



The Voice of StillWaters



A Message from the General Manager - Kevin Eason

November kicks off the Holiday season with Thanksgiving, Christmas, and New Year's all celebrated within the next 60 days. I hope all StillWaters property owners take the opportunity to spend time with family and friends during the holidays.

StillWaters Residential Association will be decorating for the Christmas holiday during the month of November. There is always a need for volunteers to help with the decorations. Please contact the SWRA office at 256-825-2990 if you are interested in helping to decorate.

The Christmas decorations committee has added several new decorations to different areas around our community. There will be more decorations at the park and Gate 34. There will be three locations in StillWaters where family Christmas pictures can be taken; the main entrance at the waterfall, Moonbrook Park, and the SWRA office. The Christmas committee hopes everyone enjoys this year's Christmas decorations.

The question and answer meeting with the General Manager held on October 15th was well attended. Because of the good participation from property owners, this meeting will now be held quarterly. The next meeting will be Saturday, January 11, 2020, from 9am until 10:30am at the SWRA community room. All property owners in good standing are encouraged to attend if you have a question about our community.

Help SWRA keep the road sides and other common areas clean and litter free. Each day SWRA employees pick up several bags full of trash that have been left on the roads, at the park, tennis courts, and pool. There are also several owners who help by picking up trash along the roads as they are on their daily walk. SWRA has special orange colored trash bags that property owners can get from the office to use for trash as they walk. Owners can leave the orange trash bags on the side of the road and SWRA will dispose of them. Walking and picking up trash is a great way to get some exercise and help keep our community beautiful. Make sure you read the article in this newsletter about the StillWaters community cleanup day on November 9th.

SWRA is still finalizing a plan to complete the necessary paving and patching of our roads. There is over \$400,000 of repair work that our road engineer has suggested needs to be completed as soon as possible. We are working to combine the 2019 and 2020 road paving budget into one paving project that would be completed around the first of April in 2020. Maintaining StillWaters roads is one of the largest budget items for SWRA and our limited budget makes it difficult to have all roads repaired when it is needed. After the paving plans have been finalized, owners will be notified via this newsletter.

Now is the time to have your boat winterized before temperatures drop below freezing. Give Lee at Harbor Pointe Marina a call at 256-825-0600 and he will take care of all your boating needs.

Cooler temperatures provide excellent weather for playing golf. Make sure playing a round of golf at StillWaters Golf Club is part of your holiday plans. Golfing is a great activity for family and friends to enjoy together.

I hope everyone has a great November and an enjoyable Thanksgiving with family and friends.

2019

SWRA Business Hours

Monday 9 to 4 pm
Tuesday 9 to 4 pm
Wednesday 9 to 12 pm
Thursday 9 to 4 pm
Friday 9 to 5 pm

FAX: 256-825-2991
Phone: 256-825-2990

Email:
info@stillwatersra.com

Website:
www.stillwatersra.com

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Kevin Eason
General Manager

StillWaters Community Clean Up Day

Volunteers are needed to help clean up roadsides and other areas of StillWaters on Nov 9th from 9:00am until 11:00am. Clean up will involve removing trash and other unsightly items that have been thrown out along our roads. Volunteers will meet at 9:00am in the SWRA Administration parking lot (1816 StillWaters Drive). Teams will be assigned specific routes to travel. Trash bags will be provided. You can use your golf cart, drive, or walk. Afterwards, lunch will be served to volunteers. Come make StillWaters even prettier than it is now.

SWRA Announcements

- The SWRA community room still has a couple of days available to rent during the upcoming holidays. Please contact the SWRA office at 256-825-2990 for available dates.
- SWRA is planning a Holiday Social, December 7th, from 6 to 8 PM at the Administration Center. Mark your calendars now. More information will be provided in the SWRA December newsletter. Enjoy the holidays and meet other residents.
- Mark your calendars now for the SWRA 2020 annual meeting to be held on March 7, 2020 in the SWRA community room starting at 10am.
- Property owners who own property under the 87' covenants and plan on running for the 2020 SWRA Board of Directors by petition must return their election forms to the SWRA Board Secretary no later than January 24, 2020. These forms are available at the SWRA office.



Bridge Players Wanted

Anyone interested in playing bridge please contact Karen Phillips at 256-825-8233, or email Karen at karjer@bellsouth.net.

Every Wednesday morning starting at 9am Party Bridge is played in the SWRA community room. Every Friday morning starting at 9am Duplicate Bridge is played in the SWRA community room. Come join in the fun!

1st thru 8th of November will see BEAT BAMA boxes placed in the HWY 49 Gate and the SWRA office. To vote for your team, you simply place non-perishable items in the box of your choice. YES! Tide fans... you get a box! Items will be taken to the DADEVILLE LOAVES and FISHES.



Free Lunch & Learn Sessions

Katelyn Nelson with Raymond James will be hosting a free seminar one Tuesday a month until the end of the year in the SWRA Community Room located at 1816 StillWaters Drive. Everyone is invited to attend. The next seminar date is November 12th from 11am until 12:30pm. A complimentary lunch is included and there is no cost to attend. Reservations are needed so they will know how much food to prepare. Contact Katelyn at 334-213-4109 or KATELYN.NELSON@RAYMONDJAMES.com. Please see her ad in this newsletter for more information.

Landscape Update from Kevin Eason, General Manager SWRA

Over the past ten years, StillWaters Residential Association has contracted with four different landscape and grass cutting companies to maintain the green spaces in StillWaters. SWRA spends over \$200,000 in landscape work each year for this service. By having SWRA staff handle the landscape needs and grass cutting, I believe the association will have better control of the grounds and owners will see improvements in the coming year.

For the past couple of years, the SWRA Board has discussed bringing the landscape and grass cutting work in-house. Recently, the SWRA Board voted to approve a proposal for SWRA employees to start maintaining the landscaped areas and mowing the road side grass. This proposal included hiring the necessary personnel and purchasing equipment. Based on the proposal, there should be a substantial estimated cost savings for SWRA; however, because of equipment cost it may take several months to realize that savings. Over the next year, I expect a savings to the association and an improved product for the property owners.

SWRA has hired Tim Peterson; his family owns a golf course turf management and landscape company in south Alabama. Although Tim's most recent position was a quality control manager with a first-tier auto parts manufacturer in Alex City; he was ready to move out of the factory and use his experience with landscaping, grass cutting, and equipment knowledge to get back outside. Tim's mother and father in-law live in StillWaters and Tim lives in Holiday Shores, just a couple miles away, so he is very familiar with our community. Tim will oversee the landscape and grass cutting for StillWaters. He has already started cutting the power line property, cleaning up the edge of the fishing ponds, and working on the two gate areas.

I look forward to comments from property owners about our landscape and grass cutting performance. Property owner feedback is very important to improving our community.

Become a Member of the Orange Bag Patrol

SWRA appreciates the property owners who pick up trash as they walk or jog around our community. According to some of the owners that pick-up trash, disposing of a full trash bag has been an issue especially if it is full before the end of their walk. The SWRA office now has orange garbage bags for anyone to use to pick up trash. These bags can be left on the side of the road and will be picked up daily.



Property owners can obtain orange garbage bags from SWRA free of charge. When you are out walking and fill up a bag, just leave it on the side of the road and it will be disposed. Walking is great exercise and picking up trash along the way helps keep our beautiful community clean.



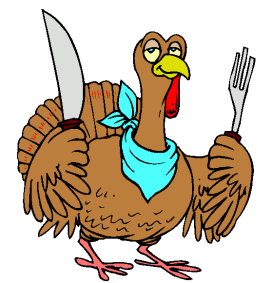
Lifestyle Changes to Help with Heartburn or Acid Reflux

Heartburn or acid reflux can be improved in many individuals with some dietary and lifestyle changes. Some examples of ways to potentially reduce your symptoms of heartburn include....

- **Maintain a Healthy Weight:** If you are overweight or obese, even small amounts of weight loss can significantly improve symptoms.
- **Quit Smoking:** Smoking increases acid and makes you more likely to have heartburn symptoms. Quitting smoking can improve your heartburn symptoms and your overall health.
- **Limit Alcohol:** Alcohol increases the amount of acid produced in the stomach and also increases exposure of the esophagus to stomach acid.
- **Limit Trigger Foods:** Certain foods (like coffee, citrus drinks, caffeine, spicy food, greasy food) consumed by people with heartburn represent a primary trigger for heartburn symptoms.
- **Stay Upright:** Do not lie down for 2 to 3 hours following a meal.
- **Raise the head of your bed:** If reflux is keeping you up at night, you could try raising the head of your bed 6 to 8 inches.
- **Talk with Your Doctor:** Occasional heartburn is not alarming; however, if you are having reflux symptoms two or more times per week, talk with your doctor. Severe acid reflux can damage the lining of your esophagus and increase your risk of esophageal cancer.

Thanksgiving Food Safety

If you are hosting family and friends for the Thanksgiving meal, it is important to make sure the food you are serving remains safe. Follow these easy to remember tips:



- Keep raw meat and their juices separate from ready-to-eat foods.
- The USDA recommends thawing the turkey in the refrigerator, allowing one refrigerated day for each 4-5 pounds of turkey. Once thawed, the turkey is safe in the fridge for an additional two days. Turkey can also be thawed via the cold water or microwave methods, but then must be cooked immediately after thawing.
- Turkey breast and stuffing must be cooked to an internal temperature of at least 165°F (180°F if measuring the thigh of the turkey).
- Once the meal is over, make sure to refrigerate leftovers within 2 hours

SWRA 2020 Nominating Committee

The following people have agreed to serve on the Nominating Committee for the next election of three Board of Directors for SWRA:

Lee Eastman - 256-825-0307

Sally Gantt - 256-825-1384

David Hargrove - 334-728-1424

Ken Ledbetter - 706-332-1424

Debbie Nigh - 256-825-0493

If you are interested in serving on the Board of Directors or know of someone who you think would be a good candidate, please submit their name to the committee for consideration. After the nominating committee reports to the Board, other names may be added to the ballot by petition. Property owners under the 1987 covenants not selected by the Nominating Committee may run for the Board of Directors by obtaining a petition signed by a minimum of 20 property owners in good standing with the Association. The election is for three seats. Each seat is elected for a three-year term. The new members will begin serving March 2020. The results of the vote will be announced at the Annual Membership Meeting. Remember, nominees must be property owners in good standing and under the 1987 covenants.



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NOV 1ST & 2ND
8AM-12PM

VOLUNTEERS MEET:

- REAL ISLAND
- KOWALIGA PUBLIC RAMP
- WIND CREEK PARK
- UNION PUBLIC RAMP



HOT DOG LUNCH | NOVEMBER 2 | 11:00 AM

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StillWaters 2020 Residential Directory



SWRA will be printing the 2020 StillWaters Residential Directory in January 2020. SWRA will only list your name and phone numbers in the directory **upon request**. If you would like your **name**, your **StillWaters address**, and **telephone numbers (maximum of two names and two phone numbers)** in the directory, please complete this form and return it to the SWRA office. Also, if you have any changes to your existing information, use this form to submit those changes. There is no need to reply if your information in the 2019 Directory is correct. All requests must be received by 5pm, December 30, 2019.

PLEASE PRINT

Last Name _____ First Name _____

StillWaters Street Address _____

Telephone Numbers _____

Please mail to 1816 StillWaters Drive, Dadeville, Alabama 36853, fax to 256-825-2991, email to info@stillwatersra.com, or bring by the SWRA Office.

Stillwaters Golf – November Newsletter



The golf course is looking wonderful and ready for your visit. Fall brings football and cooler temperatures making both enjoyable experiences. Make a tee-time and come to play our great Tradition golf course. Our greens are excellent and a joy to play on! As they go dormant, we will have a good stand of grass to play on all winter long.

MEMBER TOURNAMENTS

The 2019 member tournament schedule was well received. A special thank you for all of your participation and support. We will have two new events for the 2020 campaign. I will send out the tournament schedule in January so the members can make their plans to play throughout the year.

OUTSIDE EVENTS

C.A.G.A. Tuesday 11/26 10:00am shotgun

GOLF SHOP ITEMS

Come by and visit the staff while you look around. We have added the new Cortex driver from Wilson Staff (***Reduced pricing by \$100***). This driver won season two of Driver vs Driver and looks great! Come by and let Gabby customize the demo for you to try. We also have added some new Pukka hats with a different logo and some with the original logo. We have 4 fashion colors and we have one that will fit you. The new Cutter & Buck logo golf shirts have arrived so come by and pick your style/size. We have ball repair tools and hat clip ball markers in the shop. We have our new Pukka hats/visors available for purchase. The Cutter & Buck fall apparel is now in stock. Bring those gift cards and other cards with you to shop. If you want to get or give lessons as a gift, Gabby and Danny are ready to help you purchase your lesson gift certificates.

GOLF COURSE NEWS

The staff has worked hard in restoring the condition of our course. Planned improvements going forward will target cart paths and bunkers.

SPECIAL EVENT

The annual 100 golf marathon was a great success. I appreciate the member/staff/resident support of this cause. Our goal was \$5,500 and together we raised \$5,645 for United Way. Thank you for helping me help others.

STILLWATERS COMMUNITY CENTER - 1816 STILLWATERS DRIVE

FINANCE AT THE LAKE LUNCH & LEARN SESSIONS:

Join us in our series of workshops geared toward achieving your goals! Must RSVP.

- Tuesday, July 30 2019 (11:00 AM to 12:30 PM) -- How to Create or Refine Your *Financial Planning* Process
- Tuesday, August 13, 2019 (11:00 AM to 12:30 PM) -- How to Create or Refine Your *Investment Planning* Process
- Tuesday, September 17, 2019 (11:00 AM to 12:30 PM) -- How to Create or Refine Your *Retirement Income* Planning Process (i.e. IRA distribution options, tax planning, investments)
- Tuesday, October 15, 2019 (11:00 AM to 12:30 PM) -- A Man is Not a Plan! *Retirement Workshop for Women*
- Tuesday, November 12, 2019 (11:00 AM to 12:30 PM) -- *How to Manage Your Serious Money* (i.e. the Money You Haven't Told Your Kids About!)
- Tuesday, December 3, 2019 (11:00 AM to 12:30 PM) -- *Boats and Money*, How to Create a Road Map to Get A Hold of Your Dream Boat or Lifestyle



CONTACT KATELYN G. NELSON
FINANCIAL ADVISOR, AAMS®


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November 2019 Events for SWRA

November

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---------------------------------|--|---|--|--|---|
|  | | | | | 1 Duplicate Bridge 9:00 AM | 2 New Owner's Social 9:30 AM |
| 3 | 4 | 5 SWRA Board Meeting 9:00 AM | 6 Bridge 9:00 AM ARC Meeting 4:00 PM | 7 Game Day 9:00 AM | 8 Duplicate Bridge 9:00 AM | 9 StillWaters Community Clean Up Day 9:00 AM |
| 10 | 11 | 12 Finance at the Lake Lunch & Learn Session 11:00 AM | 13 Bridge 9:00 AM | 14 Game Day 9:00 AM Bid Whist 1:00 – 5:00 pm | 15 Duplicate Bridge 9:00 AM | 16 |
| 17 | 18 | 19 SWRA Board Meeting 9:00 AM | 20 Bridge 9:00 AM ARC Meeting 4:00 PM | 21 Game Day 9:00 AM | 22 Duplicate Bridge 9:00 AM | 23 |
| 24 | 25 SWRA OFFICE CLOSED | 26 SWRA OFFICE CLOSED | 27 SWRA OFFICE CLOSED | 28 SWRA OFFICE CLOSED Thanksgiving! | 29 SWRA OFFICE CLOSED | 30 |

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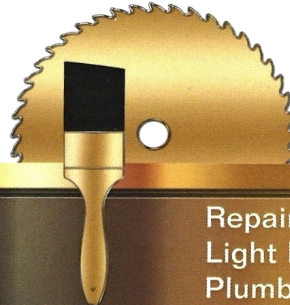
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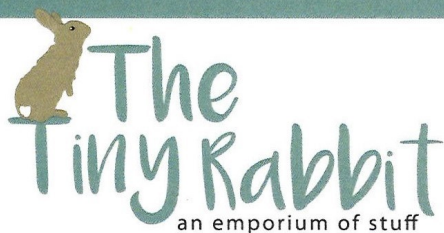


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