



# EXCHANGE

EXCHANGE CLUB OF KIAWAH-SEABROOK, SC

Box PMB-J 130 Gardener's Circle Johns Island, SC 29455

## **Member Meeting 11-15-2023 @Seabrook Island Club**

The meeting was called to order at 6:27PM and opened with prayer.

Chris Stephenson honored South Carolina fallen hero PFC Kalin C. Johnson and led members in the Pledge of Allegiance. See Bio attached.

Guests were welcomed including Rich Boss's prospective member, Ted Flerlage.

Flag installers (members of Americanism committee) were recognized for their service to the club

Bill Nelson informed that there are 800 registrants signed up for the Bohicket Run on Nov 18.

Roger Steele said there are only 4 seats left for the CSO on Feb 19.

Marty Penkhus announced that the Sea Island Hunger Awareness Foundation was one of twelve State Angel Award winners.

Alan Armstrong gave a follow up on the the golf outing:

196 golfers, 20 wounded warriors and some St Johns High School ROTC were in attendance. \$42,000 was raised for Fisher House and Charleston VA Hospital.

Upcoming event: Dec 6 is our Holiday Party

After dinner, the evening's speaker, Katie Hinson from MUSC Health Healing Dept informed us about a unique type of therapy that is available for adults and children at no cost to patients. Art Therapy is a mental health profession and also includes music for physical therapy and NICU patients and waiting rooms. See BIO attached.

### **Next Meeting:**

12/6/23 @Seabrook Island Club  
HOLIDAY PARTY

### **Addendums:**

Attendance  
Fallen Hero  
Speaker Bio

**Minutes submitted by Lisa McDonald, Club Secretary**

ATTENDANCE

Attended?	Member	Attended?	Guests
No	Victor Augusta		
Yes	Alan Armstrong		
Yes	Bill Bane		
Yes	Phyllis Barber		
No	Dave Berry		
Yes	Wayne Billian		
Yes	Rich Boss	Yes	Ted Flerlage
Yes	Kevin Boyle		
Yes	Cathy Cleary		
Yes	Wes Cleary		
Yes	David Cruse		
Yes	Carmine Degennaro		
Yes	Bob Driscoll		
Yes	Bruce Edwards		
Yes	Frank Farfone		
Yes	Dick Fleming		
Yes	Dianna Forsythe		
Yes	Joe Foti		
Yes	Derek Fyfe		
Yes	Dennis Giannos		
No	Richard Gwyn		
Yes	Stephen Haines		
Yes	Edward Heskamp		
Yes	Christopher Hix		
Yes	Bill Huff	Yes	Pat Huff
No	Maurice Isaac		
Yes	Phyllis Kaupp-Seas		
No	Ed Leary		
Yes	Scott Lee		
Yes	Bob Leggett		
Yes	Bruce Ludwin		
Yes	Alan Madison		
Yes	Bob Mason	Yes Yes Yes	Sherri Mason Katie Hinson Michelle Robinson
No	Tony Mazzola		
Yes	Lisa McDonald		
Yes	Jay Miller		
Yes	Bill Nelson		
No	Mike Patterson		

**ATTENDANCE, CONT'D**

Attended?	Member	Attended?	Guests
Yes	Marty Penkhus		
Yes	Steve Penkhus		
Yes	Thad Peterson		
No	Dustin Plunkett	No	Victoria Pullium
Yes	<u>Joel Pondelick</u>		
Yes	Russ Preston		
Yes	Shirley Salvo		
Yes	John Sesody		
Yes	Walter Sewell	No	Karen Sewell
Yes	Robert Spizalie		
Yes	Roger Steel		
No	Ken Steen		
Yes	Chris Stephenson		
Yes	Chris Strobel		
Yes	Joe Thompson		
Yes	Dick Trent		
Yes	Stan Ullner		
Yes	Bruce Van Voorhis		
Yes	Tom Webster		
Yes	Jack Wilson		
Yes	Kevin Winter		
Yes	John Woychick		



\$	Guest	Host	Type
0	Ted Flerlage	Rich Boss	Prospect
\$40	Pat Huff	Bill Huff	Wife
0	Katie Hinson	Bob Mason	Speaker
\$40	Sherri Mason	Bob Mason	Wife
0	Victoria Pullium	Dustin Plunkett	Guest
0	Michelle Robinson	Bob Mason	Speaker Guest
0	Karen Sewell	Walter Sewell	Wife

There were a total of 55 people in attendance with a minimum commitment to the Seabrook Club of 54. Several on the sign-in list had not responded to the invitation but often show up, inflating the number of no shows. The count we provided was 54-59.

No one except Sherrie Mason and Pat Huff should be charged as guests. I didn't check the at large or other part timers for charges due from them, but there were several people from that group.

## TRIBUTE TO SC FALLEN HERO

Good evening fellow club members and guests.

Tonight, we're paying tribute to Air Force Senior Airman Nicholas J. Alden.

Air Force Senior Airman Nicholas J. Alden was born September 24, 1985 in Stuttgart, Germany to military parents Cathy Garner and James Alden. He was a graduate of Palmetto High School in Williamston, SC. As friends and family recall, there were two things Nick Alden loved: his family and serving others.

Senior Airman Alden joined the United States Air Force after High School. He was assigned to the 48th Security Forces Squadron, based at RAF Lakenheath, United Kingdom. He had already served one tour of duty in Iraq and was now headed to Ramstein Air Base, where his squadron was preparing for an upcoming deployment to Kandahar, Afghanistan, a critical battlefield in the war on terror during Operation Enduring Freedom.

Senior Airman Alden met his wife while working at a Walmart store in their hometown. The couple had two children, 3-year-old Lilly and 1-year-old William. Prior to his departure, Alden wrote this in a letter to his wife, "Trish, I love you more than words can express. I want to spend forever and eternity with you and the children and the rest of my family."

Air Force Senior Airman Nicholas J. Alden never made it to Afghanistan. The events that took place during the airmen's departure are tragic. Arid Uka a Kosovo Albanian and radical Muslim living in Germany had been watching jihadist propaganda which included a video on YouTube of a Muslim woman being raped by American soldiers. Because of that video, he made the decision to do anything possible to prevent more American soldiers from going to Afghanistan.

On March 2nd, 2011 Arid Uka sought out American soldiers at the Frankfurt International Airport. When he saw the American military bus he reportedly walked up to Senior Airman Alden, asked him for a cigarette, and wanted to know whether the airmen were bound for Afghanistan. Senior Airman Alden said yes. Uka waited for Alden to turn away and then shot him in the back of the head, killing him instantly. Shouting "Allahu Akbar!" Arid Uka then entered the bus, shooting and killing the driver. He continued firing shots, wounding two other airmen before his gun jammed and he was disarmed and captured.

The video posted on YouTube was not real. It was a scene from the 2007 Brian De Palma film 'Redacted'.

On March 11, 2011, more than 500 Airmen and family members, including Trish, Lilly and William, gathered in Hangar 7 at RAF Lakenheath to honor the memory of Senior Airman Nicholas J. Alden. Col. Cassie Barlow, the 48th Mission Support Group commander, spoke, saying to Lilly and Will, "I'm going to tell you about your awesome dad. Airman Alden was a stellar security forces Airman, both at his previous assignment at Elmendorf Air Force Base, Alaska, and RAF Lakenheath. After he mastered his specialties, he helped other Airmen learn theirs. (Airman Alden) was a professional who knew his job inside and out. He was always looking for a problem to solve and making our Air Force a better place."

After the eulogies, Air Force Senior Airman Nicholas J. Alden was posthumously awarded the Air Force Commendation Medal, which was presented to Trish, Lilly and William as a 21-gun rifle volley sounded, and a "missing man" formation of F-15 Eagles roared overhead.

As a testament to the far-reaching effects of Airman Alden's death, Louis Susman, who was at that time, the U.S. Ambassador to Britain, brought with him this message from former President Barack Obama: "His death stands as a stark reminder of the extraordinary sacrifices all of our men and women in uniform are making all around the world."

As an indication of our respect for Air Force Senior Airman Nicholas J. Alden and others who gave their lives for our country, the club places US flags around our community several times a year. Each flag has a yellow ribbon attached with the name of a fallen hero.

Air Force Senior Airman Nicholas J. Alden, we salute you and your sacrifice on our behalf.

Please stand and join me in reciting the pledge of allegiance.

#### **SPEAKER BIO**

### **Katie Hinson MUSC Health Healing Department**



Katie Hinson, MPS, LPCA, LCAT, ATR-BC is a dedicated art therapist, supervisor, and educator leading the Arts in Healing Department at the MUSC Health. She holds an undergraduate degree from the College of Charleston and her Master's from the School of Visuals Arts' MPS Art Therapy Program in New York. Katie has worked with a variety of populations in diverse settings including schools, outpatient clinics, hospitals and various non-profits serving adults and children who have experienced trauma. Before returning to her hometown in Charleston, Katie spent three years working at Rikers Island utilizing art as a healing tool with the incarcerated. She is enlivened by her passion and dedicated to spreading awareness about the Creative Arts Therapies.