

the shire

AUGUST 2018

GLENSHIRE DEVONSHIRE RESIDENTS ASSOCIATION MAGAZINE

9.6 ACRE FOREST HEALTH & FIRE SAFETY FUELS REDUCTION PROJECT

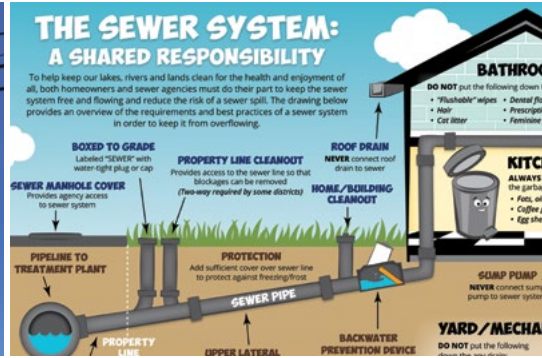
A COOPERATIVE EFFORT FUNDED BY:



AUGUST 2018



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LIBERTY UTILITIES ADDRESS INCREASED TREE MORTALITY

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NOTE FROM YOUR BOARD PRESIDENT



The Short Term Vacation Rental Committee just finished almost a year of hard work trying to find the best compromises for Glenshire Devonshire residents to have some ability to short term rent their house while we still maintain a single family residential feel that we have come to know and love as the community of Glenshire. You will see in this issue of the "Shire", five draft rules to help address this. These rules will be voted on for adoption by the GDRA Board at the October 10, 2018 board meeting. Fines for these rules will fall into categories of similar rules as these are further defining similar rules. These draft rules are the first step at tackling a much larger issue of updating GDRA's governing

documents. The STR committee thoroughly scrutinized the Governing Documents on their way to tackling the issue and found that the old documents were dated and contradictory or vague on certain issues. Our current CC&R's might talk about the issues with "Time Shares" but currently don't address short term rentals. In a larger context it is a good time to look at all of GDRA's governing documents and a committee has been formed with some great residents representing different aspects of our community. They will be meeting twice monthly on the 1st and 3rd Mondays at 6pm at the Glenshire Clubhouse to tackle CC&R revisions. All members are welcome to attend the committee meetings. If there is a time to be part of the process that will have long lasting changes, now is that time.

Sincerely,
Your GDRA Board President

Jamie Brimer

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CLUBHOUSE OFFICE

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Truckee, CA 96161

P | 530.587.6202

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Office Hours generally from

8am-5pm Monday - Friday

Please call ahead in case we are out meeting with someone from the neighborhood.

POOL OFFICE

P | 530.587.5519

CONTACT US

Main Office: 530.587.6202

email: glenshire1@sbcglobal.net

www.glenshiredevonshire.com

BOARD OF DIRECTORS

MEETING SCHEDULE

6pm at the Glenshire Clubhouse

15726 Glenshire Drive

September 3, 2018 - 10am

October 10, 2018

November 14, 2018

January 9, 2019

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.



remove all identified hazardous trees that have the ability to strike the high voltage power lines.

“We work closely with property owners to inform them about hazardous trees on or near their property that pose a risk to our lines,” Jones added. “Often times, these trees can pose a risk to their homes too. While some of the identified trees may not look diseased or dying, our inspectors are able to determine whether bark beetles have compromised the tree.”

Visit www.libertyutilities.com and click the Safety link at the top for more information.



Eliot Jones has been the Manager of Vegetation Management and Regulatory Compliance with Liberty Utilities since June, 2016. He is a certified Utility Arborist and Qualified Tree Risk Assessor.

LIBERTY UTILITIES ADDRESSES INCREASED TREE MORTALITY

With an increase in the number of dead and dying trees in the Lake Tahoe region, Liberty Utilities has tripled the number of inspectors used to identify trees that pose a risk to the utility’s infrastructure. The inspection program and subsequent removal of hazardous trees are designed to reduce the risk of power outages, potential wildfires, and to comply with State regulations.

“Years of drought have left many of the trees in our service territory vulnerable to disease, particularly damage by the bark beetle,” explains Eliot Jones, Liberty Utilities’ Manager of Vegetation Control and Regulatory Compliance. “We want to be as proactive as possible to reduce both outage and wildfire risks related to hazardous trees falling onto our poles and lines.”

The utility has been authorized by the California Public Utilities Commission to spend up to \$2.5 million each year on vegetation management programs in order to maintain their requirement to keep trees, branches and other vegetation surrounding utility infrastructure trimmed back to reduce outage risks. Additional funding has been identified this year due to need.

Liberty Utilities hires qualified tree inspectors to identify high-risk trees that are later removed by another contractor. The goal is to



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NOTE FROM YOUR GENERAL MANAGER



BEFORE



AFTER



Natural Forest Condition

To follow up regarding the cover photo, Glenshire Devonshire Residents Association partnered with CAL Fire and Truckee Fire to remove overgrown trees and brush on one of the parcels of land owned and managed by Glenshire. As you can see by the before and after photos, significant progress was made to help return this 9.6 acre parcel to a more natural condition.

People ask “what does the natural forest look like?” With so few parcels of untouched forest with old growth vegetation remaining, many people see overgrown forest and consider it “normal”. Studies have shown that fires came through the Glenshire Devonshire area every 5 to 7 years keeping brush and overgrown areas to a minimum. The periodic fires kept fire temperatures and flames low allowing for larger trees to prosper creating a forest environment with a few large widely spaced trees and very little undergrowth. After years of logging followed by years of fire suppression, our forest environment has become severely overgrown and susceptible to fire and disease. Letting fires run through a wildland urban interface such as Glenshire is not a practical option. This leaves mechanical thinning as the best option to keep fire danger and spread of disease to a minimum, providing an environment that is most suitable for native wildlife and keeps fire threat low.

Glenshire is currently working with CAL Fire and Truckee Fire on treatment options for several other areas in the 236 acres of open space that it manages. Mechanical treatment can be expensive but in the long run it pays off by saving lives, property, wildlife and a healthy ecosystem.



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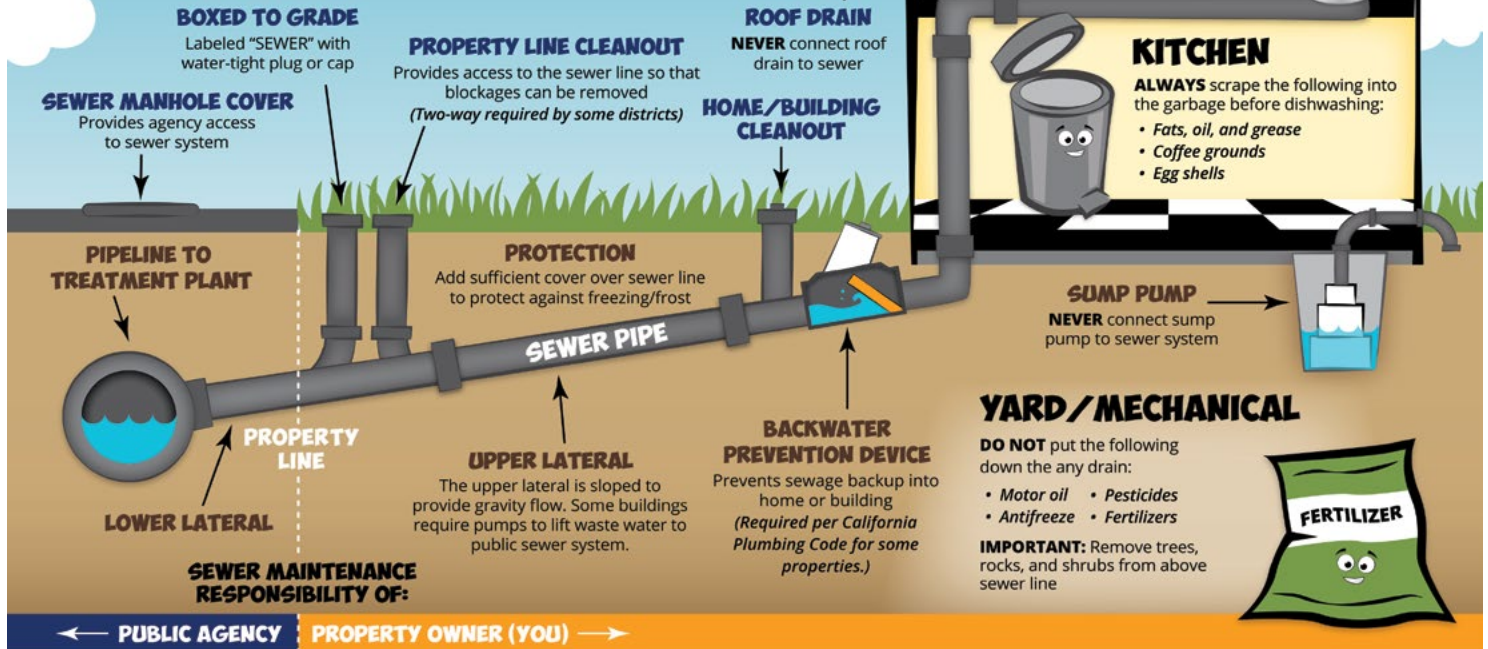
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THE SEWER SYSTEM: A SHARED RESPONSIBILITY

To help keep our lakes, rivers and lands clean for the health and enjoyment of all, both homeowners and sewer agencies must do their part to keep the sewer system free and flowing and reduce the risk of a sewer spill. The drawing below provides an overview of the requirements and best practices of a sewer system in order to keep it from overflowing.



FOUR THINGS YOU SHOULD KNOW FROM TSD

Truckee Sanitary District (TSD), the public agency responsible for wastewater collection, wants everyone to be aware of these things before they flush or put something down the drain:

- ① **"Flushable" wipes clog pipes.** The manufacturers of these convenience products want you to believe these wipes will decompose in the sewer. Unfortunately, they don't.
- ② **Keep your sewer FOG free.** FOG or Fats, Oils, and Grease are often disposed of down the sink. Unfortunately, these products quickly harden and stick to the inside of the sewer system restricting flow. Never pour bacon grease or other fats and oils down the drain.
- ③ **Paints/Solvents/Gasoline/Motor Oil.** These chemicals can corrode the sewer, disrupt the treatment process,

and represent a health hazard for sewer workers. Please contact the Town of Truckee or Tahoe Truckee Sierra Disposal for appropriate ways to dispose of these products.

④ **Prescription Drugs & Over-The-Counter Medications.**

These products contain chemicals that you don't want entering the water supply. Even though our sewage is highly treated, many of these chemicals are not removed. The best way to dispose is to crush and mix with coffee grounds or dirt before sealing in a plastic bag and placing in the trash. Another option is to take advantage of community drug take-back programs.

Every home in Glenshire and Devonshire is connected to the public sewer system. Proper use of the system keeps it operating smoothly, saves money, and protects the environment. For more info about the sewer system, go to www.truckeesan.org.

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Green Waste Totes Are Here!

Know your CC&Rs Regarding These Containers

At the June 13, 2018 GDRA board meeting the board discussed storage of the green waste totes. CC&R 6.07 requires that trash containers be stored in a location not visible by others. The Green waste program is new and the GDRA Board of directors wants to encourage people to clean their property and keep their properties fire safe.

The board is granting some leniency during this transition period. Please store

the containers in a location not visible by others if available, if not please store them in the least visible area available, preferably next to an existing structure and in neat order. At no time other than collection days should the containers be left road side and violators may receive fines if the containers become a visual nuisance.



Recycle Totes Are Coming!

Opt-In For Recycle Containers

Residents can now opt-in to receive blue recycling carts that will begin service in Glenshire in October 2018. Learn more

about the upcoming service changes by going to the Town of Truckee Recycling web page.

How to Recycle in Truckee:

The below options are available for all Truckee residents to recycle.

Sign-up to receive free recycling carts, phasing into Truckee neighborhoods October 2018-2020.

Carts are serviced curbside, every-other-week, on the opposite week of yard waste pick-up.

Single-family residents can receive (1) 64-gallon recycle cart for free, with additional carts available for a fee.

Carts will be available to Truckee neighborhoods over the next three years:

Glenshire in October 2018

Remaining Truckee neighborhoods excluding Tahoe Donner in 2019

Tahoe Donner in 2020

Use blue bags, purchased at local stores

Fill with recyclables and place curbside weekly on your trash collection day. Blue bags are serviced for FREE and can be placed next to your trash can. Look for the "Sold Here" sign at certified Blue bag retailers:

- Tahoe Supply Company
- Mountain Hardware
- Tahoe Donner HOA Member Services
- The Office Boss (Safeway and Airport locations)

What is recyclable in Truckee?

- Magazines
- Newspaper
- Plastics #1-2
- Batteries**
- Cell Phones**
- Bi-Metal and Steel Cans
- Glass Containers
- Aluminum Cans
- Clean Cardboard
- Clean Aluminum Foil

**** Must be placed in a "ziploc" bag on top of trash. Visit TTSD's website for a list of all accepted material.**

Green Waste Cart Service Schedule

Your green waste cart is serviced every-other-week, on the same day as your regular trash pickup.



JULY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST						
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12	13	14	15	16	17	18
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26	27	28	29	30	31	

SEPTEMBER						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

GLENSHIRE DEVONSHIRE RESIDENTS ASSOCIATION



Five Draft Rules For Short Term Rentals

**GDRA Board
Will Consider Adopting
October 10, 2018**

The GDRA Board of Directors is constantly looking at issues that arise in the community and ways to enact a plan to keep Glenshire Devonshire the most desirable area in the Truckee North Lake Tahoe to live. At the June 13, 2018 the GDRA Board of directors approved 5 draft rules to meet some of the issues that have been identified. In accordance with California Civil code 4360 the draft rule changes are sent out to all GDRA members and the members will have 30 days to submit comments before the board considers adopting the rules at the October 10, 2018 regular board meeting.

1. Any renter(s) participating in a short term rental are prohibited from having an open flame outdoors on any rental property or GDRA property while the owner of that property is not present and has not given renter consent. This includes but is not limited to wood fire pits, smoking, fireworks, charcoal barbecues not including propane or natural gas barbecues or gas fire pits with a maximum 3 hour timer, in well maintained condition.
2. Quiet hours for persons participating in short term rentals are 10pm to 8am 7 days a week. Loud noises include but are not limited to, raucous parties, loud outdoor conversations, loud vehicles, or music / noise that can be heard outside the interior of the house.
3. No house being rented short term may be used for Commercial activities (e.g. weddings, corporate retreats, team building, store front, repair facility, storage facility)
4. Renter of property of a short term rental must communicate all GDRA rules and regulations pertaining to allowable use of property to renter before renter occupies the property.
5. An animal resistant "bear box" will be required for any property participating in a short term rental after the first validated garbage complaint to GDRA.


Notice of Proposed Change. Before adopting or amending an Operating Rule or changing the fine schedule, the board must provide notice of a proposed rule change at least 30 days before making the rule change. (Civ. Code §4360(a).)

Glenshire Devonshire Resident Association Covenants, Conditions and Restrictions Section 3.05.

Association Rules

(a) Rule Making Power. The Board may, from time to time and subject to the provisions of this Declaration, propose, enact and amend rules and regulations of general application to the Owners ("Association Rules"). The Association Rules may concern, but need not be limited to: (i) matters pertaining to the maintenance, repair, management and use of the Common Area and Common Facilities; (ii) Design Guidelines adopted by the Design Review Committee pursuant to Section 5.05, below; (iii) the conduct of disciplinary proceedings in accordance with Section 13.06, below; (iv) any property use restriction set forth in Article VIII, below; (v) minimum standards for the maintenance of Improvements on any Lot; and (vi) any other subject or matter within the jurisdiction of the Association as provided in the Governing Documents.




Notwithstanding the foregoing grant of authority, the Association Rules shall not be inconsistent with or materially alter any provision of the other Governing Documents or the rights, preferences and privileges of Members. In the event of any material conflict between any Association Rule and any provision of the other Governing Documents, the conflicting provisions contained in the other Governing Documents shall be deemed to prevail.



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--	---	--

LOCATED AT 15275 ALDER CREEK ROAD IN TAHOE DONNER, OR CALL (530) 582-9686.
LEARN MORE AT TAHOEDONNER.COM

GDRA ANNUAL MEETING



**SEPT 3, 2018
11-2PM**

Member Appreciation Day! Food & Music

Starkey's food truck

All GDRA members are welcome
to use the pool!

**ANNUAL MEETING
AT THE CLUBHOUSE, 10AM**

Member open forum with the Board
Find out what's happening in the Shire!

GLENSHIRE DEVONSHIRE RESIDENTS ASSOCIATION

GDRA OWNER – EMAIL CONSENT FORM

Consent to the use of Electronic Means of Transmission for Communications (email)

To Members: by signing this form, you will be providing your contact information to be used for Association news and Legal documents allowed by CA State law. Please provide one email address to receive the legal documents at and notify the association when your email address changes.

Please visit www.glenshiredevonshire.com to complete this form electronically

Documents include, but are not limited to:

- Annual Budget Report
- Rule and/or policy changes
- Annual Policy Report
- Annual Financial Report
- Other communications provided by law

Please complete the information below:

Homeowner Name(s): _____

Mailing Address: _____

Property Address: _____

Phone: _____

E-MAIL: _____

CONSENT TO RECEIVE DOCUMENTS AND NOTICES VIA EMAIL

Please be informed that:

I, the undersigned owner, hereby give consent to GDRA to provide notices regarding general information, and any association documents allowable by law, via email as an alternative to mail notices.

Further, I understand that I have the right, at any time, to have any documents ordinarily delivered by electronic distribution made available to me on paper or other non- electronic form at any time upon my written request.

I certify that I am an owner of the property described below and that all owners of the property at the address listed below have authorized me to provide this written consent and the email address for communications on their behalf.

This consent shall remain in effect until revoked in writing.

I understand that my signature must be authentic, either by returning an original signed document to the association or by affixing an authenticated digital signature to it and returning it by email.

Dated _____ Owner Signature _____

CIVIL CODE, SECTION 4041

REQUEST FOR ANNUAL NOTICE OF ADDRESS, REPRESENTATIVE & RENTAL STATUS

Civil Code, Section 4041 requires each owner of a separate interest to provide written notice to the Association of all the following information annually.

Please provide the information in the form to the right and return completed to the Association within 30 days.

1. The address or addresses to which notices from the Association are to be delivered.
2. An alternate or secondary address to which notices from the Association are to be delivered.
3. The name and address of your legal representative, if any, including any person with power of attorney, or other person who can be contacted in the event of your extended absence from the separate interest.

4. Is the separate interest – (check one)

☐ Owner-occupied? ☐ Rented out? ☐ Developed, but vacant? ☐ Undeveloped?

5. Member Name: _____

Property Address: _____



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American White Pelican Spotted In Our Pond

One of the largest North American birds, the American White Pelican is majestic in the air. The birds soar with incredible steadiness on broad, white-and-black wings. Their large heads and huge, heavy bills give them a prehistoric look. On the water they dip their pouched bills to scoop up fish, or tip-up like an oversized dabbling duck. Sometimes, groups of pelicans work together to herd fish into the shallows for easy feeding. Look for them on inland lakes in summer and near coastlines in winter.



Cool Facts

In A Sand County Almanac, pioneering conservationist Aldo Leopold described a migrating group of American White Pelicans this way: "Let a squadron of southbound pelicans but feel a lift of prairie breeze... and they sense at once that here is a landing in the geological past, a refuge from that most relentless of aggressors, the future. With queer antediluvian grunts they set wing, descending in majestic spirals to the welcoming wastes of a bygone age."



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We are here for our community and have a responsibility to it. What happens here and how we grow, work together and prosper is important to us.



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www.truckeetahoeairport.com

Airport Community Hotline:
530.287.2799
(Your Comments Matter)

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American White Pelicans cooperate when feeding. Sometimes, large groups gather in wetlands. They coordinate their swimming to drive schooling fish toward the shallows. The pelicans can then easily scoop up these corralled fish from the water.

American White Pelicans must provide roughly 150 pounds of food to nourish a chick from its birth to the time it's ready to forage on its own.

Contrary to cartoon portrayals and common misconceptions, pelicans never carry food in their bill pouches. They use them to scoop up food but swallow their catch before flying off.

Pelicans are skillful food thieves. They steal from other pelicans trying to swallow large fish and are successful about one-third of the time. They also try to steal prey from Double-crested Cormorants that are bringing fish to the surface. In their dense nesting colonies, some birds even steal the food that a parent on an adjacent nest has disgorged for its young.

Pelican chicks can crawl by 1 to 2 weeks of age. By 3 weeks they can walk with their body off the ground and can swim as soon as they can get to water. Older chicks move up to running, then

running with flapping their wings, and by the age of 9 to 10 weeks, they can fly.

They forage almost exclusively by day on their wintering grounds, but during breeding season, they commonly forage at night. Even though it's hard to see, nighttime foraging tends to result in larger fish being caught than during the daytime.

American White Pelicans and Double-crested Cormorants are often found together. They sometimes forage together (though they mainly hunt different fish and at different depths). Cormorants even nest individually or in groups within pelican colonies.

Pelicans are big birds that can overheat when they're out in the hot sun. They shed heat by facing away from the sun and fluttering their bill pouches—which contain many blood vessels to let body heat escape. Incubating parents may also stretch their wings wide to aid cooling.

American White Pelican embryos squawk before hatching to express discomfort if conditions get too hot or cold.

The oldest known American White Pelican at least 23 years, 6 months old and was banded in North Dakota in 1983.



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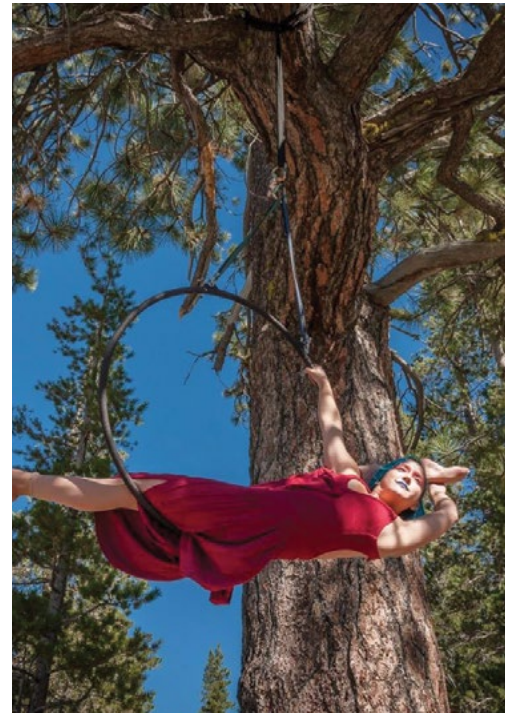
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ART IN NATURE

This September take a sonic journey around the world with award-winning musicians at the stunning Lake Tahoe Shakespeare Amphitheater for the Trails & Vistas World Concert. Saturday, September 8, 2018. Gates open at 5:30pm with Music from 6:30 - 9:30pm.

Described as incredibly creative and inspiring, the Art Hikes on Donner Summit will feature performance art, dance, and live music along a 3 mile nature trail on September 8 & 9, 2018. Specialty Hikes include a Family Hike at 10am, 10:15am (all ages); Mindfulness Hike 11am, 11:15am, 11:30am (Adult Only); Leisure Hike at 1pm, 12:15pm (slower paced). For tickets and more information visit www.TrailsandVistas.org

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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.

BULLETIN BOARD

NEWS, MESSAGES, NOTICES

We love Facebook

This is our easiest and fastest way to get information to you. We also will often repost from Truckee Tahoe Road Conditions, Truckee CHP and the Town of Truckee. We hope this will help keep GDRA residents up to date with the latest important information that will be of help to them.

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](http://www.glenshiredevonshire.com) and we will email you information that affects our community and the board agendas. 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 it or it is required by law, your e-mail address 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.

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 still in the review process - NOW is the time to get involved! www.sosglenshire.org.



Emergencies, Wildfire, 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 Fundraising 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.

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. If we have room, we don't mind helping, but please ask!

Terra Firma Fitness Yoga & Massage

When: Thursdays 9:30 – 10:30am. Resumes September 7.

Where: Glenshire Clubhouse

Price: \$12 drop-in, \$50 for 5-pack

Contact: Amylu@thegrid.net, 209.662.4146, terrafirmafitness.com



COOKING CLASSES

Aug. 16 Taste of Morocco
Aug. 17 Ramen & Asian Dumplings
Aug. 18 Artisan Breads
Aug. 23 Ravioli & Tortellini
Aug. 24 Summer in Greece
Aug. 25 Dutch Oven Cooking
Aug. 28 Kids Cook
Aug. 30 Fast Fish
Aug. 31 Date Night- Fiesta
Sept. 1 Culinary Boot Camp
Sept. 6 Family Night Artisan Pizza



Sept. 7 Sicily
Sept. 8 Knife Sharpening Workshop
Sept. 11 Teens Cook
Sept. 12 Beginners Kitchen
Sept. 13 Thailand
Sept. 19 Herbs, Spices, Oils & Vinegars
Sept. 26 French Bistro
Sept. 27 5 Ingredient Recipes for Fall
Oct. 2 Techniques Series Begins
Oct. 5 Taste of Tuscany

775.284.COOK | 225 Crummer Lane, Reno
Visit Nothingtoit.com for full class schedule

Cooking classes • Catering • Gourmet deli • Kitchen store
Spices by the tablespoon • Knife sharpening

Novice/Beginner Line Dance Class

Anyone over 12 years of age interested in line dancing. This class has been going strong for more than two years, so absolute beginners should show up at 6:40 for introductory steps. The last half hour of the regularly scheduled class is geared to Improvers (advanced beginners). No special shoes or clothing needed.

When: Most Tuesdays, 7 – 8:10pm. Resumes September 11.

Where: Glenshire Clubhouse

Price: \$8 per person

Contact: Robin Reese at rbtahoe@sbcglobal.net

glenshiredevonshire.com

Our web site has been vitally important this winter with links to the latest road conditions and local road web cams, Glenshire Drive road construction, Board meeting highlights and more...

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.



Tyler Ross
Owner, Director and
School Counselor
Play Date Preschool
and School Age

Play Date Preschool & School Age Program

Professional before and after-school childcare offered at the Glenshire Devonshire Clubhouse. Play Date School Age offers a play-based, child-centered, approach to before and after-school to all K - 5th grade students. Morning care is available from 7:30am to 9am; after-school care is available from 1:20pm to 5:30pm. (Our program accommodates minimum days, snow days, and most holidays). Please call 530.582.0441 to reach Teacher Tyler for more information about the program. PlayDateGlenshire@gmail.com

All Levels Yoga

All Levels Class Sundays 6-7pm

Where: Glenshire Clubhouse

Price: \$15 drop-in, \$65 for 5-pack or \$125 for 10 class card

Contact: Helene.lavigueur@gmail.com

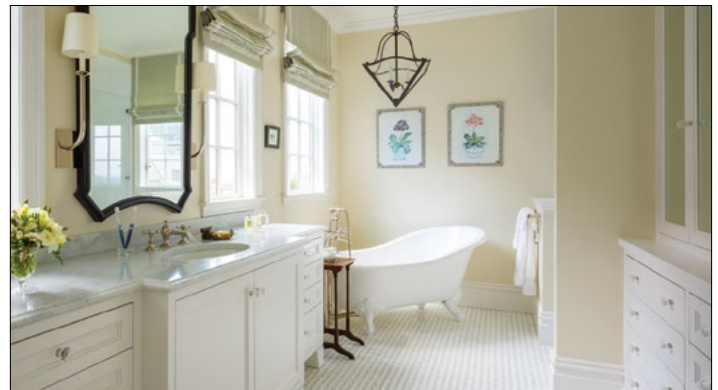
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PERSPECTIVES



Swimming For Fitness

While this may seem obvious to habitual swimmers, there are athletes out there who think pools are strictly child's play or summer fun. There is also a widely circulated fallacy that swimming is not an effective form of weight loss.

Throughout the year, many pool facilities provide time for people to use the pool facilities to help improve their lives.

Therefore, it seems appropriate to offer a brief recap of the reasons why everyone can benefit from swimming as a primary, secondary or alternative form of physical fitness to complement their existing routine.

① Heart Helper

Swimming provides unparalleled cardiovascular conditioning, provided you practice consistently and with good technique. While other forms of exercise may be more effective at elite levels (such as running or cycling), incorporating swimming into a cross-training routine and pushing yourself in practice will result in overall improved fitness.

② Balance Your Build

Swimming builds longer, leaner muscles that complement the shorter denser muscles that develop from weight training. These "swimmer's muscles" also help boost metabolism to keep calories burning longer.



③ Cross-training

Swimming not only boosts cardiovascular capacity while increasing muscle strength, but it also gives your body a break from higher-impact activities like basketball, running, and weightlifting. By creating a balanced workout routine, athletes avoid injury by allowing their body time to heal, while not forgoing daily training sessions.

④ Increased Flexibility

A heated pool relaxes muscles, increasing flexibility and enabling important stretching. Also, after intense lactic-acid-

An advertisement for Mountain Hardware and Sports. It features two polaroid-style photographs on a wooden background. The left photo shows a person with a large blue backpack on a trail. The right photo shows a person performing a handstand on a blue kayak in a lake. Below the photos is a circular logo with a mountain range and the text "Mountain Hardware and Sports" and "100% Employee-Owned". To the right of the logo, the text "YOU CHOOSE THE ADVENTURE, WE HAVE WHAT YOU NEED TO MAKE IT HAPPEN!" is written in a stylized font. At the bottom, there is contact information including a Facebook icon, a phone number, a website, and a Twitter icon.

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building endurance workouts (running, cycling, weights), an easy swim helps flush out toxins preventing muscle tightness and soreness the following day.

5 Strengthen Your Core

Swimming develops core body strength because it utilizes all the body's muscles simultaneously. Although 70 percent of a swimmer's effort comes from the upper body, kickboard and fin workouts can provide an excellent leg workout.

6 Endurance

Swimmers are able to swim longer than they can what they could sustain doing other activities. With the right technique, a swimmer will be able to train for longer periods of time than if he/she were running and, as a result, more calories are burned.

7 Adventure

Swimming has branched out from the darkened, indoor community pools of yesteryear. Glenshire Devonshire's great outdoor facility lets residents enjoy the freshness of the outdoors while swimming and enjoying the great views over Glenshire Lake, Mt. Rose and the Pacific crest.


8 Social Outlet

The Glenshire Devonshire pool has become the hub to meet with your neighbors and friends. In our hurried lives it is great to sit down with some friends and catch up on what is happening in Glenshire. Lap swimmers and fitness swimmers enjoy the crispness and quite of the morning hours while others like the refreshing dip on a hot afternoon. The movers and shakers of the community use the Glenshire pool as a great venue to create a better community.

9 Weight Loss

"People who consistently swim strenuously enough to be out of breath when they finish and elevate their heart rate do burn calories and lose weight," says Jane Moore, M.D., a physician and active swimmer from Tacoma, Washington. "The key is to push yourself a bit."

Whatever your reason, or whatever the excuse, swimming should be incorporated into a consistent fitness routine, the list above should illuminate the ways in which the sport can add to your quality of life.



WATCH YOUR WATER!

There has never been a more appropriate **time to conserve**, **understand** your water consumption, and **fix leaks**. Truckee Donner PUD has an **online tool** for customers to view their water usage and **programs to help you conserve**.

WHAT CAN YOU DO?

- **Conserve** water now
- **View** your water usage and **check** for continuous flow alerts online
- **Fix** leaks

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