

The Central Point

Hidden Grove & Green Valley
November 2020

"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



HGGV Mission Statement

Did you know that the Board of Directors takes seriously their mission statement? The mission statement is printed at the top of all their minutes and agendas. It is even printed at the top of this newsletter every month. The mission of the Board of Directors states: ***Our mission is to provide for the safety of our residents, maintain the common property, and protect our home values.***

Providing for the safety of residents: Safety is every community association's priority. Although our Association was not created or designed to provide security for the neighborhood, the board relies on our community's lighting (post lights in common areas as well as on all residents' properties), security cameras, gate locks and electronic access cards to help keep residents safe.

Maintain the common property: The Board of Directors goes to great pains to review the annual budget to make sure that enough money is budgeted to keep our community property in good condition. They also review the reserve study annually to make sure that our reserve accounts are adequately funded. This reduces the need for any special assessments to repair or replace any of the common property.

Protect our Home Values: The CC&Rs and Rules and Regulations go a long way to make sure that our home values are being protected, however enforcement of the CC&Rs is key. The board is responsible for ensuring that properties comply with the governing documents to preserve the aesthetic quality of our neighborhood. All our home values are improved when the homes in the Association look well cared for and kept up.

Sometimes a Bark Can Feel Worse Than a Bite

Bites eventually go away, but barking can go on, and on. . . and on. Sometimes, it seems that there is almost nothing you can do. But take heart, there are some steps you can take to put a civil end to all that noise.

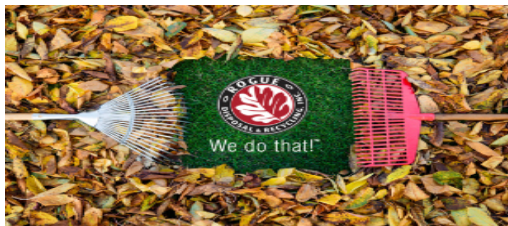
First, don't blame the dog. It's not his fault. Second, don't automatically blame the neighbor. They may be at work all day (or night), completely unaware that their dog is barking.

The best thing you can do is to politely remind your neighbor that their dog is barking incessantly.

If your neighbor is aware and just does not seem to care, there are legal steps that you can take. The Central Point Police will respond to complaints about barking dogs. Please contact the police at their non-emergency number 541-776-7206.

The CC&R's state residents are expected to attempt to handle situations on their own. They also state that before we step in, there need to be 3 calls to the police. If after a gentle reminder and 3 calls to the police, results are not forthcoming, the Homeowner Association should be notified. At this point warnings and fines can be issued.

If you are the owner of a barking dog, try to remember that your neighbors really don't want to report you. They just want some peace and quiet. Responsible pet owners make great neighbors.



Rogue Disposal Leaf Pick Up

Got leaves? Rake up, it's leaf season! The City of Central Point has again contracted with Rogue Disposal for the annual Central Point

Leaf Pick Up. The first pick up will be on Monday or Tuesday, November 23rd or 24th (have leaves out by Monday). The second pick up will be on Friday, December 18th.

Rogue Disposal requests that residents fill bags with leaves only – no sticks or other yard debris. Use the heavy-duty 33-gallon bags you find at any grocery, warehouse, or home improvement store to bag your leaves and then take them to the curb. They will take care of the rest. The bags should not weigh more than 40 lbs. and should have the top sealed shut. Place the bags at the curb the night before or no later than 6:30 a.m. the day of leaf pick up. If you miss both days of the leaf pick up and have more leaves than you can fit into your regular green bin you can take your leaves and other green waste directly to the transfer station. They will take it free of charge with the stipulation that you must empty your own bags, trash cans or containers.

Please note: It is against City ordinance to blow leaves into the street, as it clogs the storm drains.

Fun Fact: What happens to all those leaves they pick up? They become a nutritious part of Rogue Compost. Think of it as the circle of life for leaves!

If you have any questions, please call Rogue Disposal at 541-779-4161.

Next meeting of the Board of Directors will be November 18th at 6:00pm in the clubhouse. Let the office know if you have anything you would like to discuss.



Governing Documents Corner – Sprinklers

Did you know that the governing documents require that residents turn off and drain their sprinklers from **November 1 – March 31**? Please make sure that your sprinklers are turned off. This will help you save money as well as keep the sidewalks dry and free from ice as the weather turns colder.



Reaching Your Fitness Goal
Can Be a Walk in the Park

Walking is a popular low-impact exercise. The national recommendation for regular physical activity to stay healthy is rather attainable: adults are encouraged to get at least 30 minutes of physical activity five times a week or more. This means that a walk in the park counts as exercise. In fact, the Library of Medicine says walking for fitness was the primary activity reported by people who met the national recommendation for healthy exercise.

Research from the Duke University Medical Center confirms the amount of exercise is more important than the intensity, and walking yields significant aerobic benefits, including a decreased risk of cardiovascular disease

Use the following tips to get the most out of walking:

First things first — ask the doc. Always consult with your doctor before starting any exercise routine.

Dress for the occasion. Wear comfortable clothing that is loose-fitting. If it is cool, wear layers. Cushioned socks and shoes that fit well are also important.

Stretch to warm up. Begin by walking leisurely for a few minutes, then stretch key muscles like glutes, calves, and quads. Once your muscles are warmed up, gradually increase your speed, and pay attention to your posture.

Stay hydrated. For hydration, trust your body. If you plan on walking for over half an hour, bring water with you. But you can also trust your thirst. If you're concerned with over-drinking, consume fluids only when you're thirsty.

Tips for a Better Night’s Sleep

Sometimes as the seasons change, so do our sleep patterns. Many of us find ourselves wide awake in the middle of the night wondering if counting sheep really works. Even if those sheep do the trick, mornings often arrive, and we do not feel well-rested or refreshed.

There are some tips for getting a better night’s sleep, which can help us be more energetic and productive during our waking hours. Avoid caffeine and nicotine in the afternoons and evenings. Within a few hours before bedtime it is best to avoid computers, video games, exercise, large meals, and alcohol. During the day, try to get at least 30 minutes of exposure to natural sunlight.

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD: 30 minutes a day can reduce symptoms of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%.

LONGEVITY: 75 minutes a week of brisk walking can add almost 2 years to your life.

WEIGHT: A daily 1-hour walk can cut your risk of obesity in half.

HEART: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%.

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

Saving on Your Heating Bill

Barring an unforeseen miracle, this year’s home-heating bills will, at best, be much like last year’s or even a bit higher. But before you start loading up on some extra pairs of mittens to wear around the house, keep this in mind: a few simple steps can help save on your annual energy bill.

1. Schedule a Check-Up. Regardless of the type of heating system you have, it needs an annual check-up by a professional. A small fee upfront will help avoid bigger costs down the line. Annual checkups are also an important safety precaution.
2. Buy a Programmable Thermostat. None of us likes to wake up in a cold bedroom, and we all like to open our doors to a toasty home at the end of the day. With a programmable thermostat, you can heat your home at various temperatures throughout the day, allowing the house to be cooler when no one is home or when everyone is asleep. Installing a programmable thermostat shouldn’t cost more than \$150, and according to the U.S. Dept. of Energy, energy bills can be reduced by 10-15% just by turning the heat down while we are away.
3. Plug Up Leaks. Imagine a water balloon with lots of little pinholes in it. Sure, the holes are small, but that doesn’t mean the balloon isn’t losing water. Our houses are often like that balloon - slowly but surely losing heat to tiny leaks, which can add up to one big heating bill. Doors and windows are the most obvious culprits, but so are electrical outlets, ceiling fixtures, ducts and your attic door. To check for smaller leaks, light an incense stick and hold it up near these locations. If the smoke goes horizontal, there may be a leak.
4. Turn down the thermostat. One way to lower your heating bill is by simply using less heat. Turning down your thermostat by even small amount for short periods of time can help you save on heating.
 - One option is to turn the heat down by about three degrees whenever you use your heat. For every degree or so you turn your heat down, you are looking at between two and three percent savings on your monthly bill.
 - Another option is to turn your heat down when you’re not around. A seven to ten degree reduction in heat for eight hours a day can save you up to ten percent on your monthly bill. Turn your heat down when you are at work or out of the house to help save.
 - Bundle up in warm clothes and blankets when you turn down the temperature to help keep you warm even when it is a bit colder in your home.

Sweet Potato Bread

- Ingredients:
- 1 ½ c white sugar
 - ½ c vegetable oil
 - 2 eggs
 - 1 ¾ c sifted flour
 - 1 t baking soda
 - ¼ t salt
 - ½ t cinnamon
 - ½ t nutmeg
 - 1/3 c water
 - 1 c cooked and mashed sweet potatoes
 - ½ c chopped pecans

Combine sugar and oil; beat well. Add eggs and beat. Combine flour, baking soda, salt, cinnamon, and nutmeg. Stir flour mixture into egg mixture alternately with water. Stir in sweet potatoes and chopped nuts.

Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans). Bake at 350 degrees for about one hour.

How to
SAVE BIG BUCKS
on your
heating bill this winter

3 simple things to do now!
SavingOurMoney.com



HIDDEN GROVE & GREEN VALLEY COMMUNITY AND NEIGHBORHOOD BULLETIN BOARD

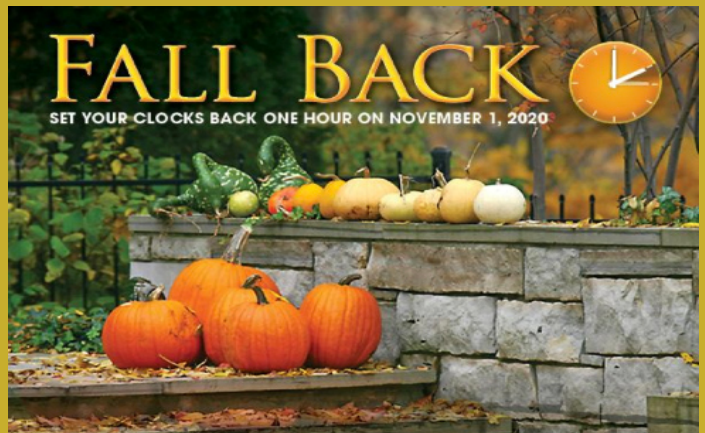
November Calendar of Events

11/01 – Daylight Savings Time Ends (FALL BACK)
11/11 – Veteran's Day (Office Closed)
11/18 – Board Meeting 6:00pm in the clubhouse
11/23 & 11/24 – Leaf Pick-Up
11/26 – Thanksgiving (Office Closed 11/26 – 11/30)



Getting ahold of HGGV by Text Message

Sometimes, it is much easier to text rather than call. 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.



BRING extra bags.
SCOOP every poop.
CARRY it to a trash can.



Pick Up After Your Pet

When walking your pet, take a baggie with you to pick up waste and then dispose of it properly. The Association has pet waste stations with baggies in the Green Valley Park and by the mailboxes at the clubhouse. By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our community. Thank you for your cooperation!

Yard and Lawn Care Corner

Yard and Lawn Care Corner To Do in November

(From TodaysHomeowner.com) Use this month to clean up, organize, and take stock of your lawn and garden. November brings with it the onset of winter dormancy, however you can continue many of the gardening chores of September and October.

Lawns: Continue to mow cool-season grasses until they stop growing. Rake lawns and remove debris. November is

the traditional time to apply winterizing fertilizer to your lawn (higher potassium and phosphorus, and lower nitrogen). Apply it after grass stops growing.

Shrubs and Trees: After the leaves have fallen, you can once again start pruning deciduous trees and shrubs. Hold off until the end of "Indian Summer," so they will not put out new growth. Winterize roses after the first frost, but before the ground freezes.

Cleanup and Maintenance: Clean up leaves before they suffocate your lawn and garden. Remove fallen leaves that get caught in the foliage of shrubs and groundcovers. Drain and store garden hoses.

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon.."

- Sarah Addison Allen