



Grand Valley Lakes News

Volume 5 Issue 3

March, 2020

Bill Stone, Publisher

Diane Lanier, Editor



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

This is Important!

We have three positions on the Property Owners Association Board of Directors that are to be filled at the next Annual POA meeting. Stan Doyle, Jean Harrison and Nancy Burke (she filled the term that would have been served by Mr. Keys). To date Stan Doyle has filed for re-election to the Board for another 3-year term. Folks, this is an important time in the life of this community. We have organizations that are getting things done. There are plans for the future that need to be researched and, hopefully, implemented to make this community better and kept active. We need folks that are willing to represent the population of this community and do the business that is required to keep it going and growing! **The filing deadline to have your name on the ballot in April is Monday, March 9th!** Applications can be obtained from the POA Office and need to be returned by the close of business on Monday, March 9th.

Your Community Needs You!

Men's Club continues street sign project...

The men's Club has completed “phase one” of their project to replace all of the street signs in the Valley. The initial order of signs has been installed. This completed the Grand Valley Drive circle plus the intersecting cove and most of the intersecting and crossing streets. Another sign order will be placed in the not too distant future.

Members of the Club are working with the Ladies to get costs of various projects for remodeling the POA dining area. This remodel is needed and important to the Valley to enhance future rental opportunities.

Plans for this year’s fish fry fundraiser are beginning to be a topic of discussion. Date has not been finalized.

Several other future projects have been suggested and discussed in general but finalization is dependent on some revisions to our covenants and by-laws. These could perhaps include a dog park, a green park, and a storage/parking area for residents to leave boats, trailers, etc.

The club added **Jimmy Lomax** to its roll this month! Welcome Jimmy!

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 5th @ 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.

Saturday, March 8th – BEFORE YOU GO TO SLEEP – SET YOUR CLOCKS FORWARD ONE HOUR – 11 P.M. BECOMES 12 MIDNIGHT – **SPRING FORWARD!!**

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

Friday, March 13th @ 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 14th @ 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 14th @ 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!

Tuesday, March 17th @ 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!

Friday, March 27th beginning at 7:00 p.m. **SPRING BREAK PARTY!!** – for all the children In Grand Valley Lakes and their friends! Be there of be square!

SAVE THE DATE:

Saturday, April 18th At the POA Lodge = Annual Business Meeting and Election!

Saturday, May 16th @ 10:00a.m. at the POA Lodge – Grand Valley Area Volunteer Fire Department 2nd Annual Meeting!

Your Grand Valley Area Volunteer Fire Department News!

Thanks to Ann Castleman and Johnny and Tiffany Rustin for fundraising activities. Ann raised \$185 and the Rustins raised \$61. It is much appreciated!

The Ladies Club will be including us in some future events. **Be sure to support them during lunch sales at the Grand Valley POA Annual Meeting in April.** Ann and others will be baking items to sell, also.

We have 7 Firefighters now. All have training except 1 and his training will be completed within the one year timeframe the State allows. Tom Wein and Keith Clanton work tirelessly to make sure we are equipped properly and that our Fire Department resources function correctly. I am constantly amazed at how much they do. Please make sure they know how much you appreciate all the time and effort they put in for us. They are currently preparing for a review from the ISO folks. We can use this information to make sure we are providing the services our Members require.

Teena Oake visits the Fire Station once a month to make sure the Kitchen/Office/Bathroom areas are clean. A much needed service that we greatly appreciate.

Jean Noe will be our Reporter. When we have something to get to all of our Members, Jean will use all available sources to get them that info. She'll be of great help when we start to notify folks of our Annual Meeting on May 19th.

The 'old' organization has been dissolved. Approval was given by the TN Secretary of State and, after several months of paperwork, was also given by the State Attorney General.

Donna McClarin will be filing our 2019 Federal Income Tax before the May 15th deadline. She is also working on Financial Statements that will be used by Keith in applying for Grants. Her expertise in helping us in these areas is much needed and appreciated.

Most Members do not pay dues, so work is still needed in identifying all that we serve and notifying them that their support is needed. We'll be asking for help with that in the near future. There are 422 addresses on our Members List. 139 of them have paid dues. There are more addresses that should be on the list and need to be identified.

On The Square Gallery and Gifts

109 North Main Bolivar, TN 38008
Phone: 731-403-0002

Owner: Deborah Turner Brasfield

Showcasing Local Art, Handcrafted Gifts,
New & Vintage Gift Items, Decorative Items for Your Home

(a Grand Valley Lakes resident run business)

Grand Valley Lakes Geese Anti-Feeding Ordinance

GVL has been working with the US Fish and Wildlife Service to find ways to decrease the number of geese in our community safely. Fecal waste deposited by geese can become a health hazard decreasing the safety for swimming and also the enjoyment of beaches. This anti-feeding ordinance is to raise awareness and stop casual feeding of the geese. To those who feed the geese, the following citations will be given.

Consider this policy a WARNING.

1st offense - \$100 fine

2nd offense - \$200 fine

3rd offense – the cut-off of residents water

This policy goes into effect immediately.

Thank you for your cooperation.

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.



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.

Board prepares for Annual Membership Meeting...

President Ron Scott missed the meeting in favor of a heart cath. Vice President Stan Doyle presided. He reminded those present there were three spots on the board to be filled at the annual meeting on April 18th. Applications to run for one of these vacancies are available now in the POA office. These apps must be filled out and returned by March 9th.

Resident Bill Anderson is an avid “jug” fisherman. He's tenacious too! For many months he has pushed for jug fishing rules that actually made sense for lakeside property owners and fishermen. He wrote the rules and, with board approval, tested them. He amended them and again, with board approval, retested. The final edition was accepted and approved by the board at this meeting! A copy of these rules are printed elsewhere in this edition of the Newsletter. Thank you, Bill, for your interest and involvement in community affairs! He's already begun his next project: “three wheeler safety”.

Jim Gehringer is working toward erecting signs showing directions to the helipad. The air lift companies and EMT's have been escorted to its location and all have been provided GPS information. The pad has already been used several times. It took a while to complete but what a blessing to GVL!!

Treasurer Donna McClarin presented the 2020-2021 budget which was approved by the board. A CPA by profession, Donna spent many hours changing the format of the new budget. She added and sorted expenditures so tracking expenses has been simplified and is readily understandable.

For several months Stan Doyle has been working with the TWRA seeking ways to eliminate our geese problem. Not only do these birds create a mess in resident yards and on the beach but more importantly they are a serious health threat to the community. The best way to eliminate these pests is stop feeding them. In spite of publicizing requests to stop this practice, some residents have continued to do so. The board has now passed an ordinance instituting fines for feeding them. This ordinance is printed elsewhere in this edition of the Newsletter.

Our phone bill is \$900 per month. Nancy Burke has been investigating alternative plans from changing phone companies, to changing service plans, or even dispensing with land lines and using cell phones instead. She will continue her quest until we are convinced we have or have found, the best and most economical plan for Grand Valley Lakes.

Earl Butler and Stan Doyle are assembling information needed for the board to adopt a schedule of paving this year. Yes, there is money budgeted for this but we want to get the most mileage we can out of that budgeted amount.

Johnny and Tiffany Rustin asked the board for permission to host a spring break party for resident children. The board approved their request. Further information is available elsewhere in this edition of the Newsletter. They need some help so let's, as you always do, step up to the old plate!

By the way, thankfully, Ron Scott's heart cath showed no problems and he's completely recovered at this time.

Jug Fishing in “no wake zone”:

The following rules were approved by the Board of Directors in their February meeting:

1. Monday through Friday during daytime
2. No holiday fishing
3. Eight (8) jug limit
4. Two fishermen in same cove, only four (4) jugs each
5. No more than two (2) fishermen in same cove at same time
6. Identification **MUST** be on jugs
7. Owner **MUST** stay with jugs at all times. If owner leaves they **MUST** pull up all jugs
8. No jug fishing near property owner's docks



Spring Break Celebration in the Valley!

Hello friends and neighbors! Johnny and I will be hosting a “Spring Break Party” for our Grand Valley kids and their friends on **Friday night, March 27th**. There will be games to play and some dancing too! **The fun will begin at 7:00.**

We need volunteers to bring finger foods and snacks. Please let me know if you can help!

If you have any questions, please call me at 731-203-4828. Please help us make this a big night for our kids! Thanks from Tiffany Rustin.



The Grand Valley Happy Hatters (your Donas of the Sombrero Rojo) have been going and doing and having fun – in spite of the weather!

On Tuesday, January 21st our group went to El Pueblo in Ripley, MS for our planning meeting. We had a huge meican food buffet as well as a menu we could order from and we took advantage of all of it! We planned the first 6 months of our group outings and had a lot of fun doing it. Attending were Ann Castleman, Ruby Deel, Diane Lanier, Helen Maloy and Louise Watkins.

While not a Red Hat function, our group was well represented at the Grand Valley Lakes Winter Dinner/Dance held on Saturday,

February 1st in Grand Valley Lakes. We have fun wherever we go and whenever we see fellow red hat ladies! We were also well represented at the Mystery Dinner Theatre presented by the Hardeman County Arts Council on Saturday, February 15th! Some of our ladies even solved the who-done-it mystery and won a prize! We know how to have a good time! On Tuesday, February 18th we had lunch in Bolivar, TN at The Biscuitry and enjoyed visiting good food! Those who dined that day were Ann Castleman, Brenda Conry (Jimmy chickened out – thought it sounded too much like a hen party!) Ruby Deel, Dot East (our eldest “young” at age 94!), Diane Lanier, Helen Nixon, and Louise Watkins. It was a busy February for sure.

Our March event will be dinner at J & J Fish House in Bolivar, TN and then on the the Arts Council theater to enjoy the 41st annual presentation of “Hee Haw” which includes so much local talent I can’t list it all here. We will be really decked out with our red hats and purple tops/dresses – J & J wants to take our picture for the record books. If previous years are any indication of our enjoyment – we will start laughing as soon as we see each other and won’t stop until the show is over. This is one of the many times through out the year that we invite guests, family and spouses to join in our celebration of being alive!



The Wearin' O' The Green

Saint Patrick's Day of the Feast of Saint Patrick is a cultural and religious celebration held on March 17th, the traditional death date of Saint Patrick (AD 385-461), the foremost patron saint of Ireland. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. It was made an official Christian feast day in the early 17th century. Celebrations generally involve public parades and festivals along with the wearing of green attire or shamrocks. Historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption, particularly Irish whiskey, beer or cider. The St. Patrick's Day custom of "drowning the shamrock" or "wetting the shamrock" was historically popular, especially in Ireland. At the end of the celebrations, a shamrock is put into the bottom of a cup, which is then filled with drink. It is then drunk as a toast to St. Patrick, Ireland or those present. The shamrock would either be swallowed with the drink or taken from the bottom of the empty glass and tossed over the left shoulder for good luck.

On St. Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. St. Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. At this time in Ireland three was a significant number and the Irish (druids) had many triple deities, a fact that may have aided St. Patrick in his evangelization efforts. Icons of St. Patrick often depict the saint "with a cross in one hand a sprig of shamrocks in the other.

The color green was first associated with Ireland in the 11th century in the pseudo-history, *The Book of the Taking of Ireland* which is part of the Irish mythology. The color green was further associated with Ireland from the 1640's when the green harp flag was used by the Irish Catholic Confederation. During the 1790's green would become associated with Irish nationalism, due to its use by the United Irishmen. This was republican organization- led mostly by Protestants but with many Catholic members – who launched a rebellion in 1798 against British rule. The phrase "wearing of the green" comes from a song of the same name, which laments United Irish men supports being persecuted for wearing green.

O Paddy dear, and did ye hear the news that's goin' round?
The shamrock is by law forbid to grow on Irish ground!
No more Saint Patrick's Day we'll keep, his color can't be seen
For there's a cruel law ag'in the Wearin' o' the Green."

I met with Napper Tandy, and he took me by the hand
And he said, "How's poor old Ireland, and how does she stand?"
"She's the most distressful country that ever yet was seen
For they're hanging men and women there for the Wearin' o' the Green."

"So if the color we must wear be England's cruel red
Let it remind us of the blood that Irishmen have shed
And pull the shamrock from your hat, and throw it on the sod
But never fear, 'twill take root there, though underfoot 'tis trod.

When laws can stop the blades of grass from growin' as they grow
And when the leaves in summer-time their color dare not show
Then I will change the color too I wear in my caubeen
But till that day, please God, I'll stick to the Wearin' o' the Green.



A shamrock is a young sprig, used as a symbol of Ireland. The name shamrock comes from the Irish which simply means “young clover”.

*Remember the humble tea kettle,
It is always up to its neck in hot water yet it still sings!*

Have a good day!



COME WORSHIP WITH US
WEST MEMORIAL BAPTIST CHURCH
6230 Soulsbury Rd., Soulsbury, TN



SUNDAY:
10am Sunday School
11am Worship
5pm Discipleship Training
6pm Worship
WEDNESDAY: 7pm Bible Study & Prayer

We are located 10 minutes from OVL gate.
Go west on Lake Hardemon, left on Callahan Rd. And right on Soulsbury Rd.

If you have some special events or services at your church that you would like for us to publish in the newsletter, just send the info to Bill Stone @ billstone36gvl@aol.com.

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.

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

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