

# Sea Isle Park

NEIGHBORHOOD ASSOCIATION

XLV 1 ■ Spring 2023

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[www.sipna.org](http://www.sipna.org)  
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★  
SIPNA  
P.O. Box 171301  
Memphis, TN 38187-1301

*Serving East Memphis  
since 1979*

## president's pen

It is scientifically proven that social connection not only boosts mood, but also significantly improves your quality of life! If you don't have conversations with your neighbors at least once a week, I say you are really missing out on what our great neighborhood has to offer!

I have been writing to you for the last year about ways that we can build community within our neighborhood. This year I would love to see this grow even more. I am not asking everyone to become best friends; I am simply asking that we join in with one another to make SIPNA the very best neighborhood to live in Memphis. We CAN do that!

We already have a fantastic neighborhood but what I hear from most new neighbors I meet is that they wish there was a greater sense of community and safety. I encourage them to become involved in their neighborhood! The best way to get to know your community and its happenings is to get out in it!

I encourage you all to join our Facebook page. Interacting there, you may find that you have common interests with your neighbors. Maybe you can join one of our park's wellness groups. Maybe meet another dog lover and get to know one another at our fantastic dog park. Make a play date at the children's playground with some neighborhood parents. Why not share a few discs and throw a round at our disc golf course! If the park is not your thing, opening your home up for a barbeque or watching one of Memphis' sports teams is also just as fun!

Need a different excuse to meet your neighbors? Coming up on April 15, SIPNA will host our 7<sup>TH</sup> Annual 5K! There is more information about it in the newsletter. Volunteer to help or just come out on race day even if you do not like to run! I had just as much fun cheering on the runners as they crossed over Estate, and I would love the company this year! I hope to see you all out there, cheers!

*Mara Thompson*  
*SIPNA President*

## How's your New Year's resolution going?

*...that's what I thought. ;)*

Whether you're dominating your New Year's resolution or need a Mid-Year resolution, we have just the thing for you. Join us at the

**7<sup>th</sup> Annual Sea Isle Park 5K**  
**at 9:00 AM on**  
**Saturday, April 15, 2023.**

To help make this another record-breaking year, we need four things: sponsors, participants, volunteers, and spectators.

7<sup>TH</sup> ANNUAL

**SEA ISLE  
PARK 5K**

4.15.2023 | MEMPHIS



*~ continued on page 3*



# Park News

The park trees and plants, like all our yards, suffered damage, mainly due to the one degree minus eleven blast we got around Christmastime, followed by about 80 hours of below freezing weather. I have begun checking on the plants, mainly at the park entryway east of the school, but it is too soon to tell how many survived. We will continue to monitor the health of those plants, and figure out which ones need replacing. As per the SIPNA president's (Mara's) suggestion, I am going to look into replacing any plants with native, hardier species. Our neighborhood landscaper, Pete Savage, has agreed to look over some of them with me.

As far as the trees of the arboretum go, those along the one mile walking trail, all seem to be ok, but we'll know more when they leaf out soon. Thanks to TUFC (TN Urban Forestry Council) who donated five new trees to the arboretum and SIPNA, and they will be planted soon.

The mulch at the entryway has all but washed away but we have a plan to stop that erosion and waste. Please be patient while we work through this in an effort to beautify the park.

Volunteers may be called upon to help with these upcoming projects: the planting, the cleanup, and the mulching this spring. Until then, take a hike around the park - start from the kiosk at the entryway and head right - and enjoy the nice labels we have placed on the arboretum trees, and the memorial trees, as those trees begin to leaf out. And don't forget the Purple Martin houses in the northeast area of the park. The "scouts" will be arriving soon, followed by the rest of the birds, as they return to their nesting boxes. Please contact SIPNA if you'd like to get on a volunteer list to help out at our wonderful neighborhood park!

### Reminder:

*Please, no motorized vehicles are allowed in the park or on the walking trail. For information or if you have any concerns about the park, please contact:*

**Andy Prewitt**  
901-489-5265



## New Nest Boxes at Sea Isle Park

You may have noticed some new additions to the park in the last couple weeks – three bird nest boxes were added in the wooded area near McWherter and the no-mow area on the east side of the walking trail! Dr. Keith Bowers and I, of the Bowers' Lab at University of Memphis, installed these boxes to encourage nesting of our local Carolina wrens (and maybe some Eastern bluebirds and Carolina chickadees, too). We study wild songbird breeding behavior, ecology, and physiology with nest boxes just like these at Meeman Biological Station (MBS) in Millington. With any luck, we will soon have a nest in one of these boxes, at which point we hope to host an educational event with the community!



The Carolina wren is one of our main study species at MBS. They are small, brown songbirds with a white eyebrow and a slightly downcurved bill – a common species in both forests and neighborhoods. While they live in their “teakettle, teakettle” song can be heard more frequently starting in mid- to late-February, as males stake their claim on a territory and attempt to find a mate. Carolina wrens are secondary cavity nesters, which means they nest in cavities and crevices that they do not create themselves; however, they also nest in places you wouldn't necessarily consider to be a “cavity.” You can find their dome-shaped nests in old woodpecker holes and bird houses, but also in back yard sheds, wreaths and other decorations, hanging plants, and that old pair of boots you left outside. They aren't picky when it comes to nest sites, as long as they have some kind of roof over their head. This is great news for us, as it means they should like the nest boxes we've installed at the park!

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If you'd like to learn more about Carolina wrens and other birds, check out the Bowers' Lab website at [www.ekbowers.com](http://www.ekbowers.com) or my Instagram page @kelly.inthewoods (QR code below).



KELLY.INTHEWOODS

Your neighbor,

**Kelly Miller, Ph.D.**

7<sup>TH</sup> ANNUAL

# SEA ISLE PARK 5K

4.15.2023 | MEMPHIS



~ continued  
from page 1

Sponsorships are available from \$50-\$1,000. Individual registration is \$30 and Family registration is \$60 (household must share an address and everyone gets a shirt!).

The cutoff to guarantee a race shirt and/or get your business on the back of the shirt is April 3.

Please visit [sipna5k.org](http://sipna5k.org) for more info.

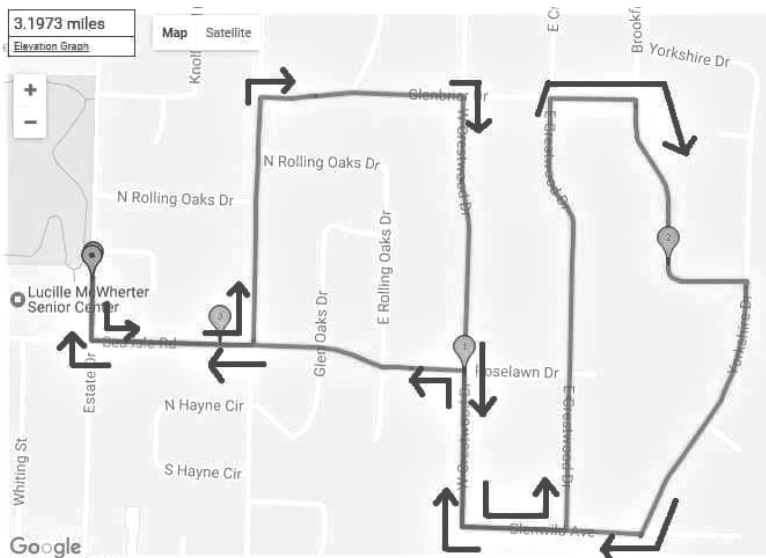
This 3.1-mile course is stroller-friendly, beginning in the parking lot of McWherter Senior Center. The first mile is a loop around Sea Isle Park. From there, the course heads east down Sea Isle Road for a couple miles through a beautiful, hilly, tree-lined neighborhood, finishing back at McWherter. Stay after the race and before the awards ceremony for door prizes, thanks to our generous sponsors.

The Sea Isle Park 5K is a neighborhood event to promote health and community involvement. Proceeds raised from the race - 100% of every dollar - go to the benefit of Sea Isle Park through the Sea Isle Park Neighborhood Association (SIPNA), a 501(c)(3) non-profit organization. Your SIPNA board and its residents are a big part of why this neighborhood is the best in Memphis.

Thanks for reading. I hope you'll join us!

**Kelly Bowers**  
Race Director

## 2023 MAP BELOW:



As I walk the one mile track loop around Sea Isle Park with my trusted Sam Dog, I am ever wary of the spirits I will encounter daily.

I have encountered many people over the years, and quite a few have passed into the nether world but I always look for them as I hope they will appear from around a corner.

I used to walk with a lady I will call Miss Anne. I walked with her for many a mile, and we shared so many stories. I often think of her kindly and am still waiting for her to appear from behind the big Oak Tree at the North End of the Park. Maybe she'll appear today. I'll look for her. I also had many conversations with The Three Amigos – three octogenarian gentlemen who had a knack for outliving multiple spouses. Even at their age, they were quite the wicked and mischievous people. I think fondly of them often.

I see new faces at the Park and studiously look for any resemblances of people I have encountered in the past. I watch the dogs, and wonder if they might have walked the trail in some previous dog life, but mainly I think about all the people I have encountered while walking the Sea Isle track for the past 27 years.

So many kind souls I have walked with and shared details of my life, inversely as well. I think of my beloved dogs – Dixie, Caesar and Baxter, who were my constant canine confidants. I wonder how they may be doing across the Rainbow Bridge, and hope they are watching over my family. And, yes, I do believe in reincarnation, which is when the soul of a particular person or animal is reborn.

**Hal B. Lovett**  
Sea Isle Dog Park Founder

## ✦ Positively Sea Isle! ✦

*From our SIPNA Facebook page, worth sharing!*

A sweet essay written by the son of Rachel Rovner  
(he asked to remain anonymous)

The community where my mother lives taught me lessons I plan to bring with me. Neighbors who show kindness to one another by lending materials, making sure everyone is fed and has what they need, using ring cameras to work together to catch lost dogs and hold them in their backyards. It's more than borrowing "eggs and sugar", but being present in one another's lives. The community FB page that my mom is on, I witness these aspects and admire it. No strings attached which is what attracts me: kindness not for a reward or recognition. They lift up one community or one aspect of the community without denigrating the other. The kindness and care that people have for one another, regardless how close they are, no matter race, ethnicity, age, or religion.

They have built a kind community, and the lessons I have learned here, I plan to emulate wherever I end up.

# Church Connection

Neighborhood Churches

Find ONE and GET CONNECTED!

~ Kathryn Miskell

### All Saints Episcopal

1508 S. White Station / 685-7333  
allsaintsepiscopal.org

### Christ the King Lutheran

5296 Park / 682-8404 / ctkmemphis.com

### Colonial Park United Methodist

5330 Park / 683-5286 / colonialpark.org

### New Hope In Christ Ministries

1708 Vera Cruz / 922-5901  
www.facebook.com/nhicministries

### Park Avenue Church of Christ

5295 Park / 682-1220 / parkave.org

### Redeemer Baptist Fellowship

5340 Quince / 683-7344  
redeemerbf.com

### Woodland Presbyterian

5217 Park / 682-3349 / woodlandpres.org



SEA ISLE PARK NEIGHBORHOOD ASSOCIATION

PO BOX 171301, MEMPHIS, TN 38187-1301

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## Thank You!

### SIPFest:

A huge thank you to all the churches and volunteers that helped make SIPFEST 2022 a reality! Looking forward to SIPFEST 2023!



**Molly Laster**  
Festival Chair/  
Past President

### Sea Isle Santa:

'Twas a drizzling Saturday, yet Sea Isle parents brought their children to visit our very own Sea Isle Santa (Kennison Kyle)! Thank you to the "Santa Team", the food trucks, Santa and his elves. This was our second year and we are excited about another fabulous holiday season kick-off this year!



**Gail Jackson**  
Coordinator

Sea Isle News ©  
Edit / Design  
Gail Jackson



Thank you for supporting SIPNA - keeping our neighborhood one of the most sought after in Memphis!