

the Condor

The official publication of the Pine Mountain Club Property Owners Association, Inc.

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www.pinemountainclub.net
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**Movie Nights at the
Clubhouse...See
Page 12 for the lineup.**



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Check out PMC's website at www.pinemountainclub.net

PMC Board, Members Gather to Discuss Post Office Options

The PMCPOA Board of Directors held a special open Board meeting on Monday, Dec. 12 at 6 p.m. to discuss the PMC post office situation.

Nearly 150 members attended, and during the meeting, three options that have been provided by the United States Postal Service were discussed. Those options are: 1) Cluster boxes in Frazier Park; 2) Cluster boxes in Pine Mountain Club on designated land provided by the association; and 3) The association taking over the PMC Post Office (CPU).

The following motions were approved by the Board:

1. The PMCPOA Board of Directors will direct the general manager to proceed with the development of contracts with the USPS and the owner of the current post office location with the intent of managing the operation of the PMC Post Office (CPU). The general manager is authorized to seek legal and financial advice while negotiating on behalf of the PMCPOA with any and all involved parties.

2. The PMCPOA Board of Directors will designate the required portion of land on the corner of Artic Drive and Mil Potrero Frontage Road for a cluster mail box area (CMBA). The Board further authorizes expenditure from the Operating Fund not to exceed (NTE) \$20,000 to prepare the site for the installation of the number of boxes required.

The association will keep the membership updated as this project progresses.

E.C. Reminder About Fences

Environmental Control Committee

E.C. Code, Section 7.04, states that all fencing constructed upon any lot shall be made of products having the appearance of wood and be of an approved color.

All parts of Section 7.04 apply, but in summary, the rule states that fences must be reviewed and approved by the Environmental Control Office prior to construction. A plot plan must be furnished to the E.C. Office showing the proposed fence location, all existing structures on the lot, the fence style to be utilized and the finish to be applied.

Holiday Closures

- Please note that the PMCPOA offices will be closed on Monday, January 2 in observance of the New Year's Day holiday.
- The Transfer Site will be closed on New Year's Day, Sunday, January 1.

During Storms and Power Outages, Clubhouse Serves as Emergency Shelter

Winter has arrived, and though the past few winters have been mild, we never know when a big snow storm or power outage may happen. During severe weather, the association wishes to remind members that the Clubhouse remains open 24/7 in the event of the power going out. PMCPOA has an emergency generator that provides power immediately upon an outage, so the Clubhouse stays warm and lit. You can bring sleeping bags and games, and hunker down during the storm until the power comes back on. (No pets please; and a note that PMCPOA cannot provide transport to the Clubhouse.)

During inclement weather when the power stays on, you can tune into PMCPOA's radio station, AM 1610, for regular updates, or call 242-3857 after hours for current conditions. It's a good idea to keep a transistor radio in the house that operates on batteries in case of a power outage. PMC will also post emergency situations on the electronic sign board in front of the Clubhouse as needed. For information provided by county and state agencies, PMCPOA's website has links to many sources, including Kern County Fire, Caltrans and the National Weather Service. Look under the "PMC Safety Alerts" menu item.

In the event of an emergency, it is essential that PMCPOA knows how to contact you: If you do not have current contact information on file with the association, please notify the Business Office to provide updates right away by calling 242-3788 or by stopping at the front desk during regular business hours.

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The PMCPOA Board of Directors meets on the third Saturday of every month at 10 am in the Condor Room of the Clubhouse. All members are invited to attend the open session. The executive session is a closed meeting for the discussion of and action on legal and personnel matters, third party contracts, and member-requested hearings.

Members may request copies of the open Board Meeting minutes. These requests should be made in writing to the Corporate Secretary. There is a charge per page for making copies of the minutes.

Winter Safety Tips for Home and Car

Emergency Preparedness Committee

Here are some cold-weather safety tips to help protect yourself, your loved ones and your home.

Be Prepared for Winter Driving

- Check your battery -- Make sure your battery is up to the challenges of winter driving.

- Check your cooling systems -- Make sure you have enough coolant in your vehicle and that it's designed to withstand the winter temperatures. Check the system for leaks or have your mechanic do it for you.

- Fill your windshield washer reservoir -- Use high-quality, "no-freeze" fluid.

- Check your windshield wipers and defrosters.

- Inspect your tires -- If you plan to use snow tires, have them installed before the snow comes. Purchase the proper chains for your tires and know how to install them. Check the tire pressure. Check your tread: it should be at least 1/16 of an inch or greater on all tires.

Know How to Drive in Snowy Conditions

- Drive slowly. It's harder to control or stop your vehicle on a slick road. Increase your following distance so that you will have enough time to stop.

- Know what kind of brakes you have and how they work best in icy conditions. If you have antilock brakes, apply firm, continuous pressure. If you don't have antilock brakes, pump the brakes gently.

- Stay calm and ease your foot off the gas while carefully steering in the direction you want to go if you find yourself in a skid.

- Plan your travel and route -- Check the weather, road conditions and traffic. Leave early enough to give yourself

extra time to reach your destination. If road conditions are hazardous, avoid driving if possible. **STAY HOME.**

- Stock your vehicle -- Here are some basics: snow shovel, broom and ice scraper, abrasive material such as sand or kitty litter, jumper cables, flashlights and warning devices, blankets and warm clothing, cell phone with charger, water, food and any necessary medications.

- If stranded, stay with your vehicle. Don't run your car for long periods of time with the windows up. Clear the exhaust pipe of any snow and run it only sporadically -- just long enough to stay warm.

Prepare your Home for Winter Weather.

- Have your furnace checked and your chimneys cleaned. Make sure your smoke detectors and carbon monoxide detectors are in working order.

- If you are using a space heater, place it on a level, hard surface and keep anything flammable at least 3 feet away from it. The same rule applies for wood stoves and pellet stoves. Never plug a space heater into a power strip.

- If you are using a fireplace, use a glass or metal fire screen to catch sparks and rolling logs.

- Protect your pipes. Cut off water to outside faucets and open faucets to drain the pipes. Insulate hot and cold pipes in the crawlspace as well as the basement, attic and exterior walls. Consider wrapping pipes with heat tape. If your pipes are on an exterior wall, let the faucet drip to keep water moving and prevent freezing.

Carbon Monoxide Safety

- Never use a gas stove or oven for heat.

- Never operate a generator inside the home, including in the basement or garage. They should be used in well-ventilated locations outside, away from all doors, windows and vent openings.

PMC: Home to Beautiful Walking Paths, Hiking Trails

Mike DeAngelis, Greens & Grounds Committee

Many of you have seen the walking and fitness path along Mil Potrero Highway adjacent to the Clubhouse complex, but are you aware that there are other hiking trails in and around PMC?

It's an adventure to explore what's here. But, what's the difference between a path and a trail? The walking and fitness paths are routinely maintained by the Golf Maintenance staff. There are doggy relief stations, trash receptacles, benches and par fitness stations. Trails in and around PMC are not routinely main-

tained. There are no trash cans along the trails. You need to pack out whatever you take along on your hike. Some simple rules for use of the walking paths and trails: Pick up after your pet. Take your trash and garbage with you until you find a trash container. Currently, there is no smoking permitted in or around the National Forest, so no smoking and whenever possible walk or hike with a buddy. Off-road vehicles are not permitted on walking paths or trails.

Pine Mountain Club Hiking Trails

The PMC staff is continually exploring the development of new hiking trails. Some current popular trails are:

WOODLAND WATERFALL – The most well-known trail in PMC is the trail at the top of Woodland Drive. This is not a difficult trail, but be aware that a fully

'TRAILS' Continued on page 10

The editorial and advertising deadline for the February 2017 Condor is Monday, Jan. 16, 2017.

A reminder that the PMCPOA staff and editor of the Condor newsletter do not endorse nor make any representations for any advertiser, and we strongly encourage all persons to perform their own due diligence in selecting with whom they transact business. The association will, however, keep tabs on those that do place and pay for ads in the Condor. If we see a negative trend in performance issues, we will exercise our discretion and remove such ads from future publications.

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Enjoy Event Planning? Like Having Fun? Join the Rec Committee

Carolyn Davenport, Recreation Committee

My husband and I have lived in PMC for 15 years, and for much of that time, one or both of us (currently, me) has served on the Recreation Committee. We have helped develop, organize and staff many of our events—from the Fall Festival (formerly Oktoberfest) to Concerts on the Greens, the New Year’s Eve party and many others. We enjoy working with other PMC members to create fun activities for the community and to appreciate the food and entertainment that our great staff makes available to us.

Recreation Committee members come up with ideas for everything from Halloween to Valentine’s Day and Easter egg hunts. And then they work to implement

the event—decorating the clubhouse according to theme and sometimes selecting a band. The recent New Year’s Eve party had a 1920’s theme, and a Chili Cook-Off has been suggested for Super Bowl Sunday.

The Committee has also suggested the addition of new features and services for our community. For instance, the committee’s Board Liaison, Sandy Browne, is working to install six pieces of ADA-approved fitness equipment in Lampkin

Park. A shuffleboard court has also been proposed.

The Committee, which meets on the first Thursday of the month at 10:30 a.m. in the Condor Lounge, welcomes new members who enjoy creating and participating in events, as well as dancing on Saturday nights when there is entertainment in the Lounge/Condor Room. For further information, or to join the committee, contact the chair, Lesley McCleery, at lesleymcc@mysite.com or 661-242-2145.

Golf Shop Hours:

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PMCPOA's Policy on Snowplowing

During winter storms, the Pine Mountain Club Maintenance Department's snowplow equipment will be dispatched as needed to maintain all roadways, cul de sacs and access roads within the PMC community.

This equipment will be dispatched as soon as possible after the snow begins to stick to the road surfaces, and plowing will continue until all of the roads are clear of snow.

Cinders will be applied when the Pine Mountain Maintenance Department deems it appropriate.

The streets in our community will be plowed in the following order: First, the main roadways. Second, all access roads. Third, all cul de sacs. And, when time permits, attempts will be made to try to clear snow berms in driveways.

(Copies of this policy are available in the PMC Business Office.)

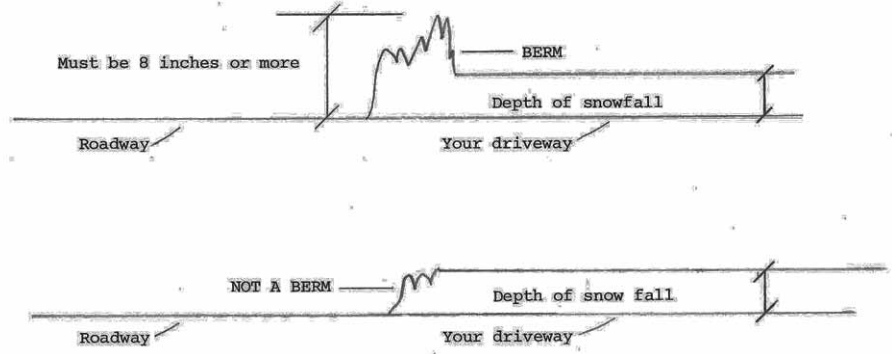
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Sketch of Snow Berm Removal Process



PMC's Snow Berm Removal Procedure

During the winter months, the Association can face many weather-related challenges. The first priority in the event of a snow storm is clearing and sanding the roads of the community. In a nutshell, we have well-established and effective procedures that determine the order in which snow is removed throughout PMC.

The removal of berms from homeowners' driveways is provided as a courtesy to members who, in advance, have requested this assistance. In order to be added to this list, you need to present a current ADA placard or doctor's note at the Business Office.

This free service is only provided after snow removal from all Association roads

and necessary sanding have taken place. As a result, it could be two or more days before the crews begin to remove berms.

As with the roads, this courtesy service has an established procedure in determining the order in which property owners' berms are removed.

When crews are available to begin berm removal, they will follow the approved ADA berm removal list. Our berm removal list is quite long; and due to limitations of time, equipment and manpower, the process of removing berms for every property owner on the list can take several days, even after the snow has stopped falling.

The berm removal list is intended for the physically impaired.

If you have any questions regarding our snow plowing and berm removal policies, please call 242-3788 or come see us.



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A Message from the Board Chair

Bill Gurtner
pmcboard@pmcpoa.com

On behalf of the Board, I want to wish you a happy New Year. Winter has finally arrived, and it is beginning to feel as if the season has truly begun.

The December meeting of the Board of Directors was a brief, but eventful one. Steve Bates was elected to the position of Treasurer, and we welcomed Phyllis Throckmorton as our newest Board member. Phyllis will fill the remaining term of Tom McMullen, who resigned last month. Congratulations to both. We look forward to their continuing contributions to the Board and the members of our community.

As many of you have heard, our community is facing the potential loss of our local Post Office at the end of February. The prospect of our members needing to travel to Frazier Park for their mail would create a real hardship for many, and an inconvenience for all. In response, the Board has undertaken the task of approaching the US Postal Service with a proposal that the Association establish a contract for the management of the Post Office. That effort is in full swing and it is my hope that we can bring this project to a successful conclusion before the current contract expires. We will keep you

posted.

The Board also approved the latest changes to our policies and procedures that the Governing Documents Committee has been developing. Thank you to the committee members. This is a very important effort.

I am happy to announce that the Planning Committee is ready to present the results of their extensive work on the new vision for our Clubhouse complex. It has been a long process, and I believe it offers a view of the future that is both responsive to our needs and compatible with our environment. We will hold a special open Board meeting at 10 a.m. on Jan. 14th in the Condor Room for the first public presentation of the plan. Mark your calendar and plan on attending.

We also began what I believe to be a significant discussion on the subject of the rapidly growing presence of social media in our everyday lives. A primary obligation, and in fact responsibility, of the Association is timely communication with our members. We now regularly use our e-mail blast system to provide real time information, as well as the Condor and our website. These are all important venues of communication but not responsive to the

pace of communication offered by social media. The fact that the information found on social media is often inaccurate only increases the need to provide the facts when the discussion gets off the track. How, if at all, should the Association deal with this problem?

I believe we must recognize its importance and respond accordingly. I have asked the ad hoc committee working on the replacement of our web site to include this issue in their discussions. Hopefully we can develop an appropriate response and as a result, better communicate with our members. I would be very interested in your thinking on this subject. Please feel free to share your concerns and ideas with me and the Board.

The old year has come to a close, but the new one is just beginning. January begins the budget process for the coming fiscal year; and before you know it, we will be holding elections. The New Year will, I am sure, bring many unanticipated challenges and opportunities. We who serve as directors, with the support of our excellent management team, are ready to meet those challenges. We look forward to the coming year and thank all who have offered their support and encouragement. Thank you.

PMC Board of Directors Meeting Highlights

Karin Shulman, Recording Secretary

These are highlights of the Board of Directors open meeting on Dec. 17, 2016. Complete minutes are available at the Business Office or online at www.pinemountainclub.net after their approval at the next Board meeting.

In the regular open meeting, Chairman Bill Gurtner called the meeting to order at 10:03 a.m. Six directors attended: Stephan Bates, Gary Biggerstaff, Sandy Browne, John Cantley, Chair Gurtner and Doug Wilde. Directors Susan Canaan and Garry Kemmer were excused. Also present were General Manager Rory Worster and Recording Secretary Karin Shulman.

The Board approved the Consent Agenda of the Board of Directors' meeting of Dec. 17, 2016, which included the regular open meeting minutes of Nov. 19, 2016, and there were two committee applications approved. The Board acknowledged receipt of "Committee-Approved Committee Minutes for Board Review." There were two (2) approved Environmental Control Committee projects and three (3) Cottage Industry Permits submitted for approval.

Chairman Gurtner presented the Chair's report.

General Manager Worster presented the General Manager's report.

Director Bates presented the Treasur-

er's report.

BOARD ACTION ITEMS:

UNFINISHED BUSINESS: **None**

NEW BUSINESS:

APPROVED RESOLUTION #1-12-17-16, THEREFORE, BE IT RESOLVED, that the PMCPOA Board of Directors approve the purchase of Granular Bentonite for Lake Sealing, not to exceed (NTE) \$13,200 from the Operating Fund. The purpose is for use in our water storage lakes in sufficient quantities to maintain the lakes. **MOTION** by Director Gurtner, **SECOND** by Director Browne. **MOTION** carried unanimously.

'BOARD' Continued on page 9

Treasurer's Report

Prepared by Todd Draa

Pine Mountain Club POA, Inc
 Treasurer's Report and Y-T-D Financial Statement
 Year to Date Through November 30, 2016

Operating Fund	Actual	Budget	Over (Under) Variance
Revenue			
Current Year Assessment Revenue	1,696,866	1,694,230	2,636
Operations/Maintenance	54,732	59,964	(5,232)
Social Activity	289,059	270,912	18,147
Interest Income (Operating)	1,985	5,000	(3,015)
Total Revenue	2,042,642	2,030,106	12,536
Operating Expenses			
Operations/Maintenance	1,425,548	1,460,285	(34,737)
Social Activity	504,844	526,024	(21,180)
Operating Projects	19,070	31,250	(12,180)
Designated Fund Projects	4,822	0	4,822
Worker's Comp Safety Incentive	0	0	0
Bad Debt Expense	19,410	19,410	0
Capital Improvements	0	0	0
Transfer to Property Fund	0	0	0
Reserve Contribution	360,000	360,000	0
Total Operating Expenses	2,333,694	2,396,969	(63,275)
Net Operating Revenue Over Expense	(291,052)	(366,863)	75,811

	2016/2017 Assmt Billing	YTD Assessments Collected	YTD Assessments Receivable
Assessment Collection Update	4,066,152	3,906,201	159,951

Payroll Summary	Actual	Budget	Variance
Payroll Wages	741,354	735,888	5,466
Payroll Benefits	170,951	134,357	36,594
Taxes and Worker's Compensation	109,154	119,231	(10,077)
Total Payroll Expense	1,021,459	989,476	31,983

Reserve Fund Update	Beginning Balance July 1, 2016	Interest and Contributions	Less YTD Trnsfrs and Purchases	Ending Balance November 30, 2016
	2,409,498	360,419	253,632	2,516,285

Respectfully Submitted



Board Member
 December 14, 2016

Operating Fund Cash Balance	2,790,602
Reserve Fund Cash Balance	2,516,285

-----General Manager's Update -----

Rory Worster

I would like to wish everyone the best of everything in the New Year.

We had a little taste of winter weather and some very cold temps last month. Please let me remind the members and guests that putting down cinders is not a replacement for chains or other traction aids for your vehicles, and we cannot possibly make the road red every time the snow stops. When we place cinders and sand down, it might get covered up with a small dusting of snow. The cinders and sand are most likely still there and will do their job. The roadway will not have every spot of white covered with cinder or sand.

If it snows for three or four days, we would not put out cinders until the storm

was largely over. This means that a lot of you who solely rely on cinders being spread on the roadways to go somewhere would be stuck. It is in your best interest to take the steps needed to be able to drive in the snow and ice while you live in this mountainous environment. To do this, you should have the proper vehicle with the proper snow and ice tires, and as the signs coming into PMC demand, also have chains, Spyder Spikes or cables. As far as snow and ice tires go, all the major manufacturers have a type of stud-less tire for this purpose.

Also, the association staff cannot put chains on non-association equipment or vehicles, nor will they be able to stop by and check them for you if there is snow plowing operations or sanding and cinder-

ing taking place. You should be prepared to install your particular traction aids prior to needing them. U-tube has dozens of videos showing how to do this for the various types of traction devices.

Project Update

We started some rough cutting of a new trail above the campground area. It will take us some time to get it graded and cleared/cleaned up. We hope to have it open for use by the end of January, weather depending.

In between cutting and splitting firewood, we will be sweeping streets to recycle some of the cinders we have spread. We also continue to maintain the greenbelts, and at the least we take down dead, hazardous trees, even if we have to come back later for clean-up.

We are starting to work on the budget for the coming year. Committees should be getting ready to turn in projects for consideration.

We continue to work with our attorney, accounting consultants, insurance brokers and landlords to move the discussions regarding PMCPOA taking over the operation of the local Contract Postal Unit (CPU). We are also still getting a bid on grading/clearing work if we should need to put in a cluster box area.

'GM' Continued on page 9



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Golf Course Snow Play Information

During the winter months, the PMC Golf Course can be used for snow play if certain conditions are met. The following are rules for snow play:

1. There must be at least 6 inches of snow on the course for it to be open for play.
2. The driving range, fairways and rough between the fairways are the only areas to be used.
3. No play will be allowed on the Golf Course Greens (flat areas with flagsticks).
4. The Golf Shop and Golf Course Maintenance Personnel will make the

Want to Talk With the Board Chair?

If you would like to speak with PMC-POA Board of Directors Chair Bill Gurtner, there is a way to do so. To book some one-on-one time with him, contact the front desk and schedule an appointment. Visits will be booked in 15-minute increments.

This is the members' chance to vent, inform, question, enlighten, propose a solution or put an end to issues and concerns they believe the Board should know about. Please call the Business Office to schedule an appointment.

determination if the course will be open for play.

5. Please call the Pro Shop or Business Office to confirm prior to snow play.

'BOARD' Continued from page 6

APPROVED MOTION to scrap Chevrolet S-10 and replace with Unit #2054, and keep it removed from the Reserve Study. **MOTION** by Director Gurtner, **SECOND** by Director Cantley. **MOTION** carried unanimously.

APPROVED MOTION to revisions to Article 20: Election Rules. **MOTION** by Director Gurtner, **SECOND** by Director Browne. **MOTION** carried unanimously.

APPROVED MOTION to revisions to EC Code. **MOTION** by Director Gurtner, **SECOND** by Director Cantley. **MOTION** carried unanimously.

The Board sent and received 23 items of correspondence this month.

The next regular open Board meeting will take place on Jan. 21, 2017 at 10:00 a.m. in the Condor Room.

The meeting adjourned at 11:05 a.m.

'GM' Continued from page 8

The PMCPOA offices will be closed Jan. 2 in observance of the New Year's holiday.

The New Year's Eve party is on Saturday, Dec 31. Boys Nite Out will help us ring in the New Year. Tickets include a midnight Champagne toast.

Patrol Recap

During the month of November, Patrol responded to 193 calls for service. Observations and calls included in the following:

- Enforcement -- 44
- Public Assist -- 119
- Suspicious Incident -- 20
- Traffic Incident: -- 1
- Wildlife -- 9

EC Office Recap – November 2016

Construction Projects – EC Committee Recommendation: 3 structures

EC Officer Approvals of Minor Projects (No KC Permit Needed): 36

EC Letters Written: 32, resulting in 7 citations sent to the Board

PROFESSIONAL SERVICES

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COMPLIMENTS, CONCERNS, COMPLAINTS

PMCPOA welcomes your input. Drop ideas off in the CCC Box in the Clubhouse Lobby, or click on the "CCC Box" menu item on PMC's website at www.pinemountainclub.net.

Thank you for your submissions to the Complaints, Concerns and Compliments Box. It takes a village to run a village, and your care and concern help keep PMC the wonderful place we love.

Look for responses in the Condor. Please be sure to include your contact information. While your name will not be published or posted, we don't respond to anonymous submissions.

If you have a concern that involves maintenance, sanitation or safety issues, or is of a confidential nature, please contact the Business Office immediately at 661-242-3788. Thank you!

SUGGESTIONS

Please bring different bands into PMC to

perform in the Lounge and Condor Room.

Response: Thank you for the note regarding wanting different bands to come provide our weekend entertainment. We plan to mix things up this year and book some new bands that we have not had here before. We hope you will like what the team puts together for the members in 2017.

Family Dining is available in the Condor Room on Friday and Saturday nights pending other events.

equipped rock climber fell to his death in the area a few years ago. He was trying to scale a vertical rock face, which I hope no one else tries to do.

ENCHANTED FOREST – This is a pleasant shady walk at the top of Bernina Drive. Just follow the stream-side trail as far as you wish. Most locals and only a few visitors know about this one.

CAMPGROUND LOOP – This is a favorite walk of many. Drive to the PMC campground at the top of Arctic Drive and walk back down the road a few feet, and you will see a trail going in the opposite direction. Follow this to the meadow and into a narrow canyon. You can return to your car or continue to the stables and return to Grizzly Drive. This is a popular horse riding trail.

SAN EMIGDIO/JAMES WHITNER TRAIL – Take Mil Potrero Highway and Frontage Road to Nesthorn Way and follow the paved road to the cable and park. Follow the road and stream about ¼ mile to a second parking area. Cross the stream and follow an old road along a second stream, heading uphill. This is the old Mil Potrero Road and it follows the stream 2.5 miles until it rejoins the new Mil Potrero Highway at the James Whitner Tree.

This tree is 142 feet high, 20 feet in diameter, and is 600 to 1,000 years old. It was discovered in 1942 by Jim Whitner, a Forest Service employee, who was on horseback patrol checking the Forest Service phone line.

MT. BANDINI TRAIL – Start from Fern's lake (the lower lake) and follow the dirt road to the end. This is an easy trail good for the entire family.

Happy New Year from Your PMCPOA Staff!



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Do you have a New Year's resolution to get into better condition in 2017? Here are a few suggestions to help you achieve that goal! Come on out and enjoy PMC's new exercise stations. Here are the first five of what will eventually be 12 fitness stations.



Want to Receive Your Condor by Email?

Would you like to receive your Condor newsletter by email? Printed versions are still being sent through the mail to those who prefer it. However, online versions come earlier and save the association as much as \$2.50 per copy in mailing and labor costs.

If you are interested in an online version, please email the Condor editor at rwilde@pmcpoa.com or contact the Business Office in person or by phone at 242-3788 to let us know. Please provide us with your name as it appears on the property title, tract and lot number if possible, and your property or mailing address, phone number and email address. Save money, trees, and postage costs!

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WrightMassagePMC@yahoo.com **2800 Arctic Drive**

Movie Night at the Clubhouse

**Wednesdays
6 p.m.**

Candy and Sodas Available for Purchase Anyone Under Age 12 MUST Have Adult Supervision

The January lineup is as follows:

Jan. 4th: "Finding Dory"

Jan. 11th: "Happy Feet"

Jan. 18th: "The Big Friendly Giant"

Jan. 25th: "Epic"

Tips for Safe Snow Shoveling

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel after eating or while smoking.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.

- Shovel only fresh, powdery snow. It's easier to shovel than packed-down snow.
- Push the snow as you shovel. It's easier on your back than lifting the snow.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.



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**January Arts
& Crafts in the
Recreation Room**

Come join in on the fun
Wednesdays from 3-5 p.m.!

Jan. 4

Popsicle Stick Snowflakes

Jan. 11

Snowman Mobiles

Jan. 18

Snowglobe Fingerprint
Craft

Jan. 25

Foam Cup Snowy Owls

**A Fitness Hike will take place
on Jan. 21. Meet in the park-
ing lot at 8 a.m. The cost is
\$5 for those without fitness
passes.**

**Want to Be on the
Email Blast List?
Sign Up in Office**

Did you know that PMCPOA has an email blast system that is used to provide information in the quickest way possible?

While many members are already receiving these emails, many are not yet on the list. This established system is being used to enhance the timely distribution of information to the membership, and the new Board of Directors is exploring ways to use the system even more frequently.

At the same time, the system is only effective if the Business Office has your email address. The list is growing, but the staff needs to have as many of the members provide email addresses as possible to maximize effectiveness.

Please stop by the office and sign up, or email your request to recept@pmc-poa.com. It will be worth your while to do so.



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**Fitness
Schedule
Program One**

Tai Chi . 9:30-10:30 am
Monday . Wednesday .
Friday

Gentle Stretch . 9:30-10:15
am . Tuesday . Thursday

PMC Yoga & Pilates .
10:15-11:00 am . Tuesday .
Thursday

Program Two

Zumba . 8-9 am. Monday .
Thursday

Weights (free) . 9-9:30
am . Monday

Drum Fitness . 5-6 pm
. Monday . 8-8:45 am .
Wednesday

Cardio-Dance & Tone .
8-9 am Tuesday . Friday

Body Work . 8:45-
9:30 am . Wednesday

Night Club Zumba . 5:00-
6:00 pm . Thursday

Outdoor Activity . Satur-
day mornings as scheduled
(hikes, trail runs, walk/run,
boot camp in park, etc.)

**Classes in PMC Clubhouse
unless otherwise noted.**

Classes \$5 each; packages/
monthly rates available.
Check the office for details.

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PMC Recreation Room

Free

Any donation of pencils, paper,
or other supplies is welcome!

**No Homework Club on
snow days or school
holidays**

Recreation Room Hours

**Mon, Wed, Fri
3-6 p.m.**

**Sat, Sun
11 a.m. - 6 p.m.**
*(Open 11 to 6 on
school holidays)*

Arts & Crafts

**Wednesdays
3-5 p.m.**

Entertainment Line-Up:

Saturday Nights

7 to 11 p.m.
*(unless otherwise
noted)*

**Jan. 7 -- Drummin'
D.J. Brian Burwell
(D.J. Music)**

**Jan. 14 -- Jimi
Nelson Band
(Country)**

**Jan. 21 -- Dave
Wilson Band (Mix
of Rock 'n' Roll &
Country Rock)**

**Jan. 28 -- New
Daddy (Mix of Blues,
Rock & Americana
Music)**

Sunday Jams:

**Jan. 8 & 22
2-5 p.m.**

Menu available from Bistro

Celtic Jam: 6:30-9 p.m.

Every Tuesday night

*Bring your own instrument
to play or just come enjoy
the music and have fun.*

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Activities

Mondays

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Bridge . Condor Room

Tuesdays

10 am . WOW . Pool Pavilion
6:30-9 pm . Celtic Jam . Condor Lounge

Wednesdays

12:45-4:00 pm . Bridge . Condor Room

Thursdays

10:00 am . Skins Golf

Fridays

7 pm . Amateur Radio Club . Pool Pavilion . (3rd Friday)

Saturdays

3 pm . Garden Club Pool Pavilion (2nd Saturday)
7 pm . Music . Lounge

Sundays

2-5 pm . Sunday Jams (2x per month) . Lounge

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COMMITTEE MEETINGS

All committee meetings are open to PMCPOA members in good standing.

Tuesday, Jan. 3 (First Tuesday)

4 pm **Equestrian Committee** Pool Pavilion

Thursday, Jan. 5 (First Thursday)

10:30 am **Recreation Committee** Lounge

Friday, Jan. 6 First Friday)

8:30 am **Greens and Ground** Golf Shop

2:00 pm **Environmental Control** Condor Room

Saturday, Jan. 7 (First Saturday)

9:00 am **Governing Documents** Pool Pavilion

1:00 pm **Planning** Pool Pavilion

Saturday, Jan. 14 (Second Saturday)

9 am **Emergency Preparedness** Condor Room

10:00 am **Communications** Pool Pavilion

10 am **CERT** Condor Room

Wednesday, Jan. 18 (Wednesday Before Board Mtg)

5:00 pm **Finance & Budget** Pool Pavilion

Saturday, Jan. 21 (Third Saturday)

10:00 am **PMCPOA Board of Directors Mtg.** Condor Rm

Transfer Site

Hours:

8:30 a.m. - 5 p.m.

Every Day

GUILD ACTIVITIES

Every Monday

9-3 . Lace Guild . Pool Pavilion

Second/Fourth/Fifth Wednesdays

9-3 . Quilt Comfort Zone . Pool Pavilion

First Thursday

6:30 pm . Quilt Guild Business Meeting . Pool Pavilion

Every Friday

9-3 . Quilt & Chat & More Pool Pav (9-1:30/3rd Fri)

First/Third Saturdays

1-4 . Knitting Guild . Condor Room

Bistro Hours

Monday-Sunday

8 a.m. - 2 p.m.

Friday-Saturday

Dinner 5-9 p.m.

Sunday

Light Menu 5-7 p.m.

Bistro -- 242-2233