

Ponderosa Press

Ponderosa Estates Homeowners Association Newsletter

August 2016 Edition

New! Friday Afternoon Movies@ The Bonney Lake Senior Center

Join the party on **Fridays at 12:45 FREE** popcorn and sodas! Stay and kick off your shoes and enjoy a movie on us!

August movies include:

8/5 'Everest' Two different expeditions are challenged beyond their limits by one of the fiercest snowstorms ever encountered by mankind in an attempt to reach the summit of the world's highest mountain. Based on a true story.

8/26 'Emma's Chance' While volunteering at a horse rescue ranch, Emma forms an unlikely bond with an abused horse that won't let anyone else ride him. Gaining new skills and confidence, Emma hatches a plan to redeem herself and ultimately save the ranch she's grown to love.

Point Defiance Zoo: Amazing Animal Athletes

Friday, August 12, 2016 [Bonney Lake](#) Library @ 11:00 AM

Ages 5 and up

Humans compete in the Olympics. But animals compete every day in their own wild games, with survival as the prize. Learn about amazing animal athletes and meet an animal member of the zoo team.

All Things Medicare

Saturday, August 20, [Buckley](#) Library @ 1:00 PM - 3:30 PM

Event audience: Adult

Are you turning age 65 soon? Want to know more about Medicare? Join Sound Outreach and the Statewide Health Insurance Benefits Advisors (SHIBA) for a free class on:

- Medicare Parts A and B
- Medicare supplement and Medicare Advantage plans
- Part D prescription drug plans
- Medicare and your employer insurance
- When to sign up for Medicare
- Much, much more!

There will be a Q&A session after the presentation. Call Sound Outreach at 253-596-0918 to RSVP for this session; walk-ins also welcome.

This event is sponsored by SHIBA, a free and unbiased service of the Washington State Office of the Insurance Commissioner.

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Party in the Park a huge success! Thanks to all who planned and participated in this fun annual event!

Movies in the Park

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.

Saturday, August 6th

Shaun the Sheep



Saturday, August 13th

Minions



Saturday, August 27th Pan

Check out all the fun things happening in Bonney Lake: http://www.ci.bonney-lake.wa.us/section_community/parks_recreation/special_events.shtml



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



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 or 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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Emergency Preparedness on a Budget

According to FEMA, only about 10% of Americans are truly ready for a major emergency. Though more than half of all Americans have made some kind of plans for a disaster, most have stopped short of stocking up on things they may need in a crisis. While a lot of people are under the impression that "it can't happen to me," many others have fallen into the money trap, convinced that they have to drop a small fortune on name brand supplies to be ready.

A major part of disaster relief efforts are making sure people are fed. After Hurricane Irene hit, towns as far north as Vermont were cut off from supply trucks for a week or more as roads and bridges were washed out. By having food on hand, you not only ensure you have something to eat in an emergency, but also that those around you can eat as well (assuming you're feeling generous). Every person with their own food is one less person that relief workers need to feed! Here are a few simple steps you can take to get ahead of the curve without causing a disaster of your own.

Leon Pantenburg of SurvivalCommonSense.com says that their hardtack recipe is among their most popular pages and for good reason. The main ingredient is flour. Not only is flour a key component in a wide variety of edible foods, but also it can be consumed all on its own in the form of hardtack. Hardtack is a tough, crunchy flour biscuit that if stored properly, keeps nearly forever. In fact, the National Civil War Museum in Pennsylvania actually has hardtack in storage that's still good today.

The basic recipe is simple. It includes two cups flour, one cup of water, and five or six pinches of salt. Spread out the dough about an inch thick, poke some holes in it with a fork, and bake at 375 degrees for a half of an hour on each side. Each batch will cost you literally pennies, and can easily replace crackers bought from the grocery store. Hardtack is a long lasting, hearty, versatile food. As an added bonus, you can even crush the biscuits back down and use them just like you would normal flour to make other dishes, making hardtack is a great way to keep your flour safe from those pesky flour beetles. Another solid staple is rice. Everyone knows what to do with rice. First, you boil some water. Then you toss the rice in. Finally, you wait for it to burn on the bottom because you forgot about it while watching TV. Most people don't realize that rice can be made without any heat at all (just soak the rice until soft). It can keep for a decade or longer if stored properly. Properly, most would assume, means in a vacuum-sealed, food grade storage container, but in reality, storing rice for the long haul is a lot more simple and less expensive than going to all the trouble of vacuum pouches and ten-gallon drums. All you need is a soda bottle.

Empty two liter soda bottles are already made from food grade plastic and feature an airtight seal when the cap is properly closed. The durable plastic won't puncture easily, which makes it ideal for storage if you've had trouble with mice sneaking in and chewing through bags for a late night snack. As an added bonus, the bottles stack easily, which makes tucking them away somewhere a snap. The last two things every emergency kit should include are plain white vinegar and hydrogen peroxide. In the aftermath of a serious flood, tornado, or earthquake, one may find that utilities will take some time to get running again. Without running water for sanitation, preparing food can bring with it a small measure of dread. With these two inexpensive liquids, however, you can clean a countertop far better than with an expensive detergent. According to Susan Sumner, a food scientist at Virginia Polytechnic Institute and State University, a spray of each will wipe out nearly all salmonella, shigella, or E. Coli bacteria on even heavily contaminated food surfaces. In truth, the combination is so cheap that it's probably better to switch to it on a daily basis. Just be sure not to mix the two together, as the resulting mixture actually kills fewer germs.

There's no way to be 100% ready for an emergency, but don't be fooled that spending more makes you more ready. Thinking smart will!

<http://www.stretcher.com/stories/12/12jul16e.cfm?slider>