Grand Valley Lakes News

Volume 6 Issue 4 *July, 2021*

Bill Stone, Publisher *Diane Lanier, Editor*

Two Exciting Classes Starting Up!

Wow! We have two classes starting here in Grand Valley Lakes and you do not have to choose one over the other. All classes are on Thursday evenings beginning at 6:00 p.m. Line dancing is offered the first Thursday of each month. Great fun and great laughs are had by all and the exercise you do just dancing is good to get those of us the class moving!

Tai Chi (tie chee) classes are taught on the other Thursday evenings in the month. Kay McPhearson is leading the classes and it is so good for us. The motions with Tai Chi are slow and continuous. The program we are following is by Dr. Lam and it is for balance and arthritis. There are no jarring movements and no quick changes; yet, to do our hour of slow motion is the equivalent of walking 2 miles vigorously. It is a workout, but one that is so easy. Each class is $1.00 to help pay Kay's costs for coming to teach us. You can even sit to do the routine or use a chair to support your movements.

Come Join Us For Fun and Get Moving!

Ladies' Club News

The Ladies' Club met June 12th at the lodge. After much discussion, we changed our plans for a spaghetti supper to another game night as a fundraiser for the spillway repair. There will be refreshments for sale- nachos, pizza, other snacks and drinks. There will also be raffle tickets for a beautiful gift basket full of gourmet treats and other things. All proceeds will go directly to the spillway fund. Mark your calendars for Saturday, August 7th for a night of adult fun.

Now that COVID restrictions are lifted, we are helping to plan a memorial service for our good friend and club member Dotty Fulgham, who died last winter.

Have you noticed the flower bed in front of the Guard House? It is an ongoing project but has been a lot of fun. We've also had gravel placed around the big tree to help keep it looking neat.

We meet the Saturday after POA Board meetings at 10:30 at the lodge. We invite all the ladies in the Valley to come join us.

Monthly Men's Club ….

The Club's June meeting saw initial plus some final planning for the Annual Fish Fry Fundraiser.

In addition, plans were made to purchase and install several more street signs. We are working toward a complete change out of the old wooden street markers. This new purchase will complete the majority of the main streets in the Valley.

Plans were also made to work toward refurbishing the restrooms at the beach.

The club has added several new members in the past couple of months. We need every man in the valley to participate alongside us. We meet the second Saturday of each month at 9:00 in the POA kitchen for sausage gravy and biscuits, fellowship, and ways to improve our community. Please join us!

Your Calendar of Events for July/August

Thursday, July 22nd @ 6:00 p.m. Tai Chi Class is held at the POA Lodge. Class is taught by Kay McPhearson and lasts about an hour. Come get moving and have some fun!

Thursday, July 29th @ 6:00 p.m. Tai Chi Class is held at the POA Lodge. Class is taught by Kay McPhearson and lasts about an hour. Come join us – you can even use a chair!

Thursday, August 5th @ 6:00 p.m. Line Dancing! This is the Thursday we try to find our sense of rhythm and dance in a line. Come join us for lots of fun, laughs and o course you will be moving and getting exercise!

Saturday, August 7th @ 6:00 p.m. Ladies (…and Gentlemen!), Dirty Bingo Night! There will be refreshments for sale-nachos, pizza, other snacks and drinks. There will also be raffle tickets for a beautiful gift basket full of gourmet treats and other things. All proceeds will go directly to the spillway fund. An adult night of fun!

Thursday ,August 12th @ 6:00 p.m. Tai Chi Class is held at the POA Lodge. Class is taught by Kay McPhearson and lasts about an hour. Come get moving and have some fun!

Friday, August 13th @ 7:00 p.m. The Board of Directors of the POA meet to do the business of of the community. Come and find out what is going on in the neighborhood.

Saturday, August 14th @ 9:00 a.m. Men's Club meets in the POA Lodge Kitchen

Saturday, August 14th @ 10:30 a.m. Ladies' Club meets at the POA Lodge

Thursday, August 19th @ 6:00 p.m. Tai Chi class with Kay McPhearson

Thursday, August 26th @ 6:00 p.m. Tai Chi class at the Lodge. Come get moving!

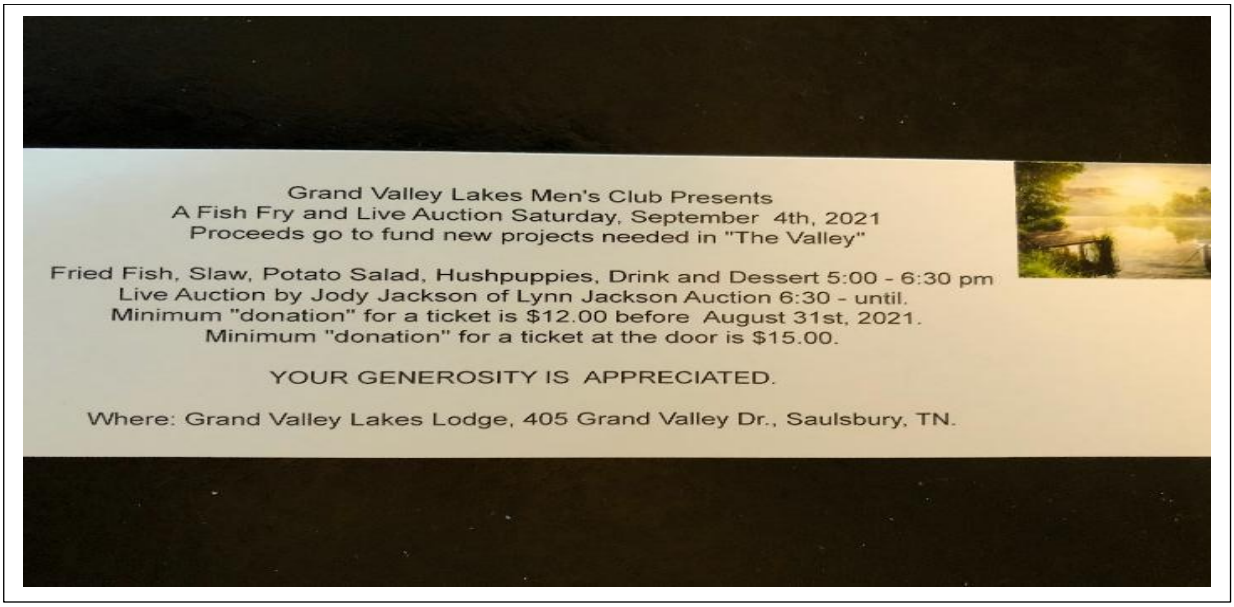
Thursday, Sept. 2nd @ 6:00 p.m. Line Dancing Class at the POA Lodge

Saturday, Sept. 4th @ 5:00 p.m. FISH FRY! Men's Club Fund Raiser at the POA Lodge. Dinner to be served from 5:00 p.m. til 6:30 p.m. Auction follows til all te items are gone!

Sponsored By the Law Office of

George R. Fusner, Jr.

Phone: 615-251-0005
GVL POA Attorney



Men's Club finalizes date for their annual Fish Fry Fundraiser!!

Save the date!

Saturday, September 4th!! Dinner: 5:00 – 6:30!! Live Auction 6:30 – 'til it's done!!

Admission: $12.00 in advance per ticket / $15.00 at the door

Jody Jackson has again volunteered to be our Auctioneer. He's fun to watch! Remember the old saying, "One person's trash is another person's treasure"!

Please start looking in all the nooks and corners and find something to donate that will make someone happy!

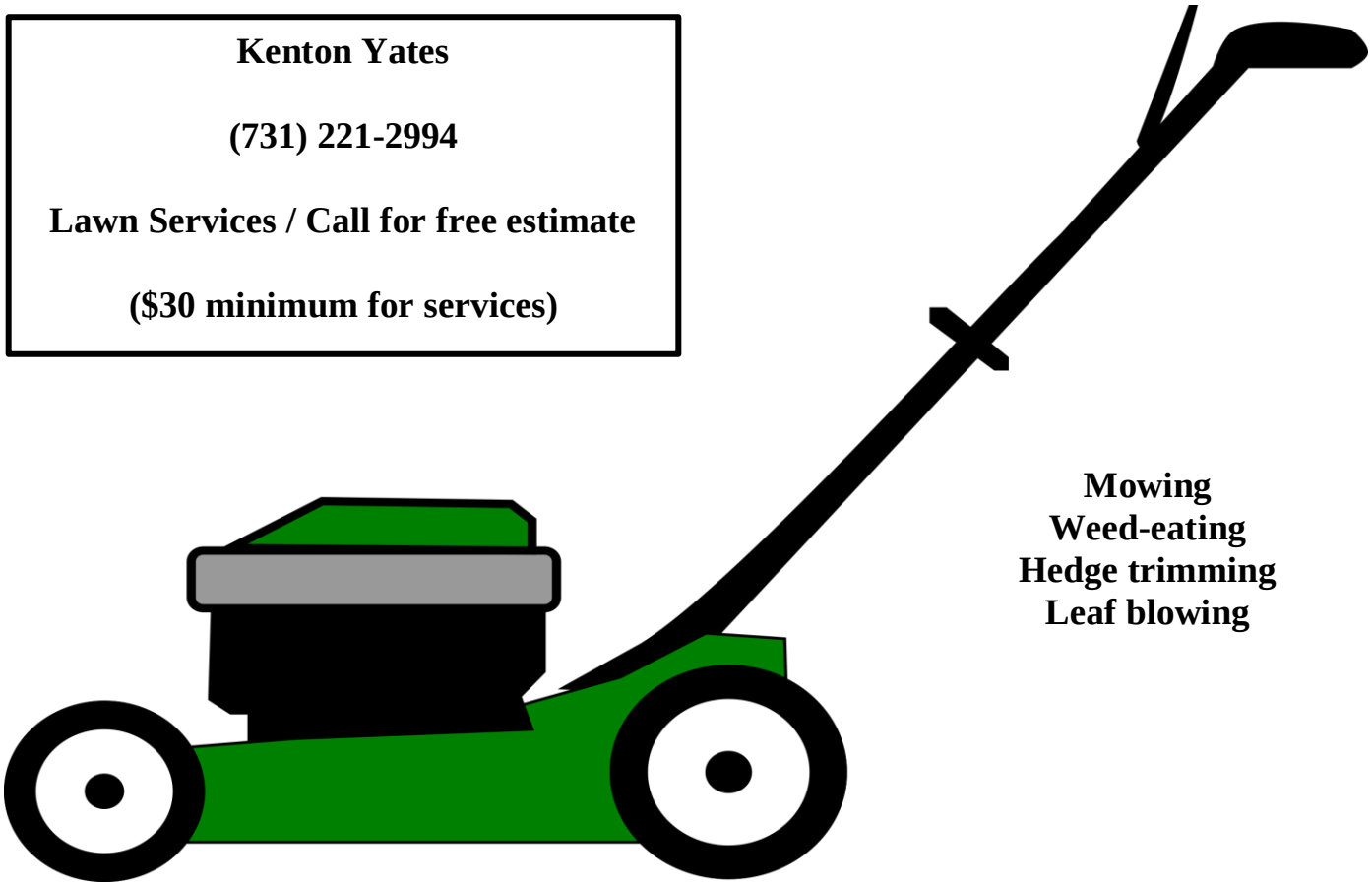
The club will begin accepting your donations on August 1st.

Kenton Yates

(731) 221-2994

Lawn Services / Call for free estimate

($30 minimum for services)



Mowing
Weed-eating
Hedge trimming
Leaf blowing

On The Square Gallery and Gifts

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Open Wednesdays & Thursdays 11 to 2, Fridays 12 to 5 and Saturdays 10 to 4

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Showcasing Local Art, Handcrafted Gifts,

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(a Grand Valley Lakes resident run business)

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.

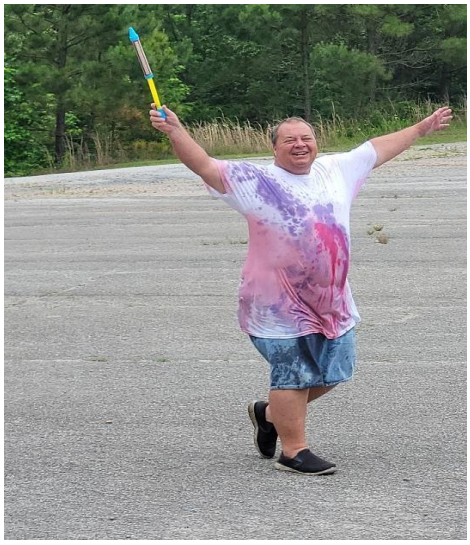
Wow!! Grass that looks like carpet and shadow that looks so cool!
The Street Side Yard of the Month
Mrs. Helen Nixon

Hidden in the trees with terraced lawns and overlooking the lake!
The Lakeside Yard of the Month
Goes to
The West House!

Grand Valley Lakes News

Say "Cheese!"
Or maybe
"Happy!"
As in color me….

A GREAT BIG THANK YOU" to Johnny and Tiffany Rustin for getting the kids summer vay-cay off to a wet and wonderful start! They used a big water slide at the POA Lodge with paint powders to create colorful fun. The kids created T-shirts and great memories!



…Another Big Kid!

…and another big "THANK YOU" goes to Stuart Farmer who, along with donating to make the day happen, joined the kids in all their colorful fun! What a day was had by all.

THANK YOU!

Grand Valley Lakes POA, Inc.

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May 17, 2021

To GVL Property Owners:

The spillway gate, which regulates the water level in the lake, is not functioning and has to be replaced. If it were to fail, the lake would drain and there is the possibility that we would lose part of the levy, also, so it is important that it be replaced as soon as possible. On 2-23-21, the Board contracted with F&M Engineering in Savannah TN, based on their experience with spillways and water control systems. Their plan is to begin the work around June 15th of this year.

The current proposals for replacement total $114,106 and $149,860. A more precise number will be given to us by F&M Engineering before the work is started. Whatever amount we are given, we will be adding in 10% of the cost to attempt to cover unforeseen costs; that amount will be used to decide how much to pull from our accounts.

$41,000 of the total cost will come from the PPP money that we received for COVID relief. Other options continue to be discussed, such as–select cutting some trees. The remainder of the money will come from our savings account. We will work out a repayment plan to ourselves with a 2% interest rate over the payback period.

In order to lessen the amount taken out of our savings, each Board member has committed to giving some amount of money. We are asking that everyone who can, please contribute some amount of money; no amount is too small.

These funds can be given to Lona Coffee or mailed to her at 240 Teton Dr., Saulsbury, TN 38067. You can also leave it with Margaret in the POA Office; Margaret can also take credit cards.

Your additional money would be appreciated as soon as possible so that we can pull less out of savings. However, if you can't make the early June timeframe, we'll still take it and put it back in savings.

Spillway Update:

Donations through June: $30,000!!!

The new gate will be aluminum rather than steel per the recommendation from the engineering firm. The gate has been ordered and will require 16 weeks for completion. You may donate through the POA office!

NOTES ON TAI CHI

Tai chi (taiji, short for taiji- quan) is an internal Chinese martial art practiced or 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]) .

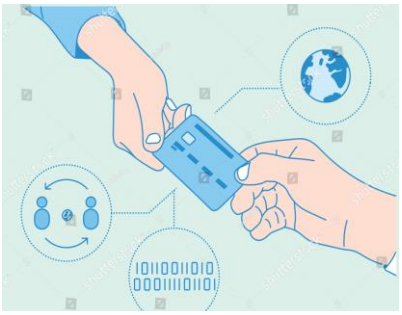
Martial Art: Tai chi is the study of appropriate change in response to outside forces, the study of yielding and sticking to an incoming attack rather than attempting to meet it with opposing force. The use o such as a martial art is quite challenging and requires a great deal of training.

--from Wikipedia and other online sources

Fist to open hand is how we greet each other as we come together in peace, not to fight, in our Tai Chi class.

…Great Job, Well Done!

We here in Grand Valley Lakes are blessed to have a Men's Club… a very active Men's Club that gets things done in the community. On this day, Jerry Parkhurst and Stuart Farmer are repairing and painting the walls of the restrooms which are at our beach area. They wanted to start the 2021 Summer Season off right.



Did you know??....

Grand Valley Lakes is now accepting credit cards! You can pay your dues using any credit card and at this time there is no fee!!

Convenient, huh??

Grand Valley Lakes News

Lake Rules and Boating Etiquette Reminder

This is just a friendly reminder of the Lake Rules and general boating "good neighbor" practices.

There are a lot of new homeowners and new boat owners who may not have operated their boats on our lake before and may not have thoroughly reviewed the lake rules. Also, many of our boat owner's children have come to an age in which they can competently operate a boat but may not have reviewed our lake rules. Similarly, guests with permission to operate boats may not be familiar with our lake community and lake rules. **There have been numerous observations of violations of our lake rules this year**. While many of these instances are likely inadvertent, many may occur simply because the operator doesn't understand the rules. **the lake rules are available at the POA office or via the GVL website. Here is a short review of the lake rules:

- All boats, PWC (personal watercraft such as SeaDoo, Waverunner etc.) must operate in counter-clockwise direction around the lake. Do not run up and down the middle of the lake, or criss-cross back and forth across the lake. If you're maneuvering to facilitate water skiing, or tubing (such as picking up a downed skier or tuber) you may do so as long as you are traveling, generally, in a counter-clockwise direction.
- A boat may only pull a maximum of 2 tubes at a time. All tube riders must be wearing a personal flotation device.
- Non-motorized vessels, such as sailboats, kayaks, canoes and paddleboats always have the right-of-way.
- **Do not anchor, raft, or swim in the main body of the lake**. Due to safety concerns this may only be done in No Wake Zones.
- Observe All No Wake Zones. All coves are no wake zones. For instance, The Marina Cove from the No Wake Markers all the way to the back shore line is No Wake. Similarly, the beach area and the cove at the small levee are no wake from the markers all the way back to the shoreline at the levee.
- No wake inducing equipment such as bladders may be used on the lake. The exception is that any boat "grandfathered" in as of March 31, 2017 may use this equipment on Mondays and Thursdays from 1:00pm until 4:pm.
- **PWC (jet skis, Sea Doos, Waverunners etc.) may not operate after sunset**.
- Any boat operated by a person 12 to 18 years old must hold a Boating Safety Education Certificate issued by TWRA. Anyone born after January 1, 1989 must also possess the certificate.

NOTE: Any boat operating after sunset and before sunrise must display proper recognition lights, such as navigation lights, anchor lights, or other identification lights. This is Tennessee state and US Coast Guard mandated. This is a safety concern.

As for lake and boating etiquette it should be noted that when using the lake all operators are reminded to respect their neighbors when enjoying the lake. Many residents enjoy their time floating or swimming. Please observe the no wake policy to avoid disrupting their enjoyment of the lake.

Also, when operating, or anchoring it is acceptable to enjoy your sound system, but please do so at a volume that does not infringe on others around you. Please do not play any songs or content that is vulgar (you know what that is.) There are a lot of children enjoying the lake.

Bottom line: enjoy your time on the lake but please be respectful of the other community members also enjoying the lake.

MARV
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