

# THE Hidden Grove & Green Valley March 2018 CENTRAL POINT

*“Our mission is to provide for the safety of our residents, maintain the common property and protect our home values.”*

## Point on Association and Business



### Please Keep Weeds out of Lawns and Yard Areas

Our Governing Documents state that Lot owners need to keep yard areas free of weeds. The Rules and Regulations specifically state:

#### Section 6 – Landscaping Maintenance

- Trees and lawns must be watered, and lawns must be mowed, edged and kept free of weeds.
- Yard areas must be kept free of weeds, clutter and debris.
- The Lot owner will be responsible for the care and maintenance of the Lot at all times, including vacation or periods of absence.

In past years, some residents merely mowed over their weeds rather than adequately deal with them. By the time the hot summer months rolled around, the weeds had taken over the entire lawn. The yards looked unsightly, and the weeds spread to neighboring lawns.

Due to this, the Board of Directors has moved that the Association needs better enforcement of this regulation, and beginning in May, we will be more rigorously enforcing the regulation regarding weeds.

We know that during the cold, winter months, it is difficult to get out there and pull weeds, but with the days getting warmer, we request all Lot owners and/or residents do their part and clear the weeds from lawns and yard areas.

The best time to control weeds is before they gain a foothold in your landscape. Pulling weeds is the best strategy. There are weed control chemicals that can be applied to prevent weed seeds from germinating, or that can be applied to kill weeds after they are up and growing.

If weeds are already well established in your landscape, it might be best to remove them with a weeding tool or by hand. When they're close to maturity, chemical treatment is not as effective. When pulling established weeds, wait until after watering or rain for easier removal and a better chance to get the whole plant – roots and all.

While many weed seeds can be carried into your yard by the wind, birds, or other animals, make sure you don't seed your own crop. It's important to remove weeds in the landscape before they flower to prevent seeds from forming and reseeding.



### Getting ahold of HGGV by Text Message

Residents and Lot owners can now send text messages to the office number. Sometimes, it is easier to text rather than call. There's something satisfying about being able to quickly send a message without having to dial, wait for the voicemail to pick up, wait for the message to end in order to leave a message. The HOA has set up this procedure to make things easier for residents and Lot owners, however, please note, this does not mean that the Association Manager or Board of Directors are available 24/7. Please text the HOA at 541-664-3996. Text messages will be dealt with as necessary. As always, please contact 911 with any true emergencies.

### Next Board Meeting

The next Board Meeting will be March 21 at 6:00 PM in the clubhouse. The Board of Directors encourages all residents to attend Board meetings. Come introduce yourself to the Board, the Manager and your neighbors and find a wealth of information about your community!

Le gustaría comunicarse con la Junta Directiva en Español? Si es así, tenemos directores que pueden ayudar.

### CC&Rs Corner Unattended Toys

With the weather getting warmer and with children playing outside more, we wanted to take this opportunity to remind everyone that our CC&Rs state that: streets, sidewalks, driveways, carports, porches and decks will be kept clean and free from unattended toys at all times. This includes bicycles and scooters. We understand that children leave their toys out every now and then, however we would like to remind all residents to keep these items put away in the garage or storage shed or behind the fence.



## POINT ON GOOD HEALTH

### Got Water? 4 Reasons to Drink More H2O

We all know water is good for us and that we should probably drink more of it. So why, then, do Americans find it so difficult to sip from what is arguably the fountain of youth?

Answers vary, but the fact is, one in 10 Americans drinks zero cups of water per day, according to a study by Dr. Alyson Goodman, a medical epidemiologist for the Centers for Disease Control and Prevention. Zero. She suspects that those who don't drink any water (or very little) are getting it from other sources such as food and coffee but warns this may not be enough.

"Many health risks decrease when you drink plain water," says Goodman. Which is why, she says, the results are "mindboggling."

Robert Eakle, CEO of Alkame Water, agrees. "Without water, no living thing can survive," he says. "It affects every area of our life and is an essential part to maintaining proper health."

Here are 4 reasons to drink more water.

1. Water balances body fluids. Your body is composed of about 60 percent water and it performs vital functions such as protecting organs and tissues, regulating body temperature and carrying nutrients and oxygen to cells—essentially water keeps your body running like a well-oiled machine.
2. Water keeps skin looking healthy. Water moisturizes your skin and functions as a protective barrier to prevent excess fluid loss (think free anti-aging cream). In addition, it can keep your skin fresh and smooth.
3. Water boosts the immune system. Those who guzzle water are at a lower risk of getting sick. This crystal-clear concoction helps fight against flu, cancer and other ailments—especially if your water has mild alkaline properties, such as those found in Alkame Water. Including ionized water in your daily intake can give your immune system a boost.
4. Water can help control calories. While drinking water may not be a weight-loss strategy, per se, substituting it for higher-calorie or sugar-filled beverages can help by acting as a natural appetite suppressant and raising your metabolism.



## POINT ON THE COMMUNITY

### City of Central Point Community Gardens

Do you want to grow your own vegetables, flowers and other plants but you don't have the room? Now you can! Community garden plots are available at two locations in Central Point: Hanley Farms and Don Jones Memorial Park. Every garden plot has its own water hook up, so you can use a water timer for a low maintenance garden. Save money at the grocery store by growing your own food.

At Hanley Farm, the plots are \$30.00 for a 10' x 20' plot. The farm is located at 1053 Hanley Road, Central Point, OR 97502. The garden plots at Don Jones Park (just across Hamrick Rd from the clubhouse) are either 10' x 10' or 10' x 20' size. The smaller size plots are \$25 and the larger are \$50.

Plot reservations for garden spaces in both areas began on February 1, 2018 for those with existing plots. New plot reservations begin March 1, 2018. If you are interested in reserving a plot or want more information, please call (541) 664-3321 ext. 130.



## POINT ON THE ROGUE VALLEY

### Two Food Festivals in the Valley This Month

March in the Rogue Valley is a great month to try some tasty treats. There are two food festivals, one just across town, and another just a few miles up I-5.

#### Oregon Chocolate Festival

First is the Oregon Chocolate Festival at the Ashland Hills Hotel & Suites held on Friday, Saturday & Sunday, March 9-11, 2018.

Each year the festival features the dreamy, mouth-watering creations of dozens of West Coast chocolatiers. These food artisans present a variety of fine chocolates and chocolate-inspired products that tease the taste buds of over 1500 visitors. Chocoholics – ahem... that is, Chocolate Lovers – up and down the west coast dream about this weekend every year.

Several tantalizing events have come to be associated with the Oregon Chocolate Festival. Each year, another outrageous chocolate sculpture is displayed in the hotel lobby. Workshops on Beer & Chocolate pairings, and Wine & Chocolate pairings, and chef demonstrations are sprinkled throughout the day on Saturday and Sunday. A Social Hour in the Stardust Lounge followed by the Chocolate Maker's Dinner kick off the weekend on Friday night, and a Charlie's Chocolate 5K Run/Walk start the festivities on Sunday morning.

Chocolate Lovers flock to picturesque Ashland, Oregon from far and wide for the weekend of pure chocolate heaven! Please visit their website at: <http://www.oregonchocolatefestival.com/> for more information



#### Oregon Cheese Festival

Next up is the 14th Annual Oregon Cheese Festival held on March 17th & 18th, at the Rogue Creamery here in Central Point. The cost is \$15 for advance tickets, \$25 with wine/beer/cider sampling.

The Oregon Cheese Festival is a Farmers Market-style event supporting the Oregon Cheese Guild, featuring cow, sheep, and goat cheese from Oregon and Western U.S. creameries. Enjoy pairings of fine Southern Oregon wine, craft beer, ciders, assorted beverages, local artisan crafts, and great food under large heated tents. Sample and purchase local, artisan cheese, specialty foods, beer, wine, and cider from over 100 vendors. Culture Magazine, one of the leading periodicals in the cheese industry, has named the Oregon Cheese Festival one of the Ten Best Cheese Festivals in the U.S.

Please visit their website at: <https://www.oregoncheesefestival.com/> for more information.



Hidden Grove/Green Valley  
Homeowners Association

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# HIDDEN GROVE & GREEN VALLEY

## Community and Neighborhood Bulletin Board

### March Calendar of Events

- 03/01 – Full Moon
- 03/09 – A Wrinkle in Time in Theaters
- 03/09 – 03/11 – Oregon Chocolate Festival in Ashland
- 03/11 – Daylight Savings Time Begins – **SPRING FORWARD**
- 03/15 – STREET SWEEPING** 
- 03/17 – St. Patrick's Day**
- 03/17 – 03/18 – Oregon Cheese Festival at Rogue Creamery
- 03/20 – First Day of Spring
- 03/21 – Board Meeting (6:00 PM in the clubhouse)
- 03/25 – Palm Sunday
- 03/30 – Good Friday/Passover
- 03/31 – Full Moon



### Sign Up For E-Statements!

Do you check your email every day or two? If so, you are the perfect candidate for E-statements. E-statements are faster than the Post Office, environmentally friendly, minimize paper work and reduce community costs.

Email us at [hgv.office@gmail.com](mailto:hgv.office@gmail.com) to sign up for E-Statements.



**Don't forget that street sweeping is Thursday, March 15th. Please make sure your car is off the street so that the sweepers can do their job.**

**Watch for kids.  
Watch the road.**

[watchtheroad.org](http://watchtheroad.org)

Now that daylight savings is here, more kids are bound to be out playing in our community. Please slow down and watch the road.