

theshire

MAY 2016

GLENSHIRE DEVELOPERS ASSOCIATION MAGAZINE



Saturday, June 25
3rd Annual Glenshire Day

Board of Directors
Election Scheduled

Replace Your Turf
And Get A Rebate

Our National Bird
*Take a walk around
Glenshire's pond*



9



10



18

8

CLUTTER BUSTERS

We hate clutter, but it's a constant unwelcome visitor to most homes. Here are some ways to fight it, once and for all.

9

TRUCKEE TAHOE AIR SHOW

The free Truckee Tahoe AirShow & Family Festival is one of the region's most family friendly events.

10

2016 ROAD PROJECTS IN GLENSHIRE

GDRA will be posting construction schedules as they come available.

14

NIGHT LIGHTING MAY CAUSE HEALTH ISSUES

Improve 'sleep hygiene' by reducing light and noise at night should help improve sleep quality, and may help your body work more efficiently.

18

REPLACE YOUR TURF AND GET A REBATE

The \$24 million program budget is expected to support the conversion of more than 10 million square feet of turf.

FEATURES

DEPARTMENTS

03 GDRA GDRA Board election scheduled 3 | 3rd Annual Glenshire Day 6 | 2016 Facilities pass policies 7

04 NOTE FROM YOUR BOARD OF DIRECTORS Mission, guiding principles, and strategic plans

05 PERSPECTIVE 21 Surprising statistics about our clutter

10 WILDLIFE & CRITTERS Bald eagles and bats

12 BULLETIN BOARD Announcements, messages, notifications

15 SIMPLY GREEN Green bag yard waste—Is this program for you?

17 TRUCKEE POLICE & FIRE DEPARTMENT Becoming a firewise community

18 FORMS Complaint policy 19



GLENSHIRE DEVONSHIRE RESIDENTS ASSOCIATION

GDRA Board of Directors Election Scheduled

September at the Clubhouse

The Glenshire Devonshire Residents Association is a non-profit mutual benefit corporation governed by an elected five-member Board of Directors. The Directors serve in staggered terms of two years each. This year there are two positions open for election. 1357 residents in the Association elect Board Members.

Candidates Required

Glenshire Devonshire Residents Association is soliciting candidates for two (2) open positions on the Board of Directors (each serving a two year term). If you are interested in serving your community and to prepare you for service on the Board, you are encouraged to read your Association's Governing Documents (CC&Rs, Bylaws, Articles of Incorporation, Architectural Guidelines and Rules and Regulations). Contact GDRA's General Manager at (530-587-6202) with your questions.

What is the Board's Authority? First check the governing documents!

The Governing Documents of the Association provide the specific authorities and duties of the Board. The Davis-Stirling Act and other related laws that regulate corporations also provide specific authority and responsibilities to the Board. As a general outline, the Board has the following authorities:

- Overseeing the Association and its operations
- Setting Association policies and rules; and directing Management
- Making sound business decisions
- Directing and compensating its agents and employees
- Approving annual operating and reserve budgets
- Meeting at regular meetings to review general business of the Association and review monthly financial statements
- Conduct short and long range planning,
- Build a positive sense of community.

Board members are also required to:

1. Attend monthly Board Meetings and any special meetings.
2. Prepare for the Board Meeting so you are able to make informed decisions.
3. Work with groups/committees in the community to provide guidance.
4. Develop Community leadership by example.
5. Work with other Directors in a collegial relationship, presenting opposing views with professionalism and civility.
6. Provide assistance and feedback to the officers to assure success of the operations.
7. Continually strive to be better informed in the issues and laws to improve decisions.

How can I help?

You need to be informed about how your Association operates and how you can be an active part in its operations. Attend Board Meetings and consider running for the Board.

Directors are dedicated to the betterment of Glenshire Devonshire Residents Association. Any additional questions may be directed to Dan Warren, General Manager at 587-6202.

Candidate applications and time lines

Candidate applications are available online at glenshiredevonshire.com or at the Association offices. All candidates must be an owner of record of the association and in good standing with respect to all separate interests owned and must be current with association payments and not subject to any suspension of membership privileges or in violation of CC&R's

Important Dates

July 1, 2016, 4pm - deadline to submit a board candidacy application

August 10, 2016 6pm - Candidate Night Introduction / GDRA board meeting

September 24, 2016 10am - Annual Meeting, election results

September 28, 2016 6pm - First Board Meeting & Election of Officers

The Shire is the official publication of the Glenshire/Devonshire Residents Association published by CCMedia



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BOARD MEMBERS

Mike Canney, President

Martha Frantz, Vice President

Sally Lyon, Treasurer

Pam Stock, Secretary

Dan Engler, Director at Large

DESIGN REVIEW COMMITTEE

Ron Boehm

Darby Brookman

Brian McEneaney

GDRA STAFF

Dan Warren, General Manager

Lori Kelley, Administrative Assistant

CLUBHOUSE OFFICE

15726 Glenshire Drive

Truckee, CA 96161

P | 530.587.6202

F | 530.587.7045

Office Hours generally from 8am-5pm M-F
Please call ahead in case we are out meeting with someone from the neighborhood.

CONTACT US

Main Office: 530.587.6202

Pool Pass Office: 530.587.5519

email: glenshire1@sbcglobal.net

www.glenshiredevonshire.com

BOARD OF DIRECTORS MEETING SCHEDULE

6pm at the Glenshire Clubhouse
15726 Glenshire Drive

May 11, 2016

June 8, 2016

August 10, 2016

September 24, 2016
(annual meeting 10am)

September 28, 2016

October 12, 2016

November 9, 2016

DESIGN REVIEW COMMITTEE MEETINGS

Design Review Committee (DRC) meets the 2nd and 4th Tuesdays of the month at 7am. DRC meetings will be canceled if no items are on the agenda 10 days in advance of the meeting.

NOTE FROM YOUR BOARD OF DIRECTORS

Mission, Guiding Principles, and Strategic Plans

We wish to take this opportunity to give you some information on the GDRA's mission, guiding principles, and strategic Plan for the coming years. We strongly encourage you to come to the meetings and participate in helping us enhance and solidify our vision to best meet your needs and wishes.

Our Mission is to protect and enhance the quality of life and property in Glenshire. We would like to know from you what this means to you and any ideas you have that would support it. Soon, we will be putting out a questionnaire to all residents asking for feedback on this and more. Please make an effort to send in/give us this questionnaire when you receive it.

Our Guiding Principles

- Maintain all amenities to at least current standards
- Improve safety
- Protect our natural environment

- Consider new or upgrades to amenities if:
 - a. it is financially viable
 - b. it is supported by association members
 - c. the impacts to nature and the community is minimal
- Promote healthy living
- Improve trails and open space
- Foster an engaged, connected membership
- Encourage a diverse community that supports the current quality of life
- Plan for the future with strong financial resources

We are looking forward to hearing from you!

Sincerely Your Board,

Dan, Sally, Marty, Mike and Pam

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PERSPECTIVES



Surprising Statistics About Our Clutter

Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning and managing and organizing. Our toy rooms are messy, our drawers don't close, and our closets are filled from top to bottom. The evidence of clutter is all around us.

Today, increasing data is being collected about our homes, our shopping habits, and our spending. The research is confirming our observation: we own too much stuff. And it is robbing us of life.

Here are 21 surprising statistics about our clutter that help us understand how big of a problem our accumulation has actually become.

1. There are 300,000 items in the average American home.
—*LA Times*
2. The average size of the American home has nearly tripled in size over the past 50 years. —*NPR*
3. And still, 1 out of every 10 Americans rent offsite storage—the fastest growing segment of the commercial real estate industry over the past four decades. —*New York Times Magazine*
4. While 25% of people with two-car garages don't have room to park cars inside them and 32% only have room for one vehicle.
—*U.S. Department of Energy*
5. The United States has upward of 50,000 storage facilities, more than five times the number of Starbucks. Currently, there is 7.3 square feet of self storage space for every man, woman and child in the nation. Thus, it is physically possible that every American could stand—all at the same time—under the total canopy of self storage roofing. —*SSA*
6. British research found that the average 10-year-old owns 238 toys but plays with just 12 daily. —*The Telegraph*
7. 3.1% of the world's children live in America, but they own 40% of the toys consumed globally. —*UCLA*
8. The average American woman owns 30 outfits—one for every day of the month. In 1930, that figure was nine. —*Forbes*
9. The average American family spends \$1,700 on clothes annually.
—*Forbes*
10. While the average American throws away 65 pounds of clothing per year. —*Huffington Post*
11. Nearly half of American households don't save any money.
—*Business Insider*
12. But our homes have more television sets than people. And those television sets are turned on for more than a third of the day—eight hours, 14 minutes. —*USA Today*
13. Some reports indicate we consume twice as many material goods today as we did 50 years ago. —*The Story of Stuff*
14. Currently, the 12 percent of the world's population that lives in North America and Western Europe account for 60 percent of private consumption spending, while the one-third living in South Asia and sub-Saharan Africa accounts for only 3.2 percent. —*Worldwatch Institute*
15. Americans donate 1.9% of their income to charitable causes (NCCS/IRS). While 6 billion people worldwide live on less than \$13,000/year. —*National Geographic*
16. Americans spend more on shoes, jewelry, and watches (\$100 billion) than on higher education. —*Psychology Today*
17. Shopping malls outnumber high schools. And 93% of teenage girls rank shopping as their favorite pastime. —*Affluenza*
18. Women will spend more than eight years of their lives shopping. —*The Daily Mail*
19. Over the course of our lifetime, we will spend a total of 3,680 hours or 153 days searching for misplaced items. The research found we lose up to nine items every day—or 198,743 in a lifetime. Phones, keys, sunglasses, and paperwork top the list.
—*The Daily Mail*
20. Americans spend \$1.2 trillion annually on nonessential goods—in other words, items they do not need. —*The Wall Street Journal*
21. The \$8 billion home organization industry has more than doubled in size since the early 2000's—growing at a staggering rate of 10% each year. —*Uppercase*

The numbers paint a jarring picture of excessive consumption and unnecessary accumulation. Fortunately, the solution is not difficult. The invitation to own less is an invitation to freedom, good health, more free time and higher self-esteem.

Opt for an experience, instead of spending time and money on buying things for your house. Whether it's a day trip to the library, park, or swimming pool with your kids, a nice dinner out with your partner, or a special vacation, actual experiences create lasting memories that add irreplaceable richness to life without needing to be stored anywhere.

3rd Annual Glenshire Day

JUNE 25, 2016 11am-2pm

FOOD & FUN ACTIVITIES FOR THE KIDS!

Try the airport's flight simulator!

Learn Defensible space & energy saving tips.

Meet your Neighbors & Board members.

Learn about what's happening here.

Share your thoughts about Glenshire!



Sponsored by GDRA, Airport Board, Truckee Donner PUD, Town of Truckee:
Police & Recycling Departments, Truckee Fire Department, Truckee River Watershed Council

2016 Facilities Pass Policy

Photo Pass Information

Members 3 years of age and older must obtain a photo pass and it must be presented to the facility staff each visit. Only members in good standing may enjoy the facilities; dues and any other fees or accounts due to the Association must be paid prior to issuance of any pass. The current special assessment must be paid in full or the first installment of the payment plan option must be paid in full before the issuance of any pass.

Adults and children may be required to provide acceptable identification (i.e., drivers license/school ID card) to receive passes.

Photo I.D. Passes are issued or renewed at the cost of \$25 per pass per year either online or check by mail. All Passes expire December 31, 2016 or when title of property changes.

Eligible owners and family members over the age of 70 will be issued a pass at no cost.

Family Members

Passes are available to GDRA property owners and their immediate family or related persons. Total passes cannot exceed 5 and any additional family members will be considered guests (guest fees apply).

Passes for non-family members and non-owners (aka Nanny pass)

Two of the 5 available passes per property may be obtained for non-family members or non-residents for \$75 per pass per year.

Guest Information

A guest is any individual invited by an Owner to use amenities (with the approval of the Association), including renters. Members may invite up to four guests per day per property. Guests must be accompanied by the Owner.

Guest fees are \$7 weekdays and \$10 weekends and Holidays per visit per guest of any age.

Transfer of facility passes

Homeowners may transfer facility rights to leasehold tenants provided the lease term is three (3) months or longer. A facility transfer form and verification of the lease will be required. Transfer of rights must be updated annually.

Lost or stolen cards should be reported immediately. Replacement photo passes will be reissued at the Owner's expense at the cost of \$10 per replacement.

Unauthorized use of an Association photo pass may result in the loss of facility use and privileges.

Members arriving at facility without passes (may, can, will) be charged guest fees or denied access to the facility.

General Rules Applicable To Facility Use

Use of Facility by Minors, Members and Guest

Children under the age of 12 will not be allowed to use, or have access to, any Association amenities without direct adult supervision. Any member or guest not following the rules may be asked to leave.

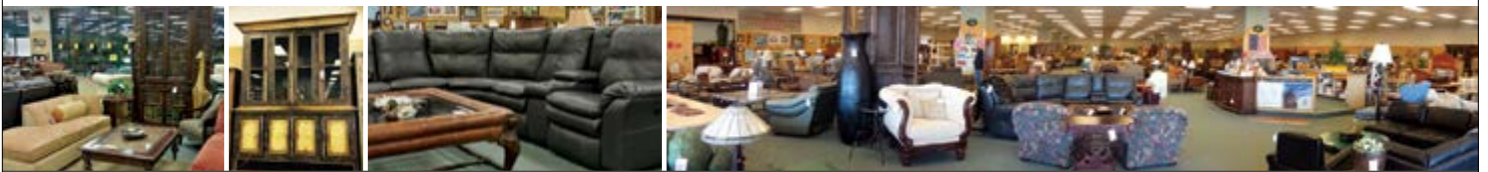
Personal Injury and Property Damage

Amenity users assume all risk of personal injury to themselves, their family members, and guests, and for loss of, or damage to, the personal property of any such person; and hereby agree that the Association, and its management, staff, or any agent, shall not be responsible for any loss or injury sustained by the Owner, dependent child, immediate or extended family or guest of the Owner. The Association Rules may require the execution of further waivers of liability as a condition to Amenity use.

The Association reserves the right to modify the policy on a case-by-case basis. Check our website or Facebook page for future updates.

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CLUTTER BUSTERS

We hate clutter, but it's a constant unwelcome visitor to most homes. Here are some ways to fight it, once and for all.

Embrace the space you have

If you define yourself efficient storage you'll probably have more success at paring down your lifestyle than trying to cram too much stuff into it. If you have to move items to access other items and can't easily access everything you are a perfect candidate to eliminate stuff. If your garage is being used for something other than a place to park your car or a workshop it is time to clean it out. "Let the size of your home dictate how much stuff you have, and not the other way around."

Tidy and purge constantly

Tidy until it becomes a habit. Turn it into a game: "I'm going to put away 20 things before I go to sleep. Go!" Perhaps your limited closet space requires you to store seasonal items in an out-of-the-way place, in order to free up space for the rest of your clothes. Keep a donation bag somewhere nearby so it's easy to pull items out of circulation as soon as you realize they're not getting used often.

Pay attention to what's not working

If a particular system isn't working for you, then change it up and try something new. Don't be afraid to admit that your personal

style has changed, or that your needs have evolved. It's by hanging onto things long after we should let them go that a home can start to feel very cluttered and even oppressive.

Have a place for everything

The "homeless" items are the greatest culprits of clutter. Have a specific spot where everything needs to go, particularly paper clutter such as magazines, bank statements (if you haven't gone paperless yet), holiday cards, school announcements, etc. Establish a system for how and when those papers get moved out of the house and into the recycling bin.

Minimize the number of kids' toys

If you have kids, then you'll likely know how toys have a knack for increasing exponentially and spreading themselves all over the house. Fewer toys means less work (and irritation) for everyone. Try to keep them contained within specific rooms, and, by all means, train your kids to pick up their toys on a daily basis.

Go zero waste!

Once you eliminate many of the sources of packaging waste that enter your home, you'll also free up a lot of space and time spent sorting garbage and recycling. This is a hard step to take, especially since shopping with reusables is not supported by many stores, but it's still worth a try.

Delay gratification

This can be tough, but likely the gorgeous lamp, rug, or new outfit that you simply must have loses its urgency once a bit of time has passed. Make it a rule to wait at least one week before returning to a store to buy something that's caught your eye and, in the meantime, look around for other options so that you have a better idea of what else is out there.

Love it or leave it

Somewhere I heard it said, "You should never buy a piece of clothing that is anything less than fabulous." Those are good words to remember when you're trying on a shirt that's a great deal, but just doesn't feel quite right, or looking at a piece of furniture that you think could work in the living room. If it's not absolutely amazing, just walk away. When you do buy something, stick to the "one in, one out" rule: if something new comes into the house, then something else has to leave.

Remember that experiences don't need to be stored

Opt for an experience, instead of spending time and money on buying things for your house. Whether it's a day trip to the library, park, or swimming pool with your kids, a nice dinner out with your partner, or a special vacation, actual experiences create lasting memories that add irreplaceable richness to life without needing to be stored anywhere.

SCAM WARNING!



DON'T BE FOOLED!

Liberty Utilities is once again warning the public of aggressive scams targeting utility customers.

In addition to bogus phone calls and emails, individuals posing as utility workers may come to your home demanding access and payment.

DON'T BE FOOLED BY THESE SCAM ARTISTS!

We do not place calls, send emails or send representatives to customers demanding payment. Liberty employees wear badges and drive in vehicles that display Liberty's logo.

Call us at 1-800-782-2506

if you ever have any questions or to report a scam attempt.

To learn more, visit www.libertyutilities.com/west



Liberty Utilities®



TRUCKEE TAHOE AIR SHOW and Family Festival

This year's theme at the Truckee Tahoe AirShow will be Space, Science & Beyond – An Exploration into STEM. The free Truckee Tahoe AirShow & Family Festival is one of the region's most family friendly events featuring a breathtaking air show with world renowned performers, a jet car, STEM Expo, Family Festival, rides for a fee in military aircraft, free rides for kids on Sunday, July 10, static displays, vendors and much more! The event is a fundraiser, and All proceeds through sponsorships, vendor costs, VIP Tent pass sales, and much more, go directly to Truckee North Tahoe youth organizations. "The Truckee Tahoe Airport District continually looks for

ways to provide benefit and value to not only our aviation customers but our overall community. The AirShow and Family Festival is a great venue to enjoy aviation, have some fun, and learn about our unique airport," says Kevin Smith, general manager, Truckee Tahoe Airport. The Truckee Tahoe AirShow boasts one of the most iconic backdrops of any air show in the world. Soaring pines, majestic mountains and a blue sky complement each performer's show. The air show is generously funded and presented by the Truckee Tahoe Airport District

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DRY 1 IN HOUR!



2016 ROAD PROJECTS IN GLENSHIRE

The Town of Truckee has ongoing road repair and replacement projects throughout the Town and this summer the Town will be continuing with its Slurry seal projects in the Glenshire area. Map of the roads planned for Slurry Seal is available on our web site and at the GDRA offices. The Town will also has a paving and Drainage project that will include Glenshire Drive from Wiltshire Lane to Whitehorse at the Town line and Dorchester from Waterloo to Glenshire Drive heading past the School. The Town will be

grinding the old surface and re-paving with a 2” overlay. To top it off The Town will be constructing a 35 space parking lot at the Glenshire Legacy Trail entrance. The Glenshire Devonshire Residents Association will be posting construction schedules as they come available. Please check Glenshire’s Facebook page or keep an eye open for e-mail blasts for the latest schedules.



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WILDLIFE & CRITTERS

America's National Bird

We are lucky to live in a truly unique area. Our cover photo speaks volumes to that. While most of America is dodging traffic, bumping shoulders and is utterly unaware of the wildlife that flourishes in abundance in Glenshire, our residents know and appreciate our wildlife. Bald eagle sightings are becoming more familiar and our residents oftentimes get to watch the eagles fishing in Glenshire Lake. As America's national bird, the bald eagle is known for its majestic beauty, great strength, and long life. It is the only eagle unique to North America.

The bald eagle, with its snowy-feathered (not bald) head and white tail, is the proud national bird symbol of the United States—yet the bird was nearly wiped out. For many decades, bald eagles were hunted for sport and for the “protection” of fishing grounds. Pesticides like DDT also wreaked havoc on eagles and other birds. These chemicals collect in fish, which make up most of the eagle's diet. They weaken the bird's eggshells and severely limits their ability to reproduce. This is yet another reason to limit use of pesticides and herbicides around your home. Since DDT use was heavily restricted in 1972, eagle



numbers have rebounded significantly and have been aided by reintroduction programs. The result is a wildlife success story. The bald eagle will still be protected by the Bald and Golden Eagle Protection Act even though it has been delisted under the Endangered Species Act.


While viewing these magnificent birds you can usually tell the females from the males. A female bald eagle's body length varies from 35 to 37 inches; with a wingspan of 79 to 90 inches. The smaller male bald eagle has a body length of 30 to 34 inches; with a wingspan ranging from 72 to 85 inches. An eagle's average weight is ten to fourteen pounds with the females usually weighing heavier. These birds mate for life, are monogamous and many times will not even choose another mate when one of the pair passes on. It's possible for bald eagles in the wild to live longer than thirty years, but the average lifespan is fifteen to twenty years.

Take the time and enjoy a walk around Glenshire Lake and you may be fortunate enough to witness America's national bird.

Please keep dogs and children from disrupting our wildlife.


WHY BATS MATTER!

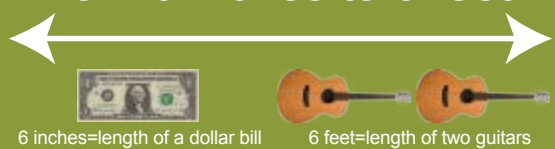


75 bat species are **ENDANGERED** WORLDWIDE


Most bats only have one pup each year




Bat wingspans range from 6 inches to 6 feet



95% of “pioneer plants” grow from seeds dispersed by bats in cleared Latin American rainforests




Bats play essential roles in keeping populations of night-flying insects in balance worldwide




1300+ different bat species and 32% of U.S. bat species call Wyoming home!


Bats live on all continents except Antarctica




Bats pollinate more than **500** species of plants



Bats save U.S. Farmers **\$23 billion** annually in pesticides & reduce crop damage



> 20% of all mammal species are bats



BULLETIN BOARD

NEWS, MESSAGES, NOTICES

2016 Pool Passes, Schedule, and Lessons

To view the schedule and purchase 2016 pool passes, please visit our website glenshired Devonshire.com

Zumba Wednesdays

Visit our website or Facebook for the upcoming schedule. glenshired Devonshire.com

Glenshire Lake

Recreational activities in or on the lake, such as swimming, ice-skating or other similar activities are not endorsed or recommended by the Association. The Association assumes no responsibility for any such use. Please enjoy the beauty, don't litter, control and pick up after your pets.

glenshired Devonshire.com

Visit us online. Our website is loaded with information; CC&R's, Bylaws, Policies, Rules and Regulations, Clubhouse Rental Information, The Shire, Pool Schedule, Board Meeting Minutes, and more. All may be downloaded. Feed back, whether critical or complimentary, is important to us. Can't find what you're looking for? email us at glenshire1@sbcglobal.net

We Love Facebook

As we see social media sites come and go in many different forms we are keeping it simple and only posting on Facebook, our web site and e-mails. This way you don't have to spend time trying to find us on a hundred different media sites. Like us on Facebook and see all the greatest happening and latest information in and around Glenshire.

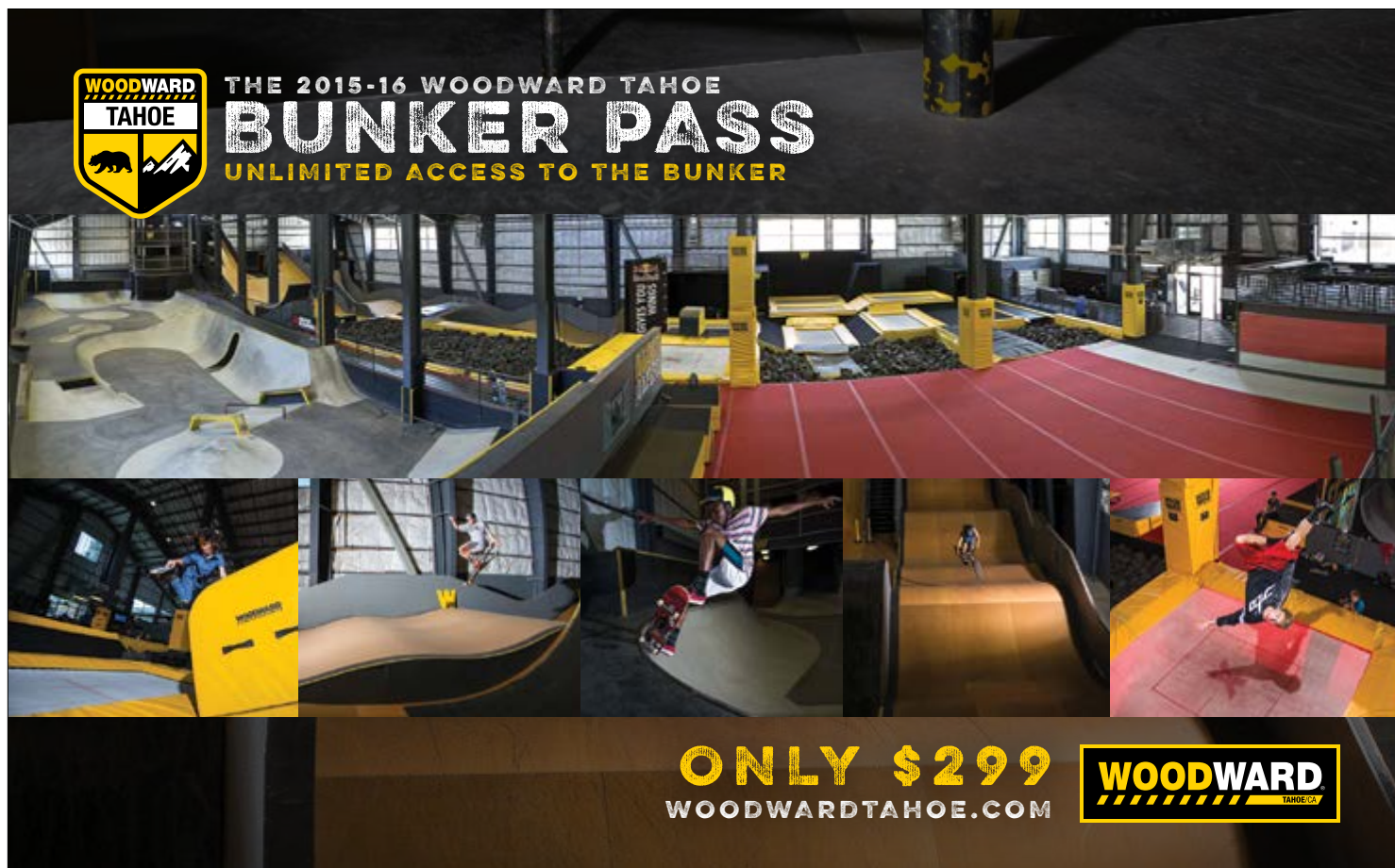
Clubhouse Dumpster

If you have extra garbage, give us a call to see if we have room in our dumpster. Please do not dump your personal trash without permission. Once you have permission, Wednesdays are best for dumping. If we have room, we don't mind helping, but please ask! Cardboard and hazardous or electronic materials not accepted.

Novice/Beginner Line Dancing Classes

For anyone over 12 years of age interested in learning to line dance. This class is geared for those who are new to line dancing and or to dancing in general. No special shoes or clothing needed. Most Tuesdays, 7-8:15pm at the Glenshire Clubhouse. \$5 per person. For questions please email Robin Reese at rbtahoe@sbcglobal.net

Garage Sale Weekend June 4 & 5



WOODWARD TAHOE THE 2015-16 WOODWARD TAHOE **BUNKER PASS** UNLIMITED ACCESS TO THE BUNKER

ONLY \$299
WOODWARDTAHOE.COM

WOODWARD TAHOE

The advertisement features a large background image of a skate park with various ramps and rails. Overlaid on this are several smaller action shots of skateboarders performing tricks. The text is prominently displayed in a bold, sans-serif font, with the price '\$299' being particularly large and eye-catching. The Woodward Tahoe logo is in the top left corner, and the website URL is at the bottom center.

Emergencies, Crime, Important Information

Nixle is a communication tool utilized by the Truckee Police Department and Truckee and Northstar Fire Departments to provide important communications to the community through email and text messages. Signing up is fast, easy and free. For more information visit the Police Department or go directly to www.nixle.com and sign up today.

Lake Trail Fund Raising Campaign

A huge thanks to everyone who has donated towards the lake trail! If you haven't made a donation to the Lake Trail yet, please take a minute and send it to the Glenshire Lake Trail Project, in care of the Truckee Tahoe Community Foundation, P.O. Box 366, Truckee, CA 96161. Many upgrades and drainage revisions are being planned. Contact the GDRA offices to be on the Lake Trail Committee.

Stay Informed

Would you like to keep up on what is happening in Glenshire and Devonshire? Complete the E-Consent form at www.glenshiredevonshire.com and we will email you information that affects our community, the board agendas, and documents in lieu of snail mail. Better to find out before it happens than after it happened. We do not send a lot of emails! Like us on Facebook to view regular postings of happenings in Glenshire/Devonshire.

Please note that unless you request or required by law e-mail addresses will not be given out to anyone and will only be used by GDRA to provide information pertaining to events and business related to the Glenshire Devonshire Community. You may be taken off this confidential list by request.

**Dumpster Day
June 11**



Play Date Preschool & School Age Program

Play Date offers our community before and after-school childcare at the Clubhouse. It's for children aged Kindergarten through fifth grade. An ACTIVE and FUN summer recreational program begins in June. summer program includes swimming at the Clubhouse pool on M, W, and F and off-site field trips T, an Th. Please call 530.582.0441 to reach Darlene Wilson, Owner/Director.

SOS Glenshire

Interested in preserving quality of life around your community? SOSG (Saving Open Space Glenshire) is a local group partnered with Mountain Area Preservation, putting efforts toward preserving open space and the quality of life that we and the wildlife now enjoy. A proposed 185+ parcel development east of Glenshire is in the review process - NOW is the time to get involved! sosglenshire.org.

Dog Training Classes

These advanced classes are designed for people who have participated in a reward-based puppy or basic dog training class program and are ready take their dog or puppy to the next level of training. The emphasis of this class will be on strengthening their focus on their person around distractions, as well as teaching them to respond at a distance.

Instructor, Jeanie Collins Duffield is a Certified Dog Trainer and Canine Behavior Consultant. Jeanie can be reached at 530.400.DOGS. BeyondObedience.com Jeanie@beyondobedience.com

Terra Firma Fitness Yoga

At the Clubhouse on Thursday mornings at 9:30am through June 9. Contact Amy at Amylu@thegrid.net, 209.662.4146 for summer yoga & fitness schedule. terrafirmafitness.com. Prices: \$12 drop-in, \$50 for 5-pack.

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NIGHT LIGHTING MAY CAUSE HEALTH ISSUES by Reuters Health

Obesity rates may surge in places where artificial lights blaze all night compared to communities where people tend to live in darkness after the sun goes down, a recent study suggests.

To explore this connection, researchers analyzed U.S. military satellite images of nighttime illumination around the globe and country-level data from the World Health Organization (WHO) on the prevalence of overweight and obese people.

Artificial light at night contributed to excessive weight in men and women about as much as eating junk food, the research team reports in the International Journal of Obesity. "Because of artificial light at night, we often eat in the wrong time, that is, after the natural dusk, when metabolic processes slow down," said N.A. Rybnikova of the University of Haifa in Israel.

The study doesn't prove light bulbs cause obesity, and scientists aren't yet certain how lamps or the glow from gadgets like tablets and televisions might influence how much people weigh, researchers caution. But it's possible artificial light might contribute to obesity by suppressing the production of melatonin, a hormone that helps regulate sleep cycles.

These lights may also contribute to what's known as social jet lag, or disruption of the body's natural circadian rhythms that happens when people sleep and wake at times that are at odds with their internal biological clocks.

Urbanization, as well as calorie intake of oils, fats and carbohydrates also appear to predict excessive weight in men and women alike. Consuming more roots and tubers was linked to a lower likelihood of excessive weight, the study also found. Together with variables like eating habits and exercise levels, nighttime light explains up to about 73 percent of the variation in rates of excess weight and obesity in women and up to 68 percent in men, the study found.

The researchers also calculated overweight and obesity prevalence for different levels of "Artificial Light-at-night," or ALAN, using a scale of zero to 1,000 ALAN (the highest observed level in 2010). They found that overweight and obesity rises with ALAN intensities, by 250 percent in most countries and 900 percent in Asia, at the highest light levels compared to the lowest.

The study builds on earlier research linking excessive weight to the use of tiny screens and other sources of light in bedrooms at night, the authors note. "The evidence that exposure to artificial light at night is associated with metabolic disturbances is continuing to accumulate," said Laura Fonken, a researcher at the University of Colorado who wasn't involved in the study.

"Overall, it seems that there aren't any downsides to trying to keep a consistent sleep schedule and avoid nighttime light exposure," Fonken added by email. Just turning off smartphones and tablets and dimming the lights at night probably won't help with weight loss, cautioned Illa Karatsoreos, of the Sleep and Performance Research Center at Washington State University in Pullman.

"But if these things are disrupting your normal patterns of sleep, and disrupted sleep is contributing to the problem, then these steps would help," Karatsoreos, who wasn't involved in the study, added by email.

"Anything to improve one's 'sleep hygiene' like reducing light and noise at night should help improve sleep quality, and this may help your body work more efficiently," Karatsoreos added.

"We seem to be finally waking up to the realization that disrupted sleep and biological rhythms are associated with many health problems, including metabolic disruption, obesity, and cardiovascular disease," Karatsoreos said.

Source: <http://bit.ly/1P2OTOg> International Journal of Obesity, online February 23, 2016.



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SIMPLY GREEN



Do not leave more than 4 bags at the curb and don't leave them out prior to your collection day.

to have large piles of green bags in front of your home, and very unsightly. You can prevent future enforcement and avoid potential fines by only putting 4 bags per week on collection day.

Is this program for you?

Do you garden and have some small weekly garden waste? Do pine cones and pine needles fall on your grass and deck during the year? Use the green bag program for these small cleanups. The green bag program is permitted for maintenance **ONLY** and only for very small quantities. This program is **NOT** for your large clean ups. The program is not designed for that.

DO NOT leave more than 4 bags out at the curb and DO NOT have any bags left prior to the day of collection. It is a fire hazard

How to Participate Participation in the curbside yard waste program requires residents to purchase approved green bags (4 mil thick) from area retailers. Set out up to four bags for weekly collection. Bags must be tied and weigh no more than 40 pounds each for collection to occur. Bags that are over weight, untied or stacked in a pile will be left at the curb. Bags are collected year round. Please make sure green bags are easily accessible by trash collection personnel.

Check with the Town of Truckee's recycling department for more information and future programs.

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FOR 2016

Explore Truckee's NEW Online Guide for Waste Reduction & Recycling:

KeepTruckeeGreen.org

WILDFIRE IS COMING. ARE YOU READY?



Defensible Space is your property's front line defense against wildfire. Creating and maintaining defensible space around your home can dramatically increase your home's chance of surviving a wildfire and improves the safety of firefighters defending your property. 100 feet of defensible space is required by law.*



ONE LESS SPARK
ONE LESS WILDFIRE

*For more information on creating defensible space and legal requirements visit

READYFORWILDFIRE.ORG

TWO ZONES MAKE UP THE REQUIRED 100 FEET OF DEFENSIBLE SPACE:

ZONE 1: 30 feet of Lean, Clean & Green

- 1 Remove all dead plants, grass and weeds.
- 2 Remove dead or dry leaves and pine needles from your yard, roof and rain gutters.
- 3 Keep tree branches 10 feet away from your chimney and other trees.

ZONE 2: 30-100 feet of Reduced Fuel

- 4 Cut or mow annual grass down to a maximum height of 4 inches.
- 5 Create horizontal spacing between shrubs and trees.
- 6 Create vertical spacing between grass, shrubs and trees.

Use Equipment Properly to Keep from Sparking a Wildfire

- 7 Mow before 10 a.m., and never on a hot or windy day. String trimmers are a safer option (vs. lawnmowers) for clearing vegetation.



VERTICAL SPACING

Large trees do not have to be cut and removed as long as all of the plants beneath them are removed. This eliminates a vertical "fire ladder."



HORIZONTAL SPACING

Create horizontal and vertical spacing between plants, the amount of spacing will depend on how steep the slope is and the size of the plants.

TRUCKEE FIRE

KEEPING OUR
COMMUNITY
SAFE



Glenshire would like to become a certified fire wise community and needs your help.

WHY?

- In becoming a fire wise community you reduce the danger of a wildfire burning down your house
- Reduced risk of injury or death from a wildfire
- Higher real-estate values
- Lower homeowner insurance rates from some carriers
- Eligibility for Federal funding under the SRSCSD act of 2000
- Eligibility for FEMA pre disaster hazard mitigation grants
- Increased priority listing on state defensible space / wildland urban interface grants

WE NEED MEMBERS WHO ARE WILLING TO HELP

- Complete a community assessment
- Be part of a Firewise committee that creates an action plan and monitor activity
- Hold a Firewise Day event
- Help the GDRA board of Directors in budgeting at least \$2 per property annually in community mitigation activities
- If you are interested please contact the GDRA offices.

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FIREWISE COMMUNITIES RECOGNITION PROGRAM

Since 2002, The Firewise Communities/ USA Recognition Program has empowered neighbors to work together in reducing their wildfire risk. Join the growing network of more than 1200 recognized Firewise communities from across the nation taking action and ownership in preparing and protecting their homes against the threat of wildfire.

Using a five-step process, communities develop an action plan that guides their residential risk reduction activities, while engaging and encouraging their neighbors to become active participants in building a safer place to live. Neighborhoods throughout the United States are embracing the benefits of becoming a recognized Firewise Community – and you can too!

The following steps will get your community started and on their way to receiving their official Firewise Communities USA recognition status, and the honor of proudly displaying their own high-profile signage along with many other benefits.

The five steps of Firewise recognition

1. Obtain a wildfire risk assessment as a written document from your state forestry agency or fire department.
2. Form a board or committee, and create an action plan based on the assessment.
3. Conduct a "Firewise Day" event.
4. Invest a minimum of \$2 per capita in local Firewise actions for the year.
5. Submit an application to your state Firewise liaison.



REPLACE YOUR GRASS AND RECEIVE UP TO A \$2,000 REBATE

The Department of Water Resources (DWR) has a rebate program for removing turf and replacing it with landscapes that require little water at California single-family residences to support the State’s drought response. For more information on the program’s history, go to the DWR turf site at www.water.ca.gov/turf.

The \$24 million program budget is expected to support the conversion of more than 10 million square feet of turf, or approximately 20 percent of the statewide goal of 50 million square feet of turf. Up to \$2 per square foot of removed and replaced turf will be rebated per eligible household. The total rebated amount,

including any rebates the homeowner has already applied for from another agency, can’t exceed a total of \$2 per square foot.

How to get your turf rebate

The rebate process consists of two on-line application parts. Here is how the process works:

Part 1

1. Submit the application to determine if you qualify for a reservation.
2. Receive your reservation approval to begin the conversion project.
3. Start and complete your re-landscaping project per the program guidelines.

Part 2

1. Complete the rebate application for review.
2. Receive your rebate approval notice.
3. Receive your rebate check!



Glenshire Devonshire is Happy to be a participant in the Million Pollinator Challenge. As responsible members of our community we find it is important to be aware of our impact on the environment. We are dedicated to provide plants that use less water and produce flowers and food for our native insects and animals.

www.millionpollinatorgardens.org

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OPEN COMMUNICATION

Glenshire Devonshire Residence Association Complaint Policy

The GDRA complaint policy was adopted on May 8, 2013 to provide a medium for residents of the Association to help maintain properties within the Association to the standards set forth in GDRA's CC&R's and the Association Rules.

The Guidelines for the policy are as follows:

- The name of the complainant's information will remain confidential and only disclosed to the GDRA Board of Directors during closed executive session.
- The complainant must be a current member of the Association and in good standing
- The complainant must provide the Association with their name, current address and current phone number
- Any complaints must be violation of GDRA's existing CC&R's or Rules
- Complaints may not be malicious or construed as malicious in intent.
- Complaints may be filed in person at the GDRA offices, by phone, online or by mail.

Date: _____

Name of Complainant: _____ Phone Number _____

Address of Complainant _____

Nature and location of violation:



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