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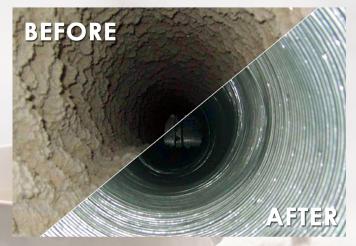
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OFFICES

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board@ppoaweb.com

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2nd Year Doug Bacon Randy Larson Robert Taber, Jr.

3rd Year Chris Fair Ron Hamman Pam Kuhlman

Officers

Robert Taber, Jr., President Doug Bacon, Vice President Randy Larson, *Secretary* Pam Kuhlman, Treasurer

BOD Meeting: Jan. 30, 2025, 6 p.m.

BOD Committee Workshop Jan. 20 at 6 p.m. in the Ballroom

COMMITTEE DIRECTORY

Committee	Frequency/Day	Time	Location
Airport	Jan. 9	8 a.m.	Bluebonnet Room
Appeals	Jan. 14	10 a.m.	S&S Conference Room
ACC	Jan. 2 Jan. 16	2 p.m.	S&S Conference Room
Bylaws	Jan. 13	1 p.m.	Bluebonnet Room
Entertainment	TBD	2 p.m.	CH Conference Room
Finance	Jan. 22	3:30 p.m.	CH Conference Room
Golf	Jan. 8	8:30 a.m.	Bluebonnet Room
Horse Owners	Jan. 28	3:30 p.m.	CH Conference Room
Infrastructure	Jan. 7	9 a.m.	Bluebonnet Room
LRP	Jan. 20	1:30 p.m.	CH Conference Room
Marina	Jan. 8	3 p.m.	Bluebonnet Room
Safety & Security	Jan. 21	9:30 a.m.	S&S Conference Room
Sports & Rec (Grounds)	Jan. 7	1 p.m.	PAC
Wildlife	Jan. 10	8:30 a.m.	Bluebonnet Room

MEETINGS ARE OPEN AND DATE/TIMES/VENUES ARE SUBJECT TO CHANGE.

PLEASE CHECK WWW.PPOAWEB.COM OR CALL THE CLUBHOUSE FOR LATEST INFORMATION BEFORE ATTENDING A MEETING.

New Member Orientation

Call Membership Services at 817-573-2641 ext. 335 or email memberservices@ ppoaweb.com to schedule your New Member Appointment.

New Member Social

2

Feb. 21, 2025 5:30 p.m. to 7:00 p.m.

COLUMNS

PECAN PLANTATION CLUBHOUSE AND OFFICES

8650 Westover Ct, Granbury TX 76049 www.ppoaweb.com | 817-573-2641 Office Hours 8 a.m. - 4:30 p.m.

STAFF DIRECTORY

Title	Name	Email	Extension
General Manager	Rick Lantgen	gm@ppoaweb.com	340
Executive Assistant	Marilyn Amos	marilynamos@ppoaweb.com	340
Asst. Controller	DeeAnn Greene	deeann@ppoaweb.com	343
Business Office	Patty Trunk	pattyht@ppoaweb.com	331
Code Enforcement/ACC	Brent Hamilton	acc@ppoaweb.com	349
Communications Director	Jay Arrington	jay.arrington@ppoaweb.com	347
Controller	Kristi Nickel	kristi@ppoaweb.com	333
Event Coordinator	Kyli Purselley	kyli@ppoaweb.com	325
Executive Chef/Food & Beverage Director	Jordan Ray	jray@ppoaweb.com	319
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Golf Pro	Duff Cunningham	golfpro@ppoaweb.com	330
Guest Services Manager/Membership Servi	ces Sarah Lord	sarahlord@ppoaweb.com	335
HR Manager	Nancy Smith	nancy@ppoaweb.com	332
IT Specialist	Brian Stange	itadmin@ppoaweb.com	324
Marina and Procurement Manager	Blake Sanders	blakes@ppoaweb.com	323
Operations Manager	Daniel Van Patten	daniel@ppoaweb.com	342
Security Director	Harold Aydelott	harold@ppoaweb.com	341
Sports & Recreation Manager	Joi Keahey	joi@ppoaweb.com	361
Tennis Pro	John H. Ingram III	johni@ppoaweb.com	817-579-9412

DEPARTMENT DIRECTORY

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Code Enforcement/ACC
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Back Gate
Security Office
Golf Pro Shop
Tennis Shoppe
19th Hole-2-Go
PAC
Marina

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Darren Clark can be found on the golf course (no, that guy is Darren Clarke—with an "e"), on the stage at the Granbury Opera House, or in his cubicle manipulating pixels into many of the Hyde Media Group's publications. Darren is a designer, photographer and occasional writer.

Eden met Granbury 36 years ago and is grateful to have moved here in 2000. She and husband "Hug" raise/raised their two natives here. Eden loves her semi-bohemian lifestyle of hanging out with artists, writers and photographers both young and not as young. Her passions include coffee dates, succulents and making new friends.



Eden Duncan Gilbreath



Karen Gomez

Karen picked up her first camera in 2011, then quickly discovered her love of both wildlife and aviation photography when she and her husband, Doug, moved to Pecan Plantation in 2016. Karen's photographs have been on the covers of Columns magazine, and the wildlife Christmas and note cards they design and produce are big sellers during the holidays.



ONTHE COVER



ON THE COVER

While it doesn't snow often in our area of the world, when it does it makes for some amazing photo opportunities. Special thanks to Karen Gomez for providing this shot of a chair in the falling snow.

Photo by Karen Gomez

COLUMNS MAGAZINE DEADLINES

If you have editorial or photography for Columns, please write to Columns@hcnews.com. The deadline for submissions is the first day of the month prior to publication date. EX: Jan. 1 for the February issue.

Advertising closes on the first of the month prior to publication date. Contact Brittany, Heidi, or Madison at 817-573-7066.

Want to Contribute to Your Neighborhood Magazine?

See something that makes you think "that ought to be in the magazine"? Send us ideas for stories or photos of friends, family, nature, wildlife, sports action, special moments, and you might see it in print!

A few tips: Photos should be high quality JPGs—at least 4x6 inches at 300 dpi. If you are sending them from a smart device, choose "Actual Size" or "Original Size" to send. Low resolution, out of focus, inappropriate or otherwise poor-quality photos, or those that have been heavily edited or filtered, will not be published.Contact us at columns@hcnews.com



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GENERAL MANAGER



As we begin the new year, it feels fitting to reflect on where PPOA has been and where we're headed. The Roman god Janus (which is where we get the name for "January") was often depicted as a man with two faces — one looking behind him, and one looking forward. Romans often put his image over doorways, on coins and in areas where people moved from one point to another. This ancient symbol was meant to be a constant reminder about the importance of reflection and anticipation. Janus served as a symbol of transition, guiding people as they closed one chapter and opened another.

With that in mind, I'd like to share some exciting updates for 2025:

In February and March, we will be holding an election which will shape the way the association is governed for years to come. Our bylaws require us to hold a Board of Directors election, but for the second year in a row, there were only three candidates who applied for the soon-to-bevacated director positions. The three who have applied are incumbents: Chris Fair, Ron Hammon and Pam Kuhlman, so I am pleased to welcome them back for another term. And since we won't have to elect directors, this annual election will only focus on bylaws and ballot measures.

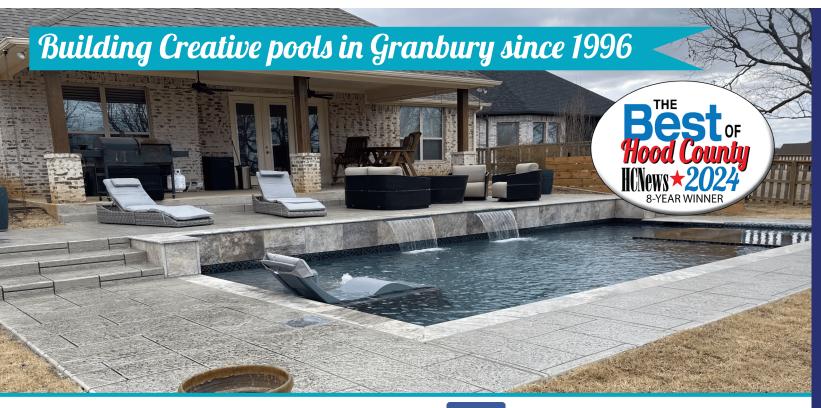
PPOA's bylaws serve as the foundation of how we operate as an association. In the coming weeks, we will be sharing

information on the items that will be on the ballot. The Board has been working all year to vet and approve bylaw changes proposed by members of the community. These changes and addendums will appear on the ballot. Your participation in the election process ensures that we continue to honor our traditions while embracing growth and improvement. It is up to you to decide the direction of the Association.

Much like Janus, we can draw strength from looking back at our previous successes... as well as the areas we fell short. It also allows us to focus on new goals and opportunities for the future, as 2025 promises to be a year of growth. Please remember, it is important ask questions, get facts and make informed decisions. Watch your email and make plans to attend our multiple town halls regarding the proposed ballot measures.

As we stand at this threshold, I invite you to reflect on how you can contribute to the future of Pecan. Whether through volunteering, participating in discussions, or simply casting your vote—your voice matters. Together, we can continue building a community that honors its past while looking boldly to the future.

Thank you for your continued dedication and involvement. Here's to the prosperous and harmonious year ahead!









LETTER FROM BOARD PRESIDENT ROBERT TABER

Fellow members,

The board and I hope all had a wonderful Merry Christmas and New Year's holidays.

Pecan Plantation has experienced growth over the past five years and this growth is increasing pressure on our facilities, budgets and plans. As we move toward the planned 4,500 homes, this is only going to get more complex, requiring continued, thoughtful stewardship of our resources.

Pending the annual audit, PPOÅ has entered the new fiscal year Nov. 1, 2024, on the best financial footing in years. This is a result of your BOD and management working jointly, with committee inputs to benefit PPOA. Some accomplishments in FY 2024:

- 1. New golf course irrigation system completed.
- 2. Marina slips repaired, painted, new roofs, dining facility upgraded, new fuel dispensers.
- 3. New roofs installed on all PPOA facilities.
- 4. Continued repair and repaving of Pecan's road system.
- 5. An engineering firm has been employed to address current and future drainage problems.
- 6. Installed a new floor in PAC.

The Long Range Planning Committee has identified several prospective projects to benefit PPOA. This is now in the planning process (including financial project costs) which will be completed by Jan. 30, 2025. Upon completion of this plan, we will carry out a member survey, in the May-June timeframe to allow members to voice their opinions and

BOARD PRESIDENT

provide input.

¹ Critical work by your BOD, management and the Bylaws Committee has been underway throughout FY 24 and will continue in FY 25 to review, simplify and update PPOA governing documents, much of which hasn't been addressed in several years, some in decades.

We are fast approaching the Membership Annual Meeting in early March. To ensure membership has the latest information and reasoning on items that will appear on the ballot, we are scheduling several events to provide members in-depth information to help them to make an informed decision that supports PPOA's best interests.

- 1. Four Town Hall meetings: two in January, two in February, to fully address each ballot item.
- 2. Informational E-blasts each week addressing a ballot item.
- 3. Director/GM briefings with each committee addressing the ballot items.

The lead time for this letter to be published in Columns did not allow event specifics to be included here. Further details and specifics that will be communicated to all in early January 2025.

It is a time of growth and adaptation here in Pecan. Be assured your board, management and member committees are committed to continued, thoughtful stewardship of our resources to address the challenges ahead.

We sincerely wish you, your family, and friends, a safe, healthy and prosperous 2025.



MGA	SCHEDULE	
MGA TOUR	NAMENTS AND EVENTS	2000
SAVE THE D	ATE!	
JANUA	ولا	
1/2	TEXAS SCRAMBLE - Y DRIVES EA. PSST	
1/11	4 MAN - COUNT - 2 - BB PSST	
1/16	FLORIDA SCRAMBLE PSST	
1/23	Y MAN SCRAMBLE COUNT 2 BB PSST	
1/30	LOW GROSS/LOW NET (PICK OWN PARTNER)	
FEBRU	HRY (
2/8	SCRAMBLE PSST	KI
2/13	Y MAN SHAMBLE COUNT 3 BB'S PSST	
2/20	PAR 3 - INDIVIDUAL (PICK OWN FOURSOME)	

Happy New Year 2025!!! Welcome back from your holiday travels and golf break! Hope everyone had a great visit with your families and made it back safe and sound.

2024 was a great year, but we're going to plan on making 2025 even better. Our new board members are getting settled in and looking forward to serving y'all this year.

Our new board members are Robert Forshee, president; Dale Hasting, vice president; Ron Thigpen, secretary; Alan Barron, treasurer; Jerry Hicks, tournament director; Bob Hughes, Adopt-a-Hole chair; Jimmy Lund-

"Proud Pecan resident since 1999!"

ford, handicap committee chair; Gary Lawler and Brian Moore, board members.

If you haven't been playing in our weekly tournaments, we hope this year you come out and join us. As always, be safe and see you on the course.

"Hit em straight!" Robert Forshee

MGA President

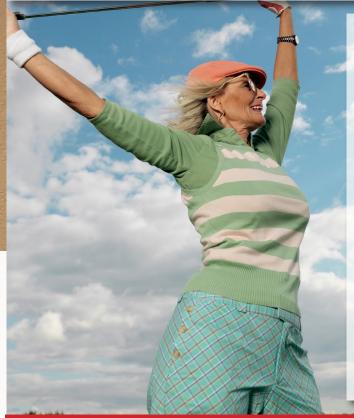
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State Farm



LADIES GOLF ASSOCIATION



Happy New Year!!! Now that the holidays are behind us, it's time to get back to golf.

As the new president of the Pecan Plantation Ladies Golf Association, I would like to thank the 2024 board and committee chairs for all their hard work in making the LGA's 50th anniversary year so special and successful.

Remember to get your dues paid (\$45) for 2025. It's never too late to join in the fun. We welcome everyone, regardless of your level of play. You can join the 18-hole group or the 9-hole group. Playdates start Tuesday, Jan. 7, 2025. Start time in January and February is 1 p.m., changing to 9 a.m. in March and 8:30 a.m. for the remainder of the year. We are working on some new and fun games for the play dates. We also have several tournaments throughout the year with dates and details coming out soon.

I am fairly new to Pecan and I have not met all of the LGA members, so if you see me on play days, please introduce yourself and I will do the same. I hope to get to know everyone better next year. See you on the course!!

Your new board is committed to starting the next 50 years of the PPLGA with lots of fun, friendship and good golf. Hope to see you all out there soon.

Tonya McLeod





Call or text Lana or Eric Robinson today to schedule your private showing or for a free market analysis of your property and to learn more about our client services. Pecan residents since 2006. We are quick to point out our wonderful amenities here and market Pecan as a lifestyle. We also list for less!

"We found ourselves needing to move, but wanted to stay in Pecan. Lana and Eric came highly recommended and our experience with them was as advertised. They helped us find a new home and sold our old home in two weeks. Their service was the best we have experienced in our 43 years of marriage having dealt with multiple realtors. Simply put, they are the best and their knowledge of Pecan real estate could not be any better."

~ Clayton and Sherry Holmes







LANA ROBINSON 254-495-1717

ERIC ROBINSON 512-461-3459





- Happy New Year! If you don't already play tennis, let this be the year — come join us at the Tennis Center for forehands-n-fun! Remember: "Let's hit forehand drives in 2025!" (Check with Shoppe for "Intro to tennis" groups).
- What a wonderful time! Thanks to all who attended the PPTA Snowball Express Holiday Party (and thanks to Don McDonald for the use of his hangar!). It was indeed a time of fun, fellowship and shared tennis stories (some even true!).
- Another big thank you goes to the Pecan Plantation Woman's Club for our beautiful Christmas decorations all over the tennis center during the holidays.



G'DAY, MATE!

IT IS TIME FOR OUR AUSTRALIAN OPEN TENNIS MIXER! FRIDAY JAN. 17 AT 5 P.M. (WEATHER PERMITTING).

- SOCIAL MIXED DOUBLES, FUN AND FELLOWSHIP
- FOOD COOKED ON THE BARBIE, SOME COLDIES, AND SOME FAIR DINKUM DOUBLES!
- SIGN UP FOR THIS FUN EVENT AT THE TENNIS SHOPPE. ALL TALL POPPIES WILL BE IN ATTENDANCE!



PECAN PLANTATION TENNIS ASSOCIATION



Volunteer appreciation luncheon

I hope everyone had a wonderful Holiday Season! Come out to tennis and burn off all those extra calories on the courts!

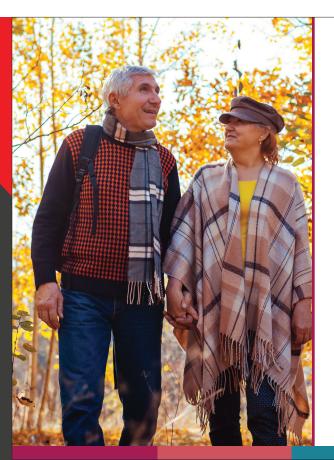
We honored our fantastic volunteers with an appreciation luncheon Nov. 12 in the Terrace Room at the Clubhouse. We have such awesome tennis members!

Our "Snowball Express" Holiday Party was festive and fun — many thanks to Don and Kim McDonald for the use of their hangar!

And, crikey, it's time again for our Australian Open Mixer at 5 p.m. Friday, Jan. 17 — weather permitting. Let's start the year off with some tennis and Aussie fun — come join us! Aussie, Aussie, Aussie!

Dee Wilcox, Madame President







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PECAN ACTIVITY CENTER JANUARY 2025

SPECIAL CLASSES AND EVENTS

Adult Guitar Lessons

Next 6 week session starts Jan. 2 Lessons every Thursday 5 p.m. - 6 p.m. Carolyn Troland will teach you how to play the guitar in six weeks without reading music! \$25 a lesson. Please bring a guitar with newer strings on it. Call 580-369-8485 for more information.

Beginner Line Dancing Lessons

Tuesdays from 2 p.m. - 3 p.m. Cost: \$10/class Instructor: Kim Wallin

Beginner Tap Lessons

Tuesdays from 3:30 p.m. - 4:30 p.m. Cost: \$10/class Instructor: Kim Wallin

Learn to Draw - The Basics (Ages 10+)

Sunday, Jan. 12, 1 p.m. - 4 p.m. Cost: \$50 - includes all supplies Instructor: Kathy Yoders If you can draw a circle you can learn to draw!

Dance Classes for Kids

Every Monday Mini Tots Ballet and Tap: (18 mo to 4) 3:30 p.m. - 4:15 p.m. Ballet/Tap/Jazz/Hip-Hop Combo: (ages 5+) 4:15 p.m.- 5 p.m. Cost: \$60/month Instructor: Dance Dreams Academy

Cornhole at the PAC

Every Monday in Gymnasium 5 p.m. - 6:30 p.m. For more info contact Glenn Faucett at 559-827-7777 or faucettglenn@gmail.com

Valentine Cookie Decorating Class

Saturday, Feb. 8 (2 p.m. - 4 p.m.) Cost: \$45 Instructor: Donna Swarb (11th Green Bakery) You will go home with 6 decorated cookies and skills to decorate more cookies in the future.

Red Cross Blood Drive - PAC Gym

Wednesday, Feb. 12 8 a.m. - 2 p.m. Visit RedCrossBlood.org and enter Pecanplantation to make an appointment.

EXERCISE CLASSES

Yoga with DeDe

Mon, Tues, Thurs, & Fri (9 a.m. - 10 a.m.) Cost: \$10/class or \$35/month (4 classes) or \$65/month (8 classes) or \$95/month unlimited classes Certified Instructor: DeDe Lamont

Chair Yoga with DeDe

Monday, Tuesday, & Thursday (10:15 a.m. - 11:15 a.m.) Cost: \$10/class or \$35/month (4 classes) or \$65/month (8 classes) Certified Instructor: DeDe Lamont

Pilates

Mon, Tues, Thurs, & Fri (8 a.m. - 8:45 a.m.) Cost: \$3/class Instructor: Shawn Farris *Please bring your own mat*

Low Impact Aerobics

Mon, Tues, Weds, Thurs, & Fri (8 a.m. - 9 a.m.) Saturday (9 a.m. - 10 a.m.) Cost: \$3/class Bring hand weights & a mat if possible

Line Dancing - Free

Fridays (10:30 a.m. - noon) Intermediate dancers meeting for practice, exercise, fun. No Instruction.

PICKLEBALL

Indoor Pickleball Schedule Open play Weekdays (9:30 a.m. - 12:30 p.m.) Open play Wednesday (9:30 a.m. - 11:30 a.m.) Jan 2. to Jan. 13 (9:30 a.m. - 11:30 a.m.)

Family Friendly Open Play Tues & Fri Evenings (6 p.m. - 7:45 p.m.) Sundays (12 p.m. - 2 p.m.)

Ladies Only Open Play - Tuesdays (1 p.m. - 3 p.m.) No Play Jan. 2 to Jan. 13

Indoor Beginner Clinic -Thursday Jan. 16 (11:30 a.m. to 12:30 p.m.) or Friday Jan. 17 (6 p.m. to 7:30 p.m.) (Limit 8 people, sign up at PAC)

Three outdoor courts are available with a reservation from 7 a.m. - 10 p.m. through PPOA app or website.

SAVE THE DATE

March 11: April 19: Petting Zoo (10 a.m. to noon) Easter Egg Hunt (10 a.m.) The Sports & Recreation Committee will meet Jan. 7 at 1 p.m. at the PAC.

817-573-7952, pac@ppoaweb.com Monday to Saturday 8 a.m. to 8 p.m. Sunday noon to 6 p.m. Wednesdays 8 a.m. to 12 p.m.

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TIPS TO STAY THE COURSE WITH A NEW DIET

The dawn of a new year marks a great time to turn over a new leaf. Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023. In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months. As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

DO NOT EAT TOO CLOSE TO BEDTIME

A 2014 study published in the Journal of Human Nutrition and Dietetics found that eating more of a day's total energy intake in the evening is associated with a higher risk of being overweight or obese. The researchers behind the study concluded that eating more of the day's energy intake at midday can lower the risk of being overweight or obese. Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinnertime.

TREAT YOURSELF, BUT ONLY PERIODICALLY

It's unreasonable and potentially counterproductive to completely avoid foods seen as treats. Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings of misery will prove harder to commit to than one that allows for the occasional indulgence. Moderation is the name of the game, and that should be a rule of thumb for both healthy foods and indulgences. Don't make indulgences part of your daily routine, even if you eat them in moderation. Rather, save treats for special occasions, and even then only eat them in moderation.

CONSIDER EATING LESS, BUT MORE FREQUENTLY

Data is conflicting in regard to eating smaller but more frequent meals. A 2015 study published in the Journal of the Academy of Nutrition and Dietetics found that individuals who had six or more eating occasions in 24 hours had a lower mean body mass index than people who had four or fewer eating occasions in 24 hours. The researchers behind the study concluded that eating a larger number of small meals throughout the day may be associated with improved diet quality and lower BMI. This approach is commonly referred to as "grazing," and some research has indicated it has no metabolic advantage over other approaches to eating. So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when switching to a new diet. If hunger is no longer posing a threat that can derail your diet, then this approach might increase the chances you stay committed to eating right.

Millions of people will begin January on a quest to eat healthier in the year ahead. Some simple strategies can help them stay the course as they adjust to a new diet.



AROUND THE STATION Brook Hammond, Firefighter

Pecan Plantation VFD/EMS

Happy New Year from your first responder team and welcome to the first edition of "Around the Station." This new column will combine news from your volunteer fire department and emergency medical services teams. Since the two teams work together to provide for your safety and both are operated by the same organization, it's appropriate to address you as one team. A recent social media post mentioned us as "the gem of Pecan Plantation" and we had to blush. We agree. We're here for you.

In the coming months, we'll cover topics such as training, recruiting, growth, logistics and everyday tasks that we perform for you. Those tasks differ between the medical and fire sides but ensure that your responders are prepared to be there when you call. Another difference between the teams is staffing. While the EMS side of the house is staffed by paid personnel, the VFD is staffed by volunteers.

Speaking of volunteering, have you ever thought about serving your community with us? Not all VFD activities pit hoses against burning objects. We spend a lot of

our time with more common tasks ranging from helping residents with smoke detectors to keeping your station running smoothly by performing maintenance on the trucks and equipment, building upkeep and yard care. We promise there's a place for you.

Also available is the opportunity to serve your community as a firefighter. The Hood County fire departments host a 10-week training program twice a year known as "Rookie School." The next Rookie School will start Spring 2025 and is challenging and very rewarding. In November 2024, we had three new firefighters complete Rookie School and have several ready to start the Spring program.

On a personal note, I am a longtime Pecan resident who thought the fire department was only for those who dreamed of being a fireman as a kid. A few months ago, I discovered that the community needed volunteer firefighters so I checked it out. What I discovered has been fascinating and fulfilling and a lot of fun. If you have ever wondered what it would be like, swing by your station on a Tuesday night to watch our VFD training, to ask questions or just say "hi." We'll see you next month right here "Around the Station."

This month's first responder profile is a two-fer. Brock Lewis is both an EMS EMT and a volunteer firefighter who was one of our recent Rookie School graduates. Now serving as the station chaplain, Brock has been a valued member of the station since 2022. When he's not serving you as a first responder, he's working on his house, lifting weights and working on his Karate (he holds a black belt).



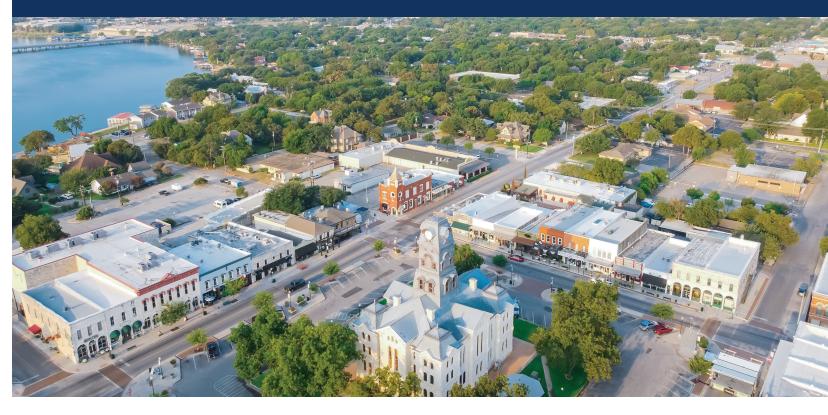
By the numbers for November 2024 EMS calls:.....95 EMS transfers:.....25 Fire calls:14



Firefigher/EMT Brock Lewis



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BRAZOS RIVER SPORTSMAN'S CLUB

By Cecil Caldwell

I hope everyone had a Merry Christmas, Happy New Year and maybe did not eat too much. Grateful we survived another election cycle.

Fall hunting season is wrapping up and winter fishing is continuing. There are trout being stocked for cold weather fishing both here in Pecan and at the town lake in Glen Rose, so take advantage of the opportunity that will only last as long as the weather remains cold. Club members Bob Price, Jerry Sprayberry, David Kroon and former member and longtime Pecan resident Bob Ziemski recently made a trip to Lake Whitney to chase some striped bass with a guide. They reported fishing to be very difficult but managed to catch a few. Pictures are of David Kroon and Bob Ziemski with the large fish of the day.

Our last meeting was at the archery/air gun range where we enjoyed some pulled pork and had a friendly air gun competition. Pictured is Joe Fritz taking his turn. Also, thanks to Joe for bringing the pulled pork.

As of this writing we will have had our annual joint Christmas party with the Pecan RV Club. I will try to have some pictures next month.

If you have an interest in the club, or any questions, you can contact me at ccald67@gmail. com. We generally meet once a month on the second Thursday of the month.









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EQUESTRIAN UPDATE By Tammy Dressman





Horses serve different purposes in the lives of the boarders at the Pecan Plantation Stable, but common to all is a love for horses. Tina Haywood has been a boarder for 14 years. She enjoys trail riding and fellowshipping with other horse enthusiasts; however, her horses play a unique role in both her personal and professional life.

Tina's relationship with horses began at a young age as for most of her childhood she lived on a working cattle ranch in Godley.

Her father, an aeronautical engineer internationally, was often away from home so Tina, her mother and three sisters were responsible for the duties required on a ranch: building and repairing, stacking hay and working cattle. Tina recalls that her saddle was too heavy for her to place on her horse's back so she often rode bareback.

Her adult years were busy and "bumpy." In 2007 she moved to Pecan Plantation as a single mom with three children and working as a schoolteacher. Tina currently teaches science for Special Education students at Granbury High School. Her classroom showcases her love for animals with a tank of fish, two parakeets and a hamster named Biscuit. Tina also uses horses as an important part of her curriculum.

She has observed that they are "great companions for my students as they listen, they do not judge or discriminate."

The stable amenity has provided Tina an opportunity to share a 'barn' experience with her children, grandchildren and her students. "The barn has been a special place, a refuge for me and my family. I look forward to many more hours with my 'Barn Buddies' in the future."













We continue to remain at full capacity at the stables. If you're interested in getting on the waitlist, call the PPOA business office at 817-573-2641, ext. 337. For all other stable-related questions, call Tammy Dressman at 817-614-9744. Be sure to check out our Pecan Plantation Stables Facebook page – just click on the included QR code for quick access.

Columns

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ENTERTAINMENT COMMITTEE

JAN. 16

The entertainment committee hopes you had a wonderful holiday enjoying great times with family and friends. Welcome 2025 and we bless all of you with health and happiness for the upcoming year. We are continuing with our monthly bingo night and we now have live prizes. When you win, you can choose the prize you want. Typically, Bingo is the second Thursday of each month, starting at 5:30 p.m. with a buffet and bingo starting at 6:30. However, due to a scheduling conflict, January's bingo will take place Jan. 16. All the information will be in your weekly e-blast and the Columns. Valentine's Day, Friday, Feb. 14, you will be able to treat your sweetheart to a lovely dinner. More information to come.

Happy New Year, Vicki Winder and Cherry Redwine



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WIDOWS AND WIDOWERS CLUB By Caryl Mahaffey

Happy New Year, everyone. We are getting the year off right with our first meeting Jan. 2, 2025. I hope all of you had a wonderful holiday. Now we begin a new year and a clean slate of great things to happen in 2025. Our December meeting was a big success with Monty Lewis and Anna Langley entertaining us. Each member received a cardinal ornament in loving memory of their departed spouse.

We have a very informative program scheduled to begin our

new year. Are you concerned about the common scams that target us as seniors? We will learn from a professional, Thomas Mead, owner of Pecan Financial Services located right here in Pecan, how to recognize these scams. He will give us tips on ways to avoid falling victim to scammers. Worried about your finances and



Thomas Mead

their being safe from financial abuse? Before the evening is over, you will be provided with resources for reporting fraud. Write your questions down in advance of the meeting and get answers to those questions before the evening is over.

The chef is planning a special menu for our January meeting. The menu has not been finalized as of press time. Menu choices will be sent to each member closer to the meeting date.

The RSVP for the January meeting will be due seven days before our Jan. 2 event. The RSVP will be due to Caryl Mahaffey by e-mail to: caryl.mahaffey@charter.net (preferred) or by calling 817-964-5915.

Attendance is open to any widow or widower who lives in Pecan. A RSVP is necessary to attend the meeting.

JANUARY MEETING **THURSDAY, JAN. 2** 5:30 P.M. AT THE CLUB BALLROOM



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WILDLIFE COMMITTEE REPORT Intruder in the house

By Bob Lusk

The November wildlife committee meeting started with a jaw-dropping story. Pat and Carol Smith, who reside on Nutcracker, had an intruder Oct. 19, the day of the garage sale.

As Pat described it, "We went to the back of the house to take a late afternoon nap. The TV was on for a little noise, and we'd left the dishwasher running. When we woke up and headed to the front of the house, we found a crime scene. There was blood on the floor, one of our windows was shattered, and there was damage in that part of the house."

They called Pecan security, who responded immediately. After a quick look through the house, they determined the intruder was gone. Looking further, there was a gouge in a wall corner, and some hair scraped off. Blood was on the carpet, and on their favorite couch. They found more hair.

The mystery was still lending clues. Broken glass from the window was both inside and outside the house. The intruder came in through the window, then left the same way.

It was a deer.

Security recommended the Smiths call the sheriff's office to file a report, which they did. Hood County sent a deputy, who filed a report. Then, the fun started. Ever filed a claim for deer damage? The claims agent was very helpful, as was the sheriff's report, and the Smiths were dumbfounded by the dollar amount of the damage. Pat Smith said, "Let's just say it was significant."

They couldn't simply clean the carpet and the couch. Seems the insurance companies have policies about blood ... even deer blood.

Pat said, "We can't believe we slept through that commotion, but we did."

They are still working with the insurance company to get their home back in order.

The River Ecology Program is going strong. There have been three sets of water quality data collected and submitted to the Texas Stream Team.

Want to participate in the Pecan River Ecology Project Team efforts? Attend the organizational meeting Jan. 18, 2025, 10 a.m. to noon in the Ball Room at the club. Team leader Bob Lusk (me), will head up the meeting and will confirm sampling dates and protocol. This ecology program will be significant on many levels. The three parts, water quality, fisheries evaluation, and riparian plant cataloging will lend some science strong enough for presentations to professional organizations, to teach young people and the community about the river. Send an email to boblusk@outlook.com for more details. The riparian plant part of the project is easy to do, with lots of groundwork put together by Master Naturalist Tim Eschbach and his team of other naturalists. Our group of 30 volunteers will expand, and we'd love for you to be part of the team.

Ever goose a goose? Don't. Egyptian geese numbers have expanded in Pecan Plantation. As pretty as they are, the little darlings aren't quite what most people think. They are invasive bullies of nature native to Africa, not Texas. They've been popular as an ornamental bird, thus their stocking in nonnative areas such as Pecan Plantation. While we may think they are pleasing to the eye, they are aggressive, often engaging in fights to protect what they deem as their territory, warding off other more beneficial species, like native songbirds. Some are so aggressive as to kill each other's offspring.

Since they don't have any natural predators here, they have reproduced at will, enough they need to be managed. Here's



Photos by Karen Gomez

how to help. If you find a nest of Egyptian geese nearby, let security know. Better yet, send an email to Daniel Van Patten at hogs@ppoaweb.com. The mission is to squirt the eggs with vegetable oil to prevent them from hatching.

Pecan board member Mark Massey reported to the committee finding piles of corn and Halloween candy around one of the parks near his home on Ravenswood, by the river. Baiting deer is a common practice on hunting ranches, but feeding deer in Pecan Plantation is not allowed. Hunting in any Texas river bed was restricted by the Texas Legislature a year ago.

Halloween candy? Okay, all you tricky little overgrown trick or treaters, no candy along the river.

But you already knew that. Now you've been duly warned, right here, in Columns magazine.

Happy New Year from your wildlife committee!

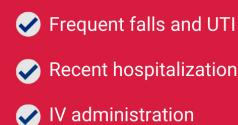




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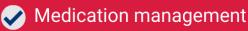
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PPVFD/EMS AUXILIARY NEWS By Erin Mayeaux

Happy New Year, Pecan members and residents!

With the new year beginning and so many new faces moving into Pecan, the auxiliary thought it would be a good time to share some pertinent information about our organization. The mission of the auxiliary is to support the Pecan Plantation Volunteer Fire Department and Emergency Medical Services with any needs above and beyond their annual budget. Pecan is blessed to have experienced, qualified first responders that foster the betterment of our community.

The auxiliary has provided much needed funding to the PPVFD/EMS for equipment and materials not provided by Hood County funds or through member assessments. Some of the annual fundraisers the auxiliary hosts are Boot Drives, Gold and Silver Fundraisers, Annual Golf Tournament, Pancake Breakfast and Pecan Arts and Craft Fair. We are composed of members with varied backgrounds, and we welcome anyone willing to serve. Our auxiliary has both men and women helping with our mission. Our volunteers have dedicated years of fundraising efforts to support the work of our Pecan first responders.

The auxiliary is currently seeking volunteers to serve for the upcoming year. Some of the volunteer opportunities consist of becoming part of our leadership team, making meals for VFD/EMS training events, planning/organizing fundraising events, and volunteering at our various events. Our volunteers don't have to commit to a certain number of events; we welcome any amount of service you can lend throughout the year. We would love to see all of you at our next monthly meeting Monday, Jan. 6, 2025, at 7 p.m. in the EMS building. We welcome your children at our meetings and will have childcare available. For questions or more information, contact Donna Bullis at 817-454-0422. Please join our Pecan Plantation VFD/EMS Auxiliary Facebook Page to stay current on all our events and activities.

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MARINA HAPPENINGS

Happy New Year from the Marina Committee and all the staff of the marina and the Pecan Pit .

SO MUCH TO ENJOY

- New menu items at The Pecan Pit Bar and Grill.
- Great views of the lake with indoor and outdoor seating. Serving lunch and dinner seven days a week and breakfast on weekends. Daily specials such as Taco Tuesday, Wrap Wednesday and Friday Fish Fry.
- Enjoy live music on select weekends
- Boat launch
- Fishing pier
- Bait and other fishing and boating needs

IMPROVEMENTS CONTINUE

- The Marina is really turning into a great place to hang out and take family and friends. If you haven't been down to the Marina and the Pecan Pit in a while, now is the time to come check out all the improvements.
- Follow the Marina on Facebook for the latest lake, fishing and boating information.
- Find us on Facebook: Pecan Plantation Marina on Lake Granbury

FUEL PUMPS AT THE PIT AND ON THE PIER

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Lake Granbury Fishing

- January and February tend not to be the best fishing months, but you might be successful with some blue cats.
- Good luck out there and be sure and share your success on Facebook: Pecan Plantation Marina on Lake Granbury

Lake Granbury 'Did You Know?'

- Is part of the Prairies & Lakes Region as identified by Texas Park and Wildlife
- Knowing your Algae
- Blue-Green Algae
- Foul-tasting drinking water can be attributed to bluegreen algae, sometimes called "pond scum," a type of bacteria officially called cyanobacteria. When blue-green algae end their lifecycle, they emit an oily substance called geosmin, which has a distinctive earthy taste and smell that humans can detect even in small concentrations.
- The unpleasant taste that shows up from time to time in our drinking water is normally due to the die-off of a portion of a waterbody's population of algae. While this added flavor in drinking water can be annoying, it poses no health hazard.
- Golden Algae
- Mostly occurring in cooler months. Golden algae is the only species of algae in the Brazos River basin to have caused documented toxic events. Those past catastrophic golden algae blooms with fish kills were at Possum Kingdom Lake, Lake Granbury and Lake Whitney in 2003 and 2005. Localized blooms causing smaller, isolated fish kills have happened as recently as February and March of 2023 taking place at Lake Granbury. Small threadfin shad are often the first fish affected by a golden algae bloom. Golden algae only impacts gill breathers and is not toxic to humans or pets.

COMMUNITY GARDENS

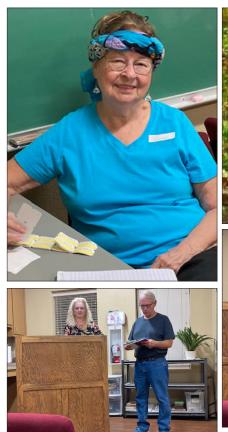
By Steph Phalen

We have great plans in store for 2025. And we are off to a running start with our board members.

Leading our community gardens will be the strong leadership of the past year: President Susan Harris; VP Vance Nappier; Treasurer Mike Cross; Secretary Sarah Naper.

Is 2025 the year YOU join the Community Gardens Club? We are all about growing vegetables and herbs in a deer-proof setting using organic principles. Members are Pecan residents who meet monthly for workdays involving planting, tending and harvesting. All members have input on what is grown each year. Crops have included onions, garlic, Swiss chard, carrots, radishes, potatoes, cucumbers, okra, beets, kale, beans, zucchini, squash, tomatoes, peppers, herbs, greens, eggplant, lettuce, arugula and cantaloupe. We also meet regularly for social events. The shared gardens are located on Plantation Drive next to the cottages. Membership is \$25 per year per family and we welcome all levels of gardening experience. Pick up an application at the PAC.

Next workday: Jan. 11. Help our gardens grow stronger in 2025.











CREAMY BLACK-EYED PEA GOOD LUCK SOUP

Olive oil

1 teaspoon whole cumin Red pepper flakes (optional) 4 cloves garlic, minced or mashed 1 tablespoon tomato paste 1 tablespoon chopped fresh thyme 1 can black-eyed peas, rinsed and drained 1 cup water 1/4 cup sour cream Salt and pepper, to taste

Prepare all the ingredients and have them ready by the stove; this soup comes together fast. Coat the bottom of a small saucepan with olive oil and heat over medium heat until it is quite hot. Add the cumin and the red pepper, if using, and stir for about 30 seconds or until the cumin smells fragrant. Add the garlic and cook until golden, turning down the heat if it begins to brown. Add the tomato paste and fry everything together until well-mixed. Add the thyme and cook just until wilted, then add the black-eyed peas and fry all together for about 2 minutes.

Add the water, bring to a boil, then reduce to a simmer. Simmer for about 5 minutes. Stir in the sour cream and let it warm over low heat. Don't let the soup boil again. Taste and season with salt and pepper, then serve immediately.

JANUARY GARDEN TIP

Here are some things you'll need to do to prepare for the garden season.

- Design your garden
- Decide what to plant and how much
- Purchase seeds and supplies
- Determine when to start seeds and plant seedlings



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Membership in the Pecan Plantation Art Guild is open to all Pecan Plantation residents who are interested in art. Our meetings are on the second Tuesday of each month at 10:30 a.m. at the EMS Meeting Room. Dues are \$35 per calendar year. For more information, visit our website at pecanplantationartguild.com



HAPPY NEW YEAR!

Our meeting location has changed! We are back to our original 10:30 a.m. second Tuesday, but we will gather in the meeting room at the EMS building. We are very grateful EMS is willing to share this venue with us. We had been meeting for a decade at The Pecan Activity Center meeting room at the same time and date, but they decided to replace us with a chair yoga class. Many thanks to EMS for keeping us from being "homeless." We are proud to contribute a percentage of the commissions we receive from art displayed and sold in Pecan Plantation to our deserving EMS.

Our program for Tuesday, Jan. 14: To quote PattI Digh, "Creative is a Verb." Her book and other references, including our many members, are the inspiration for our program in January. "Preaching to the choir," you might say? Absolutely! You'll find out a lot about your own creativity and how to expand it not only into your art but your life in general. This is a great way to start the year of artistic endeavors. You won't want to miss this meeting! Stay tuned for more information in E-blasts.

Look for the beautiful works of Jonne Hough on the wall leading to the ballroom all month. Various PPAG artists' works are displayed in the ballroom, Terrace Room, Brazos Room and card rooms. Purchases are welcome by contacting the artists directly. A portion of the sales of these works is donated to our Pecan EMS.

HURP-ORTHING TO HURP a Frederica (ASHA) A AN ACHINA 101

CHIS B

) / Last (but definitely not least)

in our profiles of board members in 2024 is KayCee Shane, retiring after serving many years as PPAG treasurer, KayCee became an artist in a unique way. She explains: "My working career began as an elementary school teacher and then a principal. The most art I had ever done was my bulletin boards for my classroom. After I changed careers and became a lawyer, I owned a title company. One day as a treat for my office staff I took all my ladies to a wine and paint party, where I painted a beautiful daisy. When I brought it home, my husband loved it and had it



KayCee Shane

framed! Thus began my new efforts as an artist. When I retired, I found my niche as an abstract artist. I was honored to win a prize for my painting at our Spring Show. I have done commission pieces, the biggest one was 6-feet x 7-feet and it hangs in a friend's house. I enjoy arts and crafts as well." KayCee continues to contribute greatly in organizing shows for us

ING AH

SILENT AUCTION FEB. 11. Start cleaning out and renewing your art supplies to get ready for a banner year of creativity and productivity. At our Feb. 11 meeting we will have our highly anticipated silent auction where wonderful bargains may be found on exciting items of special interest to artists. The sales of your donations go to our treasury. You'll find a link to a silent auction form in our E-blast. Bring your treasures to the meeting, and we'll set up then.

PICKLEBALL NEWS By Jana Reeves

Pecan Plantation Pickleball Association would like to wish all its members a very Happy New Year. We are excited for the future of our organization as we continue to grow and share our enthusiasm of pickleball. It is never too early to consider volunteering to lead the association. We will hold our annual meeting in February and several new board members will be elected. If you are interested in joining the board, please talk with any current board member.

In January, the association will offer two different pickleball clinics. The first beginner's clinic will be Thursday Jan. 16 from 11:30 a.m.-12:30 p.m. indoors at the PAC. Limit eight and preregistration is required. Our second clinic will be Friday Jan. 17 from 6-7:30 p.m. indoors at the PAC. Limit eight and preregistration is required. Call or stop by the PAC to signup for either clinic. We have a waitlist so, if you've signed up but are unable to make it, please call the PAC as soon as possible so we can offer the spot to another resident.

Regular adult open play hours indoors at the PAC will resume Tuesday, Jan. 14. The gym is available every weekday morning from 9:30 a.m.-12:30 p.m. except Wednesdays when play concludes at 11:30 a.m. Family friendly hours are Sunday from noon to 2 p.m. and Tuesday and Friday evenings from 6-7:30 p.m.

With students returning to school, the ladies-only play will also start again Jan. 14. The ladies meet every Tuesday and Thursday from 1-3 p.m. All levels of play are welcome.

Outdoor courts are available from 7 a.m.-10 p.m. Reservations are required. Visit the PPOA website to select a time.

Thank you to all the members that joined in the fun during our Fall Social. A group of more than 60 pickleball players gathered for food, fellowship and pickleball games.











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RV CLUB NEWS By Glenna Haskell, VP

I hope everyone had a great Thanksgiving and a very Merry Christmas. I cannot believe 2025 is already here.

We wish to thank Don and Kim McDonald for hosting our November meeting. They were very gracious hosts. The meeting was catered with some members bringing deserts and side dishes. During the meeting, the nominating committee, led by Keith Brown presented the 2025 slate of officers and the following were elected: Glenna Haskell, president; Debbie Nail, vice president; Barb Wilson, treasurer; and Judy Henson, secretary. We wish to thank the new officers for their commitment to the RV Club. The nominating committee passed out ballots for the 2025 incoming committee and the following were elected: Tom Schmersahl, chairman; Keith Brown and Bill Winkler, members; and Bill Green, alternate. The club would like to thank the outgoing committee for its hard work obtaining candidates for these positions. We would also like to thank our outgoing Rally Masters for the past three years, Jay and Angie Brown. This is probably one of the hardest jobs and they did an amazing job selecting wonderful places for us to hold our rallies. The new members will be Tom Schmersahl, Steve Boggs and Ron Nail. A big thank you goes out to the outgoing board members: Gene Chiappe, president; Glenna Haskell, VP; Judy Winkler, treasurer; and Judy Henson, secretary.

I failed to get any useful pictures from the November meeting so I have included some of our holiday photos, including Santa riding down the street in Grapevine, our younger son John, wife Becky, and grandson Dylan.

Remember, send me any and all pictures with a brief description of where you went and what you did for Columns. You may find more information about our club on our website at PPOARV.ORG. If you haven't visited the website, it is a great place to get information about all our upcoming events.

Glenna Haskell, VP

UPCOMING EVENT: January meeting – Jan. 1, 2025 To be held at the clubhouse







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5 NEW YEAR'S RESOLUTIONS TO BENEFIT THE BRAIN

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

GET MOVING

Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

START A NEW HOBBY

When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

MAKE MORE TIME FOR FUN

Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

PRACTICE MINDFULNESS MORE OFTEN

Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

EAT A BETTER DIET

The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.



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PECAN PLANTATION WOMAN'S CLUB By Gerta Howell, president

As we begin 2025, Pecan Plantation Woman's Club would like to thank all those who supported our wonderful Christmas Tour of Homes and Santa's Workshop. All the monies raised go to fund the beautiful Christmas decorations and lights throughout our Pecan Plantation community. Under the leadership of Allison Gilmore and the décor committee, and with the help of Daniel Van Patten and his crew, they transformed Pecan into a Christmas wonderland. The Toys-for-Tots Christmas Parade was a big hit and sure to be an annual tradition.

The first event of the new year is the Evening Social Jan. 14 at 6 p.m. at the Clubhouse. The program will be a Hat Bar featuring our very talented member, Barb Briscoe, demonstrating how to decorate hats. You will be able to purchase and decorate a narrow or a wide-brimmed hat. This is the perfect time to prepare for our major fundraising event in March - Boot Scootin.' Watch for more information on the Pecan Plantation Woman's Club Facebook page, our website myppwc.com, or eBlasts.

On Jan. 16, our meeting and luncheon will begin at 10 a.m. at the Clubhouse. Presenting the program is Granbury's own

Dr. Scott Myers, who has been involved with art and animals since his early childhood. In 1984, Myers graduated with a doctorate from Texas A&M University College of Veterinary Medicine. A veterinarian for 40 years, Myers is a former partner of The Pet Hospital of Granbury, which is now part of Encore Vet Group where he still practices full time. In 1994, Myers became an elected member of the National Sculpture Society based in New York City. Studying sculpture throughout Italy, focusing on Tuscany, Scott sculpted and cast bronze at the prestigious Fonderia d'Arte Massimo Del Chiaro in Pietrasanta. Myers is best known for sculpting 27 portrait busts for the Pro Football Hall of Fame in Canton, Ohio. Myers is also a well-known artist. Many of his western paintings depict horses in panoramic landscapes and several larger-than-life sculptures capture scenes in nature. Don't miss this program!

For those of you who are new to Pecan, Pecan Plantation Woman's Club (PPWC) is both a social and philanthropic organization of creative, dynamic and interesting Pecan Plantation Women. It is amazing how many of the ladies connect with prior acquaintances and friends. Many of us are from somewhere other than Granbury, which makes for interesting

stories. We would love to have you join us.

As for our philanthropic endeavors, most months at our meeting and luncheon, we have what we call Tabletop Charities. We

collect both needed items and monetary donations for local organizations, schools and nursing homes in Hood County. We also give scholarships to deserving young women in Hood County who plan to attend a trade school or pursue an associate degree program and we donate monies to at least five different Hood County charities.

The ladies on the board of PPWC have planned other fun events such as shopping trips to Granbury, Glen Rose and a possible trip to the Fort Worth Stockyards in May.

If you have any questions or want to get information about joining PPWC, please contact me via email at gertabear@ gmail.com or by phone or text at 210-379-3053.

Pecan Plantation Woman's Club Luncheon, Meeting & Program Thursday, January 16, 2025 **Clubhouse Ballroom** Gathering 9:30am ~ Meeting 10:00am Gerta Howell, President ~ 210-379-3053 _oMenu Braised short rib soup with rolls **Dessert:** Bread Pudding with Burbon Sauce Luncheon: \$22.00 ~ Reservations ~ Email: ppwcres@gmail.com

or call Susan Martin 361-215-4599

PECAN PLANTATION WOMAN'S CLUB continued

Dr. Scott Meyers



Local Veterinarian, Scott Meyers, has honed his skills as a sculptor and been commissioned by the Football Hall of Fame for 26 portrait busts including former Cowboy, Drew Pearson, pictured above. In addition to sculpting, Dr. Meyers is also a gifted artist painting western scenes and drawing inspiration from his pets and 4-legged patients.

January 16, 2025



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SHORT-TERM FITNESS GOALS THAT CAN LEAD TO LONG-TERM SUCCESS

As New Year's Day 2025 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-sizefits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1. ASPIRE FOR INCREMENTAL WEIGHT LOSS.

Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, longterm goal.

2. EXERCISE FOR A PREDETERMINED NUMBER OF DAYS EACH WEEK.

Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. RESOLVE TO WALK A MILE PER DAY.

Walking is an accessible cardiovascular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.

Pecan Plantation Owners Association Pecan Plantation Country Club For the Twelve Months Ending October 2024 (PRELIMINARY)

CONSOLIDATED OPERATING STATEMENT

	Α	ctual YTD	Budget	۷	ariance
Operating Revenues	\$	11,287,808	\$ 10,970,664	\$	317,144
Cost of Goods Sold	\$	(1,734,683)	\$ (1,553,678)	\$	(181,005)
Gross Operating Profit	\$	9,553,125	\$ 9,416,986	\$	136,139
Labor, Taxes & Benefits	\$	(5,843,189)	\$ (6,069,627)	\$	226,438
Other Operating Expenses	\$	(3,459,650)	\$ (3,293,685)	\$	(165,965)
Net Operating Income/(Loss) Before Depreciation	\$	250,286	\$ 53,674	\$	196,612

RESERVE & REPLACEMENT FUND

	Actual YTD		
Beginning Balance	\$ 3,431,261		
Fund Deposits	\$ 1,131,210		
Fund Expenditures	\$ (2,592,519)		
Ending Balance	\$ 1,969,952		
Ending Balance	\$ 1,96		

	NEW CAP	CAPITAL FUND		
		Actual YTD		
Beginning Balance	\$	1,050,920		
Fund Deposits	\$	647,048		
Fund Expenditures	\$	(78,253)		
Ending Balance	\$	1,619,715		

ROAD & DRAINAGE FUND

	Actual YTD	
Beginning Balance	\$	1,364,734
Fund Deposits	\$	1,881,891
Fund Expenditures	\$	(603,980)
Ending Balance	\$	2,642,645

46 | January 2025

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RECYCLIN

Residents of Pecan Plantation have three collection points for recycling.

Visit the Collection station at 6907 Cottage Court, off Ravenswood near the Stables.

- LAST SATURDAY of each month from 8 a.m. to noon. Bring recyclable items, branches and bulk trash.
- WEDNESDAYS from 4 to 6 p.m. Only branches and recyclables are accepted.
- Never accepted at this location: refrigerators, TVs, tires, paints or other hazardous materials. Call the Operations office 817-408-3511 for more info.

Pecan Plantation's Tennis Shoppe recycles aluminum cans, with proceeds benefiting Pecan tennis. All cans should be rinsed and free from residue.

The Hood County Citizens Collection Station is located at 244 Bray St. Call 817-579-3288 for hours and information. This location does accept glass, aluminum and metal cans, cardboard, paper and most plastics. Follow the QR code for a detailed list and instructions on what and how to recycle.



Acceptable Recycling Items				
ITEMS TO BE RECYCLED	YES	NO	HOW	
METAL	Aluminum, tin food & beverage cans, up to 1 gallon in size; 3 gallon #10 cans such as coffee containers	Any other metal containers including aerosol cans containing hazardous chemicals, paints, cleaning fluids, poisons, no scrap metal	Rinse empty container & place in cart; can lic ok, in can labels ok.	
Newspaper, catalogs, maga- zine, junk mail, shredded paper	Clean, dry newspaper & inserts, magazines & catalogs, junk mail, computer paper, stationary, bills, shredded paper, envelopes with windows, NOTE: must be less than 2 months old or goes in the trash	All other paper including soiled paper, telephone books, non-paper bags such as plastic or Tyvek, overnight delivery envelopes, bubble wrap, books of any kind, greeting cards, gift wrap & product samples.	Place in brown paper grocery bags or cardboard & place on top of other materials. NO PLASTIC BAGS.	
Plastic	Small & wide mouth containers up to 1 gallon marked on the bottom with a "1" or "2".	Containers with other numbers or no numbers; containers larger than three gallon; plastic bags, motor oil & anti-freeze containerseven if marked with a "1" or "2".	Make sure containers have a "1" or "2" on the bottom; remove cap or lid; labels okay rinse & place in cart.	
Boxboard	Cereal, cracker, shoe boxes, shirt boxes, beverage cartons & six-pack cartons	Boxboard containing wax, plastic or foil; or contaminated with food	Remove plastic cereal bag, flatten boxes, place in polly cart	
Corrugated Cardboard	Clean cardboard with wavy middle layer of brown paper	Pizza boxes, wax-coated ardboard	Remove packing materials, flatten boxe	

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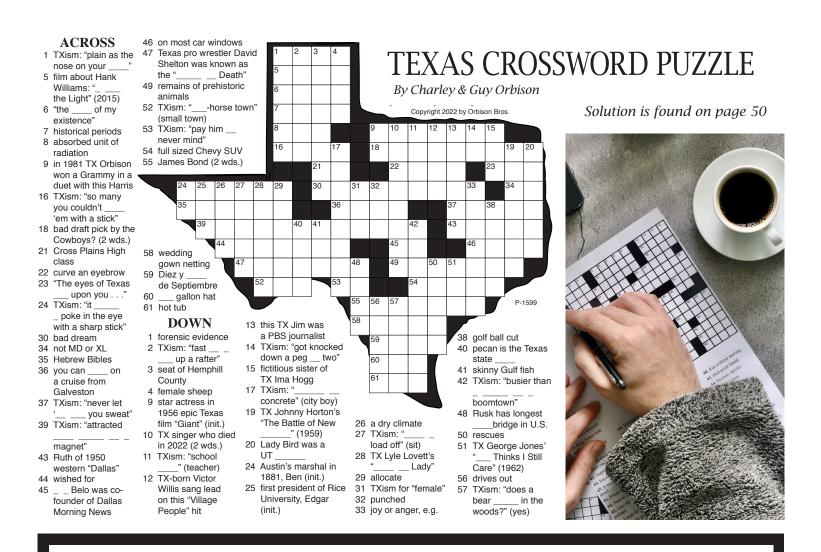
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