

SMOKE SIGNALS

The Newsletter of the Shawnee Hills Property Owners Association

March 2009

Club Information

Page 4

SHPOA Annual Meeting

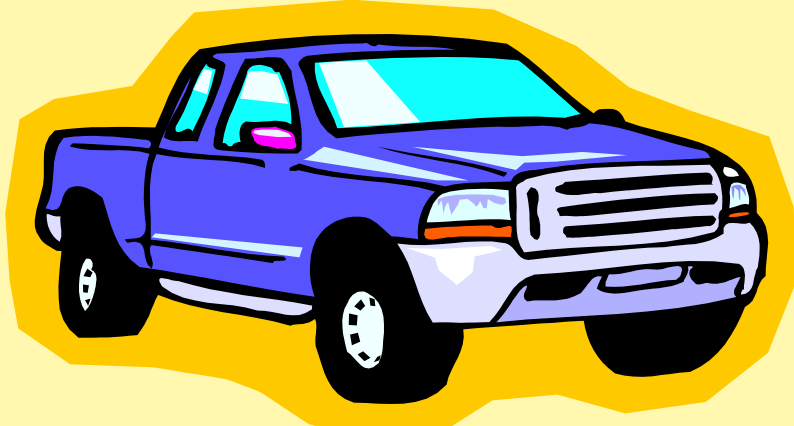
Page 7



Photo Credit: Ralph Wirth

Visit Shawnee Lake's web site: www.shawneelake.org

WANTED



SHPOA is looking to purchase a small pick-up truck for use in our community. We would like a used Chevrolet S-10 or Ford Ranger, 2 Wheel drive with an automatic transmission. Please contact Brandon Huddleson 675-3130 or Larry Morris 675-6274.

Free Boat Lift Motor or Dock Furniture! Available Through March 31

Western Ohio Watersports and ShoreMaster have teamed up to offer residents of Shawnee Hills unprecedented deals on a new dock or boat lift. Choose from one of three programs:

- 1 Receive a free set of Shore-line dock furniture when you purchase a qualifying ShoreMaster dock!
- 2 Receive a free Lift Mate Boat Lift Motor when you purchase a qualifying ShoreMaster boat lift!
- 3 Make no payments for 6 months when you make a qualifying ShoreMaster Dock or Boat Lift purchase with approved credit!

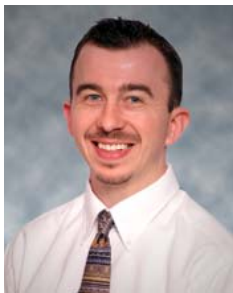


Call for details:
937-410-4070



www.westernohiowatersports.com

Chris Bailey - Agent of Choice



Chris Bailey, Realtor®

As a member of the Shawnee Lake community, I just wanted to let you know that I am a licensed real estate agent willing to work hard for you so that you don't have to. Contact me today if you are interested in buying or selling a home. I look forward to working with you!

Contact Information:

Cell: 937-475-2773
Email : Chris@SheridanTeam.com
Web: www.chrisbaileyhomes.com



COMING SOON APRIL 11th

See Next Month's Smoke Signals For More Details



Shawnee Lake Club Information



Squatting Exercises

Squatting is basically a safe activity, when carried out in the proper fashion which can have a tremendously positive impact on leg-muscle strength.

Squats a great exercise for the glutes, hips and thighs and adding a ball to the move can add great support for the back while allowing you to get into perfect squat position to protect the knees. The correct way to do a squat is as follows:

1). Initially, squat only to the point at which the tops of your thighs are parallel with the floor. Over time, as your strength and coordination improve and you remain injury-free, you can increase the depth of your squats. Stand with about hip or shoulder-width apart and place an exercise ball behind your lower back and against a sturdy wall for support.

2). If you choose to hold weights hold them just over the shoulders or prop them on the upper thigh.

3). Bend the knees and lower into a squat, keeping the knees in line with the toes. Avoid letting the knee bend over the toe.

4). Lower down as far as you can but no lower than 90 degrees and push into the heels of your feet as you push up from the squat back into starting position.

5). Don't squat when you are fatigued you may lose control of the squat.

6). Always descend and ascend in a controlled and coordinated manner; don't jerk or rock back and forth. Avoid twisting movements in the bottom position.

7). Back pain and knee pain are indicators that you are progressing too fast with your squat training. If either type of pain occurs, you should rest until the pain disappears and then decrease your resistance and the number of squat repetitions you are completing.

(Article taken from exercise.about.com).

Our classes include squats and the instructors are very conscious about our form during our squat routines to prevent injuries to the knees. They truly are great for the glutes, hips and thighs.

Our classes are focusing on strength training and the moves and routines are not difficult to follow and we are not doing high impact aerobics' at this time and the work out is still getting our heart rates up. It's an overall very good work out. Come join us.

Times and dates can be found in your Smoke Signals Activity Calendar. You can call Sue at 675-2189, Mary at 675-3863 or Tina at 675-2093 for more information.



P&P Body Shop



"Quality Workmanship is Our Trademark"

P&P Body Shop, Inc. is a full-service body shop, equipped to handle any repair. We are family-owned/operated business and have been repairing damaged vehicles for over 30 years.

No job is too large or too small.
Stop by today for a **FREE** estimate



Pick-up, Delivery & TOWING available

(937) 675-6234

115 West Washington Street
Jamestown, Ohio 45335

www.pandpbodyshop.com

Shawnee Lake Club Information



Please join us for our March MEETING!

When?..... Thursday, March 12, 6:30 P.M.

Where? The Max Power's Community Building

What?..... "Make & Take a Basket"

Who?..... Garden Club MEMBERS!



In February, we met at the home of Sarah Preston for Lunch, hosted by Sarah and Lois Jones. Following the meeting, we assembled Valentine Treats to take to the Liberty Nursing Home Residents and Community Shut-Ins. Although many of our members were enjoying warmer climates, ten members were present for a delicious lunch of quiche and fruit, in addition to plenty of Valentine goodies!

The March 12 meeting will include an Evening Workshop at the Community Building with Rhonda Woods teaching us how to make baskets. Members can participate by making a basket or watching them be made, but you MUST let Sarah Preston know by March 2 if you want to purchase a basket-making kit. The cost is \$18 and can be paid at the meeting. Sue Harner and Jennifer Bennett will host.

Thought for the Month:
Perennials are plants that take three or more years to complete their life cycle. To narrow the search for the garden, we use the term to refer to just herbaceous perennials. Herbaceous perennials live three or more years, but they generally die

back to the ground at the end of the growing season and start fresh with new shoots each spring. And with the warm weather coming, we are looking forward to our spring growths.

Everyone is invited to share landscaping and gardening ideas anytime, and volunteers are always needed to help keep our Community 'blooming'.

Members, please remember that Thursday, March 12, is an EVENING meeting! Call or e-mail Sarah Preston, 675-3729, or Esther Burnett, 675-2132, with any questions or to RSVP. You may also RSVP to Betty Bicking at e-mail address gmbicking@woh.rr.com.



SUTTER'S LAWN CARE SERVICES



Specializing in Small Yards

Extra Services Available

FREE Estimates References Available

Wayne Sutter
(937) 675-2998

**Summary Highlights of Monthly
Board Meeting
February 9, 2009**

The meeting was called to order at 7:05 p.m. by Chris Sonneman. In addition to Sonneman the following trustees were present: Maxine Thomas, Larry Morris, Matt Simpson and Brandon Huddleson. Also present was Joyce Swearingen, clerk.

Treasurers Report

Jan Income: \$1587.29
Jan Expense: \$22,043.98
Jan Balance: \$67,481.99

Lake Patrol:

The blue light was repaired and programmed through a donation by a property owner. We will put a thank you in Smoke Signals once we begin to use it in the summer.

Matt Simpson suggested that a pontoon boat was good for lake patrol. We decided that the best solution for the boat was a new motor. We discussed a replacement motor for the pontoon boat that has been identified. Simpson will follow up on costs. Simpson will make sure the title to the boat we traded in exchange for painting the building.

Sticker sales start at the annual meeting on April 5th.

Beach:

We need buoys for the beach. Joe Clingman will follow up on beach repairs for the spring.

Building Permits:

Joe Clingman did two dock permits.

Community Building:

We noted several leaks in the roof. Clingman will follow up on repairs.

We have one rental in February.

Property Maintenance:

There are still trees on the dam. We are still looking for volunteers to help remove them. We will not know what

dock repairs we will have until the ice melts.

The cement area in front of the boat ramp will need to be repaired. We will just cold patch it for this season. Clingman and Morris will take care of this.

Morris will begin to work on the ponds.

The truck has been sold. We will begin to look for something this spring and put an ad in Smoke Signals. Morris, Simpson and Huddleson will search out a small truck and purchase within board guidelines.

We got a bid of \$5300 for gabion baskets as compared to the concrete structure bid of \$17,000 that we got last month. The board approved this expenditure on motion by Thomas and second by Morris. This is already included in the 2009 – 2010 draft budget. Morris will follow up on this.

The board then reviewed a number of estimates for wind damage repairs to the association office, the rental building and the community building. The insurance company will review the damage with an adjuster and we will get final estimates on the costs. Joyce Swearingen and Joe Clingman will follow up on this.

Swearingen will also look into insuring SHPOA docks, especially the one at the beach.

Morris will get mowing estimates.

We are receiving payments on the damage on the dock from last fall.

Smoke Signals:

There was a suggestion that we do Smoke Signals quarterly and consider other ways to reduce the cost. We will get a group together to review this issue along with Jim Wirth.

**Summary Highlights of Monthly
Board Meeting
February 9, 2009**

Dam:

We have spent \$19,000 for the work they have done outside. Preliminary reports look good. We will get a full report later this spring to be aired at one of our meetings.

New Business:

On motion by Larry Morris and second by Matt Simpson the January 2009 minutes were approved as corrected: "You can list your own house if it is your private residence but you cannot get a free ad for property beyond your personal residence."

The Annual meeting will be April 5, 2009 2:00. Boat stickers will be sold one hour before and one hour after the meeting.

The lake valve will be closed March 3,

2009 depending on ice.

The board gave permission for Joyce Swearingen to open ballots and get payments prior to counting the votes.

Thomas, Huddleson and Morris detailed the results from the Jamestown council meeting. The same team will attend the February 17, 2009 meeting to insure that the matter is completely resolved. The board will then send an appropriate thank you to the council and mayor.

The meeting was adjourned at 8:09 p.m.

Respectfully submitted,

Maxine S. Thomas



TRADER'S CORNER

Policy: Classified ads in Smoke Signals are available as space allows **FREE** to all SHPOA members with current paid-up dues. Only non-commercial, non-business classifieds from private individuals will be run (**no groups, organizations, professionals, home businesses, etc**). Classifieds will be accepted or rejected at the discretion of the Smoke Signals editor. Limited to available space. Ads may be mailed to the editor, Jim or Della Wirth at 1013 Huron Trail or faxed to 372-1171. Articles and ads may also be delivered to the box at the house labeled "Smoke Signals", or e-mailed to rwirth@wirthadvertising.com. For further information call (937) 372-1331 or (937) 675-3123.

THANKS FOR USING THE TRADER'S CORNER!
Please let us know when ads can be pulled, so we can have room for more current ads.

Options, Delay Feature, \$200.
Call 937-902-9495.

LAKE FRONT LOT FOR SALE: Lot #444 on Beach Trail. Frontage 60', Depth 256'. Please call 937-478-7253.

FOR SALE: Wakeboard Tower Speakers..2 years old.. 4 speakers/2 tweeters.. LED lights..polished stainless steel.. speaker grill in sturdy black metal mesh \$500.00. Call 675-3380.

FOR SALE: Range/Stove Frigidaire, glass-top, white, only 2 years old. \$250. **Weight Machine** - Impex Fitness Products- Marcy Platinum Corner Gym GS99, home gym, two weight stacks, fits perfect in corner of room. Very nice! Asking \$300. **Bass Boat** - 340 Ranger with 150 Mercury. Lots of new upgrades. \$5,000. Chippewa Tr. 554-2175

FOR SALE: 12' x 7' carpet remnant for \$35. Light bluish-gray plush with a few small light stains but still in great condition. Used only one year in college dorm room. Please call Carrie at 937-302-9004 and leave message if no answer.



1986 Glassport, open bow, 17.5 ft., 170 HP Mercruiser I/O, garage kept. Priced to sell, \$2000. Call 675-6376

FOR SALE: Frigidaire Glass Top Stove/Oven, Bisque Color, Speed Bake and Self Clean features, \$300. **Kenmore Washer & Dryer Set,** White, \$350. Washer is 70 Series, Heavy Duty, Super Capacity Plus, Quiet Pak, 5 water levels, 4 speeds, 4 temperature settings. Dryer is Heavy Duty, Extra Large Capacity, Timed, Auto and Air Dry options. **Kenmore Portable Dishwasher,** Black Front, Touch Controls, 5 Cycle

VOLUNTEERS NEEDED!

to coordinate the 2009 Euchre Parties.

Anyone interested should call Karen Sullivan at 675-6672.

SHAWNEE LAKE REAL ESTATE

Sue Guinn Realtor
(937) 675-6127 • Cell: (937) 768-0577
Shawnee Lake, Jamestown
Cedarville and Xenia
New Jamestown Office
Downtown at 5 W. Washington St.
Real Living Real Living Realty Services

Kilbarger Insurance Agency, Inc.

Serving the Area for Over 50 Years

- Home
- Farm
- Boat
- Life
- Business
- Auto
- Motorcycle
- Retirement-IRA

Monthly/Quarterly Payment Plans Available
Evening Hours By Appointment

107 W. Washington, Jamestown
Mailing Address: P.O. Box 160, Jamestown

675-9531

*Wichman
Newell & Stephan*
PROFESSIONAL INVESTMENT PLANNING GROUP
Investment Planning for Retirement "Getting You There"

Where do you go for objective investment advice?

Objective investment advice starts with objective research. As America's largest independent brokerage firm, *LPL Financial is one of the few sources of unbiased research – uninfluenced by investment banking activities or corporate relationships like some other firms.

LPL's research team performs in-depth research on stocks, bonds, mutual funds, annuities and investment managers across every asset class. This unbiased, independent research is the foundation for investment recommendations that are truly in your best interest.

Contact us today for more information or to schedule a one-on-one consultation.


Brian L. Stephan, CFP(R) **Kevin R. Wichman, CRPC(R)**
LPL Registered Principal LPL Registered Principal

354 N. Detroit St., Xenia, OH 45385 • (937) 374-2002 Fax: (937) 372-0392 • Toll Free: (800) 244-2037 (Ohio only)
brian.stephan@lpl.com kevin.wichman@lpl.com
Member FINRA/SIPC
Fee-based Services and Securities offered through LPL Financial

"Your Lake Specialist"
Lynda Sagraves
GRI, e-Pro Certified, AHS, Realtor



Prudential One, REALTORS
Direct: 937-603-9597
Home: 937-675-2454
Fax: 937-535-0034
Email: LGsagraves@aol.com
Website: LyndaSagraves.com



SHARON RAFLIK
Realtor®, GRI
(937) 919-0168 DIRECT
(937) 760-0309 CELL
(937) 376-4381 BUSINESS
(800) 543-7798 TOLL FREE
(937) 374-4747 FAX
sharon.raflik@coldwellbanker.com

COLDWELL BANKER
HERITAGE REALTORS®
46 North Detroit Street
Xenia, Ohio 45385
www.coldwellbankerdayton.com

Each Office is Independently Owned And Operated.

"Not just another insurance agency!"

Montgomery
Insurance & Investments



Anne L. Gerard, CIC
Account Executive
1 W. Washington St.
Jamestown, OH 45335

Office: (937)675-9321 x205 Cell: (937)286-1334
agerard@montinsinv.com
www.montinsinv.com

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Day	2 SHPOA Board Meeting 7:00 PM	3 Lake Valve Closed Aerobics 6:30-7:30 PM	4	5 Aerobics 6:30-7:30 PM	6	7
8 Daylight Savings Day	9	10 Aerobics 6:30-7:30 PM	11	12 Garden Club 6:30 PM "Make and Take a Basket"	13 Boat & Water Ski Club	14
15	16 St. Patrick's Day	17 Aerobics 6:30-7:30 PM	18	19 Aerobics 6:30-7:30 PM	20 Spring Begins	21
22	23 Deadline for Smoke Signals Ads & Articles	24	25	26 Aerobics 6:30-7:30 PM	27	28 Community Building Rented
29	30	31 Aerobics 6:30-7:30 PM				



SMOKE SIGNALS

Shawnee Hills Property Owners Association
P.O. Box 216
Jamestown, OH 45335

Your Board of Trustees

Joyce Swearingen 675-6241

Clerk

Chris Sonnenman 675-3774

President, Community Building, Assistant Informational Sign,

Assistant Beach Operations

Brandon Huddleston 675-3130

Vice President, Info Sign, Assl. Lake Patrol, Rental House Dam Maintenance.

Mike Kelley 675-2560

Beach Operations, Assistant Lake Operations/Patrol,

Assistant Community Building

Matt Simpson 477-5990

Lake Operations/Patrol, Treasurer, Assistant Prop. Maint.

Maxine Thomas 675-6487

Secretary, Building Permits & Deed Violations

R. Joe Clingman 675-2831

Building Permits

Larry Morris 675-6274

Property Maintenance

Jim Wirth 675-3123 (evenings only)

Smoke Signals

Carole Hommel 675-9847

Fireworks Committee Liaison

PRSRT STD
U.S. POSTAGE
PAID
JAMESTOWN, OH
45335
PERMIT NO. 37

ATTENTION: Lake Valve To Close March 3rd!

Per the By-Laws Article XIV: Section 9: Water will be raised by closing the valve on or after March 1st., depending on whether or not damaging ice remains in the lake. Please be prepared for the rising waters and secure all lake side items