



# Grand Valley Lakes News

*Volume 5 Issue 2*

*Bill Stone, Publisher*

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*Diane Lanier, Editor*



## **It's Election Time For The POA Board of Directors!!!**

Please note!

Applications are now available in the POA office to enter the election for a position on the Board. The deadline for submitting an application is **March 9<sup>th</sup>**. There are three positions to be filled. Those elected will serve a three year term. The election will take place April 18<sup>th</sup> during the Annual Property Owners' Meeting.

Ladies' and Men's Clubs meet:

Both clubs met in February but business was focused on projects underway at the time.

The Ladies were focused on final plans for the Winter Dance. As we all now know, it went off like always: Beautifully!! A huge thanks and congratulations to Jean Harrison and her Ladies' Club crew of assistants it was super!

Meantime, the Men's Club spent their meeting working on the completion of their street sign project. Have you noticed? Shame on you if you drove around Grand Valley Drive and didn't! What a difference! All signs ordered are now installed. The club is already planning the purchase of additional signs to cover more intersections in the valley. This will be a continuing project until every intersection is identified.

*Sponsored By the Law Office of*

***George R. Fusner, Jr.***

*Phone: 615-251-0005*

*GVL POA Attorney*

*Your Community Calendar for March, 2020*

**Thursday, March 5<sup>th</sup> @ 6:00 p.m.** Tai Chi class at the POA Lodge for both men and women. The class will last from 6 p.m. to 7 p.m. Good exercise and good fun. The class is held each Thursday night unless otherwise scheduled in the class.

**Monday, March 9<sup>th</sup> @ close of business** – DEADLINE to submit completed applications to be a candidate for the POA Board of Directors election to be held April 18<sup>th</sup>.

**Friday, March 13<sup>th</sup> @ 7:00 p.m.** The Grand Valley Lakes POA Board of Directors will meet to continue the business of the Valley. These are the folks that you elected to lead your community. Come and be informed!

**Saturday, March 14<sup>th</sup> @ 9:00 a.m.** The Grand Valley Lakes Men's Club will meet to begin planning their annual projects and fund raisers. ! All men of the valley are invited and encouraged to attend.

**Saturday, March 14<sup>th</sup> @ 10:30 a.m.** The Grand Valley Lakes Ladies Club will meet to Plan the year's events and to schedule activities fund raisers for the coming year! Every lady in the Valley is welcome to attend!

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**Tuesday, March 17<sup>th</sup> @ 6:30 p.m. to 8:30 p.m.** Ladies' Bunko Night! We will be at the POA Lodge – and we have fun! Bring your own beverage in your own drinking container – ice is available! Bring a snack if you want to share! WEAR SOMETHING GREEN in keeping with St. Patrick's Day!

**SAVE THE DATE:**

**Saturday, April 18<sup>th</sup> At the POA Lodge = Annual Business Meeting and Election!**



Our Exercise Room has been  
Repainted and updated  
With a new Exercise Bike!  
And the view while you are  
Working out is simply Grand!



## **An amenity you ought to be taking advantage of...**

Have you ever visited our exercise room? Maybe more importantly, have you ever used any of the equipment in it? In case you don't know, it's located in the POA building. It contains quite an assortment of equipment. This includes treadmills, exercise bike, rowing machine, and a couple of weight machines plus different types of free weights. In fact, our facility has most of the equipment found in commercial gyms. It also has a stereo, cable TV and video player.

Use of this facility is free to all property owners in the community. All you need is a pass code which you may obtain from the POA office. Well, there IS a charge. It's not financial but it's critical. First, wipe down the equipment you use and put it back in its proper place! There's a trash can, use it! Last of all, our community does have a staff but as the old saying goes, "We ain't your mama!". The staff is limited and every one of them has specific duties. Clean up behind yourself! If some inconsiderate fool leaves the room in disarray, how about spending some time and effort returning it to its proper order? Those who abuse the privilege of using this facility, be aware the Board of Directors can and will suspend that privilege.

## **On The Square Gallery and Gifts**

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## **Board of Directors holds short but effective meeting....**

The January Board of Directors meeting was a brief one but quite informative. The lawsuit between GVL and the contractor handling our roofing after the storm damage is now over and Grand Valley was the “winner”! We came away with some funds we can use for such things as lodge renovation. Our new helicopter pad was used twice in the past month. Thank Goodness we have it available!

Speaking of Lodge renovation, the board is actively pursuing bids to update the lighting and electrical system in the lodge dining room. We are also looking at painting and carpet. The reason for the modernization is a future source of income through renting the space for weddings, parties, reunions, etc.

The board is working on the next year's budget. Included in the budget is more funds to work on our roadways, culverts, and other infrastructure. To help in the funding of these projects, the board approved a 5% increase in dues. This amounts to approximately \$35.00 per year per property owner..

Other items of business included a “Geese” policy. This will be finalized in the February meeting along with jug fishing rules. The board is also looking at some possible revisions to our covenants and by-laws These will be voted on at our annual meeting in April.

Stan Doyle reported the sale of some outdated and unneeded maintenance equipment for \$4850.



**This issue of the Grand Valley News is sponsored in part by the Grand Valley Lakes Men's Club.**

The Men's Club is a hardworking, fun-loving bunch of men who meet every second Saturday of each month at 9:00 a.m. at the POA Lodge. These members have quickly become a creative force and a work force within our community.

## Grand Valley Estates or Garbage Valley Estates?

Wanda Marie Woodward, Ph.D., LPC-MHSP, MPA

Resident of Grand Valley Estates

When I moved to what some affectionately refer to as “the Valley” in September 2019, one of the primary reasons was to escape the War Zone of Memphis, the 4<sup>th</sup> most violent city in the United States, but also the filth and trash that has taken over most of the City of Memphis. I grew up in Mississippi on a 300 acre cattle farm in the 60s and 70s, where Mother Nature and her critters created a beautiful canvas of serenity and natural surroundings. Hearing birds singing, bullfrogs gulping, crickets shimmeying, and an old hoot owl outside my bedroom window were delightful. And how I loved the landscape of green fields and red clover, with oak and sycamore trees to climb. In the 3<sup>rd</sup> grade, at Clinton Elementary School, I was a little blonde hair, blue-eyed character in a school play called “Keep America Beautiful” which was about a simple theme of picking up trash and garbage, not throwing it on the ground, and, thus, maintaining a high standard in America by never littering.

I have lived in Mississippi, Texas and Philadelphia, but it was not until I moved to Memphis that the experience of seeing so much garbage and trash on the ground, in both residential and commercial areas, stunned me. Memphis looks a lot like Zimbabwe. And Zimbabwe was never a place that was on my list of desirable places to live. My young friend, Sam, recently told me that, until the mid to late 1990s, Memphis had been a fairly pristine city that was rewarded with accolades of pristine parks. It’s certainly migrated away from that.

When I purchased a home in the Valley, I did so because of its aesthetics including the lakes and the sumptuous natural woods which surround me, bringing me back to my childhood of living on my farm. At the Valley, deer abound, and birds sing their anthems in what seems like a feathery caroling year round. I told my real estate agent, Stan, “wow, this place is a hidden gem!” and even another Valley resident that I met in September said exactly the same thing. So my heart leaped for joy when I was able to purchase a home on 2 acres, surrounded by woods behind me, on each side of me, and across from me; yet, I was still within the comfort of a gated residential neighborhood.

So when I began to see Red Bull cans, Sonic styrofoam cups, Marlboro cigarette cartons, and soda pop plastic bottles strewn on the sides of the roads within the Valley, I had a mixture of sadness, frustration, and downright anger. How could it be that people in this gorgeous, coveted neighborhood would do this to their own surroundings? I wondered, do they not care? Did they not have any home training? Did they move here from the Memphis jungle? Is it adults doing this? Or adolescents and young kids?

Every time----every single time----that I drive in and out of the Valley, I pick up Red Bull cans, plastic cups and bottles, and cigarette cartons on the side of the road, to dump them in a garbage can--which is where garbage and trash belongs. I guess I had fantasized that the people in the Valley were different than the people who live in Memphis. I’m sure some of you are. For those who prefer the trash and filth, there’s always Zimbabwe just an hour away.

## WOW! What a dance it was!!!

Sorry if you weren't among the almost 100 residents attending the GVL Winter Dance! Spending time with old friends and making new ones, a great dinner, good music, and dancing! Cindy Krag did the catering. Just to mention one item on the dinner plate: Prime Rib! Well, maybe we should mention another item or two. How about :all the trimmings plus delicious cake for dessert. Let's not forget the music! Small Shack (Mike Smalley, Jeff Shackelford, Kandy Shackelford, Trevor Shackelford and Bobby Sain) was great as usual. They played a lot of "get down" music and a few of our neighbors were able to keep up with them! Jerry and Barbara Parkhurst, Ronnie and Cherie Parkinson, and Buzzy and Marilyn Forbess just to name a few. When they played the slow dance tunes the floor got crowded big time. Ron and Nancy Scott, Terry and Sarah Surratt, and even Jim and Valerie Cowan.

There was a line dance number. Deborah Brasfield and Donna McClarin and several more ladies slid through that one. Can you believe not one single male joined in? Sure you can! Many others danced and there is simply not enough room to name everyone even if we did know them. A great big thank you to Jean Harrison and the ladies' club volunteers. They did one great job! We ought to do this more often!



Looks like these ladies came prepared to dance!

Line dancing is a lot of FUN!

Our live band –

**Small Shack –**

**GREAT**  
local talent!



Our caterer for the dance was Cindy & Randy Krag and Tony Bolton.





Much has happened at Grand Valley throughout course of 2019. And one of the highlights of the year was the re-design and development of the Grand Valley Lakes website.

Thanks to a collaboration of several individuals, and the talents of GVL resident Stuart Cohen, the new website is a modern, cleaned up design that is easy to navigate and offers a great introduction to the many wonderful features and amenities of our community.

More information is available on the site such as a warm welcoming presentation as well as a lot of information about what lake life is like in the valley.

There are sections on what we have to offer in the way of recreation, boating, hiking and wildlife viewing. Area amenities are listed such as the National Bird Dog museum, Hatchi National Wildlife preserve, and other area destinations.

For those who are interested in buying a home in the Valley the site offers a section with homes and lots for sale. Property owners are encouraged to list their homes for sale on the site.

A calendar of events lists fun activities such as the July 4<sup>th</sup> boat parade and fireworks display, the annual pancake breakfast, and other fun events.

There is also a link to this newsletter so one can easily access our main source of communication throughout the community and the area.

There are an abundance of pictures showing residents enjoying the fun recreational activities as well as the beauty of just being in the valley.

Contact information and lodge rental information are just a click away as you navigate throughout the website.

If you haven't already visited the site just go to [GrandValleyLakes.com](http://GrandValleyLakes.com) to see all the improvements over our old site. We think that you'll appreciate and enjoy browsing our new and much improved website.

## **Duck, Duck, Goose!**

Much like the children's game named above, it is the goose that we have chosen - actually the geese chose to lie with us and now we need to send them on their way. Seems it is hard for geese and people to live each with the other where there is no limit to where the geese can roam.

**PLEASE NOTE:** GVL residents have been asked to stop feeding the geese!! The Board of directors is going to adopt an official policy to that effect. There will be a fine imposed on anyone found in violation of that policy! The following article will hopefully answer any questions you may have regarding the implementation of said policy: If you wish to address this problem, please attend our Board of Directors meeting held on the second Friday of each month at 7:00 p.m.:

### **GVL Geese Management**

Over the past several years, Grand Valley Lakes has seen a rapid increase in the number of geese in the community. After researching this issue, it has been noted this has been a problem in other similar communities. For example, at Runyan Lake in Michigan, the number of geese counted each spring increased from around 9,000 in 1970 to over 300,000 today. Grand Valley wants to prevent this problem from occurring in our community.

If geese numbers persist in shallow water areas, they may elevate bacteria levels through fecal coliform. An adult goose can eat up to 4 pounds of grass daily, resulting in 2 pounds of fecal matter deposited daily. Goose feces usually contains parasites cryptosporidium, coliform, giardia, and campylobacter. This poses serious health hazards such as cryptosporidiosis. The CDC has linked goose fecal matter to the spread of diseases and bacterial infections. Increasing numbers of geese may therefore decrease safety for swimming and some communities have been forced to temporarily close beaches due to these health hazards.

Geese also leave large amounts of fecal matter on waterfront properties which is not only disgusting for the property owners, but the same matter often ends up in the lake as part of run off when it rains. This can result in high E. coli levels in our lake. Goose feces is also high in organic phosphorus which contributes to excessive algae growth in lakes.

The Canada geese populations increases around 17% annually. If not removed, the local population rapidly increases. GVL has been working along with the U.S. Fish & Wildlife Services in order to determine some ways that we may decrease the number of geese in our community safely.

An anti-feeding ordinance will hopefully help raise public awareness and stop casual feeding. We are asking people to work together to not feed the geese. If caught doing so, he or she will be fined. Not only can feeding the geese cause problems with the lake, it may also harm the birds. Canada geese do not need feed from humans and move considerable distances in order to find nutritionally appropriate food for themselves. If fed an inappropriate diet, such as human food, they are prone to develop wing deformities which may prevent or limit flight – a severe handicap for a wild bird. Nesting geese can also become aggressive and territorial. This may pose a threat to humans and they can drive away or kill smaller waterfowl from ponds or waterways. Reducing handouts by well-intentioned people should help make the community less attractive to geese.

### **Duck, Duck, Goose – It's the Goose (cont'd)**

February to May is mating season for Canada geese and April and May are considered nesting season. GVL will begin an egg addling program during April and May of this year. This consists of coating eggs with vegetable oil which will prevent oxygen from passing through the egg's shell and the eggs will not develop. Eggs should be addled within 14 days of being laid in the nest. "Egg-oiling" is a method which has the active support of humane societies and other animal protection organizations.

A large amount of research and discussion has helped GVL determine that a no-feeding policy and egg addling program are the safest options at this time to help decrease the geese population. After these projects have been implemented, the situation will be assessed and hopefully we will see a decrease in our goose population. We have a strong community and hope that all will strive to work together in order to make this a success.

### **Remember That Survey.....**

Last year in the months of May and June, the newsletter published a call or help from the CDC (Center for Disease Control) that asked you to respond to two surveys. The purpose of the surveys was to identify barriers that Hardeman County residents face to healthy eating and being physically active within their communities. There were grant funds that would be made available to communities to help the folks overcome some of these barriers.

Our Thursday night Tai Chi class is one of the results of those surveys!

Our first class was very well attended. We chose to continue the class at the same time and to extend it for as many weeks as we can keep the attendance up. We meet from 6 to 7 p.m. each Thursday evening. It is well worth any sacrifice you have to make to be there.

Tai Chi (tie-chee) is done in slow, continuous motion. Those who practice Tai Chi on a regular basis have these side effects to look forward to:

- Improved balance control, flexibility and agility
- Lessening of chronic pain with conditions like osteoporosis and fibromyalgia
- Increase in both upper and lower body strength along with muscle definition
- Decrease in stress, anxiety and depression
- Increase in energy and stamina
- Better, more restful sleep

All of this from a little survey!

## A Little More About Tai Chi

Tai chi (taiji, short for taiji- quan) is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation. The term taiji is a Chinese cosmological concept or the flux of yin and yang (the source or beginning) and 'quan' means fist. So, etymologically, Taijiquan is a fist system based on the dynamic relationship between opposing forces. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal reasons including demonstration competitions, overall health and longevity.

Tai chi training involves five elements, solo hand and weapon routine; breathing, movement and awareness exercises along with meditation; response drills and self-defense. Tai chi is typified by its slow movements.

In China tai chi is categorized as a martial art that is applied with internal power (the proper response to outside sources) versus the hard or external styles of self- defense (meeting an opposing force with force).

Tai Chi has developed a worldwide following of people, often with little or no interest in martial training, for its benefit to personal health. It is purported that focusing the mind solely on the movements of the form helps to bring about a state of mental calm and clarity.

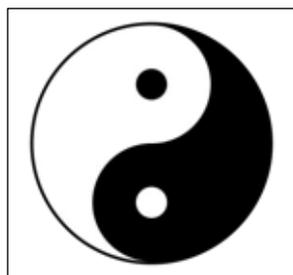
The study of tai chi primarily involves three aspects

**Health:** An unhealthy or otherwise uncomfortable person may find it difficult to meditate to a state of calmness or to use tai chi as a martial art. Tai chi's health training concentrates on relieving the physical effects of stress on the body and mind. For those focused on tai chi's martial application, good physical fitness is an important step towards effective self-defense.

**Meditation:** The focus and calmness cultivated by the meditative aspect of tai chi is seen as necessary in maintaining optimum health (in the sense of relieving stress and maintaining homeostasis [systems in balance – the lymphatic system, circulatory system, i.e. all the human internal systems]) .

**Martial Art:** Tai chi is the study of appropriate change in response to outside forces, the study of yielding and sticking to an incoming attack rather than attempting to meet it with opposing force. The use of such as a martial art is quite challenging and requires a great deal of training.

*--from Wikipedia and other online sources*



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