SMOKE SIGNALS

The Newsletter of the Shawnee Hills Property Owners Association • January 2015

Photo by: Ralph Wirth

SHPOA
Shawnee Hills Property Owners Association

SHPOA Community Members Suffer Theft of Services

Trash barrels and dumpsters around Shawnee Lake have been placed strategically to keep people from littering our shoreline areas. Fishermen, boaters, hikers, and people having picnic lunches need a place to dispose of empty bait containers, food wrappers, cans, bottles, etc. So SHPOA keeps these containers handy, and empties them regularly.

Who pays for all this? YOU do, if you live in the Shawnee Hills community.

When these trash receptacles get filled, a paid SHPOA employee must drive our truck around the neighborhood, load up the barrels, take them to our dumpsters, empty them, and then take them back where they belong. Then a Waste Management company truck comes and empties the dumpsters and hauls away their contents on a regular scheduled basis. YOU pay for our truck, for fuel, wages for the employee, and the scheduled trash-hauling service. Obviously, all of these expenses are necessary and worthwhile. However, lately YOU have been getting ripped off.

Persons unknown, who are apparently too lazy or too cheap to properly dispose of their own refuse, have been filling our SHPOA containers with their personal household trash. SHPOA maintenance employees keep finding our barrels and dumpsters filled with bags of household rubbish, discarded furniture, rusted barbecue grills, car parts, etc. This unauthorized dumping constitutes *"Theft Of Services,"* according to local police officials, and cannot be tolerated in our community.

Obviously, whenever we catch someone in the act of misusing our trash receptacles, the SHPOA Board of Trustees will contact the Greene County Sheriff Department, and prosecute to the fullest extent of the law. And it goes without saying that memberships may be revoked, and SHPOA Trustees may impose fines against the perpetrators, if they happen to be residents of our community. But the problem is that it is difficult to catch the thieves in action. SHPOA Trustees and employees can't watch each receptacle 24 hours a day. That's where YOU can help.

Nearly every trash receptacle in our community is located near the homes of SHPOA residents. That means that whenever thieves are dumping their trash in our dumpsters, they are doing so within eyeshot of YOU, our members. So now we are asking for your help. If there is a SHPOA trash barrel or dumpster near your home, please make the decision to start paying attention to whoever may be using it. Of course it is perfectly appropriate for anyone to dispose of a handful of trash in these barrels…that's what they are for. But if you witness someone dumping full trash bags, old furniture or appliances, tires, etc, etc; please try to get a license number of their vehicle. Or, if the activity happens in the daylight, snap a photo or take video. Then we can turn this information over to Greene County Deputies for legal action.

Remember, do NOT personally confront someone. Thieves can be dangerous. Just try to quietly get a license number, vehicle description, photos, etc. Then contact SHPOA trustees or the Greene County Sheriff Dept. It's time for YOU to help yourself and your community to stop being victimized by *"Theft of Services."*

Fit & Firm CLUB

Tips for the New Year

Here we are again!! How time flies!! And our New Years wish for you all is to have a Happy, Healthy New Year and to start the year off we want to suggest a few tips for you to help you keep that New Years resolution. We always make those resolutions and it can be very hard to stick to them. So where do you start?

First you need to set a goal and create a plan. If you are starting a new exercise program be specific when and where your workouts will be, the type of activity and how often your are going to go. Try to sit with a friend and plan together, it will help you to keep to that goal. If it is a first time exercise program for you consult with your Dr. about your possible limitations related to exercising, ***SAFETY FIRST***.

Secondly if your budget allows, invest in a good pair of shoes, free weights, stability ball, bands or jump rope, and an exercise video for the level best for you.

Third: Keep your goals realistic. Make your resolutions within your reach. You can start by learning one new weight training exercise per day for your first week and add a brisk walk to that. If loosing weight is part of your goal, ***GO SLOW.*** Take one day at a time and understand that it is easier to take it off slowly and will be more long lasting.

Fourth: Make it your own. There is a big difference between wanting to reach a goal for yourself or for someone else. You have to want to do it. Once you have made up your mind YOU want a healthier life style and are ready to make a change that is half your battle for getting started. ***YOU HAVE TO WANT THE CHANGE.***

Fifth: Keep a log of your progress. Make a list of all the benefits that come from keeping your resolution. Look at things like how much better you not only look but how good you feel. How your flexibility, endurance and stamina have improved. Putting it on paper will help keep you in a positive frame of mind and help you stay focused on your goals.

Sixth: make it fun. There are so many ways to exercise mix it up, try old activities you used to do and don't be afraid to try new ones. This time of year an indoor ice skating or roller skating rink are great. Aerobics or Yoga classes with a buddy to keep you motivated and there is always that wonderful brisk winter walk!

Seven: keep that resolution simple. Dividing your time and attention in too many exercise directions may cause you to loose your focus and set up for failure. You can add other options as you go.

Eight: don't put off until tomorrow what you can do today. Agree to be up front with yourself and accountable for your daily decisions that you are going to do this so that you do not sabotage your own goals. Get that support person or team around you to help you keep on track inspiring and motivating you.

Lastly don't expect perfection! There may be minor setbacks along the way use it as an opportunity to pinpoint and learn what the problem might be resolve it and get back on track. Don't loose all you have gained in your progress. Stay focused on the positive and all that you have accomplished and keep moving forward to that goal.

(Article taken in part from marjie@ohtrainer.com)

If being outside in the cold is not your thing we would love for you to join us at our fitness classes at the Baptist Church on Jasper Rd. Classes are not difficult we offer a variety of exercises from aerobic to strength training, flexibility and a little yoga. We work with weights, bands, stability balls, jump ropes and even use the wall and chairs too. You work out your own pace and your own personal level. ***SAFETY*** is first we do not want anyone injured.

If you have any questions about our classes you can contact **Susan at 675-2189 or Tina at 675-2093.** Make us part of your new years resolutions. Wishing everyone a ***HAPPY NEW YEAR*** filled with Love, Health and Happiness.

Please Join Us For Our January Meeting!

WHEN? ..... ***Thurs., January 8th at noon***

WHERE? .... *Home of Sara McIntyre, 3945 N. Lakeshore Drive*

WHAT? ..... *A light lunch will be served at noon by hostesses Sara McIntyre and Susie Mosier. Following a brief meeting, the program for the month will be a "Basket Weaving Workshop" conducted by guest Darlene Collins.*

For more details or questions, contact Margaret Johnston at 675-2682 or Sara McIntyre at 614-580-3076. New members and guests are always welcome!

WHO? ..... *RSVP by January 4 to Judy Hobbs: hobbslake@woh.rr.com*

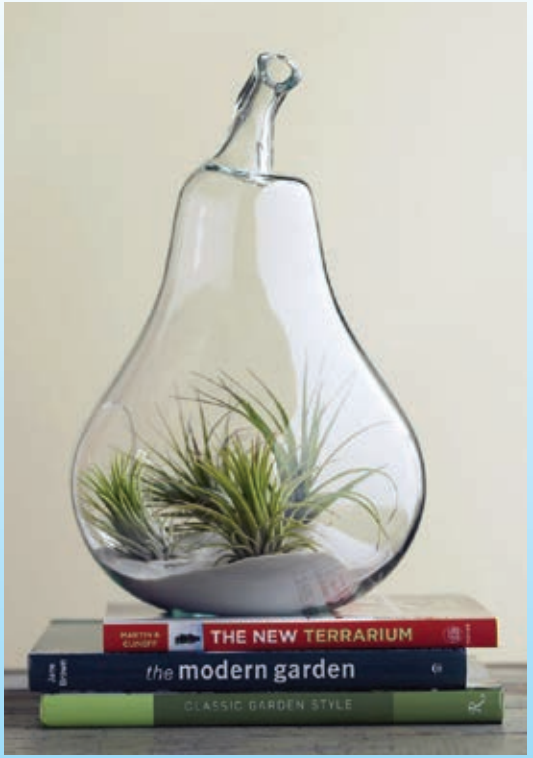


Image borrowed from http://www.thegreenhead.com

January Gardening Tips for ALL Residents:

Beat the doldrums of winter with plants. Terrariums are an easy way to grow plants indoors. Start by choosing a clear glass container with a wide opening. Gently add fine gravel. Top with a thin layer of aquarium charcoal. Then add moist potting soil. These miniature planters can hold a collection of colorful plants or show off one plant.

Good choices include ferns, peperomias, succulents, begonias, Irish moss, miniature orchids, kalanchoes, and African violets. Most plants will do better in diffused light. Plants will grow toward the source of light, so rotate occasionally. Be careful not to overwater. Enjoy!

**** Note: If you have gardening questions, contact Master Gardener, Sarah Preston at 675-3729.***

January 2015

Photo by: Ralph Wirth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 1st is the deadline for ALL February SMOKE SIGNALS Submissions				New Year's Day 1	2 Fit and Firm - *8:30 AM*	3
4	5 **SHPOA Board Meeting 7:00 PM** Fit and Firm - *8:30 AM*	6	Orthodox Christmas 7 Fit and Firm - *8:30 AM* Core Strength -*7:00 PM*	8 **Garden Club** *Basket Weaving Workshop - Noon*	9 Fit and Firm - *8:30 AM*	10
11	12 Fit and Firm - *8:30 AM*	13	Orthodox New Year 14 Fit and Firm - *8:30 AM* Core Strength -*7:00 PM*	15	16 Fit and Firm - *8:30 AM*	17 ***Community Building Rented***
18	19 **Martin Luther King Day** Fit and Firm - *8:30 AM*	20	21 Fit and Firm - *8:30 AM* Core Strength -*7:00 PM*	22	23 Fit and Firm - *8:30 AM*	24
25	26 Fit and Firm - *8:30 AM*	27	28 Fit and Firm - *8:30 AM* Core Strength -*7:00 PM*	29	30 Fit and Firm - *8:30 AM*	31

Breeder Pond Shows Great Success!

Reported by: Tim Ryan

Jake & Chris show 4 fingerlings from last year's spawn

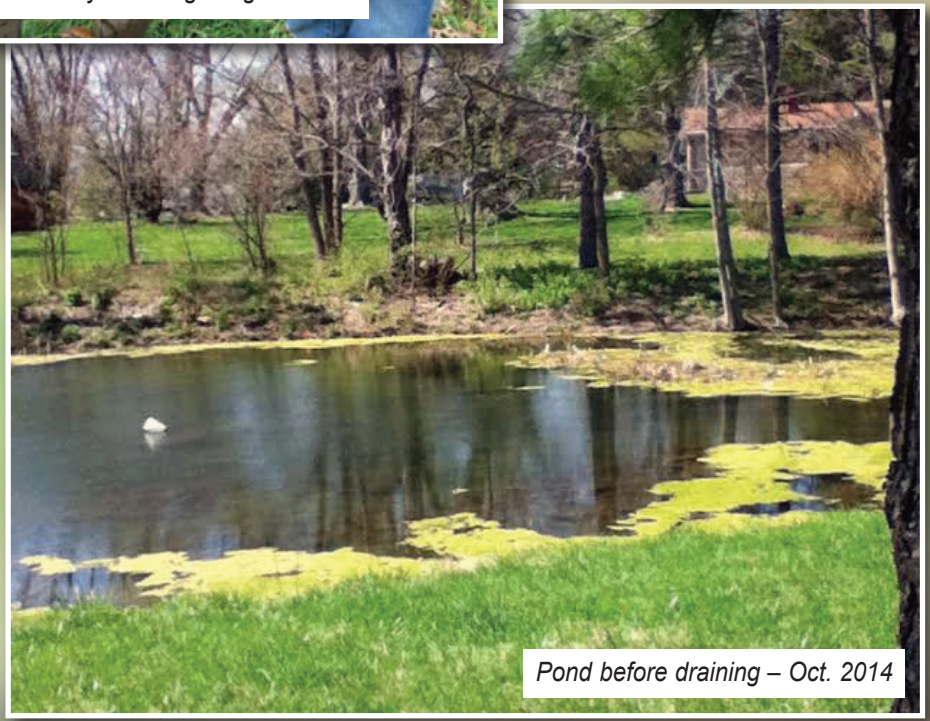
On A cool day, Nov. 8, the Breeder Pond was drained and many large mouth bass were stocked into the lake. This was an experimental year as we actually put the Brood Bass in two years ago and allowed them to spawn twice, Spring of 2013 and then again in the spring of this year. In doing this we found out that the fish from two years ago were a very healthy size, but the total number of fingerlings over all was much less. We had two distinct size differences, one being about 3 ½" and the other being almost 8". Closest guess on numbers was about #100 - 8" and in the neighborhood of about #500 – 3 ½' and of course a few turtles.

I would like to thank all the volunteers that came out to help: Mike Ferrell *(photographer-extraordinaire)*, Pete & Josh Dodge, Jeff & Jake Earl, Dwight & Edward Stephenson and Chris Tillett.

Happy Fishing!

Tim & Edward compare this year and last year's fingerlings

Last years' fingerlings approx. 8", this year's over 3"



Pond before draining – Oct. 2014

Trader's Corner

Policy: Classified ads in Smoke Signals are available as space allows ***FREE*** to all SHPOA members with current paid-up dues.

Note: ***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 should be e-mailed to: **newsletter@shawneelake.org** or mailed to 4303 Pueblo Trail, Jamestown, OH 45335.
For further information call (937) 372-1331 or (937) 675-3123.

Ads are due the 1st day of the month for the following month's issue
(Please let us know when ads can be pulled to allow room for more current ads.)

FOR SALE: 2008 Honda Rebel 250, 1614 miles, $2300.00, Great Bike to Learn to Ride. 937-657-7412

FOR SALE: Hampton Bay Patio Table w 6 chairs. Table is also a LP Gas warming pit. $350.00 937-307-7514

FOR SALE: (2) Minibikes, 9hp motors, new tires, $400 for both. 675-6604

IMPORTANT SHAWNEE LAKE NOTIFICATIONS!

Sign up to be on our E-mail Alerts mailing list and be notified of any late-breaking news that may not be included in our SMOKE SIGNALS newsletter. Visit our web site www.shawneelake.org and sign up today!

Shawnee Hills Residents:

It's not too early to be thinking about a summer job for next year. We need certified lifeguards for the beach. Without lifeguards our beach cannot open! Training classes will soon be made available so anyone interested should contact SHPOA Clerk Janet Barker at (937) 902-6194

Your Ad Here!

Visit our website page
www.shawneelake.org/newsletter.html
or call Anna Betz 937-422-5120
For more details on how to become an advertiser

SMOKE SIGNALS

Shawnee Hills Property Owners Association
P.O. Box 216 • Jamestown, OH 45335
(937) 902-6194

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Questions & Inquiries please call:

Janet Barker *(SHPOA Clerk)*

(937) 902-6194

Monday-Friday 10am-2:00pm

Beach Community Building Phone: 675-9482

Your 2014 Board of Trustees

Karen Ragland: (937) 675-6731
President, *Beach Operations, Community Building Asst.*

George Huff: (937) 675-3380
Vice President, *Bylaws & Deed Covenants, Dam Maintenance Asst., Rental House Asst.*

Jim Dichito: (937) 675-4029
Treasurer, *Property & Dam Maintenance, Rental House*

Nick Bottorff: (937) 266-5640
Secretary, *Information Sign, Community Building, Beach Operations Asst.*

Mike Kelley: (937) 581-4914
Building Permits & Inspections

Matt Simpson: (937) 675-9054
Lake Operations/Patrol, Property Maintenance Asst.

Jim Wirth: (937) 372-1331 *(normal office hours)*
Smoke Signals & Website