

April/May 2013

Smoke Signals

ARROWHEAD IMPROVEMENTS ASSOCIATION

Photo by Bridget Isle



Photo by Bridget Isle



Horse'n Around... The Arrowhead Riders



The Arrowhead Riders recently held a **Parelli Horse Clinic**; a program of horse training. The program is based on the respect for and the love of horses – and understanding horse nature and psychology. The Parelli program enables anyone at any level to have fun with horses and achieve amazing results...naturally. Parelli horse training avoids using force, fear, harsh bits or mechanical training aids in favor of *love, language and leadership* or, said another way: *relationship, communication and trustworthiness*.

Participants included: Katie Doss (Sugar), Lucia Lebon (Blue), Will Hobson (Holly) and Steve Isles (Doc), with Parelli Trainer, Jamie Evans.

For those community members who are interested, The Arrowhead Riders Equestrian Club is a group dedicated to all things equestrian and fun!

Photos and story courtesy of Steve & Bridget Isle



Photo by Bridget Isle

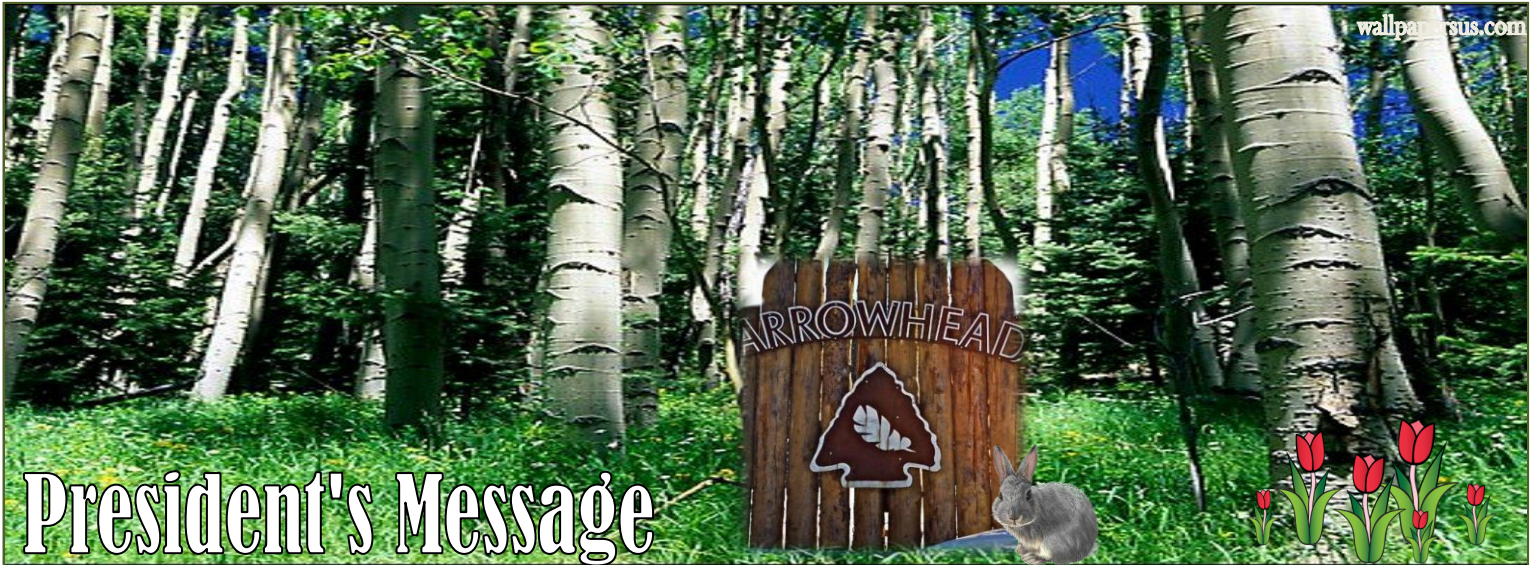


Photo by Bridget Isle



A.I.A. Newsletter - Website: www.arrowhead1.org
aiasmokesignals@gmail.com





Generally, in many newsletters of this type, the President's Message is basically the opinion of the president regarding certain items. For example, in the last issue, I gave you my opinion of how qualified, knowledgeable and well-rounded I believe our current Board of Directors to be and that I was proud to work alongside of them. For me, that opinion was reinforced at our last board meeting; they are indeed dedicated and hard-working.

However, since one of the things our board, like many boards throughout Colorado struggle with is the myriad of new laws governing associations such as Arrowhead, I thought I would try to keep you up to date by giving you continual information about some of those laws. Many of them address your rights as owners and the boards' responsibilities to you.

Thus, I will provide information in this letter from time to time in future issues of Smoke Signals.

DID YOU KNOW?

Colorado law requires that ALL board meetings, whether they are called general meetings, workshops, special meetings and so forth, be open to the owners, except for Executive Sessions.

The law limits executive sessions to only certain items of business such as:

- a. Matters pertaining to employees of the Association or the managing agent's contract or personnel issues;
- b. Consultation with legal counsel concerning disputes that are the subject of pending or imminent court proceedings or matter that are privileged or confidential between attorney and client;
- c. Investigative proceedings concerning possible or actual criminal misconduct;
- d. Matters subject to specific constitutional, statutory, or judicially imposed requirements protecting particular proceedings or matters from public disclosure;
- e. Any matter the disclosure of which would constitute an unwarranted invasion of individual privacy; and
- f. Review of or discussion relating to any written or oral communication from legal counsel.

Please try to attend board meetings. Remember, the board represents you and it is to your benefit that you know what we are doing or not doing on your behalf.

Bobbie Kerns, President

bobbiekerns2013@gmail.com



Preparing for an Emergency Evacuation

In an emergency situation where there may not be enough of a warning period, below are examples of important items to gather when evacuating your home or place of business. Since it's always better to be prepared, here are a couple tips on what you should have ready just in case an emergency situation pops up.

1. Clothing and other personal essentials. Put in Plastic Bag or Tote

- Have some clothing prepared for at least a few days away, enough for 3 days.
- Also remember to bring the items you need to get ready for each day, including:
 - All medications
 - Personal Hygiene items
 - Good pair of Walking Shoes or Boots and "Leather Gloves"
 - Flashlights w/batteries

2. Folder/binder of important documents stored in a plastic/waterproof bag: All of these items are very difficult to replace and extremely important to have on hand in case of an emergency evacuation.

- Social Security Card
- Passport
- Birth Certificate
- Marriage Certificate
- Medical records
- Bank Records & Financial Records
- Insurance Papers: Homeowners, Medical & Auto

3. Electronics and other essential items. Put in Plastic Bag or Tote

- **Computer** or a **Portable Hard Drive**
- **Cell phone**-Make sure to have all important contact phone #'s programmed in your phone!! **Do not forget your phone charger!!!!**
- **Cameras w/charger** for taking pictures of any damage.
- It's also recommend keeping a **battery- or hand-powered weather radio** with you (like the Axis or Rover). Not only will these radios charge via hand crank, they also have a USB to charge your other devices and flashlight.

4. Personal and other significant items. Oftentimes, homes are filled with items that have some kind of personal significance. Put in Plastic Bag or Tote

- Items from childhood
- Family heirloom and pictures: these are the type of items that you'll want to have packed away just in case an emergency were to occur.

5. Family Pets, you need to prepare some of their items as well: Put in Plastic Bag or Tote

- Extra Food
- Favorite Toys
- Travel Crate



**Reinie
Masanetz**
security@arrowhead1.org

Security's Message

midstates.com

Opening of the Filing Roads: At this time of the year, Security will be getting a lot of phone calls and questions as to when the filing roads will be open. Security cannot predict that day at this time. This decision rests solely with our AIA Road crew and also depends on how "Mother Nature" will cooperate and on how much more snow we could be getting here at Arrowhead. Please check our AIA website, www.arrowhead1.org for current updates.

Winter Parking Lot Notice: This is the first reminder that the winter parking lot will be closed to all vehicles, trailers, snowmobiles and UTV's by May 31st, 2013. (Per our Gunnison County Conditional Use Permit). **If you are planning to leave the mountain prior to that date and do not plan to return to Arrowhead until after May 31st, you need to make other arrangements to remove your vehicles by that day.** Any vehicles left after that date in the winter parking lot or on the west berm, will be impounded and you will be charged a \$100 fee to release your vehicle. Please feel free to contact Security if you have any questions or suggestions at 862-8262 or e-mail us at security@arrowhead1.org

Emergency Information: This is a reminder to all property owners who rent out their cabins/lots to non-residents of Arrowhead. Please provide them with adequate emergency information and phone numbers. The only emergency phone number they need to remember is **911**, and for non-emergency calls, please contact Security at 970-209-6335. Also, if you could provide them with a copy of our Arrowhead Rules and Regulations this would be very helpful. As an Arrowhead property owner, you are responsible for your guests, visitors and renters.

Security Sign-In Boxes are located at the intersection of Ute Drive & Alpine Road and Lake Road & Alpine Road. Security will open these boxes as soon as the snow is gone and you are able to easily access the boxes.

Security is here to assist you and if you have any questions or concerns, please leave us a message at 970-862-8262 or call us directly at our mobile phone at 970-209-6335.

Enjoy your Summer ahead!

*Reinie Masanetz,
Security Manager*



Hello! If you have photos you'd like to share with us, we can post them either on the AIA Facebook page, the AIA Website or here, in the Smoke Signals!!



Your photos and stories are always welcome!

Get to know your AIA Board Members

| | |
|-----------------------------------|------------------------------------|
| May 18th, 2013 | Aug. 17th, 2013 |
| Jun. 15th, 2013 | Sept. 14th, 2013 |
| Jul. 20th, 2013 | Oct. 19th, 2013 |

AIA Board Meetings are on Saturdays for your convenience.
We encourage owners to participate!

Notice

All real estate advertised herein is subject to the Federal Fair Housing Law. The Arrowhead Improvements Association and its publication "Smoke Signals," will not knowingly accept any advertising for real estate which is a violation of the law, either Federal or State. If you feel you have been discriminated against call the Colorado Civil Rights Division at 970-248-7329 or HUD 303-844-6158 or 1-800-669-9777

Arrowhead Improvements Association Board of Directors

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|----------------------------------|--|
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ARROWHEAD IMPROVEMENTS ASSOCIATION, INC.

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WEBSITE & NEWSLETTER

www.arrowhead1.org

The Arrowhead Improvements Association Inc. is a state non-profit organization. The purpose of the Arrowhead HOA is to unite the property owners of the Arrowhead subdivisions in Cimarron, Colorado; to encourage civic improvements within said area, to encourage community activities including, but not by way of limitation, the beautification, maintenance, and general appearance of vacant and improved lots, filing roads, winter parking lot, entrances, open and recreational areas situated within the area and used in common by its residents; enhance the safety of Arrowhead; facilitate enforcement of any and all building restrictions, protective covenants, and to otherwise act in the interests of the members of the Association.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the Association of the goods or services offered. The opinions expressed in this newsletter are those of the individual authors and not the Board of your Association. Neither, the Board, the publisher, or the authors intend to provide any professional service or opinion through this publication.

News Articles

The deadline for news articles is the 10th of the month before the next bi-monthly issue. Please email news articles to **Lisa Ditmore** at aiasmokesignals@gmail.com. All letters or articles need to include your name and a daytime phone number. All articles must be approved by the editors for publication, or as space permits.

Advertising

The deadline for an advertisement is the 10th of the month before the next bi-monthly issue. To place an ad, please call

Lisa Ditmore at 970-901-2529 or Email:

aiasmokesignals@gmail.com



Interested in knowing what the weather is doing here at Arrowhead?

Here is the link from NOAA :

<http://forecast.weather.gov/MapClick.php?lat=38.346772271536665&lon=-107.37384796142578&site=git&unit=0&lg=en&FcstType=text#.TxRhRznR9KM.facebook>





Bill Conway

bbconway@earthlink.net

Forestry Message

The objectives of Forest Management at Arrowhead are two-fold. The first is to reduce the risk of a significant wild fire and the second is to maintain or improve the health of the forest. Actions to meet these objectives are generally compatible with each other. In this edition, let's focus on:

WILD FIRE

The forest we live in is over stocked with primarily small trees that in a natural environment would eventually be removed by wildfire. If the fire occurred during low to moderate fire conditions the fire might kill a quarter acre to several acres of the small trees with torching of individual or small groups of larger trees. During drier and hotter conditions that fire might continue to spread for several days or even weeks continuing to remove primarily the smaller trees but with torching of larger groups of trees occurring. During afternoon burning periods some fire spread through the crowns could be expected. During extreme fire conditions with a dry forest, high temperatures (like June 2012), and high winds much larger fires could be expected. These are called stand replacing fires because the fires spread through the crowns of the trees and few if any green trees survive.

In the approximately 30 years that the Arrowhead subdivision has existed, the primary effects on the forest have been the construction of roads and driveways, clearing for RV pads and home sites, mitigation on community property, and removal of trees for defensible space and mitigation on individual lots. All of these activities remove potential wildfire fuel from the forest and thus decrease the likelihood of large fires. While the roads and driveways increase access for fire fighters and provide fuel breaks, the structures they serve greatly complicate fire fighting in this forest setting.

Forest fires have rarely occurred during the history of the Arrowhead community. When they have occurred good access and low to moderate fire conditions have allowed the fire department to keep them very small. There have not been enough fires to make a firm judgment on the effectiveness of defensible space and mitigation. To make that assessment I have to rely on the recommendations from the state forester, Fire Chief Brent Mims, and my own experience.

Continue...




Final Snow Report

Final snowfall totals for the season:
181 inches - Base depth: 36"

Note: base snow depth varies due to settling, melting, blowing, etc.

Totals as of 3/23/2013
by Linda Dysart



FOREST HEALTH

Mitigation treatments thin the forest and the remaining trees get more water, nutrients and sunlight. In general this makes for a healthier forest that is more resistant to insect and disease attack.

The downside of tree removal activities is the increased amount of blow down that occurs in the remaining forest. In recent years this has been particularly evident around RV pads, new home sites, and new driveways. Two or three years after the clearing has occurred, the remaining trees tend to stabilize and become more wind resistant. If this blow down is not removed in the first summer it has the potential to increase beetle populations that will go on to kill green large trees.

Insects and diseases will always be present in the Arrowhead forest. The challenge will be to keep them at endemic rather than epidemic levels. The major trees species are aspen, sub-alpine fir (commonly called balsam at Arrowhead), spruce, and Douglas fir. Each species has its own concerns.

Aspen is a relatively short lived species that comes in after a disturbance such as fire or wind creates an opening in the forest. Aspen sprout from the roots of existing trees and a group of aspen (clone) will have an interconnected root system. Individual trees (generally over about 50 years old) frequently develop rotten boles. Rotten trees can frequently, but not always, be identified by conks (fungi) on the bole or rotten areas near the base. In general, if a home owner is concerned about a mature aspen that threatens a parking area or building I would give permission to remove the tree. The other disease of concern is Sudden Aspen Decline (SAD). We are currently monitoring several clones that may have the disease. There is currently no known treatment and it occurs at much higher levels in other areas of the Rocky Mountains.

Subalpine fir (balsam) is relatively short lived compared to most other conifers. Because of overstocking and the advanced age of many subalpine fir, they will continue to be attacked by several different kinds of insects and diseases. This is a natural process that will favor the vitality of the more resilient and longer lived Douglas fir and spruce.

Arrowhead has a large number of old growth Douglas fir of exceptional size for this elevation. Douglas fir bark beetles have been building up over the last several years on adjacent BLM and private land. Individual and small groups of trees continue to be attacked and killed at Arrowhead. In the scope of the Arrowhead community these attacks are considered small, but of course if it is on your one acre lot you have a different perspective. We use three methods to deal with Douglas fir beetle. The first is by removing the bug killed trees before the beetles can hatch and fly to adjacent trees. Secondly in remote areas we cut the trees before the beetles fly, cut them into 10 foot sections, put them in piles and wrap them in plastic. Thirdly, we use pheromone (MCH) packets to repel the beetles and push them to other areas. Using these methods we have been able to keep the Douglas fir beetle from expanding to epidemic levels. Also in our favor is the fact that these beetle attacks tend to go in cycles and because of our aggressive treatments and the cold spell in early winter I think there is a good possibility that the Douglas fir beetle problems are going to start tapering off.

Potentially our worst insect problem is with the spruce beetle. Spruce beetles tend to build up to high levels in blow down or logging slash and then spread rapidly through stands of green standing trees. Entire mountain sides of spruce have been killed by the spruce beetle in the Creede area, to the south of Arrowhead. There was a significant increase in spruce beetle populations last year, especially in blown down trees. Spruce beetles tend to attack fresh spruce blow down at approximately 10 times the rate they go into standing green trees because blow down cannot produce pitch to push the beetles out. We leave the blow down, called trap trees, in place until late summer and then remove them from Arrowhead with the beetles. There is currently some opinion that the cold spell that occurred in the early winter at Arrowhead could kill off many of the spruce beetles. We will know more by midsummer.

Bill Conway, Manager

Joyce Boulter

joyce.boulter@gmail.com



Design Review Message

It's mid March and we are still having snow storms. There is no sign of any melting. Although we have some 40-50 degree temps in our future, there is about a 45 inch base, which makes a lot of mud in our future. Over the years I have kept track of the road openings:

| | | | | |
|---------------|-----------------|-----------------|--------------|-----------------|
| <u>May 12</u> | <u>April 22</u> | <u>April 19</u> | <u>May 4</u> | <u>March 29</u> |
| 2008 | 2009 | 2010 | 2011 | 2012 |

I know that everyone is looking forward to moving in their campers and starting the summer. It is still usually Memorial Day before the ground is dry enough to drive heavy equipment over.

We have two houses, one garage and two deck additions. It is a good sign to see more building.

Design Review 2013 Meeting Dates:

| | |
|------------|-------------|
| April 15 | May 13 |
| June 10 | July 15 |
| August 12 | September 9 |
| October 14 | |

The meetings are held in the Firehouse Office, at 10:00AM for April; and 9:00am, for May, June, July, August and September. October meeting is optional.

Joyce Boulter, Manager

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Health and Stress

What is stress- Stress is a perceived threat or situation that puts the body into a chemical reaction for a fight or flight reaction. This causes a physiological reaction in the body. A surge of adrenaline is released to prepare the body for a fight or flight reaction. This causes a rise in the blood pressure and heart rate and thus shuts down some of the normal body functions. Cortisol is a hormone that releases glucose into the blood stream to boost energy. It also suppresses normal body functions that are nonessential in an emergency response. When the stressor is removed the body returns to normal functioning. In my case, when the fire bar rings on my phone, I immediately go into state of awareness and can feel my heart rate increase. When it is determined that it is only a wrong number, I will go back to my normal relaxed state. If it is a real emergency, my body is prepared to respond to the emergency. There is a second type of stress, called eustress. Eustress is a good stress or positive response and leads to a sense of hope, vigor and well being. For an athlete stress can improve performance and ability. It could also cause performance to diminish by not controlling the stress reaction.

What can stress do- This research has taken me back to my physiology classes. Hans Selye was the pioneer in medicine that first related the effects of stress on the human body. His General Adaption Syndrome shows how the stress response of cortisol and adrenaline can over time cause problems with all the body systems. When the body is in a more or less in a constant high alert state, it can cause problems such as: high blood pressure, arteriosclerosis, heart disease, arthritis, kidney disease allergic reactions and digestive disease.

Ways to treat stress- Stress can come in two ways. The first is acute stress which requires an immediate reaction to a threat or situation. A job interview is a stressor that requires a response, but after it is over you can go back to normal. Writing these articles is stressful to me, because I have a deadline. Once I am finished, I can relax again. Chronic stress, the second kind of stress, is much more subtle. You may not even recognize what is the cause of the stress, but you seem to be always in a state of tension. Stress can also be external. These stressors are major life changes, environmental, family, workplace or social. Most of these can't be controlled, so you must keep yourself in good health and find coping skills. These skills include, using humor, being able to ask for help, being assertive, practicing time management and problem solving skills. Internal stressors come from self induced feelings and thoughts that cause unrest. Fears are common causes of internal stress. Attitudes and expectations can set you up for stress. We can control these stressors, but often need helpful strategies. Number one is to do some soul searching and identify the internal stressors that are causing problems. There are four basics ways to use to cope. Avoid the situation, alter the situation, accept the situation, and adapt to the situation. There are many other ways to control stress, relaxation and yoga to name some, but the first thing you must do is identify the stressors.

Joyce Boulter



With deepest sympathies, we extend our hearts and prayers to the family and friends on the passing of Stella "Boots" Martin. Stella was a passionate and giving member to the Arrowhead Community. She will be greatly missed! !!!!

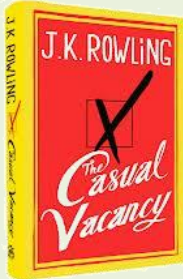
Stella Marie "Boots" Martin

November 26, 1947 ♥ February 14, 2013



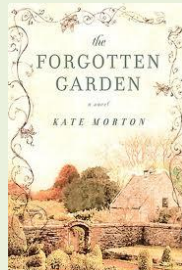
ARROWHEAD BOOK CLUB READING LIST for 2013

***June 7th**



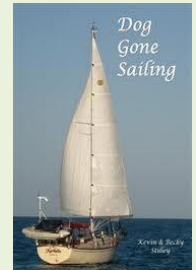
The Casual Vacancy
by J. K. Rowling

July 12th



The Forgotten Garden
by Kate Morton

August 9th



Dog Gone Sailing
by Kevin & Becky Stilley

***September 6th**

***Watch Over Me* by Christa Parrish**

October 11th

***Flashback* by Nevada Barr**

The Arrowhead Book Club usually meets at 11:30AM on the 2nd Friday in Jan, Feb, March, June, July, Aug, Sept & Oct. *However, in 2013, due to conflicts with the AIA Board Workshop, the June & September meetings will be held a week early. The meetings have previously been held at the Inn, but with the uncertainty of the availability of the Inn, you will be notified by email each month as to the location of the meeting.

For more information or to be put on the email list, call **Linda Dysart 862-8287**.

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AVFD Hiring New Fire Chief

The Arrowhead Fire Protection District is accepting applications for Fire Chief. This is a part time position and the only paid position in the department. The Arrowhead Volunteer Fire Department consists of Fire Fighters, First Responders and a Search and Rescue Team. The Chief's duties include, but are not limited to: training, ensuring the facility and equipment are well maintained and stocked, acting as I/C while present during a call, attending meetings in and out of the fire protection district and working with the fire protection district's board of directors. Pay DOQ. Please email your letter of application with a resume to Kevin Stilley at: thestilleys@msn.com



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The Facts are undeniable, ***your Local Brokers are still the best performing Realtors for listings and sales in Arrowhead.*** When the best is right here in Arrowhead, why look any further. Think local, work with the Realtors whose only goal is to market and sell Arrowhead property. **As the #1 Brokers** for Arrowhead Ranch Property we will always strive to make your Arrowhead real estate experience as hassle free and pleasant as possible.

Considering listing your cabin, home or lot? Let us know, so we can prepare a market analysis for you and start to work on marketing and selling your Arrowhead property.

Please visit our website at www.arrowheadranch.com

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VISIT OUR FAN PAGE ON FACEBOOK—BECOME A FAN! www.arrowheadranchfanpage.com



REMEMBER...BE BEAR AWARE!!



Black bears have lived in the foothills and forests of Colorado since long before the pioneers arrived. Today 8,000 to 12,000 black bears are trying to share space with an ever-growing human population. With many more people living and playing in bear country, human-bear encounters are on the rise.

Colorado Bears Have People Problems

Every year, bears attracted to human food sources damage property, vehicles and even homes. Bears don't know they're doing anything wrong. They're just following their super-sensitive noses to the most calories they can find.

Bears that find food around homes, campgrounds and communities often lose their natural wariness of people. Even though black bears are not naturally aggressive and seldom attack or injure people, they are still strong, powerful animals. A bear intent on getting a meal could injure someone who gets in its way. Every year bears that have become too comfortable around people and have to be destroyed.

Black Bears at a Glance

Bears are intelligent, resourceful and amazing animals.

- * Black is a species, not a color. In Colorado many black bears are blonde, cinnamon or brown.
- * Over 90% of a bear's natural diet is grasses, berries, fruits, nuts and plants. The rest is primarily insects and scavenged carcasses.
- * Black bears are naturally shy, and very wary of people and other unfamiliar things. Their normal response to any perceived danger is to run away.
- * In Colorado, most bears are active from mid-March through early November. When food sources dwindle they head for winter dens.
- * With a nose that's 100 times more sensitive than ours, a bear can literally smell food five miles away.
- * Bears are very smart, and have great memories—once they find food, they come back for more.
- * Bears are not naturally nocturnal, but sometimes travel at night in hopes of avoiding humans.
- * During late summer and early fall bears need 20,000 calories a day to gain enough weight to survive the winter without eating or drinking.

Help Keep Wild Bears Wild

- * Get in the habit of being bear-responsible. It's like recycling — at first it's a little extra effort, but soon it becomes a better way to live. And you can be proud you're helping to make Colorado a better place for people and bears.
- * Don't feed bears, and don't put out food for other wildlife that attracts bears.
- * Be responsible about trash and bird feeders.
- * Burn food off barbeque grills and clean after each use.
- * Keep all bear-accessible windows and doors closed and locked, including home, garage and vehicle doors.
- * Don't leave food, trash, coolers, air fresheners or anything that smells in your vehicle.
- * Pick fruit before it ripens, and clean up fallen fruit.
- * Talk to your neighbors about doing their part to be bear responsible.



If You See a Bear comes near your home, do your best to chase it away. Yell, blow a whistle, clap your hands, and make other loud noises. But *never approach or corner a bear*.

Information about "Living with Bears" was provided by and found on the link below:

<http://wildlife.state.co.us/WildlifeSpecies/LivingWithWildlife/Mammals/Pages/LivingWithBearsL1.aspx>

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