



The Voice of StillWaters

A MESSAGE FROM THE GENERAL MANAGER, KEVIN EASON

January

2022

Happy New Year! I hope everyone has a healthy and prosperous 2022. Based on the continued increase of StillWaters property values, everyone that owns property in StillWaters should have another good real estate value year in 2022.

By now, all StillWaters owners should have received their invoice for the 2022 annual SWRA fee. The fee increased this year by the COLA average of 5.9%. This is the largest increase in over ten years. The annual SWRA fee can only increase by the same percentage as the COLA. Please contact the SWRA office at 256-825-2990 if you have not received an invoice for your 2022 fee. The 2022 annual fee is past due after January 31, 2022.

The StillWaters 2022 window decals will be mailed to owners who have paid their 2022 annual SWRA fee after February 15th. The window decals will be included in the same envelope as the Board of Directors election ballot and SWRA annual meeting notice. Two window decals are mailed per property, but property owners may obtain additional window decals by contacting the SWRA office.

The SWRA Nominating committee has recommended two owners to run for a position on the SWRA Board of directors, Tom Nicholson and Kay Dickey. So far only one property owner, Tripp Barnes, has qualified by petition to run for a position on the SWRA Board of Directors. The last day for qualified property owners to present their petition to run for the Board of Directors is January 30, 2022. Anyone interested in running by petition for election to the SWRA Board can obtain the necessary paperwork from the SWRA office.

The SWRA 2022 annual meeting is scheduled for Saturday, March 05, 2022, beginning at 10am CST. At this time, the location of the annual meeting has not been determined due to COVID 19 protocols. Property owners will receive the annual meeting notice which will include the location of the meeting in February.

The first quarter General Manager meeting will be held on Tuesday, January 11, 2022 beginning at 6pm in the StillWaters Community Room located at 1816 StillWaters Drive. This an informal meeting where property owners can openly discuss issues concerning StillWaters Residential Association. Owners will also be updated on any upcoming changes to StillWaters and StillWaters Residential Association. All StillWaters property owners are invited to attend the meeting. Please wear a face mask at the meeting.

The holiday season is over and I know everyone enjoyed the holiday decorations. A few people may continue to enjoy holiday decorations during the first of the year, but all holiday decorations should be removed by January 30th.

All of us in the SWRA office are looking forward to 2022. We hope you are as excited about the future of StillWaters as we are.

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

PHYSICAL ACTIVITY IS ESSENTIAL TO HEALTHY AGING

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.

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PHYSICAL ACTIVITY RECOMMENDATIONS FOR DIFFERENT AGE GROUPS

AGE GROUP	RECOMMENDATIONS
PRESCHOOL-AGED CHILDREN (3-5 YEARS)	Physical activity every day throughout the day Active play through a variety of enjoyable physical activities
CHILDREN AND ADOLESCENTS (6-17 YEARS)	60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily A variety of enjoyable physical activities As part of the 60 minutes, on at least 3 days a week, children and adolescents need: <ul style="list-style-type: none">• Vigorous activity such as running or soccer• Activity that strengthens muscles such as climbing or push ups• Activity that strengthens bones such as gymnastics or jumping rope
ADULTS (AGES 18-64 YEARS)*	At least 150 minutes a week of moderate intensity activity such as brisk walking At least 2 days a week of activities that strengthen muscles <small>*Aim for the recommended activity level but be as active as one is able</small>
OLDER ADULTS (65 YEARS AND OLDER)*	At least 150 minutes a week of moderate intensity activity such as brisk walking At least 2 days a week of activities that strengthen muscles Activities to improve balance such as standing on one foot <small>*Aim for the recommended activity level but be as active as one is able</small>

Source: Physical Activity Guidelines for Americans, 2nd edition. Available at <https://health.gov/paguidelines>
Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity

AUGUST 2019



KEVIN EASON RECEIVES PCAM DESIGNATION

Our General Manager, Kevin Eason, was awarded the Professional Community Association Manager (PCAM) designation from the Community Association Institute (CAI) on December 10, 2021. Currently, there are only nine community managers in the State of Alabama that hold this designation. The PCAM designation requires a minimum of five years of community management experience, two years of classwork, and a 100+ page case study through CAI. For more information about the PCAM designation and other national credentials for community managers, please visit the CAI website at www.CAIonline.org.

Kevin also holds a Certified Manager of Community Associations (CMCA) designation from the Community Association Managers International Certification Board, an Association Management Specialist (AMS) designation from Community Association Institute, and a State of Florida Community Association Manager license. Please join us in congratulating Kevin on this prestigious achievement.

DUMPSTERS AT SWRA OFFICE PARKING LOT JANUARY 15-17, 2022

SWRA will have large dumpsters in the SWRA office parking lot for three days starting January 15th. These dumpsters can only be used by StillWaters property owners. These are not the same dumpsters Tallapoosa County places at the main entrance on Hwy 49 S.

The SWRA Board approved making these dumpsters available to StillWaters property owners because the county has reduced the number of times their dumpsters are placed at the main entrance. Only household trash can be placed in these dumpsters. No yard debris or toxic items can be placed in the dumpsters.

The dumpsters will be monitored by SWRA personnel while they are in StillWaters. This is a great opportunity to throw away those old Christmas decorations and clean out the garage.



**STILLWATERS RESIDENTIAL
ASSOCIATION
ANNUAL MEETING
SATURDAY, MARCH 05, 2022 - 10 AM**



Location to be determined

Please plan to attend.



JANUARY 2022 MANAGER'S MEETING

The first quarter SWRA General Manager meeting is scheduled for Tuesday, January 11, 2022, beginning at 6pm CST in the SWRA community room located at 1816 StillWaters Drive. All StillWaters property owners are encouraged to attend this meeting. This is an informal discussion with Kevin Eason, SWRA General Manger, where owners have an opportunity to ask questions and discuss issues about StillWaters. Kevin will also update owners on any SWRA future plans for the coming year.

MAKE YOUR NEW YEAR'S RESOLUTIONS COUNT

It is estimated that approximately half of all Americans make at least one New Year's resolution; however, according to www.discoverhappyhabits.com, only 9% of all Americans actually achieve their resolutions. To help you achieve your 2022 New Year's Resolutions, consider making them "SMART" goals.

A "SMART" goal is one that is Specific, Measurable, Achievable, Relevant, and Timely. Write down your specific goals and consider the following.

- How will you know when you have achieved your goal?
- Why are you striving toward this goal?
- When would you like to see this goal achieved?



Once you have established your "SMART" goals, have patience. If you waver in moving on the path toward your goals, re-direct yourself back on the path. Change does not happen overnight; goals are met often by a sequence of small changes over a period of time.

STILLWATERS RESIDENTIAL ASSOCIATION ANNUAL FEE INCREASE FOR 2022

The SWRA 2022 annual fee increased by 5.9% for 2022. As per the covenants that govern StillWaters, the annual fee can only increase when the Cost-of-Living Average (most commonly referred to as the COLA) increases.

There have been years when the COLA did not increase or the increase was so minimal that the annual SWRA fee did not increase. Anyone on a fixed income whose income also increases based on the COLA can tell you COLA increases have not kept up with the increased cost of goods and services.

Property owners in StillWaters enjoy great amenities that are paid for by the annual fee. The cost to maintain these amenities continues to increase, but the COLA nor the annual StillWaters fee is increasing enough to continue paying for the cost of the amenities let alone pay for additional amenities. Increasing the annual fee to an amount that is at least equal to the cost of maintaining the StillWaters community can only be done by changing the StillWaters covenants. Voting to modernize the covenants to meet today's needs is my New Year's resolution for this year and the coming years until the owners vote to change the covenants.

-Kevin Eason, General Manger.

2021 Newcomer's Christmas Party

Members of the SWRA Newcomer's Club enjoyed delicious food and conversation at their first Christmas brunch at the home of Thelma Pitts on December 11. Thelma's home was beautifully decorated thanks to her daughter-in-law, Debbie Pitts, and friends. Thanks to all the cooks for the great food.

The next event will be a potluck dinner at the SWRA building on January 27, from 5:00 PM to 7:00 PM. All SWRA residents are invited to join us. Meet new friends and enjoy catching up with those who are already friends.

Looking forward to many fun times in the future.





KEEP YOUR BLOOD PRESSURE UNDER CONTROL

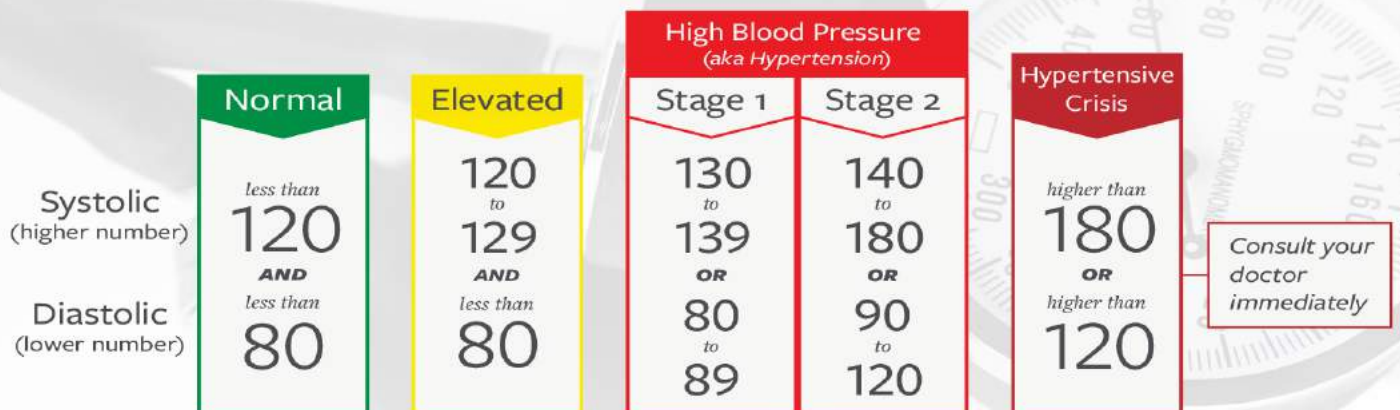
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- STRESS
- HEART
- DIET
- ADVOCATE
- PHARMACY
- LEAN MEATS
- SALT
- EXERCISE
- HEALTH
- WATER
- LOG
- FRUITS
- MONITOR
- MEDICATION
- LUNGS
- FIBER
- HABITS
- WALKING
- ARTERIES
- CONTROL

Play this puzzle online at : <https://thewordsearch.com/puzzle/4458/>

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IT HAPPENED IN STILLWATERS

An elderly man was spotted driving erratically down Moonbrook Drive, when he passed a Tallapoosa County Sheriff's Deputy. The man had just left the weekly Wednesday Hump Day extended happy hour at Coppers.

The deputy got out and came to the driver's window. He asked the man "Where are you going?"

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body and the dangers of driving under the influence."

The deputy then asked, "Really? Who's giving a lecture about alcohol in StillWaters today?"

The man replied, "That would be my wife."



UPDATE YOUR CONTACT INFORMATION WITH SWRA

Now is the time for all property owners to update their contact information with the SWRA office. Please contact the SWRA office at 256-825-2990 or info@stillwatersra.com if you have recently changed your mailing address, email, or phone number.



2022 Resident Telephone Directory

In Case of Emergency

DIAL 911

2022 STILLWATERS DIRECTORY

Having your name, address, and phone number listed in the StillWaters directory is optional. You must request adding your name and contact information to the StillWaters directory. In this newsletter is the directory information form that must be completed and returned to the SWRA office.

You do not have to complete and return a form if you were in the 2021 StillWaters directory. Only submit a new form if your contact information has changed.



StillWaters Residential Directory

If you would like your StillWaters address and telephone number (up to two) in the directory, please complete the following:

PLEASE PRINT

Last Name: _____

First Name: _____

StillWaters Street Address: _____

Telephone Number(s): _____

Property owners are not automatically listed in the StillWaters directory; you must complete this directory information form and return it to the SWRA office to have your name included in the directory. Property owners that were in the previous year's directory do not need to complete an information form unless their information has changed.



A MESSAGE FROM STILLWATERS VOLUNTEER FIRE & RESCUE

Still Waters Volunteer Fire & Rescue Awarded Lifesaving Equipment Grant to Help Keep Community Safe



Grant is part of more than \$62.5 million given to first responder organizations across the U.S. by Firehouse Subs Public Safety Foundation

Dadeville, Ala. –

The past year and a half have been difficult for many, impacting first responders and communities across the

country. As we continue to battle health crises and natural disasters, front-line heroes constantly expose themselves to dangerous situations, creating a need for updated lifesaving equipment.

Recognizing this need, Firehouse Subs Public Safety Foundation® continues to be a valuable resource for first responders across the nation and recently provided a \$27,165 grant to StillWaters Volunteer Fire & Rescue (SWVFR). The funding will be applied toward the purchase of Hurst extrication equipment which will be used to ensure greater lifesaving capabilities for first responders in the community.



“We are grateful to Firehouse Subs Public Safety Foundation and our local Firehouse Subs in Opelika for awarding us this grant,” said Tim Peterson, Fire Chief, of SWVFR. “By providing extrication equipment we will be able to extricate patients in a safer, faster, more efficient manner and help the people of Dadeville during emergency situations”.

During the most recent grant cycle, the Foundation awarded 126 grants to public safety organizations nationwide. The 126 grants totaling nearly \$2.7 million were given to organizations in need of critical lifesaving equipment and resources.

To donate and learn more about Firehouse Subs Public Safety Foundation, visit FirehouseSubsFoundation.org.



ABOUT FIREHOUSE SUBS PUBLIC SAFETY FOUNDATION

In 2005, the Firehouse Subs founders established the 501(c) (3), non-profit Firehouse Subs Public Safety Foundation. The charity provides lifesaving equipment, prevention education, scholarships and continued education, and disaster relief for first responders and public safety organizations, as well as support for members of the military. Since inception, Firehouse Subs Public Safety Foundation has awarded more than \$62.5 million to hometown heroes in 49 states and Puerto Rico. Firehouse Subs Public Safety Foundation is honored to be listed as a four-star nonprofit organization, the highest designation, by Charity Navigator. Charity Navigator is the nation’s largest and most-utilized

evaluator of charities. Grant allocations are made possible thanks to the overwhelming support of Firehouse Subs restaurants and generous donors. More than 70% of the funds raised for the Firehouse Subs Public Safety Foundation come from the generosity of Firehouse Subs guests and the restaurant brand. Please consider supporting a Firehouse Subs restaurant near you!



A MESSAGE FROM STILLWATERS VOLUNTEER FIRE & RESCUE



Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!

<p>Half of all home heating fires occur in December, January and February.</p>	<p>1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.</p>	<p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
<p>Keep portable generators outside, away from windows, and as far away from your home as possible.</p>	<p>Install and test carbon monoxide alarms at least once a month.</p>	<p>Plug only 1 heat-producing appliance (like a space heater) into an electrical outlet at a time.</p>
<p>Have a qualified professional clean and inspect your chimney and vents every year.</p>	<p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>	



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.



JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DEC 26	DEC 27	DEC 28	DEC 29	DEC 30	DEC 31	1
2	3 Lake Martin Creativity Group 1 PM - 4 PM	4 SWRA Board Meeting 9:00 AM	5 Bridge 9 AM - 1 PM ARC Meeting 4:00 PM	6	7 Bridge 9 AM - 1 PM	8
9	10 Lake Martin Creativity Group 1 PM - 4 PM	11 General Manager Meeting 6 PM	12 Bridge 9 AM - 1 PM	13	14 Bridge 9 AM - 1 PM	15 Dumpsters at SWRA Office
16 Dumpsters at SWRA Office	17 Lake Martin Creativity Group 1 PM - 4 PM Dumpsters at SWRA Office	18 SWRA Board Meeting 9:00 AM	19 Bridge 9 AM - 1 PM ARC Meeting 4:00 PM	20	21 Bridge 9 AM - 1 PM	22
23	24 Lake Martin Creativity Group 1 PM - 4 PM Lake Martin Creativity Group 1 PM - 4 PM	25	26 Bridge 9 AM - 1 PM	27 Newcomer's Club	28 Bridge 9 AM - 1 PM	29
30	31 Lake Martin Creativity Group 1 PM - 4 PM The Storage at The Hideaway Annual Meeting 4:30 PM The Hideaway Association Annual Meeting 5:30 PM	FEB 01	FEB 02	FEB 03	FEB 04	FEB 05

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Safety Protocol ~ Due to the advanced ages and vulnerability of most of our resident's, we currently recommend either porch visits, to include all persons wear masks & maintain six foot distancing, or that resident's be picked up and taken off site for family visits. Resident's who drive can come and go as needed, but safety guidelines are recommended. Until a vaccine is available, we must limit in house visits to resident's and medical professionals only.

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