

# Balance Techniques Taught in PKS

By Barbara Milhaven

A Matter of Balance, a series of free classes sponsored by the Age-Friendly Advisory Committee, was held at the Pine Knoll Shores town hall in June. The program was led by Mary Dixon, health and wellness coordinator at the Leon Mann Jr. Senior Enrichment Center in Morehead City, with an assist by Cindy Blizzard, resource development coordinator at the senior center.

During the information exchange and program overview, there were a number of useful hand-outs, including a diagrammed workbook given to participants for their home use, as well as a session content schedule.

A fear of falling as we age is very real, causing many anxieties in some elderly people that can result in health and mental issues, including lack of physical activity, reclusiveness, loneliness and depression. Learning how to help yourself through home or group exercises can help alleviate some of these issues. A film was shown depicting elderly people experiencing and discussing these fears.

A Matter of Balance is designed to give participants the tools to alleviate their fear of falling and the incentive to make doable exercises part of their daily routine to increase their balance and overall health.

It is the goal of the Leon Mann Center to offer A Matter of Balance at the senior center—and possibly at locations around the county as well. Contact Mary Dixon at 247-2626 or maryd@cartercountync.gov for more information on this important program.

## PKA News

By Amry Cox

What is the real purpose of budgets? To live within your means? To plan and set aside money for a rainy day? To be able to meet all obligations? To establish operating parameters? To estimate expenses along with other surprises and then see how well your estimates worked out? To be able to know and explain where your money is being spent? In very broad terms, our Pine Knoll Association assets are our common areas (real estate), each homeowner's annual assessment (dollars), and boat slip and kayak rack leases (revenues). Annually, we in PKA take the opportunity to think through and prepare our budget for the next year, keeping in mind all the goals mentioned above. Our annual assessment (also known as dues), as defined by our PKA by-laws, goes toward promoting the common benefit and enjoyment of all the residents of our homeowners association. We are required to operate and maintain common areas, canals, buildings and other structures that form the common properties and facilities of PKA. Our main focus is the upkeep and long-term maintenance of the real estate and assets. This requires thought, planning, labor and reinvestment.

Contracts and other recurring costs, such as utilities, are our largest expense category. Repairs and maintenance are our second largest expense, and these aggregate costs ebb and flow over the years. Planned maintenance (roof replacement or facility replacement) can be projected ahead with life cycle planning. Reality asks that a cushion be in place for the unexpected or storm-related damage. PKA has been self-insured for decades, so early on homeowners understood the need and created a reserve fund for hurricane and storm-related damage.

PKA's fiscal year, as established in May 1987, is from June 1 through May 31. Annually, we meet as required by our Articles of Incorporation and by-laws; pay our annual assessment; build a budget based on the annual assessments, plus boat and kayak slip rentals; review our list of property and infrastructure; and review our financial policy, among other things. June/July is an important time of year for PKA.

Speaking of important and noteworthy—Pine Knoll Association will celebrate its 50th anniversary during fiscal year 2017-2018. Not many families, organizations or businesses thrive through 50 years—an amazing accomplishment. Here's to another 50 years of the common benefit and enjoyment of all homeowners.

### Volunteer recognition

Jeni Ault, Nancy Boyle, Robert Cox (chair) and Fran Zaik have graciously volunteered to be the PKA Audit Committee for 2016-2017. They will announce their findings at the 2017 annual meeting in June 2017. A big thank you to Larry Stallings (chair) and Robert Cox for being the 2015-2016 Audit Committee.

# Emerald Isle Save the Dunes Initiative

By Lilia Klee

On an overcast and cool May 4, a group of volunteers and Emerald Isle residents planted 1,500 sea oat seedlings at the Point in a record two hours as part of the Save the Dunes Initiative. Volunteers included members of the Emerald Isle Garden Club, the Turtle Patrol and the Point/Wyndtree Property Owners Association. Paul Schwartz and Carl Klee coordinated the Point 2016 project on behalf of the initiative, spearheaded and led by Carla Stevens and Kevin Geraghty, with support from Emerald Isle Town Manager Frank Rush and a donation by Dr. Charles Mess.

Save the Dunes Initiative originated in 2011 when the NC Aquarium at Pine Knoll Shores asked for volunteers to plant sea oats at the Western Beach Access. About 500 unused plants were given to Carla Stevens to be planted in front of the Lands End eastern walkway. Two years later, the seedlings helped to build a sizable frontal dune. With this success in mind, in January 2015 Mr. Geraghty and Ms. Stevens proposed a sea oats planting project for Emerald Isle. Frank Rush suggested the beach access at the Point.

Save the Dunes Initiative aims to rebuild dune structure where needed and raise awareness of how dunes protect our beaches. Emerald Isle must safeguard its greatest asset—its crystal blue waters and beautiful beaches—with environmentally friendly efforts like this one.

Volunteering for the Emerald Isle initiative is easy, lots of fun, a great way to catch up with neighbors and make new friends. It takes two minutes to learn what to do, and is a terrific way to learn about ocean dune preservation and a hands-on opportunity for the young and young at heart alike.

In addition to the Point planting (that first took place in 2015), a number of oceanfront homeowners have asked to be considered for 2016 plantings. Many have erected sand fences, a good first step. Save the Dunes Initiative will prioritize plantings, starting with the town of Emerald Isle, followed by homeowners associations, and then individual homeowners' oceanfront properties, depending on the availability of resources and volunteers.

Costs for plantings include the purchase of sea oats at about \$.60/plant delivered, with a minimum order of 300 plants, plus slow-release fertilizer and signage. Projects will be funded by the town of Emerald Isle, homeowner associations, property owners, and private donations. The ideal time for planting sea oats is early May for successful growth, according to Steve Mercer of Coastal Transplants, although planting can be done as late as October.

Why should we help build and protect dune structures? Emerald Isle is built on rock with a continental shelf that slopes at a very slight angle away from our beaches, one of the island's great advantages. Since the size of a wave is directly proportional to the depth of the water, a shallow slope matters a lot when it comes to wave erosion. For example, a 40-foot depth can generate a 35- to 40-foot wave, depending on tides and winds. Fortunately, here such depths occur several miles from shore. By the time large waves arrive on shore, they dwindle down to a range of two to four feet. The slope of our continental shelf is our first line of defense against storm damage.

The second line is the frontal dune structure, which protects all the vegetation zones and benefits the entire island. As fine sand catches onto sea oat reeds, it builds up dunes. Each season, dune width and height increase in a seaward direction toward the source of blowing sand. Sea oats are native to our coast and produce rhizomes, or runners, that allow new plants to multiply and grow. This is how they catch more sand and continue to build the dunes. Everyone who uses the beach can leave a smaller footprint by staying off the dunes.

Homeowners associations and individual homeowners interested in rebuilding their immediate dunes in 2017, or those interested in starting a similar initiative in their neighborhoods, should contact Carla Stevens (carlastvns@gmail.com or 764-2160) or Kevin Geraghty (kevin.e.geraghty@gmail.com or 919-697-7636) for information. It's fun, it's easy, and it's the best way to keep our Crystal Coast beautiful for years to come.

Aluminum can be recycled over and over without any loss of quality, and an aluminum beverage container can be recycled and back on the shelf in 60 days. Unfortunately, \$1 billion in aluminum cans end up in the landfill each year. Recycling is good for the environment—and saves money.

