

# Ponderosa Press

## Ponderosa Estates Homeowners Association Newsletter

August 2015 Edition



### DON'T MISS THE PARTY IN THE PARK !

Hello Everyone! Summer Doll, Director of the Party in the Park has again organized some great activities Saturday, August 8th 11am-2pm, The Party in the Park will ROCK Ponderosa residents ! Summer is also asking for any other suggestions residents may have for activity stations and volunteers to help during the event! ☺

Bring the kids and enjoy Hot dogs, Soda, and Chips will be for sale (all money goes towards HOA fund), \$1.50 for the meal or can buy items individually for 50 cents. There will be 4 Raffle Prizes (tickets will be \$1.00 each); Kids will LOVE the Bouncy House; Balloon Artist from Clown Buggie Entertainment; the Piñata event; the Outdoor Fun Area; Craft Tables and Free bags of candy! Kathy Martin from Safe Streets will be there, and an appearance from Pierce County Police Department (if it doesn't conflict with their schedule) to answer questions and provide information to residents.

**VOLUNTEERS ARE NEEDED !** 1-2 volunteers for each activity station, as well as volunteers to ask for local donations from stores (we have a template letter to send out) if you would like to volunteer for procuring food or for an activity station please contact Summer at: [sdoll93@uw.edu](mailto:sdoll93@uw.edu)

**The next HOA meeting is Monday, July 20th at 7pm.** If possible, Summer would like to meet with volunteers in advance at the park to get to know one another better and hear any suggestions you may have regarding activities! If you could let her know what times and days you're available, that would be greatly appreciated!

**Thursday, August 27, 2015**

**First TRACK - Job TRACK: Tech Readiness + Career Kick-start**

**Sumner** 9:30 AM - 11:00 AM

Gain skills in Word and Excel, create a new resume and cover letter, and meet with Work-Source experts on your next step towards employment.

Check out a Chrome-book as your textbook. Learn at home (5-7 hours of homework per week) and get help from library staff at a required weekly Roundhouse.

Email [roundhouse@piercecounitylibrary.org](mailto:roundhouse@piercecounitylibrary.org) to reserve your seat. Class space is limited.

**•This event requires registration.**

**Thursday, August 06, 2015**

**Rock-It-Science:**

**Kryptonite, Rocks & Minerals**

**Bonney Lake Library 11:00 AM**



How does kryptonite affect superpowers? See the amazing fluorescent mineral cabinet. Participants are encouraged to bring up to 2 rocks/minerals to be Identified in class. This class is recommended for ages 6-12. Younger participants may attend with an adult to help supervise them.

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### THE WASHINGTON MIDSUMMER RENAISSANCE FAIRE



August 1<sup>st</sup>, 2<sup>nd</sup> 8<sup>th</sup>, 9<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> AT THE KELLEY FARM IN BONNEY LAKE, WASHINGTON!!

Bring Your Family and Friends and help us celebrate one of the Largest Theatrical Events in WASHINGTON State!

The Washington Midsummer Renaissance Faire in Bonney Lake, Washington features full contact jousting, equestrian acrobatics, world-class fencing demonstrations, country dancing, games, music, magicians, puppet shows and more! Our Gates are open from 10a.m. to 7 p.m. all three weekends!

***The 2015 Faire will be held at the Kelley Farm at 20021 Sumner-Buckley Highway, Bonney Lake, WA 98391***

#### Enjoy Three Weekends of Renaissance Revelry



#### **August 1st and 2nd**

Join us for a weekend of Piratical Plunder! Our opening weekend, we invite our visitors to unleash the pirate within. Everyone has a bit of the pirate in their heart, and this be the perfect weekend to slap on that eye patch, don a feathered hat and join the rollicking crew of the Emerald Rose in a weekend that will surely be a treasure to remember.

#### **August 8th and 9th**

Our second weekend, we are proud to present Amy Brown, renowned faerie and fantasy artist; she will be signing autographs from 1pm until 3pm both days. We shall spend the weekend celebrating the fantastical and magical world of faeries, trolls, dragons and more. We encourage our audience to dress in the spirit of the worlds beyond, from faerie wings to unicorn horns, join us in our mystical romp through the faerie realms.

#### **August 15th and 16th**

Third weekend we invite all visitors to our shire to be part of Her Majesty's Royal Masquerade! A perfect opportunity to show off beautiful Carnival or character masks, or visit our wonderful face painting and mask maker's booths to become part of the magic. With dancing, singing and all forms of merriment, our final weekend will be a truly spectacular festival of color, mystery, coquetry and amusement. Come join us at The Washington Midsummer Renaissance Faire for three magical and interactive weekends of Family Fun !



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### Save Money, Stay Cool 7 ways to cool off this Summer



#### Movies in the Park

#### Formerly Friday Night Flicks

#### Movies Start at Dusk

#### Allan Yorke Park

Join us for live movie watching outdoors at Allan Yorke Park again this summer!

*\*\*Movie selections are subject to change.\*\**

#### Tuesday August 4th

#### National Night Out!

#### Big Hero 6



#### Saturday, August 8th

#### Pitch Perfect



#### Saturday, August 22nd

#### Strange Magic

#### Saturday, August 29th

#### Guardians of the Galaxy



Think staying cool always costs a fortune? Not so fast. You don't need central air conditioning to chill out as the mercury rises. In fact, all you really need is a relaxing rocking chair and one of these smart, budget-friendly summer solutions to stay cool:

**The Fan** - The fan is a time-tested method for chilling out on a boiling day. When you need to lower the temperature in your home, place a fan in a door or window with the air blowing toward the outside. This actually pushes the warm air out of the house. The fan strategy works even better when other doors or windows are open because it generates a cool-as-ice breeze that helps bring down the temperature. Did you know that fans are also an ideal way to get heat relief outdoors as well? Consider installing a ceiling fan on a porch or deck roof. No suitable roof? No problem. Free-standing fans that incorporate a misting system can also chill your outdoor time. If you have a cool breeze and a comfy rocking chair, what more could you need?

**The Shade** - Nature's own air conditioner, the shade is often a quick fix for overheated days. Slip into the shade of a big old tree or seek sun shelter under a covered patio or deck. Even a rainy day umbrella can cool things down in a pinch. Shade won't just cool your body down on a hot day; it can also cool your house down as well. By installing an awning, you banish those blazing rays that up the temperature and fade your indoor rocking chairs and other furniture into pale imitations of their former selves

**The Kiddie Pool** - Nothing says "cool down" on a hot summer day like the cold water of a kiddie pool. One of the most budget-friendly solutions, the kiddie pool is an inexpensive, no-fail way to stay cool. Simply place a pool filled with cold water anywhere it's convenient like on a patio, porch, or in your backyard. You can place a low lounge chair in the pool itself, or park a chair next to the pool and soak your feet in the refreshing water. The only thing left to do is enjoy the coolness as you indulge in a gossip magazine or chat with a loved one or friend.

**The Sprinkler** - You faithfully water your lawn or garden during dry spells, so why not water yourself? Simply set up your lawn chair so the sprinkler mists your body. Your body will cool down as the water droplets evaporate from your skin. It's a instant, low-cost way to stay cool that your body will love.

**The Water Mister** - These systems are fast becoming a go-to way to stay cool in the summer heat. Designed for outdoor use, these are an affordable solution to climbing temperatures. Whether you want to cool down a condo-sized patio or a big-time party deck, you can find water misters for any setting. Systems can also be portable, such as those that work with a fan system, or permanent, like those that are similar to a sprinkler-type system. Check out [Coolingline.com](http://Coolingline.com) or [RapidCool.com](http://RapidCool.com) to find easy-to-install and affordable water mister solutions that are right for you.

**The Hydration** - "Drink lots of water" isn't just something doctors say to hear themselves talk. Our bodies have their own cool-down system, which is perspiration. We sweat. The sweat evaporates. The evaporation cools the body. Since we lose so much water through perspiration, it's important to keep the body hydrated.

**The Slow Down** - Taking it easy is a no-cost, no-tech way to stay cool. Take breaks frequently by relaxing in a lounge or rocking chair in a shady, breezy spot. Help nurture that relaxed mood by placing a damp, cold cloth on your head. Spray misters are also an ideal way to chill out. Simply fill with cold water and spritz yourself anytime you need relief.

Don't wait any longer for relief. After all, summer heat doesn't have to ruin your mood or your budget. Grab that rocking chair and start enjoying these chill-inducing strategies today.

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### How to control backyard mosquitoes with Natural Backyard Mosquito Control!

#### \*Use Citronella in Backyard !

Areas where mosquitoes are a problem try these tips to control the pesky bugs...Citronella! Plant citronella plants all over your garden, burn citronella oil in your candles or Tiki torches , add citronella oil to your cream and shampoo, and sprinkled citronella oil around the house! When going outside, rub some cream around the exposed areas of your body or rub several drops of citronella oil in your hands and then wipe your hands on your clothes and especially your ankles.

\***Put a Bounce dryer sheet** in the waistband of your clothes and it will ward off mosquitoes. Also make sure you don't have standing water in the yard.

#### \*Short Grass Prevents Mosquito Breeding

Keep the grass cut as short as possible and clear away any kinds of containers that might hold collected water (tubs, barrels, lids, etc.) in which mosquitoes love to breed.

#### \*Lemon Mosquito Control

Mosquitoes *hate* lemon scent. Spray your entire yard with equal parts of lemon dish soap, lemon ammonia, and lemon juice. Do this every two weeks with a 20-gallon sprayer, and you won't be on the mosquito menu this summer.

#### \*Insect Control: High Frequency Sounds

Mosquitoes do not like high frequency sounds. There is a electronic deterrent available in hardware stores, department stores, and discount stores.

It comes with a clip to hook onto your belt loop. It emits a high, but only audible if you put it to your ear, pitch that repels mosquitoes. They sell larger units at Wal-Mart (roughly \$9.00) that repel mosquitoes up to 250 feet. Unfortunately, it does make a somewhat louder noise, but not too annoying. According to many users they do seem to work, the only thing that could make them better is if you could plug them into your wall instead of buying batteries. Check out the local Wal-mart and hardware stores to see what is available locally to help keep you and your family OFF the menu.



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### Slow-Cook Once for Multiple Healthy Meals

I have found a wonderful way to save even more time with the slow cooker and that is to cook a few days' worth of meat at once and then use the cooked meat for a few nights' worth of upcoming meals. You will need a large slow cooker for this; if you don't have a large slow cooker, don't go out and buy one brand new since they are abundant at thrift stores.

Because I am working at serving healthier meals to my family, this article will be referring to boneless skinless chicken breast, but the idea can be applied with any meat.

The first day, after spraying the slow cooker with non-stick cooking spray (great tip for easy clean-up), I added a few cut-up carrots to the bottom of the crock and seasoned them with seasoning salt. You could add any vegetables of your choice that would go with any of your upcoming meals. Then I added layers of boneless skinless chicken breast to the top (probably around three to four depending on the size of your family), seasoning each layer with fresh chopped garlic and seasoning salt (an added benefit is that your house will smell so good all day long). Be sure to trim any fat off the breast before adding to the pot. I added about 1/2 cup of water, placed the lid on top and turned the slow cooker on to low for about eight hours. It was very easy work for enough succulent cooked meat for at least three days' worth of meals!

**Meal #1:** The first night we had chicken sandwiches. After spraying a pan with non-stick cooking spray, I toasted onion buns over medium heat, then let the family add their own condiments like sliced tomato and onion, lettuce, mayonnaise, mustard, etc., and a piece of the cooked chicken. They were delicious! I served oven fries with the sandwiches. Simply slice potatoes, put them on a baking sheet sprayed with non-stick cooking spray, spray the potatoes with the cooking spray, season, and cook at 400 degrees F for 40-60 minutes. Honestly, these are better than the ones drenched in oil, and I am one that loves deep-fried French fries and all the fattening foods!

**Meal #2:** Since I have some more onion buns from meal #1, I will make a delicious barbecue sauce (you can use bottled if you prefer), then add chunked up chicken to the sauce and serve that over the toasted onion buns. We'll have the carrots that were cooked with the chicken and baked potatoes on the side.

**Meal #3:** I'll make a delicious marinara sauce, then add cut-up cooked chicken to it and serve over spaghetti with garlic bread on the side. A great way to add flavor and nutrients to spaghetti or marinara sauce is to add finely minced carrots, celery or other vegetables to the sauce. You can sauté them along with the onions, or add them straight to the sauce.

These are just a few ideas. Chicken is so versatile that there are endless ideas for using the cooked meat in meals. You could do salads, soups, casseroles and more. If you are making a soup, be sure to use the delicious broth that this creates!

I hope this gives you inspiration for dusting off your slow cooker and putting it to use. They are such a great way to save time, even if you use them for one night's meal