

TABLE OF CONTENTS

Letter from the Operations Director.....	3
Featured Events.....	4
Compliance Corner.....	5
Micahmendations.....	6
Tarbox & Brown.....	8
Letter from the Golf General Manager.....	9
Updates from the Green.....	10
2025 Town Halls & Security Reports.....	12
Community Life Team.....	13

Dear Community,

As we look ahead to a new year filled with possibilities, I want to take a moment to reflect on the incredible journey of this community and share some exciting updates as we step into 2025 together.

Our Executive Director, Matthew Dozier, will soon transition into a regional role, where he'll have the opportunity to bring his leadership and expertise to an even broader audience. We also thank our former board president, Matt Chase, who has also stepped into a regional role after years of dedicated service. Chris Mastin, Director of Land, Community has taken on the role of board president, and we are excited to see the community flourish under his thoughtful guidance. While Matthew will no longer be with us day-to-day, we are reassured by the fact that he remains close by, available as a resource and a champion of Kissing Tree's success.

Change is part of growth, and I want you to know that our entire staff is unwavering in our commitment to ensuring that Kissing Tree remains the vibrant, welcoming community that we all cherish. With a capable and caring team by your side, we will continue to build upon the wonderful legacy of this special place, preserving the unique spirit, culture, and experiences that make Kissing Tree more than just a neighborhood—it's a way of life.

We are excited to continue offering enriching fitness programming that keeps us active and connected, and new resident orientation opportunities to help our newest neighbors feel informed, welcomed, and ready to enjoy all that Kissing Tree has to offer. Through ongoing community standards initiatives, we are working diligently to maintain the community's aesthetic beauty and ensure property values remain strong for every resident. These efforts reflect the pride we all feel in calling this community home.

Our staff remains dedicated to serving without reservation, and we're committed to growing professionally to better meet the evolving needs of our residents. Whether it's through expanding our knowledge, improving our processes, or simply taking extra time to listen and connect, we aim to foster a sense of care and continuity that reflects the values of Kissing Tree. 2025 will bring exciting milestones, like the election of our first resident board member to the KT Villas Association, and the continued success of programs like TXST@KT and S.P.A.R.K., which enrich our community and strengthen our bonds. These are just a few of the many ways that Kissing Tree continues to grow, thrive, and create meaningful experiences for everyone who lives here.

Thank you for trusting us to help preserve the legacy of Kissing Tree while building a future filled with promise and possibility. Together, we will continue to enjoy the moments, milestones, and magic that make life here truly one of a kind.

With gratitude and excitement,

Rebecca Rounds-Burger, Director of Operations

Featured Events

Thursdays

Happy Hour

Join your neighbors for a Live Music Happy Hour every Thursday afternoons this month at the Biergarten starting at 4 p.m.

Fridays

Trail Hikes

In need of some nature? Join your neighbors on Friday mornings for a refreshing hike and engage in the outdoors.

Wednesday, Feb. 5

Coffee with the ED

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

Monday, Feb. 17

Presidents Day

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

Tuesday, Feb. 18

Website Orientation

New to KT or need a refresher? The next website orientation is at 10 a.m. in The Depot. Bring the device you would use to log in.

Tuesday, Feb. 25

Non-Profit & Volunteer Fair

Check out some local organizations and learn how you can contribute your time, services, goods, and funds.

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

Compliance CORNER

Do you live in a Cottage or Villa?

If so, irrigation will be turned back on around the month of March for the time being.

Why is this?

This is to ensure we don't have critical leaks due to the cold, because waiting allows us to save water for the summer, and lastly, waiting till March follows the seasonal dormancy schedule with the grass around the property.

General Information:

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

Kylee Holte, Community Standards Coordinator

Micahmendations

Simple Steps to Prevent Falls and Stay Active

Simple Steps to Prevent Falls and Stay Active

Falls are one of the biggest risks to senior health and independence, but the good news is that they're preventable. Balance and stability training aren't just about avoiding tumbles—they're about building confidence, keeping your body strong, and helping you stay active in everyday life. Let's break down how you can make this a key part of your fitness routine.

Why Balance Matters

As we age, natural changes in muscle strength, joint flexibility, and even vision can affect our stability. Weakness in the lower body and reduced proprioception (your body's sense of position) are the top culprits. By working on balance, you not only reduce your risk of falls but also improve posture, coordination, and reaction time.

Try these Exercises

Incorporate these moves into your weekly routine. They're simple, effective, and can be done at home:

Single-leg Stands:

Stand near a sturdy surface countertop. Lift one foot off the ground and hold for 10 - 30 seconds. Switch legs and repeat. For a challenge, close your eyes or move your arms.

Heel-to-Toe Walks:

Place one foot directly in front of the other, heel to toe, as if walking a tightrope. Take 10-20 slow, controlled steps. Use a wall or chair for support if needed.

Tree Pose (Yoga):

Stand tall and shift your weight to one leg. Place the sole of your other foot on your ankle, calf, or thigh (never the knee). Bring your hands together at your chest or reach them overhead. Hold for 10 - 30 Seconds before switching sides.

Micahmendations

Side Leg Raises:

Stand next to a chair for support. Slowly lift one leg to the side, keeping your toes pointed forward. Lower and repeat for 8 - 12 reps on each side.

At Kissing Tree: Balance Classes and More

We've got you covered if you're unsure where to start. At Kissing Tree, we offer classes specifically designed to improve balance and stability. Programming, including yoga, footwork and balance, and any of our functional training classes will help you build strength and confidence. Plus, exercising in a group keeps it fun and social! If group classes aren't your thing, consider hiring a personal trainer who can do an assessment and work with you to address your specific needs and issues.

Bonus Tips for Balance Safety:

- Footwear: Wear supportive, non-slip shoes both inside and outside.
- Environment: Remove tripping hazards like loose rugs and cords in your home.
- Progress Gradually: Don't try to master tree pose on day one. Start slow, and over time, you'll notice big improvements.

Micah's Takeaway:

It's never too late start working on your balance. A few minutes a day can mean the difference between a fall and a steady step. Prioritize balance now, and your future self will thank you.

Micah Ross,
Fitness Manager

TARBOX & BROWN

Valentine's Day Dinner at Tarbox & Brown

Celebrate love with us on Friday, February 14th, at 6:00 PM, for an exclusive Valentine's Day dining experience. Enjoy a pre-fixe five-course meal thoughtfully curated to make your evening unforgettable.

This special event features one seating at 6:00 PM, so don't miss your chance to join us. To reserve your table, email Brooke Roseland at broseland@troon.com and select your entrée choice when booking.

Seats are limited—secure yours today for a romantic night to remember!

Why Reservations Matter

At Tarbox & Brown, we want to ensure every guest enjoys the best dining experience possible. Making a reservation helps us:

1. **Ensure You Have a Table:** February is a busy month, especially with Valentine's Day and winter gatherings. Reservations guarantee you won't have to wait for a table.
2. **Provide the Best Service:** Knowing you're coming allows our team to plan ahead, ensuring we're fully prepared to serve you efficiently and thoughtfully.
3. **Reduce Wait Times:** Walk-ins are always welcome, but reservations allow us to manage the flow of guests so everyone has a smooth and enjoyable experience.
4. **Help Us Customize Your Night:** Celebrating something special? Let us know when you book, and we can make it memorable with personalized touches.

Booking is quick and easy—visit our website [Reservations | Tarbox & Brown Restaurant & Bar](#)! We can't wait to host you.

Brooke Roseland Director of Food & Beverage

By the time you read this, the new menu will be in effect. I've opted for a more casual daily menu to kick off the year, with a variety of great choices and a few more refined options for dinner throughout the cycle. We will also continue offering private chef tables for you and your friends if you're interested—they've been a huge hit and a lot of fun! We're also working towards introducing food and wine pairings, along with some exciting events that will be announced soon. If you enjoyed the New Year's Eve meal, I'm sure you'll love what I've planned for Valentine's Day, so be sure to sign up soon!

David Rhoads Executive Chef

KT GOLF CLUB

Happy February everyone. To me, this always feels like the last month where winter is really upon us and Spring is just around the corner. We were lucky with a nice warm December, but January has more than made up for that with many freezing days and golf course closures. However, we're almost back to some of the best days of the year!

On the golf course, we're in the final stages of the bunker work. By the time this letter is released, its not out of the question that we'll have sand in most of the bunkers and we'll all be working on learning how to hit bunker shots again after a season of taking free drops. It will be great to go into the Spring with brand new bunkers and sand out there. The new white sand should really pop.

In addition to the completion of the bunker project, our drainage addition on hole #14 will be starting. This should only be a limited interruption as we're hoping to do this work in a manner that will allow hole #14 to play as a par 3 or 4. It will pay dividends for the future as it will help alleviate the flooding caused by the spring on that hole.

On the restaurant side, our new menu is kicking off at the end of January. It has some really great new items and several that will keep you warm on a chilly February day. Personally, I'm looking forward to having some chili and for the new Mississippi pot roast sandwich. We have a lovely Valentine's Day dinner lined up for y'all as well as our 2nd tapas and wine pairing night. All of this excitement should carry right into patio season where we have a bunch of fun events planned to take advantage of the wonderful outdoor space.

Please stay warm and lets push through this last little bit of winter before we can get to the good stuff! I look forward to seeing everyone out and about.

Best wishes,

Best wishes,

Ryan Andrews, Golf Course General Manger

Updates From The Green

A note from the SPI

The bunker project is going well, and should be completed by the end of February.

They were long overdue for a renovation, and I am excited to hear your input on the look and playability of the new sand.

We are roping off certain areas of the golf course throughout the winter to reduce damage done by excessive cart traffic. During these cold months, the Bermuda is not actively growing and cannot recuperate from this stress. Winter projects are ongoing, and all tee sign beds should be finished by Spring.

John McKay, KT Golf Superintendent

4. Spin Rate

5. Driver (2,000 - 3,000 rpms) ideal

6. Wedges (10,000 - 12,000 rpms) ideal

6. Wedges (10,000 - 12,000 rpms) ideal

7. Dispersion Rate - The cone width of your shots from clubface to 200 yds away. We like to see 50 yds in width. 25 hook and 25 slice. That would be an amazing dispersion rate.

With today's technology we have seen club face technology become more and more forgiving over the years and now they actually add 8 - 10 yds of distance to your tee shots even if you don't hit it great. Golf should be fun and enjoyable not a fight!

Each player's numbers are very different from another golfers numbers. When you go to PGA Tour Superstore, they have several standard golf clubs with stock heads and shafts. It's not exactly a custom fitting. The nice thing about the fitting event is its free to test and try golf clubs with a specialized club fitting ambassador helping you out with their expertise. Most golf club manufacturers have upwards of 100 different shafts to choose and pick from. Some are more expensive than

What exactly is a fitting event?

The club vendor comes to the golf course, they set up their technology. Fittings have changed dramatically over the years. The club vendor does a custom test with the player testing the clubs. It's a far advanced form of trying out demos. The 5 basic check points they look at are as follows:

1. Swing Speed (40 mph - 125 mph+)
2. Ball Speed (80 mph - 180 mph+)
3. Launch Angle (10 - 15 degrees) ideal

Updates From The Green

others, and some are great quality with no upcharge. That's why its important to at least get fit once every few years. As we age our golf swings change and slow down. That would change your custom fit numbers you had a few years ago. Fitting events are also an excellent time to test out all the manufacturers' clubs and the new technology as well.

Almost all golf club manufacturers do three types of custom fittings.

1. Golf Club Fittings
2. Wedge Fittings
3. Ball Fittings

We plan on having a short game fitting event later this year and a ball fitting event setup. We will keep you updated as to when we have fittings set up.

Gabe Ross, Head Pro

2025 TOWN HALLS

MASTER

Q1: MARCH 19
Q2: JUNE 18

Q3: SEPTEMBER 17
Q4: DECEMBER 10

COTTAGES

Q1: MARCH 20
Q2: JUNE 19

Q3: SEPTEMBER 18
Q4: DECEMBER 11

VILLAS

Q1: MARCH 20
Q2: JUNE 19

Q3: SEPTEMBER 18
Q4: DECEMBER 11

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

COMMUNITY LIFE TEAM

Matthew Dozier - Executive Director

Rebecca Rounds - Director of Community Operations

Kevin Wilson - Director of Community Engagement

Jaime Godoy - Director of Community Assets

Andy Pina - Manager of Community Assets

Sandee Miller - Manager of Community Care

Austin Rounds - Manager of Community Engagement

Micah Ross - Manager of Fitness

Anitra Martinez - Design Review Coordinator

Linda Mott - Community Engagement Coordinator

Ashlyn Wilson - Communications Coordinator

Kylee Holte - Community Standards Coordinator

Ivan Smith - Community Assets Coordinator

Elise Salinas - Community Care Coordinator

Reagan Porter - Fitness Coordinator

Jasmine Flores - Custodial Engineer

Jeremy Mott - Custodial Engineer

Gerald Hayward - Custodial Engineer

Richard Salinas - Custodial Engineer

Trent Rodgers - Lead Fitness Attendant

Dillon Franklin - Fitness Attendant