

# PONDEROSA PRESS

## PONDEROSA ESTATES HOMEOWNERS ASSOCIATION NEWSLETTER



**PEHOA Block Watch producing** January 2014 Edition  
**positive results**

Our neighborhood is safer these days thanks To our neighborhood block watch led by Brad Doll PEHOA President. Recently we have had an exceptional amount of crime in our neighborhood lately, all centered around an abandoned house at 10401 207th Ave E Bonney Lake. Brad and a group of our neighbors have been monitoring the house daily as well as working with the Sherriff and Health Departments to *help* them make the decision to move on. According to the email sent out by Brad, the other night when the Sherriff's Department came out the officer "highly supported efforts and strongly recommended that what we were doing was the best way to get them to leave. They said we could always call 911 if we were every out there and feeling threatened in any way and they would come. They also recommended that EVERYONE shine either their lights or a flashlight into the house EVERY time they pass the house. Just a continual reminder that we are watching them. " Block Watches through out our community will make our neighborhoods safer . Join in on the Block Watch today !

### **Saturday January 11<sup>th</sup> , and 25<sup>th</sup> , 1:00pm- 4:30pm - Basic First Aid (Only) class being offered**

This course teaches rescuers to effectively treat ill or injured persons in the critical first minutes until emergency medical services personnel arrive. This course meets and exceeds standards set by the regulating agencies for first aid: Department of Labor & Industries, OSHA, and WISHA. Upon completion of this course, students receive a Basic First Aid card that is valid for two years from the date of issue.

More [CPR/First Aid](#) program information.

#### **Location**

East Pierce Fire & Rescue ([Station 11](#))  
18421 Veterans Memorial Dr E  
Bonney Lake, WA 98391



### **Washington Sportsmen's Show Set For Late January**

Fishing, hunting and outdoor adventure for all ages takes center stage at the 2014 Washington Sportsmen's Show, Jan. 22-26 at the Washington State Fair Events Center. For more information on speakers, topics and a complete schedule, visit [www.thesportshows.com](http://www.thesportshows.com).

Show hours are 12:00 noon to 8 p.m. Wednesday through Friday (Jan. 22-24); 10 a.m. to 8 p.m. on Saturday (Jan. 25); and 10 a.m. to 4 p.m. on Sunday (Jan. 26).

Admission is \$12 for adults; juniors (6-16) are \$5; and children five and under are admitted free. \$18 two-day passes are also available.

# PONDEROSA PRESS

## PONDEROSA ESTATES HOMEOWNERS ASSOCIATION NEWSLETTER

### Honoring the Dream

#### Dr. Martin Luther King, Jr. Day Commemoration

Monday, January 20

10am - 5pm

[History Museum](#)

FREE ADMISSION

Sponsored by the KeyBank Foundation

In honor of the life and work of Dr. Martin Luther King, Jr., the History Museum offers free admission all day on Monday, January 20 from 10am - 5pm, sponsored by the KeyBank Foundation.

Running on our lobby screen all day will be the film "Tacoma Civil Rights Project: Remembering Our Past, Reshaping Our Destiny" produced in partnership with the Tacoma Civil Rights Project. Additional films showing Dr. King himself are also planned.

At 3pm, enjoy a performance by the Broadway Center for the Performing Arts titled *Becoming Bridges*. "*Becoming Bridges* invites the audience to join in the American story as a multimedia theatrical journey brings the words of Dr. Martin Luther King, Langston Hughes, and many other authors to life."

Also, take home a litter bag and join in the effort to make this day a National Day of Service by helping to clean up your own neighborhood.



January 2014 Edition

### Saturday January 11 and 25<sup>th</sup>, 2014 from 9:00am-12:30pm Heart saver CPR (Adult/Child/Infant) Class being offered

Course Description: This course covers infant, child, and adult CPR, AED (automated external defibrillator) training, and procedures for administering aid to choking victims. Students learn to recognize warning signs of heart attack and stroke in adults and breathing difficulties in children. This program teaches rescue breathing with and without the use of barrier devices. Upon completion of the course, students receive a Heart saver CPR card that is valid for two years from the date of issue.

Contact [CPR/First Aid](#) for more program information.

#### Location

East Pierce Fire & Rescue ([Station 11](#))  
18421 Veterans Memorial Dr E  
Bonney Lake, WA 98391



### NW Flower and Garden Show

The 26th [Northwest Flower & Garden Show](#) provides imagination and inspiration with its magnificent showcase of gardens big and small, over 120 free seminars, a big line-up of exhibitors in the Marketplace and more, February 5-9, 2014 at the Washington State Convention Center.

This year's theme, "Art in Bloom," will highlight artistic renditions that complement the spectacular garden displays and other show attractions.



### Chinese New Year @ Bonney Lake Senior Center

Friday January 31<sup>st</sup>

Cost: \$5 Please see any staff member to prepay. This is the year of the Horse.

In China, the New Year is a time of family reunion. Family members gather at each other's homes for visits and shared meals, most significantly a feast on New Year's Eve. So join your senior center family and celebrate with us!

[http://www.ci.bonneylake.wa.us/section\\_community/community\\_resources/senior\\_center.shtml](http://www.ci.bonneylake.wa.us/section_community/community_resources/senior_center.shtml)

# PONDEROSA PRESS

## PONDEROSA ESTATES HOMEOWNERS ASSOCIATION NEWSLETTER

January 2014 Edition

### **You're a Natural Beauty Hydrate Your Hair**

During the Winter Months Harsh, cold winter weather combined with the drying effects of central heating can quickly deplete your hair of moisture, leaving it dry and brittle. One way to combat this situation is to condition often—especially before the hair has dried out. Fortunately, you can create a wonderful, frugal deep conditioner by simply using some everyday ingredients from your kitchen. If your hair is extremely dry, here is a simple solution to restore moisture. Right before you shampoo and condition, mix together 1 mashed banana with a tablespoon of olive oil. Apply this mixture thickly to your hair and leave on for 20 minutes. Rinse it off and then shampoo and condition as usual. Thin hair does not hold moisture as well as thick hair, so if you have thin hair, give this method a try.

Before shampooing your hair, mix two cups of milk with a teaspoon of honey in a saucepan. Heat until the honey is dissolved. Remove the concoction from the stove and let it cool. Pour the mixture over your hair, combing through as you go. Continue combing through for 15 minutes and then shampoo your hair as normal. By using this method, you will not only restore the moisture to your hair, but you will also rejuvenate any brittle or broken strands.

You can also counteract the effects of winter weather by making sure you include plenty of the right nutrients in your diet. Be sure to eat plenty of protein, as well as foods that are high in iron, zinc, and vitamins C, E, and B. And, of course, drinking plenty of water helps keep your hair hydrated, as well as the rest of your body. Incorporate these tips into your beauty routine to keep your hair shiny and healthy!



# PONDEROSA PRESS

## PONDEROSA ESTATES HOMEOWNERS ASSOCIATION NEWSLETTER

January 2014 Edition

### Here's to Your Health Natural Remedies to Fight Sinus Infections

The cold weather along with the bacteria and germs that come along with being cooped up indoors can be harsh on our immune systems. Thankfully, there are many natural remedies that you can use to help prevent and fight infections. This month we're focusing on the sinuses. Sinus cavities can easily become infected when they are irritated by allergens floating in the air. Instead of using over-the-counter sinus medications, which can cause headaches, drowsiness, dependency on medication, insomnia, and nervousness, why not try a homeopathic remedy instead? Neti pots have been around for thousands of years but did not start gaining mass popularity until fairly recently when they were demonstrated on a daytime talk show and given the "seal of approval" by a well-known doctor. From that moment on, they have grown in popularity and are now easily available in almost any drugstore. The use of the neti pot is safe and effective in irrigating your sinuses. Irrigation cleanses the sinuses by removing pollen, dust, and excess mucus while soothing dry nasal passages. Whether you choose to make your own saline rinse or purchase an over-the-counter version, irrigating your sinuses is a great way to keep infections at bay or help clear up an existing infection more quickly. There really is no need to purchase a ready-made rinse, because making your own is very simple .Home-made Saline Rinse

#### Ingredients:

8 ounces warm water

¼ teaspoon non-iodized salt

Using a neti pot for the first time can be a bit tricky. Most pots come with simple, easy-to-follow instructions. It's more a matter of the sensation feeling odd or uncomfortable at first, rather than any actual difficulty, that tends to cause people trouble. Once you've used one a time or two, you'll find it's no big deal. Check out this tutorial along with this video to see neti pot use demonstrated. If you're still concerned, you can talk to your doctor about the proper use. If you'd rather give it a try before purchasing a neti pot, you can try this trick at home using an infant nasal aspirator instead.

You can also boost your immune system by eating nutritious foods. Vegetables such as broccoli, cabbage, and cauliflower are full of antioxidants, which fight off infections. Yogurt (with live cultures) is used to cleanse the digestive system, which houses 80% of our immune system. Coconut oil is another food useful in fighting infections.

This winter, try some homeopathic remedies before running to the drug store. Your body (and your wallet) just might thank you!



# PONDEROSA PRESS

## PONDEROSA ESTATES HOMEOWNERS ASSOCIATION NEWSLETTER

January 2014 Edition

### Change One Thing This Month

**In *Change One Thing* we're going to focus on the impact of making just one change to your finances each month.** While not every suggestion will work for every family, I hope that the ideas presented in this section will fuel your creativity in considering how you can improve your finances, one step at a time. This month, since our theme is saving in the office, I'm going to talk about online bill paying. This happens to be something that I tried, walked away from, and then tried again to heartily embrace. Like I said, not every tip will work for every family, so you'll need to test and see how and if an idea can work for you. I initially tried online bill paying when it was first offered by my bank. Sadly, I was extremely disappointed with the process. While the money was immediately deducted from my account, my creditors were not receiving their payments for two to three weeks. Yikes! Needless to say, I quickly went back to writing checks. However, about a year ago, I decided to give the system another go and have been extremely pleased. Whatever glitches existed before have all been worked out. This just goes to show that you don't want to write something off just because of one negative experience. Try again at a different place or time before making a final judgment. Currently, I pay all my monthly bills through online banking with my local bank. What are the benefits of online bill paying?

***Time Savings***—*I can pay all my bills, literally, in a matter of minutes. I just gather them up, log in to the system, check the box by the bill I want to pay and enter the payment amount. Done! The system lets me know when the creditor will receive its check as well as when I last paid that creditor and the amount I paid. I consider the time savings to be the biggest benefit of paying bills online. Less time spent paying bills translates into more time to devote to money-saving activities like couponing, sewing, or cooking. As they say, "time is money."*

***Money Savings***—*I no longer have to pay for the stamps, envelopes, or checks necessary for processing bills. While not a huge monetary savings, I estimate this to save me a minimum of \$8 per month.*

***Organization***—*Paying online allows me to quickly and easily see whom I've paid and which bills still need to be paid. If you're prone to late payments caused by procrastination or disorganization, this could be your solution. You'll save not only on fees, but will save your credit rating as well.*

***Automation***—*If you have a regular and dependable income, automating your expenses can be a huge time and stress saver. These days it's simple to automate deposits, bill payments, savings, and investments. If you'd like to read more on the concept of finance automation, this article is a good starting point. You can still take advantage of automation even if your income is irregular; it will just take a bit more care and attention.*

***Savings***—*I'm sure we're all familiar with the concept of "paying yourself first" whether we actually follow it or not. We know we should put money into savings before we start paying our bills. Instead, if you're like the majority of people, you pay the bills and save what's left. The problem is that there is seldom anything left. By forcing savings through automated deposits, you remove those funds from the pot, forcing you to stretch your budget to make do.*

I encourage you to take some time this month to check into online bill paying and explore the idea of automatic savings as well as the possibility of automating your overall finance system. If you'd like to share your experiences on this subject, will share them in next month's Ponderosa Press.