

Sky Valley Property Owners Association

Newsletter – Oct. 3, 2021

Going Away Party, dues and pancakes

The **Going Away Party** is scheduled for 5 p.m. **Oct. 20** at the Sky Valley Country Club. This is instead of our regular October meeting. The menu is heavy hors d'oeuvres with a cash bar (or charge to your country club account). If you bring your own bottle, there is a \$10 corkage fee. Cost is \$25 per person. Please pay at door: CASH or CHECK to SVPOA. **Make your reservations BEFORE Oct. 15:** Email [Grace Guess](mailto:Grace.Guess) (click on name to email) or call 706-746-5583 or 863-640-9777.

Please pay your **2022 dues NOW:** \$70 for a family or \$40 for an individual. Download and print the membership form (click to download) and mail your completed form and check to SVPOA, 614 Sky Valley Way #155, Sky Valley, GA, 30537. You can also pay at the Oct. 9 Pancake Breakfast.

http://skyvalleypoa.net/wp-content/uploads/2019/05/SVPOA_membership_form.pdf

Join us for a **pancake breakfast Saturday, Oct. 9**, 8-10 a.m. at the Lakeside Pavilion. Pancakes, eggs, grits, sausage, biscuits, coffee and juice. Open to the public. Cost is: \$8 adults & children age 12 and older / \$5 children age 5-11 / no charge for children age 4 and younger. Cash or checks ONLY (no credit cards), please.

MEDICAL NEWS REPORT

This month's topics from Dr. Sam LaMonte's website www.themedicalnewsreport.com are below. Sam's advice: Get vaccinated and discuss the wisdom of a booster with your physician.

- COVID-19 latest information
- Stroke and TIAs management
- Diabetes management and prediabetes
- Slavery
- Colorectal cancer screening
- Circadian rhythm

Sincerely,
Ed Steil, president