

IN THE NEWS

September 2017

Parks & Recreation Programs
Frances Meadows Aquatic and Community Center
Gainesville Civic Center
Lake Lanier Olympic Center
City / County Issues
Miscellaneous



Gainesville Parks and Recreation Agency
830 Green Street
Gainesville, GA 30501



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From the Editor

Let's get physical



Even though summer is officially over, you can still get wet (lake excluded). Head over to the Frances Meadows Aquatic Center in Gainesville and join any of the several aquatic classes offered. Part of living is aging, and throughout this issue are articles looking at ways to stay active and healthy. Be sure to get over to the center on Sept. 13 for The Times' Healthy Aging Expo. There will be door prizes and health screenings as well as vendors. Beginning at 10:30 a.m., guest speakers will be on stage to talk about everything from retirement finances to volunteering to good nutrition. And best of all, it's free!

Also in this issue we take a look inside the lake home of John and Candy Rumrill. Even though she isn't an interior designer, you would never know that by the décor. She spent years picking out the perfect pieces and furniture to tie her home together and it really shows. We also talk to Elevation Fitness to find out the latest in gym living and their expansion.

As always, enjoy!

Michelle Jameson

Michelle Boan Jameson
ditor@homemagazinorthgeorgia.com

HOME

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Editor/Designer
Michelle Boan Jameson

General Manager
Norman Baggs

Advertising Sales
Leah Nelson

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September 2017

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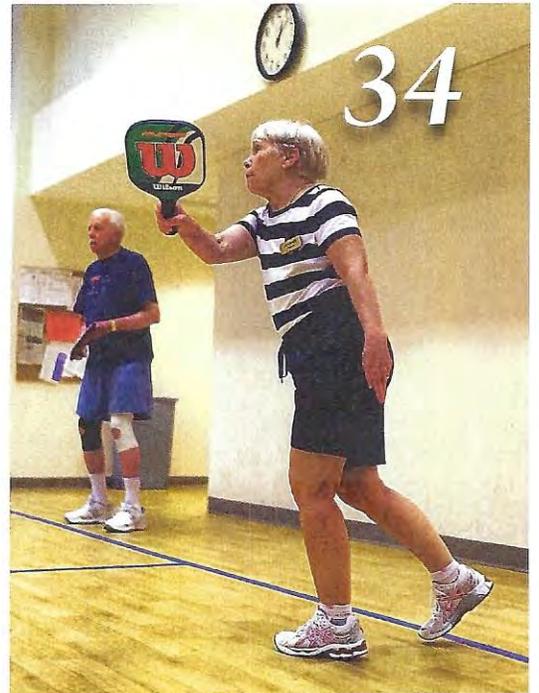
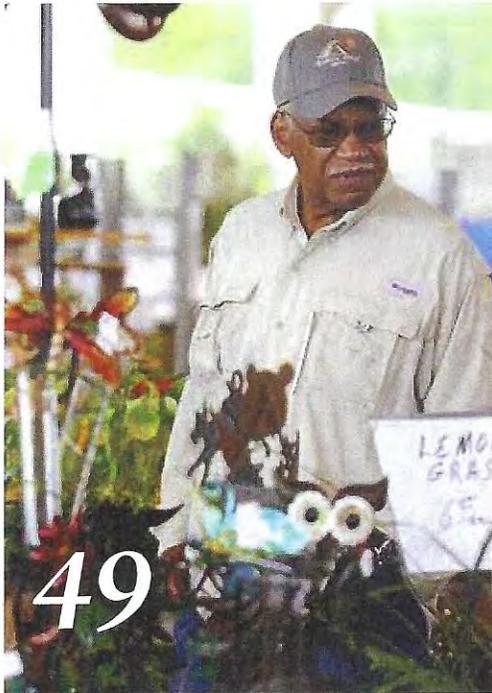
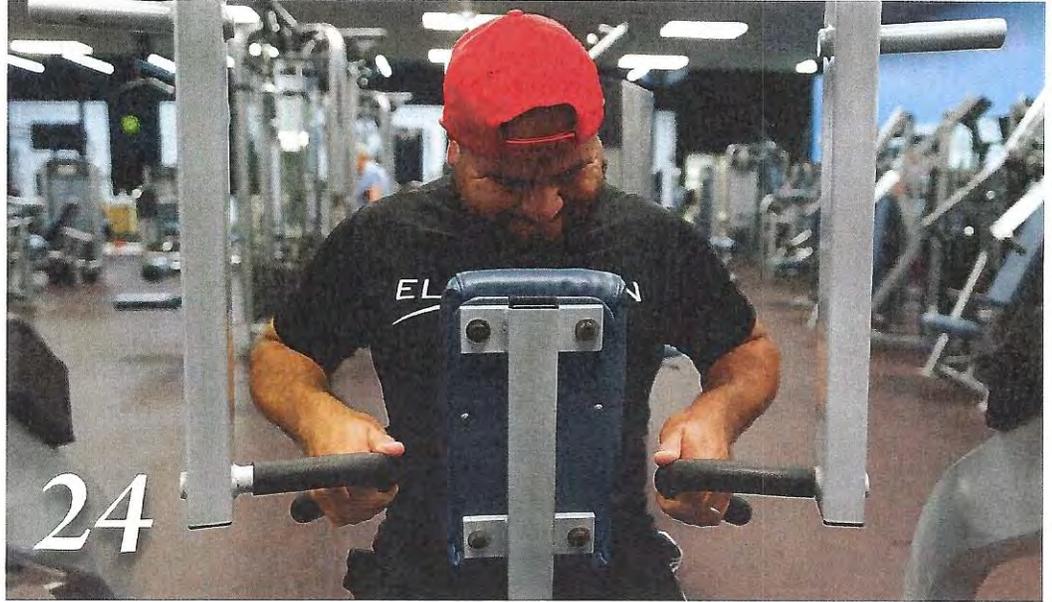
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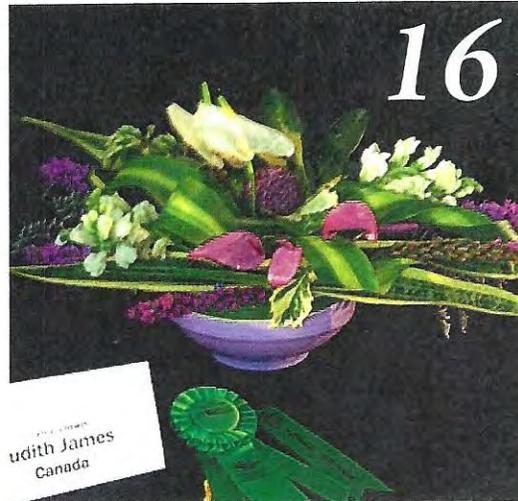
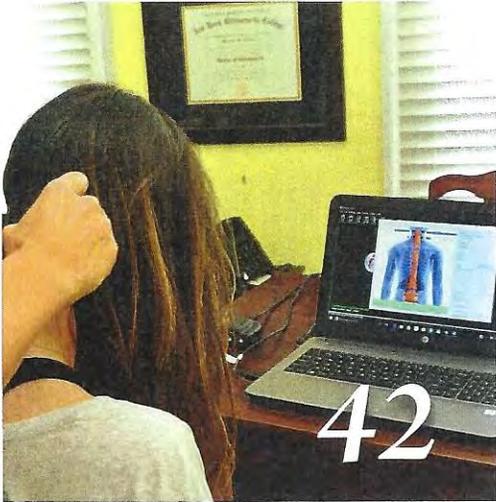
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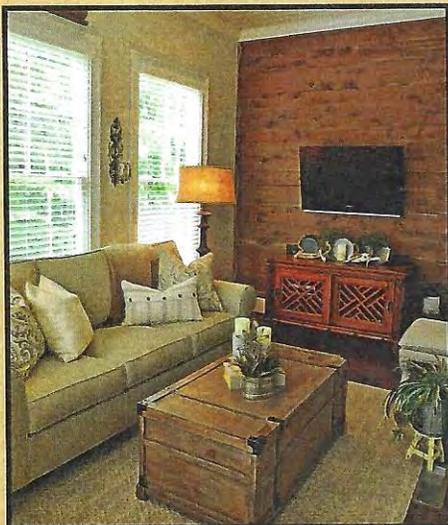
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50 In The Community

On the Cover

The sunroom in the Rumrill house uses shiplap made from the wood of a 126-year-old cedar tree that was once on the property. The cedar was also used to make the mantle over their greatroom fireplace.

Photo by
Michelle Boen Jameson




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Q-3-17

JOIN US!

Wednesday, September 13th • 10am-2pm

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HEALTHY AGING EXPO



FRANCES MEADOWS
AQUATIC AND COMMUNITY CENTER

1545 Community Way, Gainesville

Free to the Public!



Scheduled to Speak:

10:30 AM Dianne Appling, Lifeline,
Topic: Keep Playing!

11:00 AM Atlanta Gastroenterology,
Topic: Stay Healthy!

11:30 AM Caroline Pierce, Good Nutrition, Topic:
Stay Fortified!

12:00 NOON Scott, Chris and Brian Moore,
Moore's Wealth Management,
Topic: Protect your Financial Health!

12:30 PM Dr. Andrew Lake, Gastroenterology
Associates, Topic: Screenings are Important!

1:30 PM Philippa Moss, Community Senior Center,
Topic: Lending a Hand Keeps You Healthy!

Classes:

Frances Meadows Aquatic Center will be offering
the following classes FREE during the event:

Land Classes – Wellness Room

10am-11am – Zumba • 11am-11:45am- Strength in Motion
12pm-1pm- Gentle Yoga • 1pm-1:45pm – Barre Tone

Water Classes – Warm Pool

10am-11am – Water Works • 11am-12pm – Gentle Movements
12pm-1pm – Aqua Moving & Grooving • 1pm-2pm- Stretch & Flex

Spin class – Spin room in Fitness Center

(9 bikes available. First come, first served)

11am-11:45am- Your Ride

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9-3-17

Splash Down!



Have low-impact fun in the water

Story by Pamela A. Keene | Photos by Scott Rogers

Low-impact gentle exercise is just what the doctor orders for people with knee, leg and foot issues. And at Frances Meadows Aquatic Center, patrons can choose from aquacize, splash dance, deep-water aerobics or lap swimming to burn calories and help stay in shape.

“Whether they’re coming in for exercise and their health or for rehabilitation, we offer a wide range of instructor-led classes that are beneficial to all ages,” says Julie Butler-Colombini, marketing and communications manager for Gainesville Parks and Recreation, which oversees Frances Meadows. “We’re more than an aquatic facility; we offer all kinds of activities on land and water.”

The center has two indoor swimming pools, a 4-lane warm-water instructional pool that’s ADA accessible with a ramp and

a chair lift and a 10-lane competitive pool with spectator seating. Classes generally take place in the mornings and early evenings; the pools are available for open swim in

“We also have a Masters swim program for anyone over age 18,” Julie says, “and it has members of all ages, in both competitive and non-competitive programs.” It’s part of the national U.S. Masters Swimming organization.

The center is home to Lanier Aquatics competitive swim team that competes with other programs in the region.

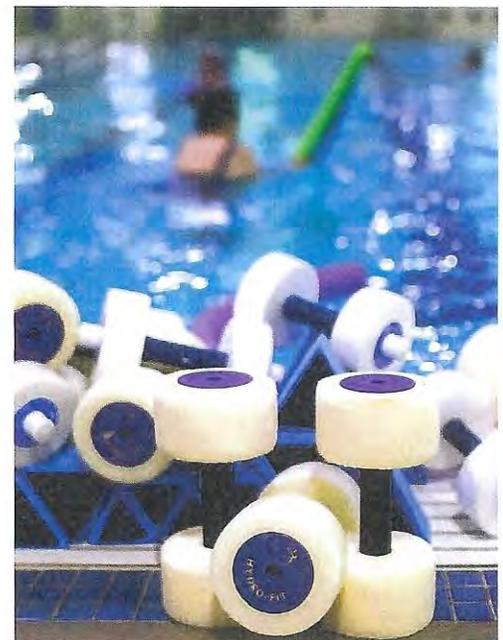
Frances Meadows employs four regular water instructors who teach group classes and offer aquatics personal training for an extra charge. The classes range from deep-water aerobics, freestyle choreography classes that build core strength and cardiovascular endurance, to a program called Water

Works, designed for people who can’t swim.

“The instructors work closely with participants and their needs,” Julie says.



the afternoons. Adult swim lessons, either one-on-one or semi-private are offered for all levels.



Opposite: Seniors get warmed up during a water aerobics class offered at the Frances Meadows Aquatic Center. Above: Water aerobics instructor Becky Simon leads a group of seniors get warmed up before a water aerobics class. Right: Water weights wait poolside during a seniors water aerobics class.

Right: Water weights are used during a water aerobics class for seniors at the Frances Meadows Aquatic Center. Below left: Seniors toss a ball constantly while performing water aerobic moves during a water aerobics class for senior citizens. Below right: Seniors get busy during a water aerobics class.



“From deep-water conditioning to stretch and flex there are classes for all capabilities and interests.”

Several classes are geared toward older residents. Senior Aquacize combines cardiovascular training with gentle strengthening to improve flexibility and balance. Senior Jumping Jack Splash is a multi-level workout that uses buoyancy weights and noodles to help with balance and muscle tone. Water Workout for Arthritis provides low-to no-impact movement to relieve stiff joints, increase muscle strength and build flexibility.

Julie says that many patrons come to the center daily for their exercise, taking classes, swimming laps and generally staying active.”

“Being in water just makes you feel better,” she says. “Water workouts are easy on your muscles and joints and they’re a great way to stay active. It’s a comfortable and fun way to exercise and meet new people.”

So what do you wear for water exercise? “People wear regular swimming suits because they allow for free movement, and many people wear water aerobics shoes rather than



coming in bare feet,” she says. Swim caps are not required.

The heated pool allows for water activities all year, plus the center offers a full schedule of land-based fitness classes from gentle yoga to seniors in motion, Zumba to barre. With men’s and women’s locker rooms, participants have a place to shower and change after their workouts.

In the warmer months, the Splash Zone is an epicenter of activity for the younger set. Parents and grandparents bring youngsters to the 34,000-square-foot playground that has a lazy river, slides, spray fountains and zero-

depth entry.

The Frances Meadows Aquatic Center opened in August 2008 and was named for the late Hall County Commissioner Frances Meadows. Built at a cost of \$16.2 million, most of the center’s facilities are open year ‘round.

Classes are available on either 90-Day or Annual Passport membership or on a per-class drop-in basis for \$6 per class. For more information, call 770-533-5850 or visit www.gainesville.org/frances-meadows.

H

Swirls and twirls



Above: Barbara Tuggle, 54, left, and Jerry Tuggle, 70, right, put on their dancing shoes before a Lanier Dance Club meeting in Gainesville. The club meets the second and fourth Tuesdays of every month and features a lesson on various types of dance. Top: Barbara and Jerry Tuggle, center; lead a dance lesson at a Lanier Dance Club meeting at the Civic Center in Gainesville.

Lanier Dance Club keeps on moving

Story by Michelle Jameson

Photos by David Barnes

Established in the early 90s, Lanier Dance Club has changed format as trends have changed through the years.

Members gather casually twice a month to practice their moves and learn new ones.

“We don’t officially have members but have probably 70 people who come on occasion. We typically have about 35 to 40 attend each event,” said club secretary Barbara Tuggle.

The dancers help keep each other young and encourage younger dancers to get on the floor.

“I would guess that the average age is around 60, although all ages are welcome” said Tuggle.

The club teaches a variety of line, swing and ballroom



dances including Waltz, East and West Coast Swing, Cha Cha, 2 Step and others.

"I wouldn't say we have a favorite as a group, although we have couples who focus on a particular dance."

The group owns a library of music and have a few individuals who rotate creating a play list for the focus dance of the evening.

Of course dancing offers many benefits, says Tuggle:

■ The physical benefit of staying active keeps the joints loose and provides aerobic exercise along with practice maintaining balance.

■ The mental benefit of coordinating

motion with music and remembering the moves and sequences.

■ The social benefit of interacting with people with similar interests and most importantly, having fun.

"We would love to see more young people get involved. I have seen younger dancers at other venues, however, not many in Gainesville."

Dances are \$8 per dancer, cash at the door. That includes the lesson. The group meets the second and fourth Tuesdays at 7 p.m. until 10 p.m. at the Gainesville Civic Center. They welcome beginners and singles.



Top left: Jerry Tuggle, 70, center, instructs Ellen Claessen, 64, left, and Albert Claessen, 63. Above: Anderson, right, dances with Jean Maggio, left, at a Lanier Dance Club meeting in Gainesville.

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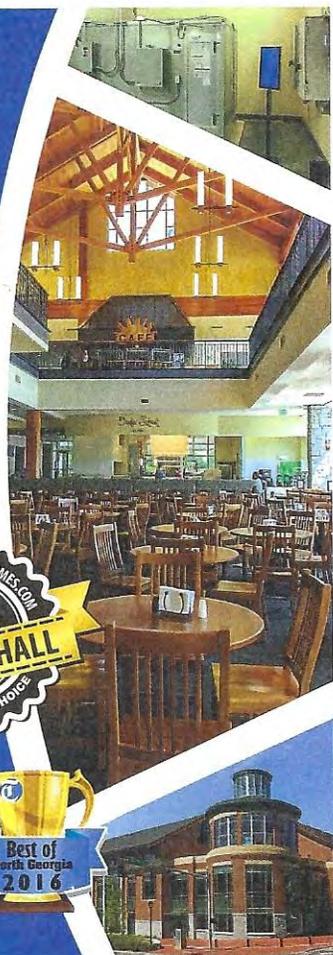
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LAKE LANIER OLYMPIC PARK

LCKC RECLAIMS NATIONAL CROWN

Team grabbed 113 total medals to dominate competition



LCKC - 2017 USA Sprint Canoe & Kayak National Champions.

By Jane Harrison

The Lanier Canoe & Kayak Club came back after a five year slump to reclaim its crown in USA Sprint Canoe & Kayak National Championships in Clermont, Fla. Aug. 2-5. The landslide victory was a long time coming for the local paddling club, which had relinquished the championship to Gig Harbor five straight years.

"It's been a little while," said Head Coach Kalen Scholz. This was LCKC's 11th National Championship and its first since 2001. Scholz attributed the win to a robust showing across the board, from bantam to senior athletes. "We have a strong pool of bantam athletes who've been able to move up in the categories," she said. Their involvement, plus an experienced contingent of junior and senior athletes who committed to compete this year contributed to the medal count.

"Winning the National Championship is truly a team effort - a club has to have strong representation in every category to win,"

Scholz said. The Championship's proximity to LCKC's home also figured in. LCKC was able to take more athletes to the Florida site than to championships in distant states in past years.

Led by Scholz and coaches Jim O'dell, Cannie Ash, Dave Haack, and Riley Bruner, the team dominated competition from 26 teams from all over the U.S., scoring 952 team points, beating

second place Gig Harbor, with 584 points.

Forty-nine LCKC athletes racked up the most points in Bantam (age 13-14), Juvenile (age 15-16), and Senior (age 18-30) categories. The men's and women's two- and four-person canoe teams also collected more points than any other team. The Master's team (ages 30 and older)

See Champs, page 15



LCKC female team member racing.



LCKC male doubles team racing.



Owen Farley-Klacik, Best Male Junior Kayaker.

LAKE LANIER OLYMPIC PARK INFO

Lake Lanier Canoe and Kayak Club

Contact: Office Administrator, Jackie Hutton;
LCKC President, Tracy Barth
Phone: 770-287-7888
Fax: 770-287-3444
Email: info@lckc.org
Website: www.lckc.org

Address: Lake Lanier Olympic Park
3105 Clarks Bridge Rd., Gainesville, GA 30506

Club offerings: Recreational and competitive canoe and kayaking for ages 12 and up. Beginner to masters programs offered through regularly scheduled practices, classes, and summer camps. Also hosts local, regional, national and international competitions.

Calendar of events:

- Weekends thru Oct. 29 - Canoe, Kayak, SUP Rentals
- Sept 9 - Atlanta Hong Kong Dragon Boat Festival
- Sept 15 - Moonlight Paddle
- Sept 23 - Beginner Racing League Fall Race
- Sept 30 - Beginner Racing League Fall Fungatta

Lake Lanier Rowing Club

Contact: LLRC President, Robin Millard
Phone: 770-287-0077

Email: LLRC@mindspring.com
Address: Lake Lanier Olympic Park
3105 Clarks Bridge Rd., Gainesville, GA 30506

Website: www.LakeLanierRowing.org
Club offerings: Recreational and competitive rowing for ages 13 to 80+. Beginner to elite offered through regularly scheduled practices, classes, and camps. Hosting of local, regional, national and international rowing regattas.

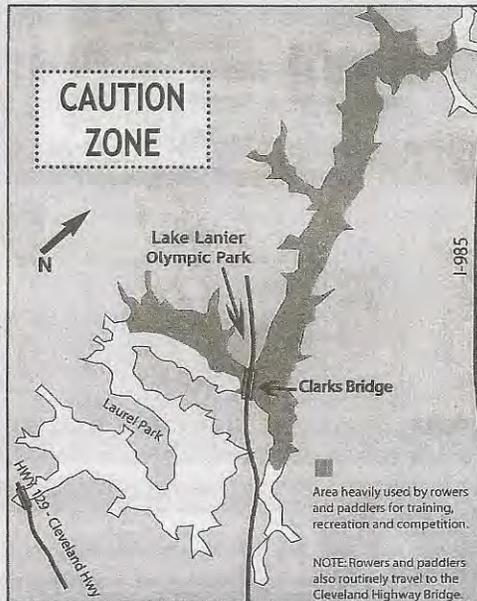
Calendar of events:

- Sept. 23 - A Taste of Gainesville

Other LLOP Events

- Sept. 15 - Food Truck Friday

Venue seats +/-2,000; parking capacity +/- 400 cars. The boathouse and tower are available to rent for meetings and special occasions.



More local teams competing in 22nd annual Dragon Boat races

By Jane Harrison

The 22nd annual Atlanta Hong Kong Dragon Boat Festival Sept. 9 brings exotic flavors and customs to Lake Lanier Olympic Park, plus a growing contingent of local boaters. About 12 teams from schools and businesses near the festival's home waters plan to pile into the dragon-headed boats to race against Atlanta-area corporations and schools.

"We are getting more and more teams from the Gainesville area," said festival director Gene Hanratty, senior consultant to the Hong Kong Economic & Trade Office in New York. 20-person crews from Lakeview Academy, Left Nut Brewery, Wrigley, ZF

Industries, Cargill, Jackson EMC, and two teams each from the University of North Georgia and Lanier Canoe & Kayak Club will engage in friendly competition with Delta, UPS, Home Depot, AT&T, Georgia Tech and other Atlanta giants. In the past, only a handful of locals paddled against crowds from the big city.

Hanratty expects registration to cap at 80 teams. To accommodate the long-boat invasion, the director acquisitioned two additional boats, adding to the eight provided by the Lanier Canoe & Kayak Club. "Adding these two extra boats will also allow five boats to race per 200 meter heat instead of four," said LCKC Pres-



PHOTOS BY ALAN HOPE

Action from last year's festival.

ident Tracy Barth, event coordinator. More boats per heat will shorten what's traditionally a hot afternoon for recreational teams, allowing more time for ramped up competition later in the day.

"The most exciting part - we will have all ten boats racing in the grand finale. This is something amazing to see," Barth said.

Another change this year is the reconfiguration of the vendors and food court, which is a huge draw for multi-cultural souvenirs and edibles. "We will be moving all of the vendors outside of the entrance gate into an area that we are calling our 'Vendor Village.' This will ease some of the congestion in the plaza area and allow attendees the ability to move about more freely," Barth said. Team tents will still line the plaza.

Also debuting this year: beer and possibly wine. Gainesville's hometown brewery, Left Nut, will not only put a team in a boat, it will also pour pale ales, stouts and pilsners in the Vendor Village. The homemade brew will likely be in competition with the drink of the day: fresh squeezed sugar cane juice. The super sweet beverage plus Asian and southern delectables of all kinds give attendees a taste of foreign and familiar fare. Barth said organizers have not yet finalized plans to serve wine this year.

The main action on the lake -

with drums beating and paddles furiously churning the water - is just part of the fun. The traditional opening ceremony, which takes midway through the competition at 12:30 p.m., offers a crowd-pleasing dragon dance with multiple acrobats underneath the belly of dragon costume. The writhing, cavorting dragon gets his eye painted by a local or festival celebrity, signaling the start of a near-hour celebration with Asian dancers, musicians, and martial arts experts.

Hanratty said this year's rendition will celebrate the 20th anniversary of the transfer of sovereignty over Hong Kong from Great Britain to China. Joann Chug, Director of the Hong Kong Economic & Trade Office in New York is expected to attend.

LCKC expects 200 volunteers, including 175 past and current

club members, to work the club's largest annual fundraiser. "This is an event that everyone looks forward to, and each year we have a dedicated pool of volunteers who serve in positions from assembling volunteer lunches, helping teams unload equipment, parking, providing safety on the water, working the finish line, to name just a few," Barth said.

Barth anticipates it will stir enthusiasm for next September's ICF World Championship Dragon Boat races at LLOP. "Hosting an event of that magnitude is no small feat; there will be more teams in attendance from countries all over the world and takes a lot of preparation," she said.

"That event is strictly competitive," Hanratty said. "Ours is by far recreational, more for fun." Medals and bragging rights are part of it.

Hong Kong Dragon Boat Atlanta Festival Schedule

Saturday, Sept. 9, Lake Lanier Olympic Venue

5:30 a.m. Parking Opens

6 a.m. Venue opens

6:30 a.m. Off-site parking & shuttles

7 a.m. Buddhist Monks bless dragon boats

7:15 a.m. National Anthem

7:25 a.m. Dragon boat races begin

12:30 p.m. Opening ceremony

3:40 p.m. Awards ceremony

4:15 p.m. 2000 meter races

4:45 p.m. 2000 meter award ceremony

Boat ramp at Lake Lanier Olympic Park/Clarks Bridge Park will be closed.

Food Truck Friday at LLOP a hit



PHOTO BY JANE HARRISON

Food Truck Friday premiered last month at Lake Lanier Olympic Park. The well-attended event featured fare prepared on-site by mobile restaurateurs, DJ music, paddleboard rentals, vendors and appearances by National Sprint Canoe/Kayak champions from the Lake Lanier Canoe & Kayak Club. Repeats of the event are set for Sept. 15 and Oct. 20.

• Champs

Continued from page 14

finished sixth. LCKC brought home 113 medals: 42 gold, 30 silver, 41 bronze.

The competition's not over for Scholz and eight LCKC athletes headed for the Olympic Hopes Regatta this month. Scholz, who has competed abroad as an athlete, will coach the team of 30 U.S. athletes in the Sept. 15-17 regatta in the Czech Republic. "I'm very excited about it. This will be my first time overseas

coaching," she said. "I'm a little nervous about managing 30 teenagers (age 15-17) since I don't know them all."

LCKC award winners

• Kevin Rochester, Best Male Bantam Canoe

• Edward Surles, Best Male Juvenile Canoe

• Ferran Smith, Best Female Junior Kayaker

• Owen Farley-Klaciak, Best Male Junior Kayaker

• Stanton Collins, Aaron Mullican, Best Male Senior K2 Team

• Owen Farley-Klaciak, Drew Deppe, Stanton Collins, Aaron Mullican, Best Male Senior 4K Team

• Olympic Hopes participants: Lisa Swenson, Andrew Surles, Edward Surles, Walker Peck, Caitlin Marsh, Paige Farley-Klaciak, Natalie Brunson, Caleb Copper; Coach Kalen Scholz.

Lynch new leader for Lanier's Olympic Park

Shore Lines

From the fascinating to the remarkable, Lake Lanier harbors many personalities and places along its shores. Lakeside presents "Shore Lines" – stories about people who live, work and play around the lake and the places that make the area special.

By Jane Harrison

Packets of brochures and fliers lined the table inside Robyn Lynch's new office. The materials heralding a food truck party and exotic world championship at Lake Lanier Olympic Park showed the promoter at work. The recently named venue manager at LLOP had begun executing her public relations skills in print, social media, and networking to do her primary jobs: event planning, fund-raising and community relations.

Gainesville-Hall '96, LLOP's governing board, chose Lynch, an experienced fund-raiser, to lead the living relic of the 1996 Olympics through a revival that started more than five years ago. Lynch's task centers on getting financial backing for a \$10 million master plan to keep the Olympic flame aglow, not just for the sports that brought the Games to Lake Lanier, but for a community that is just awakening to a diverse public park.

Lynch hopes a new event, Food Truck Friday, will bring in folks who've never visited LLOP. "We want people to realize it's the community's park. The rowing club and canoe/kayak club brought it here and kept it running," she said.

But the park culture has expanded well beyond those sports to include wake-boarding contests, concerts, movies, weddings, corporate team-building, al fresco dinners, and even a motorcycle rally. Former manager Morgan House, who resigned in July to sell real estate, pioneered changes in the Olympic waters.

Lynch noted that even though the park has broadened its scope, many area residents still don't know about it. For instance, she said, out of 40 students visiting the park last month in a Leaders of Hall County event, only five had ever been there.

Lynch touted amenities the park has to offer: a shaded picnic area, beach, seasonal paddleboard and canoe/kayak rentals, and a 2,000-capacity grandstand and plaza overlooking the lake, plus the infrastructure to hold local and international water sports events. She has started hosting

tours and presentations to better familiarize people with the unique public asset.

Lynch, 47, came into the job from a background in political and local fund-raising. The Savannah native moved to Gainesville 13 years ago. After traveling statewide with political campaigns, she chose to settle down in what she described as a "very giving, warm, and receptive community."

She initiated a Health Smart Expo and Chamber Challenge 5K while working at the Greater Hall Chamber of Commerce. She got involved with several local non-profits, including the Junior League of Gainesville-Hall County and Quinlan Visual Arts Center. She said her favorite venture was the creation of Women-Source, a non-profit that encourages personal and professional success for women.

She currently serves as PTA president at North Hall Middle School, where her son, Ryan, is a student. Her daughter, Holly, is enrolled at Georgia College & State University in Milledgeville.

After her first weeks on the job, Lynch was getting a grasp on managing a venue with many moving parts. She said challenges include dealing with day to day operation on top of planning for next year's ICF Dragon Boat World Championships and capital campaigning.

The workload is lightened a bit by assistant manager James Watson, who was hired full-time to handle much of the physical upkeep at the park. On a day that kept Lynch in the office and Watson away for a funeral, trash cans overflowed on the beach side of the park. Porta potties stood alongside the closed restroom in the center of the parking lot. The park cried for attention. The aging boathouse, with decades old infrastructure, does, too.

Lynch knows about the needs. The contracted regular trash pickup is not enough, she said, when visitors are apparently depositing waste at the park after dark. The restroom situation, an eyesore at best, is also not acceptable. She plans to launch fund-raising activities for new restrooms and a pavilion in the fall, pending U.S.



Robyn Lynch at the Lake Lanier Olympic Park.

PHOTO BY JANE HARRISON

Corps of Engineers approval of the master plan for park renovations.

Last year GH '96 completed a \$1.1 million Phase 1 renovation, installing improvements to the Olympic tower and building a tower-to-plaza bridge. The restoration/pavilion additions, plus a walking path, compose Phase 2. A third phase includes boathouse renovations. The facility, built as a temporary base for the Olympics, "is in great need of TLC," Lynch said.

The new venue manager, a self-described "outdoor girl," has gotten her feet wet on a paddleboard and is "learning the termi-

nology" of canoe/kayak and rowing through the clubs that train from the venue.

House, hired in 2014 as the first venue manager, grew up in the Lanier Canoe & Kayak Club and pursued Olympic berths in 2008 and 2012. "He was certainly the right guy at the right time," said Mimi Collins, GH '96 chairperson. He became the face of the venue, escorting it into a new age and culture.

Collins expressed confidence in the new face at the venue, one that gazes into a future in need of money and continued public support. Lynch was the best candidate for the job, Collins said.

"She has great fundraising experience, organizational skills, event planning and people skills and her experience working at the Chamber transitions well" into GH '96's goals for the venue.

On a hot August day a week before food trucks rolled onto the plaza and a year before thousands of international dragon boaters will hit the water, Lynch retreated briefly from a full agenda to pose for a picture. Some kayakers stroked the waters in the Olympic channel. "It's so peaceful here," she said, getting a dose of tranquility in the midst of all she must do to carry a legacy park into the future.

Recreation Guide for Lake Lanier

Provided by the U.S. Army Corps of Engineers

The Corps of Engineers welcomes you to beautiful Lake Sidney Lanier. Located just 35 miles northeast of Atlanta, the lake offers some of the finest camping opportunities in the South. The Corps operates 7 campgrounds at Lake Lanier. Info: www.lakesideneeds.com/camping.

MORE INFO:

Water release schedules - 770 945-1466
Lake information - 770 945-1467
Corps of Engineers - 770 945-9531
www.sarm.usace.army.mil/Missions/Civil-Works/Recreation/Lake-Sidney-Lanier

Correction

In our August story "Rain, Rain Everywhere" about lake levels, we incorrectly stated the current level of drought restrictions in Georgia. Here is the correct information:

Currently, Buford and much of the area surrounding Lanier is now under Level 2 drought restrictions. This means that:

- Outdoor watering is restricted to twice a week with even numbered and no numbered addresses watering only on Wednesdays and Saturdays or odd-numbered addresses watering only on Thursdays and Sundays. Watering can only take place before 12 a.m. to after 4 p.m.

Please check your local government agency websites for complete details regarding watering restrictions.

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Save the Date

Thursday, September 7
Business Before Hours

Tuesday, September 12
Small Business Resource Fair

Thursday, September 14
Business After Hours

SEPTEMBER
2017

HealthSmart

Interactive Health & Wellness EXPO

Wednesday, October 11

Expo & Screenings – 7:30am-1:30pm

Breakfast – 7:30am-9:00am

Gainesville Civic Center

The Greater Hall Chamber of Commerce's 11th Annual HealthSmart Expo presented by CIGNA is FREE and OPEN TO THE PUBLIC with over 60 exhibitors and FREE Health Screenings for men and women 18 years and older. Free Community Health Screenings by **The Longstreet Clinic** include Blood Pressure, Body Mass Index, Cholesterol, Triglycerides and Glucose Testing with professionals will be on hand to conduct screenings, review your written screening report and answer your questions. FREE Food Demonstration with **Chef Hans Rueffert**. FREE Shuttle Service! No Admission Fee! No Appointment Needed! FREE Health and Wellness Seminars. FREE McDonald's salads to the first 100 screenings. Great networking, door prizes and giveaways!

HealthSmart 2017
Presented by



Booth Space Available – Reserve Your Exhibit Space Now

Mandy Lathem, 770-532-6206 x 115. Email: mlathem@ghcc.com

HealthSmart Special Guest



Chef Hans Rueffert

Hans Rueffert, owner and chef of the Woodbridge Inn in Jasper, GA is HealthSmart's featured guest. Known as The Chef Without a Stomach, Hans just finished participating in the first season of The Next Food Network Star in 2005 when diagnosed with stomach cancer.

With only 2% chance of survival, Hans began a journey of surgeries and treatments writing cookbooks on healthy eating. He frequently teaches cooking classes at the Piedmont Cancer Wellness Center and works with the Gastic Cancer Fund to mentor people with stomach cancer through their disease. His passion for health has led him to reach into his German heritage for a new life motto: Gesundheit, German for 'good health'. Come hear Hans testimonial at the HealthSmart Breakfast, followed by a Healthy Cooking Demo with delicious food samples. hanscooks.com

- FREE Community Health Screenings
- Open to the Public
- No Appointments Needed
- Free Food Demos & Samples
- 60+ Exhibitors
- FREE Shuttle Service

FEATURED MEMBER



A PUBLICATION OF THE GREATER HALL CHAMBER OF COMMERCE

230 E.E. Butler Parkway • P.O. Box 374 • Gainesville, GA 30503 • p 770-532-6206 • f 770-535-8419

★ • The Lake Lanier Olympic Park (LLOP) named **Robyn Lynch** as venue manager. Lynch's background is in fund raising, community and government relations and event planning. LLOP brings an estimated 100,000 visitors each year and is undergoing a series of renovations. The first phase, completed last year, included improvements to the tower and offices. Phase 2 will be improvements to park bathrooms and the boathouse. The LLOP beach, picnic areas and boat ramps are open to the public. lakelanierolympicvenue.org

• Gainesville native **Morgan House**, former Lake Lanier Olympic Park venue manager, has joined **Keller Williams Realty Lanier Partners**. Morgan spent eight years on the USA National Team for Sprint Kayaking and competed in many events around the world. He is a Chamber Board Member and serves on the Gainesville CVB, the Peach State Bank Youth Development Board and the John Jarrard Foundation Board. kwlانier.yourkwoffice.com

• **Northeast Georgia Health System** appointed **Brian D. Steines, CPA, MBA**, as chief financial officer. Most recently, Steines served as CFO for University of Missouri Health Care and the MU School of Medicine in Columbia, overseeing Missouri's premiere academic health system – which includes five facilities, a medical school, a Level I Trauma Center, 600 employed physicians and 500 residents providing services to all 114 counties in the state. nghs.com

• The **Georgia Mountain Food Bank's** Empty Bowl Lunch presented by **HomeStar Financial** is September 26. Drop in from 11am-1pm at the First Baptist Church Gainesville Banquet Hall for a tasty lunch and take home a hand-painted bowl as a thank you and a reminder of our goal to eliminate hunger in our community. gamountainfoodbank.org

• The **16th Annual John Jarrard Foundation Concert** is Saturday, September 16, 5:00 - 11:00 pm at the Brenau University Front Lawn. The John Jarrard Foundation is a non-profit created in the memory of Gainesville-native and Georgia Music Hall of Fame member John Jarrard. All proceeds from the foundation and its events benefit local charities. johnjarrardfoundation.com

• For only the second time, a Braselton business owner received the coveted "Synergy Honor" for exemplary achievements in economic and cultural development. **Donna Cannella** received

9/2017

UPCOMING CHAMBER EVENTS

Wednesday, October 11, 2017: **HealthSmart Wellness Expo & Breakfast**
7:30 a.m. - 1:30 p.m. – Gainesville Civic Center

Tuesday, November 14, 2017: **Industry Appreciation Luncheon**
11:00 a.m. - 1:00 p.m. – Chattahoochee Country Club

Thursday, December 14, 2017: **Eggs & Issues Breakfast**
7:30 a.m. - 9:30 a.m. – Gainesville Civic Center

Wednesday, February 28, 2018: **Healthy Hall Healthcare Awards Luncheon**
11:30 a.m. - 1:00 p.m. – Brenau Downtown Center

For Event Sponsorship Information, call 770-532-6206. 9/2017

HealthSmart

Interactive Health & Wellness EXPO

Exhibit Space & Sponsorships

HealthSmart 2017 kicks off with the **HealthSmart Breakfast** on **Wednesday, October 11 at 7:30 a.m. at the Gainesville Civic Center** with keynote speaker Chef Hans Rueffert. Presentation of the Most Fit Company Awards will take place during the breakfast program. **The HealthSmart Expo is free and open to the public with free health screenings.** Exhibit space is available and includes 6' skirted table, cloth and 2 chairs. Booth and Equipment Rental Fees:

Chamber Member Booth - \$350 each

Non-Member Booth - \$550 each

Non-Profit Table - \$200 each

Many sponsorship opportunities that range from Title Sponsor to Silver Level Sponsorships and include booths in prime location at the HealthSmart Expo, tickets to the HealthSmart Breakfast, promotion including logo placements on advertisements, banners, and marketing materials. For HealthSmart Breakfast Reservations, Exhibit Information or Sponsorships, contact Mandy Lathem, 770-532-6206 x 115. Email: mlathem@ghcc.com

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