

November 2024

LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



KISSING TREE
SAN MARCOS ★ TEXAS

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Dear Community,

As December approaches, I am grateful to celebrate my third year at Kissing Tree. This milestone prompts me to reflect on the journey we've shared together and the incredible way this community has been welcoming. Foremost, I want to express my heartfelt gratitude to the people I work with—our dedicated community life team, the exceptional people at Brookfield Residential, and the wonderful families that make this community so special. Your support and collaboration have made my experience here truly fulfilling.

Although I hail from Tennessee, Texas has become my second home. I am deeply thankful for the people who have shaped this great state and all it represents. I know and respect the history of the Lone Star State. Over the past few years, I've also had the privilege of getting to know many of you well, especially in our veteran's community. As the son of two retired military parents, these families are particularly close to my heart, and I am honored to know and serve you.

One of the most challenging aspects of my role has been restructuring our organization chart and building a new team to better serve our community during this unique period of our history. This process has been demanding, yet I believe it will strengthen our ability to meet your needs moving forward. I also want to acknowledge a source of personal regret: not being able to adequately address every issue that comes across my desk. Some matters are beyond my control or not feasible for the Association to tackle, but please know that I am committed to doing my best for all of you.

Building a community and creating a brand requires immense effort—countless hours, time away from family, and sacrifices that often go unnoticed. I want to recognize the dedication of everyone involved in this process, especially our brand ambassadors and storytellers in the marketing department at Brookfield. Your hard work has laid the foundation for a successful and meaningful shared future. Looking ahead, the future of Kissing Tree is bright. We continue to attract new families, and our lifestyle and amenities remain among the very best in the Hill Country. Together, we will continue to foster a vibrant community that we can all be proud of.

Thank you for being a part of this journey. Here's to many more years of growth, connection, and shared success! The best is yet to come.

Sincerely,
Matthew Dozier CMCA, AMS, PCAM, LSM

Featured Events

Wednesday, Nov. 6

Coffee with the ED

This is an informal, unstructured time for you to ask questions, listen to community updates, and stay in the know with Executive Director, Matthew Dozier.

Friday, Nov. 8

Veterans Breakfast

The Veterans Group is sponsoring a pancake breakfast in observance of Veterans Day. Serving will start at 9 a.m. and will be provided by the Magnolia Pancake Haus.

Monday, Nov. 11

Veterans Day

Community Life Team offices will not be open in honor of Veterans Day. Independence Hall and other amenities will remain open.

Saturday, Nov. 16

Community Yard Sale

Join us for a resident-only garage sale in KT! Explore great deals at your neighbors' driveways and porches. Keep an eye out for location details in your weekly highlights.

Friday, Nov. 22

Thanksgiving Potluck

Join your neighbors at Independence Hall for a Thanksgiving potluck. Bring a savory or sweet side dish to share!

Thursday, Nov. 28

Thanksgiving

Community Life Team offices are closed in observance of the Thanksgiving holiday. Stay tuned for more information in the weekly highlights.

For more information, navigate to the [electronic calendar](#) on our resident website



Are you struggling with fast growing weeds? Try the Ortho Nutsedge killer for your lawn. Pulling weeds will not be efficient because they will come back.

Please remember that any holiday lighting is allowed to be put up 21 days prior to the holiday and can be left up 14 days after!

General Information:

- Compliance Corner will continue to be released every Monday or Thursday in the weekly highlights.
- Compliance Corner for the time being, will highlight one trend every week to keep things new and fresh.
- Please utilize the compliance corner as a way to be proactive about potential violations.
- Please know that I am flexible and always willing to talk or meet with you. I am in the office Monday-Friday during regular business hours!

Kylee Holte, Community Standards Coordinator

Micahmendations

Recovering Like a Pro— Bouncing Back from Injury in Strength Training

When Setbacks Hit, Don't Stay Down

Injuries aren't always common, but they do happen. It's crucial to do your best to keep them from derailing your fitness journey—like any journey, there are pitstops. As a trainer, I've heard the same story countless times: "Years ago, I committed to getting in shape and losing weight. I started running two miles a day, five days a week, and was seeing great progress. Then, after a few weeks, I broke my ankle (or threw out my back, or pulled a muscle). I was so upset I couldn't run anymore, and I never got back into it."

I get it—injuries are incredibly frustrating. But remember, your goal wasn't just to run every day or swim regularly. Your goal was to get in shape. Injuries happen, but they shouldn't stop you from achieving that goal.

Step 1: Respect the Injury

Rest is crucial, but it has to be a smart rest. Recognize when to pause to avoid making things worse. Listening to your body is key—it's tempting to push past minor discomfort, but knowing when it's something more serious can save you long-term trouble.

Step 2: Active Recovery & Movement

Movement is medicine. Light mobility work and stretching can be beneficial, and I've experienced firsthand how it helped my lumbar injury. Staying active without re-aggravating the injury is essential for healing. Low-impact exercises, isometrics, and bodyweight movements can all keep you moving without pushing too hard.

Step 3: Therapy & Tools

Leverage tools like heat therapy, massage guns, red light therapy (like the KBL BeautyShaper Tower I use), and compression. It's also important to consider professional help—chiropractors, physiotherapists, and other experts can offer valuable guidance. Don't forget self-care habits like proper sleep, which ties into sleep optimization for faster recovery.

Step 4: Rebuilding Strength Without Ego

Letting go of the numbers game—at least temporarily—is vital. Focus on form and function over chasing heavier weights. Think "rebuild stronger, not just heavier." This is the time to work on core stability and joint health, which will allow you to safely surpass your previous PRs down the line.

Step 5: Injury Prevention Moving Forward

Preventing re-injury is the ultimate goal. Prioritize mobility, proper warm-ups, and targeted strength work for weak areas like the lumbar or joints. Long-term strategies, like smart nutrition and supplementation (such as beetroot powder for blood pressure and recovery), will keep you lifting heavy without breaking down.

The Long Game in Training

Patience pays off. Fitness is a lifetime journey, not a race. Personally, this approach has changed my outlook on my own goals, like pulling 600 pounds. The key is longevity—training smart today sets you up for success tomorrow.

Micah Ross, KT Fitness Manager

Meet Elise Salinas

Front Desk Ambassador



Hi there, I'm Elise! I moved over from Florida to Texas in 2020 and have been enjoying the Hill Country ever since! I learned about KT from a resident while at a professional lunch and decided to come visit the community and instantly fell in love with the environment!

I felt this is where I could see myself long term and wanted to learn more about the team and the residents that made it so special and have been here since June 2023.

How would you describe your role at KT?

As the Ambassador of the Community Life Team, I am provided with many opportunities to have hands on with cross-functional activities or projects that pertain to my Operations Team and have the lovely opportunity to meet our new residents and assist them with their transition into the community.

What makes you most excited about working for KT?

What makes me most excited about working for KT is the residents and the team. I get to learn something new every day from our residents and there truly is never a dull moment being at the Front Desk; you see all the action! The other exciting part is that my team is considered my second family, and I am very grateful of their support for growth that comes along the way.

What is one interesting fact about you?

One interesting fact about me is that I wear multiple hats a day, from being a team player here at KT, to having a toddler that keeps my husband and I on our toes, to being a full-time TXST student. It keeps me busy, but I am very committed to all these aspects; it's what keeps me going!



TARBOX & BROWN

Chef David's Culinary Corner

At T&B, we're excited to share that we are now offering privately booked Chef's Table events with our talented Chef David! For \$90 per person, you'll enjoy a 3-4 course meal of your choice, including beer, wine, and gratuities. Availability is limited between November and December, so please reach out to broseland@troon.com for more details or to secure your date.

With the holiday season upon us, it's the perfect time to plan your private event at Tarbox & Brown. Email broseland@troon.com to reserve your spot!

David Rhoads, Tarbox & Brown Executive Chef

Hours

Breakfast

Sunday, 7 a.m. - 10 a.m.
Monday - Saturday, 7 - 11 a.m.

Happy Hour

Daily, 3 - 5 p.m.

Lunch

Sunday, 1 - 6 p.m.
Mon., Tues., Sat., 11 a.m. - 6 p.m.
Wed.- Fri., 11 a.m. - 4 p.m.

Bar Window Service

Sat. - Sun, 6 - 8 p.m.

Dinner

Wed., - Fri., 5 - 8 p.m.

KT GOLF CLUB

Fall has arrived and with it, so has the best golf and patio dining weather of the season. The course has been incredibly busy and so has the restaurant. We've been fortunate to partner with several great organizations such as CASA, the San Marcos Chamber of Commerce, Texas State Fellowship of Christian Athletes, T Bar M Youth Camps, and several others this fall in order to raise money for great causes. Now that the busy season is winding down, we are turning our attention to getting ready for the winter.

We have a few big upcoming projects in the pipeline. At the forefront of these is our golf course bunker renovation. We'll be starting that very soon and will be completely restoring the bunkers. This will include a new liner material, cleaned-out drainage, and fresh sand.

While this project is underway, we'll also be doing a significant drainage addition to the 14th hole that will help alleviate the runoff from the spring in the hillside that plagued us this summer. In addition to the golf course work, we're also anticipating adding some drainage to the restaurant patio in order to help with some of the water pooling that happens from rains, starting of construction on the front nine permanent restroom, and repairs being made to the downstairs restrooms in the clubhouse.

The restaurant is about a month deep into the fall menu and it has been met with a lot of great feedback. If you haven't been by to try the new items, please come give them a try. Both the lunch and dinner menus have a few items that residents are already requesting become permanent.

We're also really looking forward to releasing info about our Thanksgiving Brunch Buffet and then moving into the holiday season. Holiday bookings are really starting to fill up and we are looking forward to celebrating the season with everyone.

In case you missed it, there will be a "State of the Golf Course" address on November 12th at 5 p.m. on the Tarbox & Brown patio. I'll be recapping the results of the 2024 golf season, discussing the upcoming bunker renovations, and releasing the 2025 golf membership offerings and rates. I look forward to seeing everyone there.

Best wishes,
Ryan Andrews, Golf Course General Manger

Updates From The Green

A note from the SPI

Tournament season is almost over, but we are still very busy getting the golf course ready for the winter.

The tees may be a little on the wet side the next week or so, giving the ryegrass adequate water to germinate. Once they are up and ready to cut, we will be mowing them with walk mowers throughout the winter.

November is pre emergent time, and we will be applying that to all in play mowed areas. Our mix has the preemergent, plus two post emergent herbicides to eliminate any weed seed that has germinated. We have had good success with this mix in the past except for tee surrounds. This year we are trying an approach with a different herbicide in those areas and are hoping for better results.

With the Bermuda not growing as aggressively during the winter, please be mindful of traffic patterns and try to scatter as much as possible. It would be great if everyone could pair up when playing, that alone would reduce the wear on our golf course by 50%.

It's a great time of year to be outside, get out and enjoy the lovely weather, I'll see you out there!

John Mckay, KT Golf Superintendent

Stimpmeter Ratings

A key aspect of a golf course is the uniformity of its putting greens. Variations in speed can undermine a player's skill more than poor fairways or bunkers. Golf course superintendents strive for consistent green speeds, but various factors complicate this. In the 1930s, Edward S. Stimpson, the 1935 Massachusetts Amateur champion, developed the Stimpmeter to provide accurate measurements of green speed. Originally a homemade device, it was modified by the USGA in the mid-1970s and made available in 1978. As green speeds have increased, the Stimpmeter was updated in 2012 to measure undulating greens. It remains an invaluable tool for both daily play and course management, though not for comparing different courses.

How to Use a Stimpmeter:

Equipment Required

- Stimpmeter
- Three golf balls
- Three tees
- 12 or 15 ft measuring tape
- Data sheet

Step 1: Select a level area on the green, approximately several feet wide and 10 to 12 feet in one direction.

Step 2: Insert a tee in the green at one end of the level area to serve as a starting point. Holding the Stimpmeter by the notched end (use the standard “1X,” full-length notch on the top side of the Stimpmeter), rest the tapered end on the ground beside the tee, and aim it in the direction you intend to roll the ball. Place the ball in the notch and slowly raise the end until the ball releases. Hold the Stimpmeter steady while the ball rolls down the device and until the ball reaches the putting surface. Repeat the same procedure with two more balls, keeping the tapered end on the same spot.

Step 3: All three balls should come to rest not more than 8 inches apart. Should they be farther apart than that, the Stimpmeter may have moved too much during the series, the balls may be damaged or of inferior quality, unusual conditions may exist, or the alternate “2X” notch should be used (more discussed on this later). In any event, a pattern larger than 8 inches is of dubious accuracy, and the three-roll series should be repeated. 2012 - Present 1976 - 2012 Original Wooden Instrument (1930s) “1X” Standard Notch “2X” Alternate Notch Reverse Side Top Side 2 4 5 Assuming the balls stop within the prescribed 8-inch limit, insert a second tee in the green at their average stopping point. The distance between the two tees is the length of the first series of rolls.

Step 4: Repeat Step 2, using the second tee as a starting point and the first tee as an aiming point. In other words, roll a series of three balls along the same line, but in the opposite direction.

Step 5: Repeat Step 3, thereby establishing the length of the second series of rolls.

Step 6: Measure the two distances, one for each series of ball rolls, and calculate the average. This is the speed of the green.

This past week we had a stimpmeter reading of 12.2' during the Jim West. 11'-13' (Stimpmeter Reading) is considered lightning fast. Knowing the speed of a putting green may assist in determining whether a hole location will give fair results. A green so fast, or a hole cut in such a position, that a ball cannot be stopped near the hole from any point on the green, for example, is an unfair challenge. (ie Heaven and Hell MGA) Faster is not necessarily better, nor should it be the goal. This especially holds true for daily play because putting greens that are too fast will slow play. It is also detrimental to turf health and requires more resources to achieve. Determining an appropriate green speed for daily play will vary considerably for each golf facility and is dependent on many factors, some of which include: turfgrass species, putting green architecture and construction method, budget, time of year, and golfer ability.

2024 TOWN HALLS

KTMC

QUARTER 4: DECEMBER 11TH

COTTAGES

QUARTER 4: DECEMBER 12TH

VILLAS

QUARTER 4: DECEMBER 12TH

All the reported incidents required [SentrySix Reports](#) to dispatch and intervene in the Kissing Tree Community of September 2024.

COMMUNITY LIFE TEAM

Matthew Dozier - Executive Director

Rebecca Rounds - Director of Community Operations

Kevin Wilson - Director of Community Engagement

Stephanie Gregorie - Director of Community Assets

Andy Pina - Manager of Community Assets

Sandee Miller - Community Care Manager

Micah Ross - Fitness 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

Hayden Gregorie - Maintenance Technician

Jeremy Mott - Custodial Engineer

Gerald Hayward - Custodial Engineer

Richard Salinas - Custodial Engineer

Reagan Porter - Fitness Attendant

Trent Rodgers - Fitness Attendant

Elise Salinas - Front Desk Ambassador