

April 2025

LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



KISSING TREE®
SAN MARCOS ★ TEXAS

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Dear Community,

I am incredibly honored to step into the role of Executive Director for this amazing community. Having been part of Kissing Tree for nearly 5 years now, I've had the privilege of seeing firsthand the warmth, connection, and vibrant lifestyle that makes this community so special. I am grateful to Brookfield Residential for entrusting me with this opportunity, for Matthew's continued support and mentorship - and I am equally thankful to you, the residents, for your ongoing support and positivity.

As I step into this role, my focus is on ensuring that Kissing Tree continues to thrive as a place where residents feel welcome, supported, and connected. My hope is to be a resource and advocate for you, fostering an environment where your voices are heard, and your ideas are valued. I encourage you to reach out whenever you have questions, concerns, or just want to chat. My door is always open for appointments, which can easily be scheduled through the "Contact Us" page on our community website. Communication is a top priority for me, and I am committed to ensuring that your concerns are met with timely responses and thoughtful follow-up. So, I appreciate your patience as we work towards improvement in response times and expectation setting.

I also believe strongly in the power of community, and I see the Kissing Tree Community Life Team as an extension of family — here to serve and support you. Whether through exciting events, helpful resources, or meaningful conversations, our team is dedicated to enhancing your experience and ensuring you feel truly at home in Kissing Tree.

I am excited for the journey ahead and look forward to working alongside all of you to make Kissing Tree the best it can be. Thank you for your trust, your kindness, and for welcoming me into this new role. I am so grateful to be here. Together, I know we can continue to build something truly special.

With gratitude and excitement,

Rebecca Rounds-Burger, Executive Director

Featured Events

Thursdays

Happy Hour

Join your neighbors for a Live Music Happy Hour every Thursday afternoons this month at the Biergarten starting at 5 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, Apr. 2

Coffee with the ED

This event is canceled and will resume on May 7 at The Independence Hall activity room with Executive Director, Rebecca Rounds.

Saturday, Apr. 12

Shred Truck Day

Want to securely dispose of sensitive papers & documents cluttering your space? We've got you covered! Bring \$25 and unwanted documents to The Mix parking lot.

Tuesday, Apr. 15

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.

Friday, Apr. 25

Comedy Night

Get ready for one unforgettable night with three hilarious local comedians and lots of laughs!.

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

Compliance CORNER

What are the guidelines for parking RVs and Campers?

If you're planning on taking a nice vacation or getaway and need to bring your RV or camper to the community for preparation, please be aware of the guidelines below.

- According to Section H-1 under 2.03 of the Master Guidelines; Recreational vehicles are not permitted within Kissing Tree for more than 24 consecutive hours without board approval.

If you feel like you need more than 24 hours to park your recreational vehicle, please speak with Sandee Miller at the front desk to receive an extended parking permit to park temporarily in The Mix parking lot.

Kylee Holte, Community Standards Coordinator

The Repair Report

Howdy y'all! The assets' team here at Kissing Tree want to remind everybody that daylight savings time is a perfect opportunity to check your fire alarm batteries. Rest assured that we're checking our fire safety equipment every month to make sure we're ready in case of emergency. Diligence is paramount in staying safe, so be careful with your embers during these windy and dry times.

Preventative Maintenance

- February: Daily Reclaimed filter cleaning to promote stronger irrigation
- February: Gate operators and barrier arms addressed
- March: Fitness Equipment routine maintenance started (Treadmill cleaning, machine lubing, etc.)

Projects

Undoing Winterization (February/March)

o All cushions are returned to their respective seats, faucet covers removed and some water fountains have had water returned. Water fountains by the dog parks as well as one fountain by the pickleball courts still need custom parts shipped before they can be turned back on but expect those before April.

Return of residential irrigation (March)

o Irrigation has returned to KT following the end of winter! We have been working diligently with our landscaping partners to address issues with reclaimed water from last year's drought to be prepared for a hotter summer this year. Please note, if your residency uses city water for irrigation your sprinklers may not be running as regularly as you would expect as we are currently under stage 3 drought with expectations of stage 4 on the way.

Trail Maintenance/Mulching (Feb/March)

o More tree trimming along parks has been ongoing throughout March and is nearing completion. A new dog station will be installed on the Hunter Road trail by the end of this month.

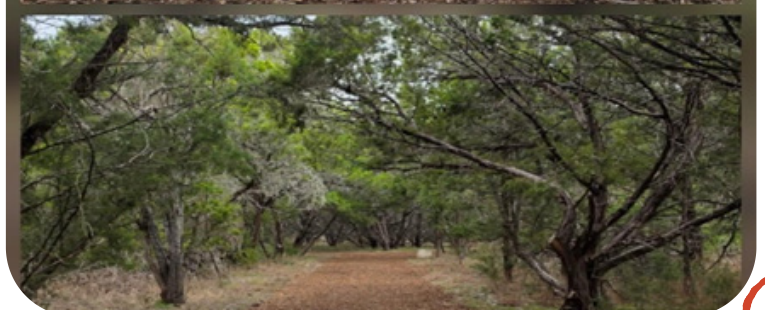
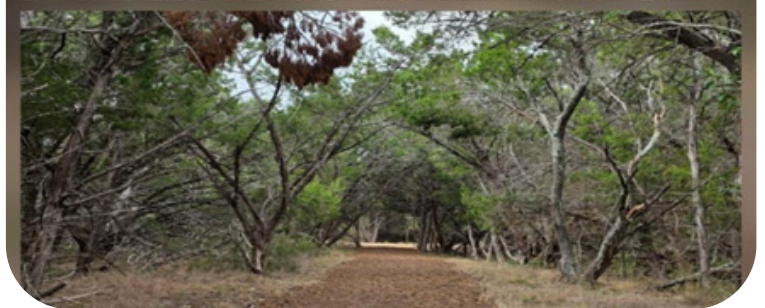
The Repair Report

Bathroom renovations (March)

o Nearly all bathrooms managed by the HOA have had renovations completed with new products in place. Once the final parts are in for the hand sanitizer stands expect to see new ones around the campus!

Weekly Building Walks have been implemented

o Better standards are being upheld with custodial staff for IH as well as sport court walks to identify cracks early.



Micahmendations

Protein — The Foundation of Performance Health

When it comes to nutrition, few things matter more than protein. Whether your goal is to build muscle, lose fat, improve performance, or maintain a high quality of life as you age, protein is a non-negotiable part of the equation. Despite being one of the most discussed nutrients in fitness and health circles, there's still a lot of confusion and misinformation surrounding it. Let's break it all down.

Why Protein is critical

Protein is essential for more than just muscle growth—it's involved in nearly every process in your body. From supporting immune function to creating enzymes and hormones, protein is the building block of life. Unfortunately, most people don't consume nearly enough of it, especially as they age.

What is Protein & How Does it Work?

Protein is made up of amino acids, often called the “building blocks” of muscle and tissue. Some amino acids are produced naturally by the body, while essential amino acids must come from food. Proteins are categorized as:

- Complete proteins: Contain all essential amino acids (e.g., meat, fish, dairy, eggs, soy, quinoa).
- Incomplete proteins: Missing one or more essential amino acids (e.g., most plant-based sources like beans and nuts).

Since our bodies are constantly breaking down and rebuilding proteins, it's crucial to get enough protein daily to support this process, especially if you're active.

How Much Protein Do You Really Need?

Forget the outdated Recommended Dietary Allowance (RDA) of 0.36g per pound of body weight. If you want to optimize health, performance, and body composition, your intake should be much higher:

- Sedentary individuals: ~0.6g per lb of body weight
- Active individuals & athletes: ~0.8–1g per lb

Micahmendations

- Fat loss / Muscle gain: 1–1.2g per lb
- Older adults (to prevent muscle loss): 1g per lb

Not only does protein help maintain lean mass, but it also plays a key role in fat loss by increasing satiety and boosting calorie burn through its high thermic effect (TEF).

Why Protein is Critical for Fat Loss

Unlike carbs and fats, protein has the highest thermic effect of food (TEF)—meaning your body burns more calories digesting protein than it does with other macronutrients. It also keeps you fuller for longer, helping prevent unnecessary snacking and overeating. More protein = better body composition, not just weight loss.

Protein & Muscle Growth

Protein is a must if you want to build muscle. Here's how it works:

- Resistance training breaks down muscle fibers.
- Protein intake helps rebuild and grow stronger muscle fibers.
- Muscle Protein Synthesis (MPS) must outpace Muscle Protein Breakdown (MPB) for growth.
- Leucine, an essential amino acid, is key—aim for at least 2.5g per meal to optimize MPS.

Best Protein Sources

Some proteins are superior to others in terms of bioavailability, digestibility, and amino acid content. Here's a quick breakdown:

- Animal-Based Proteins (High-Quality, Complete Proteins): Beef, Chicken, Eggs, Fish, Dairy, Turkey
- Plant-Based Proteins (Incomplete but Combinable): Lentils, Quinoa, Nuts, Beans, Tofu, Mushrooms

If you follow a plant-based diet, be sure to combine sources (e.g., rice + beans) to get a complete amino acid profile.

Protein for Longevity & Aging

As you age, muscle loss (sarcopenia) accelerates, leading to weakness and frailty. Higher protein intake is crucial to maintain strength, mobility, and independence.

- Prevents muscle loss
- Supports immune function & tissue repair
- Maintains strength & quality of life

TARBOX & BROWN

We have been doing some special menu nights, Mediterranean and Asian night . We have several others in mind coming up soon. It has been a bit slow with few golf tournaments that will end in April when we will be getting very busy. The current menu has been well received. Our new dinner menu is very approachable. Wednesday is our beef filet night that has really caught on recently. We have and will be offering a weekly seafood special at dinner through lent. The weather has been great and some of you have enjoyed the patio for food and drinks. Thank you for all your support, tell a friend.

David Rhoades

Tarbox & Brown Executive Head Chef

Happy Hour at T&B – Every Day, 3-5 PM

Unwind with us at T&B during our daily Happy Hour from 3-5 PM! Enjoy \$2 off specialty cocktails, draft beers, domestic canned beers, and wine by the glass. Pair your drinks with delicious bites like Cheeseburger Eggrolls, T&B Wings, or a Happy Hour Platter for Two! Whether you're just stopping by or kicking off your evening, we've got the perfect spot for you. See you at T&B!

Patio Season is Here – Extended Weekend Hours!

Spring is in full swing, and that means patio season at T&B! To celebrate, our bar will now have extended hours on Saturdays and Sundays until 8 PM (patio only). Soak up the sunshine with your favorite cocktail and enjoy the fresh air. Please note that these extended hours may vary if there's a private event—stay tuned to our updates!

Exciting Events Coming Soon – Stay Connected!

We've got some amazing events coming up at T&B, and we don't want you to miss out! From live music to special tastings, there's always something happening. The best way to stay in the loop? Follow us on Facebook at KT Food & Beverage, where we post all of our upcoming events. Make sure to like, follow, and turn on notifications so you never miss an update!

Brooke Roseland

Director of Food & Beverage

KT GOLF CLUB

One of the best months of the year is finally upon us. April is always so exciting as it brings so much change. In my opinion, even though it's been busy around here all season, April feels like the golf course really starts to come to life. Warmer temperatures mean the grass starts to turn green and fully emerge from winter dormancy, and the wildflowers bloom!

Our event calendar in April is extremely busy on both the golf and T&B side of things. We'll be hosting events and fundraisers for various organizations including Empowering Women as Leaders, The Texas Jail Association, the LBJ Museum, Putt Classic, and also the Southland Conference Championships. Those are only some of the great events we get to help put on. While we recognize this will block some of the tee sheets, I just want to reiterate to everyone that every day will have resident tee times available on the opposite side of the day from the event. Morning outings will have double-teed tee times in the afternoon and afternoon events will have shotgun starts for residents in the morning. We want everyone to be able to have a chance to play and still then partner with these organizations to host their events.

As the course comes out of dormancy, we also have a lot of agronomy processes that need to happen around the course. We'll be applying fertilizers to help the grass out of dormancy and push growth, our spring insecticide and herbicide applications will happen, and some of the cart path-only holes should return back to normal. The course is really in a great spot coming out of winter. We also intend to do some sod work to repair the greens in some of our small trouble spots, namely #11, in order to have the course in the best shape possible as the busy season kicks in.

In the restaurant, we will once again be hosting our big Easter and Mother's Day Brunches. We also have a series of private events that will have the restaurant occupied most Saturday evenings. If you'd like to host a private event or book Chef for a Chef's table, please let Brooke know as we love hosting those! Here's to looking forward to a wonderful spring season here at Kissing Tree! See you all out on the course!

Best wishes,
Ryan Andrews, Golf Course General Manager

Updates From The Green

A note from the SPI

I am happy to announce that all bunkers are open for play. It has been a long wait but well worth it. Please remember to fix ballmarks and fill divots. It's a great time of year to be outside, get out, and enjoy the lovely weather!

I'll see you out there!

John Mckay, KT Golf Superintendent

Pace of Play & Tournaments

With tournament season in full swing right now (pun intended). We are noticing a slower pace of play during tournaments. The reason why it's slower is never an exact science. Most likely it is a combination of things. One of them is someone who is not used to the course they are playing. Another reason that it takes a little bit longer is the weather. If it is windy it will slow down the pace of play as everyone is helping to look for that errant shot.

Also, competition causes a major issue. This brings up the reason why tournament golf or competition golf takes longer. Even on the PGA Tour, they struggle with the pace of play, and these guys are very good. They take their time when they play. People deliberately try to not rush their shots in competition. We have all been told to slow down when we play and execute good shots.

While this is a good practice for getting the best results out of our game in competition golf. It also takes exponentially longer to complete your round.

Mainly, it's because you read putts from every angle even if it is 3 feet long. Also, golf courses are typically set up harder... i.e. faster greens, dryer conditions, longer rough, and tougher pin locations, all of these play a factor in how difficult a course is playing, and then add weather on top of it. That's why guys on the PGA Tour sometimes notoriously take forever to play. They don't want to mess up. The weather plays such a large factor that sometimes it can mean you need to add yardage or subtract yardage. A lot of elevation and a lot of wind will make a round drag on forever.

This winter Tiger Woods and Rory McIlroy started the TGL (Tomorrow's Golf League). In this format they put guys on a shot clock, like basketball, I'll use this reference as it is **MARCH MADNESS!** The shot clock for the players is 40 seconds from the time they arrive at their shot. If they don't hit their shot in time they are assessed a 1 stroke penalty. The PGA Tour has been talking about instituting a shot clock with players on tour. The end goal here is to keep plugging along and hopefully finish in a decent time. Just remember folks, weather conditions and course setup will continue to control the pace of play. Have fun out there and try to keep moving along and finish your round promptly. Good Luck and have a good time out there.

Gabe Ross, Head Pro

2025 TOWN HALLS

MASTER

Q2: JUNE 18

Q3: SEPTEMBER 17
Q4: DECEMBER 10

COTTAGES

Q2: JUNE 19

Q3: SEPTEMBER 18
Q4: DECEMBER 11

VILLAS

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 February 2025.

Trade Partners

The Trade Partner Program is an exclusive advertising and marketing agreement between qualified businesses and Kissing Tree Master Community Inc. Based on the agreement terms, Trade Partners will be allowed to interact with, advertise to, and solicit business in the community. Trade Partners will also be allowed to promote their services and products in group or social settings. We are grateful to all of our Trade Partners.

Independence Trade Partner

CLC Landscaping, LLC

Freedom Trade Partner

Thomas Funeral Home

Victory Trade Partner

Christus Santa Rosa Hospital

Liberty Trade Partner

Inspired Closets

Cruise Planners Concierge Journeys, LLC

New York Life — Xavier Castillo

COMMUNITY LIFE TEAM

Rebecca Rounds - Executive Director

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

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