



Professionally Managed by Action Property Management

**BOARD OF DIRECTORS:**

Cal Zissel, President  
Phil Hoffman, Vice President  
Ed Benschop, Secretary  
Len Campanaro, Treasurer  
Larry Allman, Director

**NEXT BOARD MEETING:**

Wednesday, April 16, 2014  
6:00 P.M. in the Lounge

**MONTHLY COMMITTEE MEETINGS:**

Social: 1st Thursday @ 6:30P.M.  
Building: 2nd Tuesday @ 4:00P.M.  
Landscape: 4th Thursday @ 4:00P.M.

**UPCOMING EVENTS:**

*Taste of Headquarters*  
*Hosted at Headquarters @ Seaport District*  
*May 6, 2014 6:00 P.M.—8:00 P.M.*  
*Sign up at the Front Desk by 4/28*

2014 Pool Rules

Warm weather is almost here! In anticipation of pool weather, we'd like to remind you of some of the key pool rules:

- \* Everyone uses the pool and spa at their own risk. There is NO Lifeguard on duty.
- \* Each unit is limited to a total of six (6) guests in the pool area at any given time.
- \* During the following holidays, the pool and spa areas are reserved for residents only. No guests are allowed in the pool/spa area on: Memorial Day, Independence Day, and Labor Day.

There shall be no running, pushing, horseplay, throwing balls, loud noise, music (unless used with personal headphones); glassware; misuse of pool furniture and equipment; bicycles, recreational wheeled vehicles; immoral, lewd, or indecent conduct, or nudity, at the pool area.

Recreational flotation devices such as, but not limited to, loungers, inner tubes, and rafts are not allowed in the pool or spa at any time.

Smoking of any type, including, but not limited to, cigarettes, cigars, electronic cigarettes, and pipes, is prohibited in the pool/spa area.

Residents found in violation of any of the pool/spa area rules will first receive a verbal warning. Upon a second offense, the residents and any guests of the residents will be asked to leave the pool area. Continuing violations will be referred to the Board of Directors for further enforcement including fines and suspension of amenity privileges.

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We appreciate everyone's cooperation with the established rules and regulations for The Grande South. Some of the above rules are new, most notably the restriction of guests on certain holidays. During these dates, the association will have extra security officers present to check IDs against a resident list to ensure the rules are being followed. Please plan accordingly during these times and bring your ID with you to the pool area.

If you have any questions, please refer to the Rules and Regulations booklet that was mailed out at the end of 2013, or contact management.

### Leftover Paint Reminder

Lately we have noticed half-full paint cans sitting in the garage near the dumpsters. Did you know that you cannot simply throw leftover paint in the trash?

Oil-based paint should be disposed of at a hazardous waste facility. Latex paint can be thrown out in the trash once it has solidified. Remember to recycle those cans! If you're hiring a vendor to paint your unit, please advise them not to leave the leftover cans in the garage.

### Window Washing

Window washing was scheduled to commence on Monday, March 31st, but a rainy forecast has postponed our plans. Alternatively, window washing will commence once the rain has passed. As usual, all exterior windows not accessible from a balcony or patio, will be cleaned. If your unit needs to be accessed to complete the window washing, you will be notified in advance.

### Yoga

Practicing yoga has many benefits including increased strength, flexibility and vitality. Yoga

also reduces stress and anxiety. It promotes deep relaxation and detoxification and can help relieve back, neck and shoulder aches. In addition, yoga helps to improve sleep, posture, balance, concentration and blood circulation.

Yoga classes are conveniently offered twice a week at the Grande South for a reasonable fee that is less than yoga studios. Classes are held in the Lounge on Mondays and Thursdays from 8 to 9 am. Beginners are welcome and classes are suitable for all levels! The instructor, Jane Harb, has been teaching for 12 years and is certified in Yoga, Children's Yoga, Thai Massage, mat Pilates and Reiki.

Visit the instructors website for more information at [yogijane.com](http://yogijane.com) or contact Jane at (619) 925-0808. Replenish yourself and let go of stress and tension.

### Tip of the Month:

Have you considered making the change to LED lighting?

LED lights emit far less heat than halogen lights and they produce a higher output while using less electricity. The light produced by these bulbs is brighter, crisper and will last longer. The correct LED light that you'll want to install is a MR-16 LED 4 watts, with a GU 5.3 pin base.

Additionally, if you've noticed that your existing halogen lights seem to be burning out more and more quickly, you may need to replace the electrical "pigtail". For your convenience, the Association has purchased a small stock of these to sell at \$5.00 each.

If you're interested, please inform the Front Desk. Should you require an electrician to install the lights, we're happy to make a recommendation.

*Written and edited by: Aileen Ryan and Corinne Marrinan*

## **BUILDING CONTACT INFORMATION**

**The Grande South Website:** [www.thegrandesd.org](http://www.thegrandesd.org)

**Front Desk & Management Office:**

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**Corinne Marrinan, General Manager:** [cmarrinan@actionlife.com](mailto:cmarrinan@actionlife.com)

**Aileen Ryan, Assistant Manager:** [aryan@actionlife.com](mailto:aryan@actionlife.com)

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