



Smoke Signals



Arrowhead Improvements Association
Website www.arrowhead1.org

June 2011



ANNUAL **AVFD** PICNIC

Saturday, July 2nd

10:00 am—3:00 pm

Craft and Food Booths

Flea Market

Kids Booth Games (10:00 am—12:30 pm)

Lunch (11:30—1:30 pm)

**Burger or brat, potato salad, beans, drink and cookie
\$8.00**

Free hotdogs for kids 5 years and under

Relay Games (1:30 pm—2:30 pm)

**The “PINE CREEK GANG” band will be playing at the
Inn starting at 7:00 pm. Don't miss the best band on the Western Slope!**

SEE YOU AT THE ARROWHEAD FIREHOUSE

**All proceeds will go to the Jim Rosenbaum Memorial Fund to strengthen
the Department's emergency medical capabilities.**

PRESIDENT'S LETTER Bob Hernandez

I am writing this on Memorial Day which is traditionally the first day of summer for vacation purposes. We had mostly good weather and over the weekend the number of families on the mountain increased as expected. The aspen leaves are popping out left and right and will all be in full bloom in the next few days. Many families were out fishing, hiking and riding bikes and enjoying the natural beauty on the mountain. We look forward to seeing every property owner enjoying all the activities and amenities over the summer.

Remember, as the number of families increases over the summer, that we all need to respect the rules and regulations to ensure everyone has a safe and pleasurable summer. One of the biggest issues we have every summer is the improper operation of ATVs and other off trail vehicles. Please remember and remind your family and guests that these vehicles must only be operated on the filing roads and your driveway and kept off of common grounds. The damage and scars they make on the landscape will last for years after your visit and cause others to believe they are approved routes. The scars also lower the value of your property.

The draft of the proposed changes to our covenants is posted on the AIA website with a cover letter explaining the changes and a growing list of questions and answers about the draft that have been asked by residents. The changes are primarily changes in formatting, updates in wording, and deletion of content that is no longer applicable. There are also changes in language that have been recommended by our attorney. These changes will make the covenants more easily understood and stronger for enforcement purposes. Please familiarize yourself with the draft and raise any questions, concerns, or suggestions that you have to Don Koeltzow.

Starting with this issue of the Smoke Signals, we will be highlighting many of the attractive amenities we have available to use at Arrowhead. This month's article is about the Inn at Arrowhead which is unique to our mountain community and hosts many club and board meetings, the Thursday Owners' Dinners, and live music on several Saturdays during the summer and winter. The next issue will feature another sampling of the amenities that increase the attractiveness of owning property in Arrowhead.

Our next board meeting will be at the Inn on Saturday, June 18th, at 2 PM and our annual meeting and new owners' reception will be on Saturday, July 16th, at 2PM. I hope to see many of you for this meeting and hope everyone has a very enjoyable time at Arrowhead this summer.

Bob Hernandez

Fire Department News

Fire Chief's Letter Brent Mims

The Arrowhead Volunteer Fire Department would like to encourage the membership and involvement of Arrowhead's seasonal residents. In an effort to provide the community with the best trained emergency responders possible, meet insurance requirements, and allow residents with limited available time to be involved, the fire department is implementing a mentor/task-book system to augment our regular trainings. The mentor/task-book system will allow fire department members to receive training on various tasks from instructors of their choice at a time that both the instructor and trainee agree upon. After receiving training, the instructor will sign the trainee's task-book validating that the trainee has both received instruction and demonstrated proficiency at the task. The completed task-book then acts as training documentation to meet insurance requirements.

Regularly scheduled trainings occur Tuesdays at 10:00am at the Firehouse. Schedules are posted at the Firehouse and available on the AIA website calendar.

Now that summer has arrived and Arrowhead residents are spending time outside, the fire department would like to bring attention to three of the more potentially hazardous activities that take place here. These three activities are campfires, ATV operation, and chainsaw operation.

During the summer months the fire department regularly calculates the "fine dead fuel moisture (FDFM)" and "Probability of Ignition (PIG)". These calculations, combined with area fire danger ratings, allow us to better understand the site specific fire danger. Although the fire department is making every effort to understand our site specific fire danger, the prevention of human caused fires can only be achieved with the cooperation of residents. Please remember to follow the guidance found in Arrowhead's regulations and have your annual fire pit inspection prior to enjoying evening camp fires. In addition, please choose not to enjoy campfires during dry periods and times of high winds.

If you are intending to use a chainsaw for mitigation, defensible space work, or just to bring in your winter supply of firewood, OSHA's basic chainsaw safety tips can be found at: <http://www.osha.gov/Publications/3269-10N-05-english-06-27-2007.html>

ATVs are a common mode of transportation within the neighborhood at Arrowhead and many more ATV riding opportunities exist on the public lands near the neighborhood. Whether you are a novice rider or you have been riding for years, ATV accidents have the potential to result in severe injuries. A very comprehensive list of ATV safety and etiquette tips can be found at: http://www.atvsafety.org/InfoSheets/ATV_Riding_Tips.pdf

The annual July picnic will be held at the Firehouse on Saturday, July 2nd from 10:00am to 3:00pm. Details will be forthcoming on the AIA website for this wonderful community event.

THE ARROWHEAD VOLUNTEER FIRE DEPARTMENT IS LOOKING FORWARD TO A SAFE AND ENJOYABLE SUMMER!!!

Brent Mims
AVFD Chief

Fire Department News

Arrowhead Fire Protection District
By Ron Benson

During the winter months, Fire Department training has concentrated on cold weather search and rescue, hypothermia, ice rescue, and sled based scenarios. Brent's extensive Park Service experience has been put to good use as the volunteers have learned a great deal about emergency procedures and protocols. Now it's time to carry on through the summer with training on wildfire and structure firefighting, tree cutting safety, the occasional lost hiker or ATVer, and the usual summer medical incidents.

However, all the training is for naught if we don't have the volunteers to bring these benefits to the Arrowhead community. We need summer residents to augment our Fire Dept staff to handle the increase of people in the summer months. Statistically, a higher summer population means a higher likelihood of emergency incidents. When you consider that a portion of our emergency responders are off the mountain at any given time, it becomes critical that we have more trained volunteers to pick up the slack.

Brent currently tracks the number of training hours each volunteer has completed, both for proficiency purposes and insurance requirements. Yes, insurance. Since we are a legal Special District in Colorado, we are subject to Worker's Comp and liability insurance rules which require our volunteers be trained so as to safeguard the public without causing injury to themselves. Historically, Arrowhead residents have responded willingly to emergency situations. Now we face the issue of allowing untrained responders to put themselves at risk for which the District could be held liable. The solution is to train more volunteers so the response teams are competent and safe.

A mentor program is one way of training volunteers who are not on the mountain full time. A volunteer can complete a training task with a mentor at any time (weekend, Friday afternoon, whenever) and gather the experience to become proficient. This training can be as short as an hour or two depending on the training topic so your leisure time is not greatly impacted. There are also positions at the firehouse during an incident that are critical in supporting the fire or medical teams and don't require bulging biceps or formal medical training. Logistics is a team that monitors communications, stages people and equipment, provides additional resources and traffic control, and can set up a helicopter landing zone for medevac. If you have the desire to learn some useful rescue or firefighting techniques and want to assist your Arrowhead neighbors, this is the way to do it. Call Brent Mims (862-8487) or Bill Conway (862-8228) for more details. I'll see you at the next training session, held each Tuesday at 10 AM at the firehouse.

Ron Benson



Community News

Security Manager by Reinie Masanetz

Closing of the Winter Parking Lot: The official closing date of our winter parking lot is May 31st, 2011, per our "Gunnison County Conditional Use Permit". However, due to the late snow conditions we have had in the month of May, some property owners may experience a difficult time in moving their snowmobiles and trailers from the parking lot to their property. The AIA Board has asked Gunnison County for an extension of the May 31st deadline and it will be moved to **June 15th**. Therefore, all vehicles, trailers, snowmobiles and Argos need to be removed by June 15th. After that date, Security will have any vehicles left behind towed and trailers, snowmobiles and Argos will be impounded. There is a fee of \$100 before Security will release the vehicles back to the owner.

Security Sign-In Boxes are located at the intersection of Ute Drive & Alpine Road and Lake Road & Alpine Road. Sign-in sheets are available for our summer residents, campers and their guests to fill out if they need further assistance from our Security Officers, i.e., fire pit inspections or vehicle decals.

Filing Road Traffic: Now that the filing roads are open, we will experience heavy traffic again and ***we need to remind*** our property owners and their guests to follow our rules and regulations. The AIA Board adopted the following regulation regarding under age driving at the September 18, 2010 AIA Meeting, which states: "No person under the age of ten years may operate an off-highway vehicle within the boundaries of the Arrowhead in Gunnison Country subdivision. No person ten years of age or older may operate an off-highway vehicle within the boundaries of the Arrowhead in Gunnison Country Subdivision, unless:

1. The person has in his possession a valid driver's license issued by the State of Colorado or another state; or the person is accompanied by and under the immediate supervision of a person who has in his possession a valid driver's license issued by the State of Colorado or another state. The phrase "under immediate supervision" shall mean that, at a minimum, the unlicensed operator is within direct visual contact of the licensed supervisor."

Security on patrol will observe vehicles going too fast above the posted speed limit (**20 mph**), especially ATV's. If you are speeding, expect to be pulled over by our patrol vehicle and to receive a warning first; any repeat offenders will receive a non-compliance citation in the amount of \$50. During dry weather conditions the filing roads are very dusty, so if you are creating a large amount of dust behind your vehicle, ***you are going too fast!*** Please show respect by slowing down when you are approaching pedestrians, pets or bicyclists.

Fire Pits: Construction of new fire pits must meet the specific specifications from our Arrowhead Fire Protection District. Security personnel will provide you with these fire pit specs. All existing fire pits must be re-certified each season (no exceptions). Contact the security officer on duty, who will then stop by and inspect your fire pit and update your existing fire pit permit.

AIA Stump Dump Trailer: The dump trailer is available to any Arrowhead property owner by reservation only. Please contact the security officer on duty, for its availability. Please return the trailer next to our warm-up shed in the winter parking lot and reconnect the power cord so that the battery can be recharged. The stump dump trailer is ***not*** licensed or tagged for off mountain use.

Vehicle Stickers: Yellow numbered vehicle stickers, visitor and contractor passes, all can be obtained from security personnel.

Fishing at the Flint Lakes: The lakes will be stocked with 350, 12 inch fresh fish in late June 2011, with a second shipment expected in the middle part of August. Please keep the gate closed at all times because of the horses and if you choose to take your vehicle(s) to the lakes, please be aware you are taking it at your own risk. Fishing permits can be obtained from Security. **Don't pollute—Pack it in, Pack it out.**

Community News

Arrowhead Forest Manager's Report

Blowover and Beetles

Arrowhead has significant pockets of Douglas fir bark beetle infestation, although they have yet to reach epidemic proportions. To add to the concern about the health of our forest, spruce bark beetles have reached Creede and the West Elks and will, in all probability, threaten us soon. The high number of Doug fir and spruce blowover we had over the winter and spring add to the problem – fresh blowover is a favored site for beetles to build up large populations. If you have fresh blowover – that is, wind-thrown trees that still have needles – on your property, it must be dealt with this year before the beetles fly next summer. You can do this in several ways:

- Removal, either to the stump dump or by someone who will take it off the mountain;

- Firewood – cut to length and split;

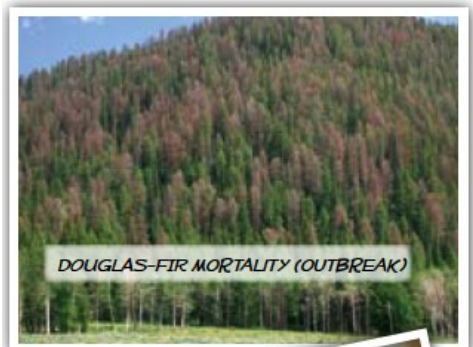
- Firewood – cut to length, the bark scored lengthwise every 90 degrees, stacked and covered in plastic.

To deal with the beetles, we have put out 1200 beetle block (MCH) packs on Dougs where there are pockets of infestation and we have put out seven 12 funnel lures (they look like black Chinese lanterns) around the filings. We will be felling, bucking, stacking and wrapping infested trees throughout the summer.

A reminder: this is also the time to clear defensible space around structures and to mitigate unoccupied lots. In addition to lowering the threat of wild land fire, defensible space and mitigation will help prevent bark beetle infestation and otherwise promote forest health.

If you need a defensible space or mitigation survey, or have any other questions, call me at 862-8241.

Bob Rosenbaum
Forest Manager



Community News

Hazel Lake Aeration Project Report

By Linda Dysart

In January 2011, the AIA Board approved the project of providing aeration to Hazel Lake. This will add oxygenation and water circulation, resulting in a more beautiful and healthy lake along with enhancing the recreational value of Arrowhead.

The Aeration Committee volunteers have been working to select equipment and make plans to implement this project. The aeration equipment has now been ordered and will be delivered in late May. The electrical work will begin as soon as the ground conditions allow.

More details on this project can be found on the AIA web site.

Noxious Weed Spraying

By Linda Dysart

Spraying of the filing roadsides and common ground will take place again this summer. We will be spraying for noxious and "obnoxious" weeds. A professional weed contractor will spray the large concentrations of weeds on common ground. We are hoping to have Arrowhead volunteers spray the filing roadsides. The association has a tank sprayer that can be pulled behind an ATV.

As property owners, you can help by keeping your lots clear of noxious weeds. If you need help identifying these weeds, choosing the correct herbicide, or disposing of weeds properly, please call Linda Dysart, (970) 862-8287. Do not take weeds to the stump dump where they can spread. There is more information on the web site, with pictures for identification.

Looking For a Few Good Members

An opportunity for you to make a difference in our community is on the AIA Board. Board positions currently held by Paul McDermott and Donald Koeltzow will be open for elections held in 2011, with persons filling these positions taking office in January 2012. The Board positions are filled with volunteers. The deadline for receiving letters of intent will be July 31, 2011. Letters of intent should be sent to AIA Secretary, Donald Koeltzow.

John Krall Award Nominations

Our community is an outstanding place to live because of residents' dedication to community service and volunteerism. We recognize this dedicated spirit each year with the John Krall award. Nominations for John Krall award are due on June 30, 2011. Please see the website for the nomination form and send these to Bob Hernandez. The significance of the award depends on you spending time making the appropriate nominations to recognize our community volunteers.

Spring Cleaning Dumpster

Once again AIA has made arrangements for a dumpster to be available for household items homeowners are wanting to dispose of this spring. The dumpster will arrive on June 29th and will probably remain for the balance of the week. As a reminder no large appliances, building materials or hazardous waste.

Histories of Arrowhead

By Melissa Hernandez

Our mountain community has an interesting and rich history. From the nomadic Utes to the first white settlers claiming land to the consolidation into the Squirrell Ranch and finally into the Arrowhead Ranch community we live in today, there are stories to be told! If one is fortunate enough to have the opportunity to sit down with Arrowhead's founder, Jim Squirrell, you'll find the time passes swiftly and you are mesmerized by the vast history Jim knows and has lived. As an avid history nut, I find that any time I can sit down and listen is time well spent.

Longtime residents can remember times of CB radios, no roads being groomed, and sledding in from the Little Blue valley when Arrowhead finally became a year round community. Whether old-timer or new resident, Arrowhead's history is fascinating. I hope to bring you a smidgen of it in each Smoke Signals.

This month's focus is on The Inn at Arrowhead...

Arrowhead was originally the Squirrell family's ranch- pieced together by Jim's dad, Donald. When the ranch fell to Jim, he loved the ranch but didn't want to pursue it as a living, so he decided to share this beautiful slice of western Colorado with others. His decision was to create a mountain community based on circular lots with plenty of common ground in between so that the rich wildlife he loved on the Mountain had room to migrate through and also to insure the privacy and alpine beauty for Arrowhead owners. He looked at what he'd created and decided that something was missing... a place to gather and build a sense of community.

Of Jim's many friends, two were brothers in Oregon who owned a lumber mill, so he ordered three loads of cedar trucked to Colorado for construction of a store and café and hired Joe Trujillo to operate it. The café was a great success, but Jim found that Arrowhead's residents rather enjoyed the social nature of heading to town to buy groceries and perhaps grab a movie and dinner, and so the general store was closed.

In 1990, Jim and Linda thought it would be nice for folks that came looking to buy a little bit of Arrowhead for their own to be able to stay overnight, as well as a place for the community to house overflow guests. This idea led to the raising of the roof to its current two stories and the Inn at Arrowhead became a bed & breakfast with 12 guest rooms above and a full restaurant on the first floor. Linda Squirrell mentions how very lucky they were that summer that they had no rain, as they had no roof for a while!

The Inn has been a meeting place for the Book Club and AIA Board meetings, the men's Herrenfruhstuck and the ladies' Wranglers' breakfasts, the gathering place for Jim Squirrell's famous hunting talks, a place for family reunions, the site for many a mountain wedding, a place to sit and catch up with friends, share fish stories from the Flint Lakes or Evergreen, or even that whopper you caught at the Blue Mesa Lake. Stories are shared about the bear that was eating from your hummingbird feeder, the pine martin greeting you each morning or the bull elk bugling in the fall. The Inn has been the place to sit over a hot cocoa or hot buttered-rum when finally making it back from a fun day spent snowmobiling in the nearby high country. Through its history of fun and fantastic parties hosted by proprietors Lucia Lebon and Will Hobson to its Highland celebrations and Karaoke nights hosted by the Housman's, the Inn has remained the vibrant heart of our community.

Today's Inn at Arrowhead finds a Grand Junction family, James and Kathleen Belgard, as its owners. The Belgards have been Arrowhead owners for a decade, but in June 2009 as they were working on the finishing touches of their Arrowhead home, James' nephew brought them a flyer saying The Inn was for sale. They had been researching business opportunities for about a year, looking to settle into a small business and begin to ease into retirement. The Inn at Arrowhead seemed like the perfect choice.

While the Belgards are far from retirement age and hold full time jobs in Grand Junction, they are dedicating any time off and juggling their schedules to focus on the Inn. As Kathleen and James have said, “Our commitment to Arrowhead has never waived. In spite of adversity, both normal to the everyday workings of any business and those unexpected problems business owners encounter, we set a goal to be open and are always glad to see the faces of our neighbors and to meet new friends. Our most important objective has been to return the Inn at Arrowhead to its former tradition and condition. For the last 21 months we have cleaned, repaired and upgraded this wonderful property. James and I, much like many of our neighbors, consider ourselves Ambassadors of Arrowhead. Through contacts on and off the mountain, we have promoted our community and have actually brought new folks to Arrowhead. The Inn has provided a safe and welcoming venue for organizations and gatherings. On more than one occasion, folks and animals in distress have come to The Inn and found a warm fire, hot food and a safe place to stay the night.”

This summer finds the Inn with brand new breakfast, lunch, dinner and brunch menus, geared to summer food. This year they'll kick off a Frequent Diner's Rewards Program and the option to choose the Thursday night single entree traditional meal or order off their regular menu. Friday nights will feature the return of the Cabin Burger, which is the very best burger between Montrose and Gunnison! They will feature Appetizer Specials and last but not least, their newest tap addition of Pabst Blue Ribbon for only \$2.50.

Arrowhead can be proud of having amenities that are not found in other mountain communities. Besides having our own restaurant and bed & breakfast Inn, we have stocked lakes, a livery, a very well trained Fire Department with 1st Responders and Search and Rescue, fantastic snowmobiling trails with ride-out from your home and the Inn, and two groomed cross-county skiing trails. All of these add to the great lifestyle Arrowhead offers. But perhaps the most important thing is the reason I choose to live here and hear over and over from my neighbors - Arrowhead's biggest draw is its sense of community!

The Inn is now open for lunch & dinner on Thursday, breakfast, lunch, & dinner Friday and Saturday, with brunch served on Sundays from 9 am—1:30 pm.

Special Events are welcomed, and overnight guests will be accommodated for weeklong visits.

The newest offer is a SPECIAL ROOM RATE of \$50/night for Arrowhead residents, family and guests!

And if you mention this article next time you're at the Inn for dinner, Kathleen and James would like to offer you an appetizer on the house.

DID YOU KNOW?

(Fun facts about the Inn at Arrowhead)

The mantle over the Inn's fireplace was cut from a tree right here at Arrowhead.

There is a 3 foot high arrowhead in the Inn's fireplace.

**The shamrocks in the Inn's flooring are a leftover from the lounge's days as Casey's Irish Pub.
(Deemed very authentic by a visiting British military officer.)**

The “Naughty Bear” that guards the Inn was carved by a property owner's son, Kenny Davis, from a tree behind the Arrowhead Ranch Real Estate office.

The picture over the fireplace is of Jim Squirrell's dad, Donald while branding calves.

The antique cars to the south of the Inn were from the days that the Freeman cabin was there.



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Arrowhead Book Club

The Arrowhead Book Club meets on the second Friday of every month, unless otherwise noted. The book for July 8th is "**The Suspect**" by John Lescroart. We will meet at the Inn at 11:30 for lunch and the book discussion. Everyone is welcome! Please contact Linda Dysart, 862-8287, if you'd like to be put on the email list. The June through November 2011 reading list is on the web site under *Community News, Clubs, Knowledge*.

Wildflower Walk

The 12th annual Wildflower Walk will be held sometime in July. Watch for posters at the Inn and at the Firehouse announcing the time and date.



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150 Lake Dr.—\$439,900

Custom-built 2,156 square foot cabin with 2 bedrooms, huge loft, great room, 2.5 baths, pellet stove, 2-car garage and many unique features including hackberry wood floors.



637 Crest Dr.—\$398,000

Handsome cabin with Appalachian hand-hewn siding. 2,492 square feet with 2 bedrooms, 3 baths, walk-out basement with rec-room and separate office/den. Many artistic features.



527 Crest— \$456,750

Stunning log cabin in very private location. 2,066 square feet with 3 bedrooms, loft, 2 baths, finished basement, stone fireplace & 2-car detached garage w/work shop.



200 Ridge Rd- \$468,000

Darling 2,426 sf cabin w/2 bdrms, 2 baths, walk-out basement with bonus room. 3 covered outdoor living areas with spectacular views of forest and West Elk Mountains.



700 Aspen— \$399,000

Gorgeous mountain home with fantastic great room. 2,339 square feet with 3 bedrooms (all w/fireplace), 3 baths, wood burning stone fireplace and garage.



201 Balsam Rd.— \$329,500

Cute cabin treated with TLC! 1,746 sq ft with 3 bedrooms, 2 baths, newer kitchen appliances, mudroom, wood stove and large deck. Very private location.



230 Timber Dr.—\$235,000

Located in a perfect spot with views of mountain meadow and ridgeline this 1,315 sf cabin has 2 bedrooms, loft, 2 baths and great room.



421 Rim Rd.—\$359,900

Stunning newly built cabin located on a very private lot. 2,174 sf with 3 bedrooms, 3 baths, great room, loft, lower level rec. room & 1 car garage.



741 Crest Dr.—\$114,900

View lot ready for you RV or mountain home. Lot already has water line, frost free hydrant, electric and septic for a RV, phone line & shed.



403 Spruce—\$37,000

Unimproved lot in secluded location that backs up to large private ranch and is walking distance to Evergreen lake. Perfect lot for a cabin or RV.



235 Timber Dr.—\$46,000

Unimproved level lot with well-spaced aspens and evergreens. Paid water tap fee and approved driveway. Lot has been mitigated.



350 Hazel Lake—\$74,900

Wooded, centrally located lot ready for RV. With electric, paid water tap fee, frost free hydrant, septic for 3 bedroom, 2 bath cabin, RV deck.



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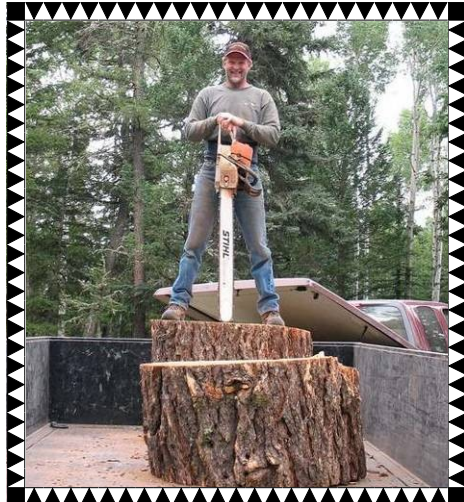


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137 Balsam Rd.

Log cabin on level, secluded park like setting. 3 br., 1.25 ba. Furnished! Lots of mountain charm. Will consider EXCHANGE for Mesquite or St. George area property. \$239,000



325 Ponderosa Way

What a view of the Flint Lakes and the Alpine Plateau. 2240 sq.ft. on two levels. 3 bedrooms, 3.5 baths. Walk-out lower level. All furniture & appliances. Separate work-shop/storage shed. \$299,000



721 SPRUCE RD.

Exceptional views of the San Juans from all levels. Furnished 2 bedroom, 2 bath log sided cabin. Large newly remodeled country kitchen and bath rooms. Extra storage under deck area for ATVs and/or snowmobiles. Price greatly reduced!!!! \$229,000

SOME OF THE LOTS WE HAVE FOR SALE



JERI SIMMS

970-208-6585
 JBSIMMS@AOL.COM

2050 Spruce Rd. \$25,000--1 acre corner lot across from the Fire House.

2121 Spruce Rd. \$28,500--1 acre corner SOLAR lot. Easy to build on, trees on 2 sides.

601 Balsam Rd. \$33,000--3/4 acre lot-easy access from common driveway.
 Secluded meadow.



CAROL BOND

970-862-8375

WDC13@EARTHLINK.NET

970-862-8375
550 PONDEROSA WAY

www.tamarackatarrowhead.com

Tamarack Group, Inc.

Community News

Design Review by Joyce Boulter

The current count for new houses is 4 and 2 remodels. This is the most activity we have had since 2007. The design review committee will be out surveying lots this summer, as we are trying to make a detailed map of the area. We are making a record of driveways, utilities, houses, sheds and garages.

This information will help us to know your lot and the improvements you have. It will also help the fire department locate houses for their defensible space ratings. Letters will be going out to everyone who purchased lots since May 1, 2008, to advise them of the mitigation requirements. Owners have two years to complete the mitigation plan. This plan can be obtained by contacting me at 970 862-8449 or joyce.boulter@gmail.com. You may also contact Joanie Aufderheide at 970 862-8415, or joanauf@fone.net. If your new lot has a house, it must have a defensible space plan prepared by the Forest Manager or Arrowhead Volunteer Fire Department. This defensible space plan must be completed in one year. We consider a working year from June 1 to Oct 31 or road closing. Contact Design Review for an appointment time. If you are unable to get to your lot this year contact me and we will make arrangements to help you accomplish this..



The Inn at Arrowhead welcomes all of our summer Arrowhead friends and family back for the summer! Our Thursday night community dinners start at 6:00 p.m. but we love to see you early for cocktails or just to visit. Reservations



are required for Thursday nights. This summer you can order our Thursday night special or off the menu. We're serving delicious meals for breakfast (8 -10 a.m.), lunch (11 a.m.—2 p.m.) Friday and Saturday and dinner (5-8 p.m.) Thursday, Friday and Saturdays. With brunch served Sunday (9 a.m.—1:30 p.m.). Come in and try our new summer lunch and dinner menus. The Inn's famous Arrowhead burger is back by popular demand for lunches and Friday dinner. And, of course, our lounge is open for drinks Thursday through Saturday from 4—10 p.m. Come by and have a cool one with your friends. We often have drink specials posted on the easel inside the restaurant door. And we offer gourmet popcorn to snack on or great appetizers while you're enjoying your drinks.

COMING EVENTS AT

JUNE 24th—7:30 p.m.
John Nelson
Gunnison Cowboy Poet
Prime Rib Dinner Special

July 2nd—7 p.m.
LIVE MUSIC with the
PINE CREEK GANG
Prime Rib Dinner Special



Call ahead to make dinner reservations.

July 15th—7:30 p.m.
Curt Treichel
National Park Service
Elk Creek Visitor Center Ranger
Prime Rib Dinner Special

August 5th—7:30 p.m.
Larry Meredith
Local Author & Historian
Prime Rib Dinner Special

Next time you're out on your 4-wheeler, stop by for an icy cold milkshake! And don't forget that we offer discounts on rooms for your family (or you, of course). Just call and identify yourself as an Arrowhead property owner.

For reservations or more information, call us at 970-862-8206, visit our website at www.innatarrowhead.com or follow us on FACEBOOK. If you give us your email or snailmail address, we'll keep you up to date on happenings at the Inn even more frequently than our website postings.

WELCOME BACK! Kathleen & James

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Health on the Mountain By Joyce Boulter

Finally, I think that (spring/summer) is here. My dandelions are in full bloom. I think they should be the other Colorado state flower. I am repeating my article on ticks, as we need to be aware every spring that ticks are here and how to watch out for them.

Ticks are more active from April to June. When out in the woods, which is just out your front door, wear protective clothing. Light colors allow you to see the tick and long sleeves and long pants to discourage ticks. The tick is usually in low foliage and waiting for you to walk by. You must brush into the foliage for it to crawl onto your clothing. They do not jump. It usually takes a few hours for the tick to find skin to attach and up to 24 hours to transmit infection. Use repellants containing DEET carefully, especially on children. Tick repellant for children should only be 10 % DEET. It should be applied to children by adults while avoiding eyes and hands. Insecticides, containing permethrin can be used on clothing. It remains active for several washings. Always follow package directions when using any insect repellant. Conduct regular check for ticks while in the woods and complete body check when returning home. Be sure to keep check on your pets also and use flea and tick repellant as directed by your veterinarian.

Colorado Tick Fever is carried by the wood tick. CTF is a viral illness causing fever, headaches, body aches, nausea, abdominal pain and lethargy. The symptoms last 4-5 days, complete recovery often takes 2-3 weeks and results in future immunity. Rocky Mountain Spotted Fever and Lyme disease are rare to non-existent in Colorado.

Remove the tick by grasping it as near to the skin as possible and pulling slowly straight out. Small tweezers or gloved hands will work. Do not use matches, Vaseline or other folk techniques to remove the tick.

You also need to be aware of mosquito borne viruses and protect yourself. The mosquitoes usually feed more actively at dawn and dusk. Wear long sleeves and long pants when out at these times. Insect repellants with DEET are effective. Always follow label directions. Make sure screens are in good repair and remove all sources of standing water. West Nile Virus infection causes encephalitis or meningitis and usually occurs from May to September. The incubation time is 5-15 days. Symptoms include fever, headache and malaise and last 2-7 days and can be mild or more severe and leave the person with neurological deficits. If fever develops after mosquito bite, check with your physician. In 2010 there were 81 cases of West Nile Virus in Colorado. Treatment is generally supportive.

With all this information, I hope that you still find time to go outside and enjoy our wonderful weather. Walking at least 30 minutes three to four times a week is considered minimum activity for cardiovascular health. 30 minutes to 1 hour every day is a goal to work for. When you are out walking, wear comfortable clothing in layers so you can adjust to the weather. Well fitting and comfortable walking shoes are also essential. Finding a walking partner can make your exercise regime less boring and helps both people walk to better health.



From: Arrowhead Improvements Association, Inc.
P.O. Box 89
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