



## **Knolls Notes Sept. 2024**

### **Front Entrance Sign Update:** *President Holly Grotzinger*

As noted in prior communications, we do not own the frontage land to Haywood Knolls. Our jurisdiction begins at the stream/park area. Conserving Carolina owns the land that fronts the neighborhood and they have agreed to lease the land to HKA for our permanent entrance sign. It will be a 99 year lease for \$1/yr. This will save us a lot of time and money vs. buying a piece of their land, which has many issues attached to that course of action.

- Temporary neighborhood entrance sign installed and lighted
- DOT to begin clearing all trees/brush/etc along Hwy 191 this Fall 2024
- Road construction slated for Fall 2025

Construction of our permanent entrance cannot begin until all the road work is completed.

### **SAVE THE DATES: It's a Busy Fall!**

**Sunday, September 8th @ 4-5pm Our Newhall Park Seminar Nocturnal Mammals, Creatures of the Night**  
(see info - Seminars in the Park ↓ pg 5)

**Tuesday, September 17th - 7pm Annual HKA Business Meeting - @ French Broad Baptist Church on 182 Grandview Lane off Hwy 191.**

### **Here's why you NEED TO ATTEND:**

- **Voting on the Budget** for 2024-2025
- **Election of the Board of Directors** for 2024-2025 year (see bios below ↓ pg 2)
- There will also be a **Silent Auction of HK memorabilia** from the old entrance monuments. (see flyer ↓ pg 6)
- **Update on 191 Widening** and the Front Entrance sign

We will be collecting any annual dues \$75 that are in arrears at the meeting. One vote per household. If you cannot attend and are a paying/voting member of HKA, you may submit your Vote in Writing prior to the meeting or a Proxy Vote via an attending member with written permission presented to the Board prior to the meeting.

## **Get Comfortable this one is packed with info!**

Join us and bring the family for some serious FUN and SOCIALIZATION!



**Sunday, October 6th - 3pm to 6pm Annual HKA Picnic at the Park - (Rain date October 20<sup>th</sup> 4:00-6:00 pm)**

Calling ALL FAMILIES!!! This year will be a festival atmosphere with loads of fun. There will be a big **Bounce House, giant Connect-4 game, a Cotton Candy station** and other outdoor activities including pick-up basketball or pickleball. HKA supplies hot dogs, hamburgers, drinks with the trimmings ... you bring a side dish or dessert and an extra chair in case our capacity exceeds our park picnic tables. See you there!

**Saturday, October 19th - 9am-Noon Fall Clean Up at the Park** Please just give Haywood Knolls **ONLY 1 hour of your time** to help beautify the neighborhood Park - Trimming, weeding, mulching, etc. Plus you get to meet your neighbors. So bring your gloves, hat and any equipment you think helpful (tarps are requested). See you there!

**Sunday, November 3rd @ 4-5pm Our Newhall Park Seminar Talking Turkey**  
(see info - Seminars in the Park ↓ pg 5)



### **Covenants Corner**

*Committee Lead Elliot Shamis*

Revising and updating the covenants is a much more challenging procedure than had been envisioned and it is still an ongoing process. RETRACTION: We will not be voting on new Covenants at the Annual Meeting as noted in July newsletter. View current covenants at [haywoodknolls.org](http://haywoodknolls.org) under Residents & Governing documents. Questions/concerns? [president@haywoodknolls.org](mailto:president@haywoodknolls.org)

## Meet Your Nominees

### 2024-2025 Board of Directors

#### Haywood Knolls Association

- **Holly Grotzinger: President** (Year 3 of a maximum 3 yr term) Born and raised in New Orleans. Served as HKA President 2022-present; and as a Director prior to that for 3 years; Past jobs on HKA board include, Long Range Planning Committee; HKA Security Patrol, Covenants Committee and Newsletter. Experience serving on the Board of HOA's in Asheville and Houston; Worked for 35 yrs as Business Consultant in Product Development and Brand Management for multiple Fortune 100 companies; Retired widow with one daughter who lives in Florida. Love gardening, traveling and my "part-time" dog, Star. Resident of HK for 9 years.

- **Neal Sutker: Vice President** (1 yr term) Retired Salesman with Carey Moving. Active in Kiwanis. Served as HKA Board Director, Audit our books and Committee member Long Range Planning. Married to Lisa for 35 years. We have 2 children and 3 grandchildren. Resident of HK for 10 years.

- **Angie Alley: Secretary** (1 year term) Born and raised in WNC. Over 30 years experience in Nonprofit and Human Resources Management, with a Senior Professional in Human Resources designation. Working with local non-profits including United Way, Vocational Solutions, Helping Hand Developmental Center and The Healing Place. In 2016, joined a regional engineering firm in Asheville as the Director of Human Resources and owner. Named 2014 Dedicated Woman of Henderson County. Member of the Society for Human Resource Management and the WNC Human Resources Association. Enjoys mentoring young professionals and engaging in various charitable endeavors. Married to Frank with one grown daughter who lives in Raleigh. Resident of HK for the past 10 years.

- **Tom Felton: Treasurer** (1 yr term) Tom and his wife, Shari purchased their HK home in May 2022 and moved here in August 2023 from Western New York. They have two adult children, in Raleigh and in Glendale, AZ. Retired from his Commercial Banking career, he stays busy with home improvement projects, managing his portfolio and private real estate lending. He has extensive experience as a treasurer and key positions on Boards such as Town Councilman, Zoning & Rural Preservation, Hospital and Educational Foundations, etc. and a member of Kiwanis.

- **Art Gillespie: Director at Large** (Year 2 of 2 yr term) Born in the Detroit area and served as a Pastor for 40 years in Queens, NY. Has served the HKA Board for over 12 years as President, Vice President, Nominating Committee and general volunteer. Active volunteer with their church in Asheville helping to make wine and property maintenance. Married to Kathy, with 2 sons who live in NYC and Long Island. Resident of HK for 14 years!

- **Jim Wilke: Director at Large** (Year 2 of 3 yr term) Jim and his wife Jory, have lived in HK for 18 yrs and have been the primary keepers of our Newhall Park planting, weeding, trimming and maintaining the courts for ALL these years! He served 2 years as president in 07-08' and renewed our covenants which is a major undertaking. He also has served on our Covenants committee. We are extremely fortunate to have Jim on the Board as he personally resurrected our basketball and tennis courts doing the resurfacing and managing installation of the new b-ball hoops! They have a son in Florida and daughter in Washington with four grandchildren. Jim enjoys volunteering at his church St James where he is learning to be a bell ringer. He is a Pickleball instructor, volunteer of the year 2023 at the YMCA, volunteer for FISH and enjoys chess and woodworking

- **Jes Stafford: Director at Large** (Year 1 term) Jes and his wife, Annamaire, cat Tucker, and dog Otis, have lived in HK for 15 yrs after relocating from Memphis, TN. Jes is a licensed architect and works from home. He has served on the HKA Board as VP, Covenants chair and continues to maintain our message board. We are very fortunate to have Jes because he is the lead on the design and construction for the new Front Entrance and developing a Master Plan for the Park. Jes and family enjoy taking rides and hikes along the many forest service roads and trails throughout the area to enjoy the natural beauty of WNC conservation lands and waters.



**CALLING ALL VOLUNTEERS  
... WE NEED COMMITTEE  
AND BOARD MEMBERS!**

It takes "a village" to run the Haywood Knolls Association business and maintenance of our beautiful neighborhood. We are seeking volunteers for many positions on the Board and committees that manage various aspects of the community.

**President-elect** for the 2025-2026 fiscal year (starting in September 2025)

**For this years term we are seeking volunteers to head up these committees:**

**Covenants Committee** - manage infractions and complaints (via HKA process)

**Activities Committee** - organize HKA special activities

**Communications Committee** - organize the newsletter

**Security Committee** - organize resident neighborhood patrol

**Block Captain** - information & security liaison for YOUR block (assigned area)

**Please contact [president@haywoodknolls.org](mailto:president@haywoodknolls.org)** if you can help keep our HKA Board running as we have 322 homes but a severe lack of volunteers to help maintain the basics of the neighborhood. These positions do not take a lot of time and we only meet 4-5 times a year so it's a light commitment. Be heard on your ideas for HK - join us on the Board!

# Thank you!

Special thank you to these volunteers that work year round to keep Haywood Knolls beautified and informed

- Jim Wilke - maintenance of Park facilities; basketball and tennis/pickleball courts
- Jory Wilke - Maintenance of Park and front entrance Gardens
- Brian O'Hara - Tech management of HK Website and Email Communications
- Jes Stafford - HK Message Board and Long Range Planning
- Elliot Shamis - Covenants Committee chair & his team
- Carol Shamis - Newsletter & Security Patrol chair
- Steve Rector - Grillmaster for park events
- Pat Sinn - Handyman for multiple projects
- Tom Felton - Auditing the HKA budget
- Julie Derouen - Mental Health seminar at the park
- Stephen Tillotson - Nature/Animal seminars at the park

Additional **Thank You's** go to our many other resident volunteers that support the community throughout the year! ... Block Captains contacting residents, Driving Community Patrol weekly, Seminars at the Park, Promoting Community Yard Sale, Contributions to the Newsletter, Cleanup at the Park and Front Entrance, Auditing our Budget ... and so much more!

## HK Community Patrollers Mid-July thru Mid-Oct 2024:

Carol Clemens, Mary Grass, Holly Grotzinger, Julie Klever, Carol & Elliot Shamis

## Park & Front Entrance Maintenance Volunteers

**Summer Park Clean-up:** The weeds were out of control so a summer clean up day was added. We appreciate all that made it out to help. Special thank you to Jory Wilke who made it out there and weeded with a leg brace! That is dedication people! Thank you to Julie & Chris Derouen, Tom Felton, Holly Grotzinger, Frances Holt, Carol Shamis, Neal Sutker, Jim & Jory Wilke. Special shout out to Roger Boline with Scapes, LLC (a resident and our new mowing and snow removal company for the park). Roger volunteered his time & equipment to take down the remainder of monuments for us at the front entrance.

Thank you to the Past Board for all their hard work and accomplishments in 2023-24.

- Holly Grotzinger, President
- Carol Shamis, Vice President
- Angie Alley, Secretary
- André Tremblay, Treasurer
- Art Gilliespie, Director at large
- Neal Sutker, Director at large
- Jim Wilke, Director at large



## Money Matters

Dues are IN ARREARS!

Your HKA dues of **\$75** were due as of July 1st.

Please send your check to:

**Haywood Knolls Association P.O. Box 771,  
Horseshoe, NC 28742**

These very low cost subdivision dues help pay for the upkeep of the park, the new front entrance coming in 2025 and all of the operating costs needed for a healthy and beautiful neighborhood.

<b>Current total:</b>	<b>\$52,698.12</b>
<b>Checking</b>	<b>\$12,002.23</b>
<b>Savings</b>	<b>\$10,036.72</b>
<b>CD</b>	<b>\$30,659.17</b>

**Note: \$30,000 allocated New Entry Signs**

## Let's All Care for our Neighborhood & Neighbors

### Attention All Dog Walkers

Please pick up your poop! People and dogs both walk the neighborhood and it's very unpleasant to find your shoes in a "mess". Make sure your dog is leashed and you have poop bags before you leave your home. Residents will appreciate it!



### Please Don't Litter

We have residents walking that collect bags of trash when they should be able to just enjoy being in this awesome nature park we call home. Sometimes it is workers that don't pick up after themselves. Let's all check behind our contractors and ourselves. Thank you.

### Watch Out For Neighbors

Give a wave so they know you see them.



This includes:

- Walkers
- Joggers
- Strollers
- Bikers
- Children playing
- Dog walkers...

\*\*\*Reminder: Haywood Knolls Legal



Please keep yards looking beautiful - especially trim tree branches, bushes, weeds etc. from hanging over road this helps our drivers and pedestrians and will keep our neighborhood looking like a Botanical Garden!



# Newhall Park

**History...** The Haywood Knolls community's common area, approximately two acres in size, was given to the Haywood Knolls Association in 1991 by the original developer Donald Thompson. Bordered on one side by Mill Creek, the common area also boasts a picnic area with tables and a several hundred foot trail around the tennis/basketball courts. This common area was named Newhall Park in 1991 after Harvey Newhall, a Past President of the Haywood Knolls Association, for his legacy to the community. He always had a willing and enthusiastic hand in making life better for all the residents and encouraged others to do so as well. It is only fitting that Newhall Park bears his name for "service above and beyond."



## The Little Red House

Did you know? In Newhall Park in front of the tennis court is this wonderful miniature red house – our community library. Stop and Swap!

There is a **new storage box with sports equipment for your use.** It is located inside the fenced courts. Please be kind and return all the equipment back to the storage box after use. We are using the Honor System and count on you to respect the Free use of the equipment!



**Grab your friends & head to the park for pickup games & matches!**



**Need more space?** For your party? Weekly Card Game you don't want to host in your home? The park can be used by residents for personal gatherings. Please contact [president@haywoodknolls.org](mailto:president@haywoodknolls.org) for more information.

## Seminars in the Park

HKA is featuring several seminars at the Park with interesting and informative speakers. It is also a chance to meet and get to know other neighbors.



**"Overcoming Stress and Burnout" - 7/20 Newhall Park** – This seminar/workshop was led by neighbor and local trauma therapist.

Julie Derouen, LCMHC [SkippingStonesCounseling.com](http://SkippingStonesCounseling.com)

## **For those that missed out...some Key points**

*First we learned about the brain...& how it affects the body under stress:*

- In survival mode you can fight (verbal or physical aggression), flight (run away) or freeze (hide). And 1 more but we can't give it all away...
- "I don't have time for this!" This thought signals that there is a threat -body reactions associated with a sense of urgency, worry, tension, heart racing, pupils dilate, rest-digest-repair processes halt. Stress, over time can make you more forgetful, disorganized, agitated, racing thoughts, projecting anger, frustration, blaming others, excessive worry & feeling not in control. When your body can no longer sustain this, it crashes. Exhausted, filled with guilt & shame at how you've responded, isolated, hopeless & helpless, procrastinated and lack of motivation.

*Then we learned about Coping:*

- **HALT** Hungry, Angry, Lonely, Tired - When feeling distress, check in and make sure you have eaten/hydrated, tended to your emotions, connected with someone or something and rested. Then re-evaluate the situation.
- Have **routines** that protect time for the things that are priorities for you.
- Show up for yourself as you do for others.
- **Grounds in the moment-** bring your attention to your breath and the things you notice around you. What do you see, hear, smell, taste, touch?
- Get your body **moving**
- **Paced breath-** take a breath through your nose and imagine your belly is a balloon that you are slowly filling, all the way to the top of your throat, s-l-o-w-l-y release your breath through you pursed lips (imaging a balloon squeaking the air out.) Breathing out through your mouth, relaxes your jaw and sends another message to the brain that you are now safe.
- **Heart breath-** imagine the air around you is full of bright energy. Breathe in and bring the light to your heart space, breath out and release tension. Do this two or three times to fill yourself up.
- **Safe place visualization-** go to a positive memory that makes you feel warm and calm. The beach, a cozy cottage in the woods, a mountain top, a favorite vacation...Think about it in great detail, what do you see, hear, smell, touch, taste? Your body will remember how that memory felt and trick your brain into thinking you are there!

Thank you to Julie for compiling and presenting all of the information. Below are professional reference websites used for seminar. Check out for more information.

[www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-know-your-brain](http://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-know-your-brain)  
[www.traumaresourceinstitute.com/crm/](http://www.traumaresourceinstitute.com/crm/)  
[www.heartmath.org/](http://www.heartmath.org/)  
[www.emdrconsulting.com/training/free-materials/](http://www.emdrconsulting.com/training/free-materials/)  
[www.therapistaid.com/therapy-worksheet/challenging-negative-thoughts](http://www.therapistaid.com/therapy-worksheet/challenging-negative-thoughts)

**Join us** at Newhall Park to learn more about the animals that live in our neighborhood led by our resident NC Park Ranger, Stephen Tillotson.

**Sunday, September 8th @ 4-5pm**

### **Nocturnal Mammals, Creatures of the Night**

Ever heard a bump in the night, had someone turn your trash cans inside out, or found strange paw prints on the porch the next morning?

Join our resident North Carolina Park Ranger, Stephen Tillotson, to figure out a few of the most likely nighttime visitors. We will explore three interesting mammals, their nocturnal habits, and how well they have adapted to play in the moonlight. The program will include taxidermy and other bio facts. Look forward to seeing you there!

**Sunday, November 3rd @ 4-5pm**

### **Talking Turkey**

Did you know that Wild Turkeys were once in the running to be our National Bird? They were also on the brink of extinction, but now their population has bounced back.

Bring the kids as our resident NC Park Ranger, Stephen Tillotson, shares storybooks and crafts about these fascinating animals and their unique adaptations. See you and the family there!

### **Wildlife Watch - Groundhogs**

*President Holly Grotzinger*

HKA is loaded with beautiful wild animals but some of them are major pests! Groundhogs are cute but tricky and devious fellows. They are known to create a burrow on your property and can eat through an entire garden overnight! They are often referred to as a woodchuck, a name derived from the Indian word "wuchak."

Groundhogs have broad rounded bodies with short powerful legs and short, flat, bushy tails. White incisors protrude from their mouths. They are generally brown, grayish-brown, or reddish-brown in color. Adult body sizes range from 16-32 inches long and their tails from 3-10 inches long. Weights vary from 4-14 pounds. They typically live in underground burrows and hibernate over the winter. Burrow systems are complex with tunnels up to 50 ft in length. They are good swimmers and can also climb trees and fences to escape danger. Groundhogs are considered a nuisance because they forage on crops and gardens and burrow on people's properties. As such, they can be hunted year-round and have no bag limit, so they may be removed at any time via approved hunting methods.

#### **Trapping Groundhogs for removal**

In residential areas where use of firearms is prohibited, trapping may be an option. Groundhogs may be trapped during the [regulated trapping season](#), or outside of the trapping season by acquiring a free permit from the NC Wildlife Resources. Also, licensed [Wildlife Control Agents](#) can remove them for a fee. Groundhogs cannot be relocated in North Carolina. Trapped groundhogs must be either euthanized or released at the site of capture.

#### **Other deterrents**

To protect small areas (gardens and under buildings) from groundhog destruction, simple fencing about 3-4-foot-high of hardware cloth or chicken wire with a 1-foot

underground footer and at least 1 foot at the top that will wobble when the woodchuck attempts to climb it. A single strand of electric wire 4 inches off the ground on the outside of a non-electric fence can provide additional deterrence. Motion-detecting sprinklers can also be used to deter groundhogs from small areas. The best time to install groundhog barriers is in the early spring (March) when they are first emerging from their winter dens, or in late summer after young are weaned (August).

To see the variety of wildlife in Haywood Knolls, watch the YouTube videos from one of our residents (type in) Wildlife Behind Our Home in Hendersonville, NC.



### **Wild Animal Distemper in Our Area**

It has been reported that there have been several sightings of raccoons displaying signs of distemper. We had four reports in the lower section of Haywood Knolls. In addition, the Sheriff's department noted that another subdivision off Rugby reported the same.

Distemper is a highly fatal virus that affects raccoons, foxes, coyotes, weasels, etc and dogs! It can impact their respiratory and nervous systems. It's caused by a single-stranded RNA virus, and can't be spread to humans. However, it can spread to dogs through the environment or airborne exposure and is fatal within 24-48 hrs.

Symptoms of distemper in wildlife and dogs include:

- Discharge from the eyes and nose, and a rough coat of hair.
- Convulsions, seizures, coughing, diarrhea, vomiting, and glowing green eyes.
- Acting friendly or passive, being active during the day, wandering aimlessly, appearing blind or confused, stumbling or moving slowly, falling over, or circling aimlessly.
- Emaciated appearance, bloated appearance, unusual hair loss patterns.

Symptoms can worsen over time and the animal may appear calm as the disease progresses, but can become aggressive if approached too closely.

If you see an animal that you think has distemper, you should not approach or feed it. **Call the Henderson Animal Control County handled by the Sheriff's department 828-697-4982 to report the issue.** Also, take in any bird feed/feeders and pet food. Keep trash cans secured. Actions are so we don't encourage raccoons to come closer to humans.



# Want to own a piece of Haywood Knolls History?



Our beautiful old monuments that have stood at the entrance for 40 years had to be demolished as the DOT now owns that land. Volunteers worked to save special plants, trees and stacked stone for our park and new permanent sign. The Haywood Knolls temporary sign will stay up until we have a new front entrance.

In the process, we salvaged some of the letters and the four lights that stood atop the monuments. Thinking some of our residents might want to own a piece of Haywood Knolls' history, we will be offering them at a silent auction at the Annual Meeting on September 17th - 7pm @ French Broad Baptist Church.

Join us and place your bid on these pieces of history!

## Miscellaneous Communications

- **Henderson County Sheriff's** Department - NON Emergency # 828-697-4911
- **Knolls Notes** ideas, articles, events & photos: [cshamis3@yahoo.com](mailto:cshamis3@yahoo.com).
- Who is my **block captain**? Contact Carol Clemens at [beaverccrace@yahoo.com](mailto:beaverccrace@yahoo.com) If an urgent need arises and you are unable to get in touch with your neighbor, block captains can assist in this communication. Board members can also assist with this communication.  
[president@haywoodknolls.org](mailto:president@haywoodknolls.org)
- If a situation comes up with your neighbor, speak to your neighbor to try to work it out before an issue escalates. FREE service offered by Henderson County to help with **mediation**.  
[www.mediatewnc.org/mediation/](http://www.mediatewnc.org/mediation/)
- Report a pothole, traffic light issue, or other road hazard, you can use **NC DOT reporting** form.  
[www.ncdot.gov/contact/](http://www.ncdot.gov/contact/)
- **NC Cooperative Extension** - office at Jackson Park - great resource & many educational programs/events to offer...  
explore more  
[www.henderson.ces.ncsu.edu/](http://www.henderson.ces.ncsu.edu/)
- **Parks & Rec** - Check out the latest newsletter... many activities for young and old  
[www.hendersoncountync.gov/recreation/](http://www.hendersoncountync.gov/recreation/)