

Timber Ridge Homeowners Association, Inc.

Fall Issue I, 2016

www.trhome.net

Knightsdale, NC

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Next Board Meeting:
October 25, 2016
Public Safety Building
7-8pm

At A Glance:
Total # of Properties: 152
Total Absentee Homeowners: 30 (20%)
Total Homes for Sale: 2

YTD through Aug. 2016:
Dues Collected: \$18,301
Expenses: \$8,011



The regular, ANNUAL meeting is Tuesday, October 25, 2016 . Start time is 7pm and will be held at the Public Safety Building across from Town Hall. We hope you will plan to attend.

Items of discussion are as follows: Increasing dues up to \$50 more a year and late fees of \$20/month every month dues are not paid; rules & regulations, especially those continuing to be in non-compliance; legal remedy regarding homeowners who refuse to pay dues to the Association.

Due to the non-attendance of homeowners at Board meetings the Board has decided to hold meetings via email starting in 2017 except for the Annual meeting which will be held at a local venue in October.

The Board will be 'on vacation' from December 19, 2016 through January 31, 2017. No Board business will be conducted during this time.

Ammons Pittman is CLOSED for the following holidays in 2016:

Nov. 24-25, Dec 23, 26, 30- Jan 2



A big, heartfelt THANK YOU to the homeowners/residents that have been paying their dues on time, maintaining their properties and continuing to update their property. It makes a HUGE difference in the quality of life and value of our properties. Over the past few years our Community has received nice compliments on how we have improved the overall neighborhood. While we still have work to do, your example sets a reasonable and sustainable example for our neighborhood. We hope you continue

this awesome work and know that the Board is working on resolving some of these ongoing, persistent eye-sore issues.

A Newsletter Submission from Residents/Homeowners

H.A.L.T

School is back in session. This means early, manic mornings and jam packed evenings. Then comes the slow slide into the holidays. Put it all together and you have the recipe for stress.

It's important to take care of yourself. Sometimes this means stopping to think about what is going on both inside and out. This is where **H.A.L.T.** can be a lifesaver.

Hungry = Sometimes all it takes is a healthy snack to get back on track. Low blood sugar can make you irritable and tired. Carry some almonds or an apple when you know you'll be going out. It's always better to stop for a healthy meal but if that's not available a small snack can do the trick.

Angry = Pull yourself away from the situation if you can and think about what's making you angry. Are the checkout lines too long? Did you miss an important sale or did your coupons expire? It's important to take a moment and breath. Here is a simple exercise: Take a deep breath through your nose as if you are smelling a flower. Then exhale through your mouth as if you are blowing out a candle. Repeat this ten times and feel yourself begin to relax.

Lonely = Sometimes we get so caught up in chores and appointments that we neglect the side of us that craves human (or canine*!) connections. Feed your soul. Call a friend for a long chat. Get together with friends or family for an outing in the park or a board game night. Consider volunteering somewhere such as the food kitchen or Meals on Wheels. You can serve others while also meeting an important need in your own life.

Tired = Being tired affects every area of your life. Getting a good eight hours of sleep a night is essential for wellbeing. If that's not possible a short nap (less than 30 minutes) in the afternoon can work wonders. Perhaps sitting in a comfy chair for a while listening to an audiobook will do the trick. Decide what works best for you. There may be lots of people and activities pulling you in all directions. That's why it's important to take a break when you need one. In the long run you'll accomplish more and feel better.

*For information on adopting a pet visit: Wakegov.com