary questions. Now that may seem a very odd question to those of us who are accustomed to having all kinds of resources at our fingertips. But in third world countries where such useful items are not prevalent, girls and women are hidden away for days at a time in seclusion often without food or water. They do not appear in public nor attend school. They are not involved with their families or communities. They are embarrassed, treated as second class citizens, shunned, and are therefore left stigmatized. But how can a community thrive if 50% of their inhabitants are locked behind doors?

In contrast, many major research studies have found that if a girl stays in school for even just one more year of primary education, her whole nation will have a higher Gross National Product, she will be less likely to marry early, she will be less likely to die in childbirth, and she will be more likely to teach her children as well as lift her community with her voice and talents. Celeste Mergens' mantra became, **"We Must Reach Every Girl. Everywhere. Period."**

Our local branch of DFG volunteers is located in Myrtle Beach at Timberlake Baptist Church. In January 2022, the church was introduced to the global issue of period poverty. Period poverty is defined as the lack of access to safe, hygienic menstrual products and education, basic sanitation services and loss of school and work time during monthly periods.

Our sewing ministry is based on the miracle of Jesus when he healed the "woman with the issue of blood." "Period Poverty" is well known in the medical and nursing fields. Smith Clinic in their Pawleys Island and Georgetown offices help address this need locally in small ways by providing disposable free supplies to those in need.

But DFG goes even further. The organization developed a pattern for sewing its menstrual items that are washable, reusable, and delivered to them in a culturally acceptable hygiene kit. They also provide needed health and hygiene education as well as training how to sew and manufacture these supplies. This leads to new business endeavors in these deprived communities. Women can learn how to run their own business and bring in an income to better support their own families. They can stay in school much longer and learn even more in order to thrive. Their communities benefit from their talents, involvement, commerce, and income. There is a much brighter future as a result.

Please consider volunteering as a sewer or a non-sewer, there's plenty to do! Or please consider making a donation. Women's underwear, washcloths, sewing experience and/or financial support is most needed. We meet on the 2nd Saturday monthly, however there is always "sewing homework" available to do at home.



Susan Davis, Sewing Ministry Project Coordinator,
(843)446-99801 seeking@sue03@gmail.com
Timberlake Baptist Church, (843) 650-9509
9850 Highway 707, Myrtle Beach, SC 29588,
Or learn more about Days for Girls International
www.daysforgirls.org

HOMES IN TRADITION FINAL—by Celise McLaughlin

In prior editions of the newsletter we discussed the 10 most popular home models in our community. Those models make up 75% of all the homes in the Tradition. Of the remaining 100 homes, about 30 were custom built in the outlying streets formerly known as Weston Place.

The following homes were designs on paper in the Centex Office that were not among the most popular, but the buyers saw potential without having been able to do a walk through on Basketmaker Court.

Medford. The Medford was the only 2 bedroom offered by Centex. With a footprint slightly larger than the Calvin, there were eleven of these built between 1996 and 1999. There are subtle differences between the front elevations of the Vinyl and Brick. The latter identified by a 2 door garage and the separation of the 2 dining room windows facing the street. Most of these homes have grown in size with, in some cases, multiple additions.

Weston and Bristol. You can find 8 of each of these models in the community.

The **Weston** sits on relatively the same footprint as the Delaware. The Master and Guest bedrooms are the same, however the library and kitchen are flipped such that the Kitchen overlooks the back yard and the “library” is sandwiched between the dining room and the garage. This model, has a rectangular window above the front door, unlike the Delaware which all have the ½ moon windows.

The **Bristol** is a 2 story. It was chosen primarily to give more living space on a small lot. Six of these models built in the community took advantage of a roofline to add extra space above the garage.

Danford, Lancaster and Everton. There are 6 of each of these models.

The smallest, the **Danford**, has the master on the main floor and a staircase in the center of the home leading to 2 bedrooms and a bath on the second floor. This model is easy to spot, by the upstairs windows on either side of the house.

The **Lancaster**, a popular model at Indigo Creek, has an open dining, living and family room and a separate kitchen. Some of the Tradition homes have been modified to close off the living area to create an office and expand the kitchen into the dining area giving it more of an open floor plan for entertaining.

The **Everton** is the first of our “sideload” garage homes. All but 2 are found on Deacon Drive and most have a brick frontage. The model has a formal living room, and split bedroom floor plan.

Mariner, Graylin and Brewington. You can find 5 Mariners, 4 Graylin and 4 Brewington.

The **Mariner** is similar in size to the Belmont. It has an unusual layout with all the bedrooms in the front of the house and the living area in the back.

The **Graylin** is the largest home in the community with a full second floor with 3 or 4 bedrooms. The first floor has the master suite, a formal living room, family room, kitchen and dining room. There are 2 brick models, one stucco and one vinyl.

Brewington is the 2nd of 3 “sideload” garage models. It is similar in size and floor plan to the Weston, with a formal living room, rather than “library” and the garage is on the same side as all the bedrooms.

Lastly 5 other models: 3 Jordan, 2 Concord, 2 Wesley, 2 Maplewood and 1 Springfield.

The **Jordan** model, a two story floor plan with a Master on the main floor, loft study and 3 upstairs bedrooms.

Concords, a one-story split floor plan with a formal living room, dining room and family room with an open kitchen in the middle.

Wesley models, a two-story with all the bedrooms on the second floor.

Maplewood: the last of the sideload garage models. This has a split floor plan with a huge master suite on one side and 3 bedrooms on the other centered around an open kitchen, dining and family room.

Finally, there was one other floor plan offered by Centex that was built for only one resident, the **Springfield**.