JULY 2024

LEGENDARY TIMES

A MONTHLY NEWSLETTER FOR THE RESIDENTS OF KISSING TREE



KISSING TREE

SAN MARCOS ★ TEXAS

TABLE OF CONTENTS

A New Legendary Times Look.....3

Letter from the Executive Director.....4

Featured Events.....6

Micahmendations.....7

Employee Spotlight.....10

Letter from the Golf General Manager.....12

A Note from the Golf Course Superindent.....13

Upcoming Events.....14

2024 Town Halls.....15

Community Life Team.....16

A New Legendary Times Look

As you may know, the Kissing Tree Lifestyle Journal's first edition was published earlier this year. Our Community Life Team has been diligently collaborating to establish a central role in promoting KT and strengthening our connections with other supportive organizations. The first edition of the journal highlighted the history of Kissing Tree and the recent developments within our team and community.

As the community continues to grow, The Kissing Tree Journal embodies the evolution of the lifestyle and celebrates its accomplishments. In the effort to continue the growth of the journal, the future content of the Legendary Times will be condensed. We're currently in the process of moving most of the content you typically find in the Legendary Times to the journal. Additionally, we're revamping the newsletter's appearance by the next edition of the lifestyle journal.

Please be patient with us over the next two to three months as we embark on this journey of significant change. Stay tuned! We are excited for the next publication coming soon in the Fall.

A LETTER FROM THE E.D.

Dear Community,

Growing Pains: Summer is here and the floodgate of work orders, landscaping requests, staffing vacancies, and the Texas heat has opened up at Kissing Tree. In June, the Community Life Team filled all our open staffing vacancies. With the hire of Stephanie Gregoire, Director of Community Assets, and Ivan Smith, Maintenance Technician, our facilities' operation is in a much better spot. We also hired Kylee Holte, Community Standards Coordinator to implement a more consistent enforcement of association rules and standards. Operations and facilities staff are now turning their focus to catching up on work orders and following up with residents on the status of their requests. I want to acknowledge that our response times this quarter have been longer than anticipated and that we are working diligently to prioritize and execute our workflow accordingly.

Operational Changes: As if all the above wasn't enough of a challenge we are rolling out a new community resident portal called Vantaca. Vantaca is a community management software that will replace our current system, VMS (Village Management Software). This significant upgrade will provide a secure, centralized portal for more efficient engagement, easy access to information, and a centralized place to see design reviews, compliance, and work orders. Additionally, Vantaca offers a mobile app allowing on-the-go access to account information, convenient payment options, and self-service capabilities. Homeowners will be provided with a new account number in the email they receive about how to log in to Vantaca on July 1. Please watch for an email from connect@coherelife.com. Save your account number, as it may be needed as resident verification for signature events in the future.

Funding the Reserves: To round out the month I have received many emails and questions about the Association's reserve account balances and funding recommendations noted in the newly revised reserve studies posted online. Every year we budget a certain percentage of our operating cash to fund the reserve cash accounts used for future replacement costs for things like the roof, furniture, HVAC equipment, gates, pools, etc. Our percentage of funding increases annually to reach a preferred reserve cash balance that models a Threshold funding model.

At Kissing Tree, we fund according to one of three models for reserve funding called Threshold funding. Threshold funding is either a chosen cash amount or a percentage funded amount set aside to replace any given asset at the time it is due to be replaced. Contributions increase every year based on the number of homes in the community. Over time the cash reserve balances build up and in general, can cover the cost of the assets being replaced. Threshold funding is a model of reserve funding that has the lowest impact on assessment amounts. Additionally, Kissing Tree has implemented a cash management program for its reserve cash to ensure that the highest rate of return on our non-equity-based investments, such as CD's, money markets, and high-yield savings accounts, is secured. This will approach and help increase our reserve cash balance over time and offset inflation.

Although reserve funding can be a sensitive subject for some, primary based on our demographic being on a fixed income and the threat of a special asset, the important things to consider are that we have a plan, we are funding our reserves incrementally according to that plan, our contributions will increase as we build more homes in the community, and a reserve cash management plan has been implemented to ensure our non-equity based investments are earning the best rate of return possible.

Sincerely,
Matthew Dozier CMCA, AMS, PCAM, LSM

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FEATURED EVENTS

RIVER ADVENTURES
Mondays, 9 a.m. - 2 p.m.

Start your week off at the river. From kayaking to tubing, join your neighbors to an endless amount of fun!

FARMERS MARKETS
Fridays, 9 - 11 a.m.

The KT Farmer's Market provides various local vendors every Friday of this month in the Biergarten.

INDEPENDENCE DAY PARTY
Tuesday, July. 2

Join your neighbors to start the celebration early with food, live music, and fireworks!

COFFEE WITH THE ED
Wednesday, July. 3

Learn facts and recent news about KT straight from the Executive Director. Held in the Independence Hall Activity Room at 8:30 a.m.

INDEPENDENCE DAY
Thursday, July. 4

The Community Life team offices will be closed in observance of the holiday. Independence Hall and other amenities will remain open.

SUMMER BAZAAR
Saturday, July. 27

Shop at KT's Summer Bazaar event. See all the talent and creativity of your neighbor artists and crafters.

For more information, navigate to the electronic calendar on our resident website.

Want to Share Event Photos?

Share fun photos of you enjoying the KT campus, events, and more! While we may not be able to fit everything, we'd love to feature more resident photography in Legendary Times. If you're interested, please submit photos to ktmc@coherelife.com.



MICAHMENDATIONS

FIT 2 TRAVEL

Travel season is upon us and it's a wonderful way to explore new places, meet new people, and create lasting memories but it can make maintaining your fitness a chore. Becoming and staying fit enhances mobility, reduces the risk of travel related discomforts, and really just increases the overall enjoyment of the journey. Here we'll provide a few tips on how to get and stay fit for travel, from pre-travel preparations to maintaining healthy habits on the road, and even post-travel recovery. By following these guidelines, you can make the most of your travels while keeping health and fitness at the forefront.

Setting Fitness Goals Related to Travel Before embarking on your journey, it's important to set specific goals that align with your travel plans. Whether planning to hike through national parks, explore a new city, or relax on the beach, your fitness routine should prepare you for the activities you'll be engaging in. Setting achievable goals, like increasing your daily step count, improving your cardiovascular endurance, or enhancing your flexibility, can help ensure you're physically ready for the adventures ahead.

Recommended Exercises to Prepare for Travel To get travel-ready, incorporate a mix of cardiovascular, strength, and flexibility exercises into your routine. Cardiovascular exercises like walking, jogging, or cycling can boost your stamina, making it easier to handle long days of sightseeing. Strength training, including bodyweight exercises like squats, lunges, and push-ups, can improve muscle tone and joint stability, which is particularly helpful for carrying luggage or navigating uneven terrain. Don't forget flexibility exercises like yoga or stretching routines, which can enhance your range of motion and reduce the risk of injury.

Tips for Building Stamina and Strength Building stamina and strength doesn't happen overnight, so start your pre-travel fitness routine well in advance. Aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, complemented by muscle-strengthening activities on two or more days a week. Gradually increase the intensity and duration of your workouts to avoid overexertion. Additionally, incorporate activities that mimic travel movements, such as walking with a backpack, to better prepare your body for the trip. Consistency is key, so make a schedule that fits your lifestyle and stick to it.

Making Fitness Easy and Adaptable Remember, fitness routines don't need to be complicated or overly strenuous to be effective. If you find certain exercises challenging, simplify them to better suit your needs. For instance, if jogging is too intense, brisk walking is an excellent alternative. Even light activities, like gardening or casual biking, contribute to overall fitness and can be enjoyable ways to stay in shape. The goal is to build a routine that you can maintain consistently, making fitness a natural and enjoyable part of your lifestyle.

Incorporating Physcial Activity into Travel Itineraries Traveling offers a unique opportunity to incorporate physical activity into your daily routine effortlessly. Exploring new destinations often involves a significant amount of walking, whether you're wandering through historic sites, strolling along scenic trails, or perusing local markets. To maximize your activity levels, plan your itinerary with active pursuits in mind. Opt for walking tours, rent bicycles to explore the area, or choose accommodations that encourage movement, such as hotels with fitness centers or resorts with swimming pools.

Simple Exercises to do in Hotel Rooms or on the go Staying active on the go can be as simple as incorporating short, effective exercises into your daily routine. Exercises such as squats, lunges, and push-ups require no equipment and can be done in a small space. Additionally, take advantage of any downtime, such as waiting at airports or train stations, to do some light stretching or walking.

Making the Most of Local Activities and Attractions Engaging in local activities and attractions is a fantastic way to stay active while experiencing the culture and environment of your travel destination. Participate in guided hikes, join local dance classes, or take part in water sports like kayaking or snorkeling. Exploring parks, botanical gardens, and nature reserves on foot allows you to appreciate the natural beauty while staying fit. Many cities also offer public exercise classes in parks or community centers, providing a great opportunity to meet locals and stay active.

Adapting to Different Environments Traveling often means adapting to different climates and environments, which can impact your usual fitness routine. In hot climates, schedule activities in cooler parts of the day and stay hydrated. In colder regions, layer up to stay warm and consider indoor activities. Flexibility in your routine ensures you can stay active and enjoy your travels.

Maintaining a Balanced Diet While Traveling

Travel can often lead to disruptions in our usual eating habits, but maintaining a balanced diet is crucial for staying energized and healthy. Aim to include a variety of fruits, vegetables, lean proteins, and whole grains in your meals. When dining out, opt for grilled or steamed dishes, and choose salads or vegetable sides. Packing healthy snacks can help you avoid unhealthy options during long travel days. Part of the joy of traveling is indulging in the local cuisine. Savor these experiences and know that a handful of meals while traveling is not going to throw off your whole routine, just be mindful and try to get some healthy food in there as well. The key, as in everything, is moderation.

Hydration and its Importance Staying hydrated is essential, especially when traveling, as it helps maintain energy levels, supports digestion, and prevents dehydration-related issues such as headaches and fatigue. Be cautious of beverages that can contribute to dehydration, such as alcohol and caffeinated drinks. In hot climates, increase your water intake to compensate for the extra fluid loss due to sweating. Hydration not only keeps you feeling your best but also aids in adapting to different time zones and activities.

Strategies for Getting Enough Rest and Recovery Adequate rest and recovery are vital components of staying fit and healthy while traveling. If you have trouble sleeping in new environments, bring along items that help you relax, such as a favorite pillow, earplugs, or a sleep mask. Additionally, allow time for relaxation and recovery activities, such as gentle stretching, meditation, or simply enjoying a quiet moment in a peaceful setting. Prioritizing rest will help you recharge and fully enjoy your travel experiences.

Easing Back into Routine Post-Travel Returning home after an exciting trip can be a bit of a shock to the system, especially if you've indulged in some of the local delights and relaxed your usual fitness routine. Start with light exercises such as walking or gentle stretching to reintroduce movement into your daily life. Gradually increase the intensity of your workouts over the next few days to a week, depending on how you feel.

Finishing Up Ultimately, the goal is to blend the joy of travel with the benefits of staying fit. Embracing an active lifestyle while exploring new destinations enriches the travel experience and contributes to overall well-being. Encourage community members to inspire others to stay active and enjoy their journeys to the fullest. By doing so, we can foster a culture of health, adventure, and mutual support within our vibrant community.

MEET AUSTIN ROUNDS

Fitness Coordinator



Graduating from Texas State in May 2023 with a degree in Exercise Science marked a significant milestone in my lifelong passion for fitness. Growing up in a family where health and fitness were cornerstones, I discovered my love for physical activity at a young age. We participated in 5K runs nearly every weekend, joined various running groups regularly, and engaged in competitive sports.

My professional journey began at Orangetheory Fitness, where I gained valuable experience. This led to an opportunity to work at the front desk in Independence Hall, where I honed my communication and operational skills over an 18-month period. This experience paved the way for my role at the Fitness Center, where I truly began to master my craft. I earned my ACE personal trainer certification and further solidified my expertise in exercise science.

Outside of work, I enjoy hiking, swimming in the river, exploring new fitness styles, geocaching, and traveling whenever possible. These activities not only keep me active but also continuously inspire my commitment to a healthy lifestyle.

How would you describe your role at KT?
Here at Kissing Tree my role is to generate memorable and unique experiences for each resident. I try my hardest to go above and beyond, trying my best to accommodate any request that a resident or coworker may have to make his/her experience seamless and accommodating. My role at the fitness center is to ensure that everyone is on the same page with what we have to offer, and helping everyone maintain that standard that is Kissing Tree.

What makes you most excited about working for KT?
What makes me most excited about working at Kissing Tree is the satisfaction a resident has when a desire or need of theirs is met. A little can go a long way here, and I will always do my best to try to draw that smile out of each resident to make their experience here at Kissing Tree the best experience of all. I live by what we practice, which is unreasonable hospitality. It's what sets us apart from other communities, and that's what makes me so proud to work here.

What is one interesting fact about you?
I am scuba certified and went on a 30-day dive trip in Indonesia a couple years back! I love diving, although it's been some time.









I hope as everyone is reading this note, we're all celebrating a fun Independence Day season complete with fireworks and celebrations with friends. While the temperatures have already been here, Independence Day festivities have always felt like a reminder to me that we are all the way into summer and it's here to stay for a bit.

So far, we have had a successful start to the summer season on the golf course. We were able to get our driving range upgrade project completed so we now have much improved and more targets available for everyone. In addition, we've had a few leaks pop up that have needed repairs. This is not completely out of the ordinary or unexpected with the scale of the replacements we did. The issues we're seeing are warranty items and are being corrected and should not be lingering. There are so many new valves and pipe welds that are done out there, that it's within the realm of expectations that a few of those new ones will have issues when installed at scale.

One golf-related issue that I would like to bring up is regarding golf cart traffic. The course is in absolutely phenomenal shape right now, but if you look around the cart paths near the tees and greens, the areas are worn and there are tire tracks all about. This is caused by carts pulling off the path to go around each other when leaving a tee box or green. Most of the areas have been repeatedly sodded and the turf has been destroyed again. This is a reminder to keep all four tires on the cart path around the tees and greens.

We are also anticipating a delivery of Tifeagle Bermuda to repair the chipping green that has had sod harvested off of it to repair the course. There have been so many courses with greens issues in Texas over the last two seasons as well as several weather issues at the sod farms, that this has been incredibly difficult to get brought in, despite our best efforts. Pending that the Dallas area doesn't flood again, we hope that the chipping green is fully repaired by the time this letter is released.

On the restaurant side of things, we continue to make progress toward fixing the air conditioning issues that have plagued us in the Tarbox & Brown dining room. Several efforts have already been well underway behind the scenes and we continue to work with the HVAC manufacturer, the mechanical engineers who

who rated the company, as well as mechanical contractors who have done the installation. We hope to have made progress and put this issue behind us so that we can have a nice and cool dining room in the evenings during the dinner service.

Thank you all for a great start to the year. We have a lot of fun stuff planned and we're looking forward to bringing it all to you soon. Hope to see y'all out on the course or around the restaurant!

Ryan Andrews, Kissing Tree Golf Club General Manager

UPDATES FROM THE GREEN

Summer is here, it's heating up, and although I am a big proponent of sun-screen, please don't apply it when you are standing on the grass as seen in the picture which was taken on #12 tee box.

We have started our verticutting and topdressing, which will be done twice a month throughout the growing season to reduce grain and increase green speed. Please try to keep golf carts on the cart paths around green and tee surrounds. It looks like people aren't waiting for their playing partners to return to their cart before driving around the cart in front of them creating traffic patterns.



Driving range poles have been installed and the color on the sign will reflect the yardage to the matching pole in the fairway. This is a permanent solution rather than having to replace flags and poles when they are damaged.

Get out and enjoy the golf course soon, and I hope to see you out there!

John Mckay, KT Golf Club SPI

Upcoming events

MUSIC BINGO

Join in for the infamous Music Bingo Night on August 4! They will be covering various genres with 16 games featuring music from DJ “Stan the Man” Garrett with lots of games and Lifestyle Buck$!!

MISSIONS BASEBALL

KT is taking you to a San Antonio's Missions baseball game on August 13! Relax and enjoy the game from premium seats while watching, and indulge in some delicious ballpark snacks!

TXST ATHLETICS NIGHT

Join us on August 20 for Texas State Athletics night. Coaches and officials will discuss the upcoming football and volleyball season. Come and show your Texas State spirit!

2024 TOWN HALLS

Overview

On the following dates, join your Community Life team and board of directors to discuss important issues in the community, including amenities, construction, golf, maintenance, and more.

KTMC

Quarter 3: Sept. 25

Quarter 4: Dec. 11

Cottages

Quarter 3: Sept. 26

Quarter 4: Dec. 12

Villas

Quarter 3: Sept. 26

Quarter 4: Dec. 12

Community Life Team

Matthew Dozier - Executive Director
Rebecca Rounds - Director of Community Operations
Kevin Wilson - Director of Community Engagement
Stephanie Gregorie - Director of Community Assests
Andy Pina - Manager of Community Assets
Micah Ross - Fitness Manager
Sandee Miller - Community Care Manager

Anitra Martinez - Design Review Coordinator
Austin Rounds - Fitness Coordinator
Linda Mott - Community Engagement Coordinator
Ashlyn Wilson - Communications Coordinator
Kylee Holte - Community Standards Coordinator
Ivan Smith - Maintenance Technician

Jeremy Mott - Custodial Engineer
Gerald Hayward - Custodial Engineer
Richard Salinas - Custodial Engineer
Reagan Porter - Fitness Attendant
Trent Rodgers - Fitness Attendant
Michael Martin - Fitness Attendant
Elise Salinas - Front Desk Ambassador

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