

# NEWSLETTER

CRYSTAL VALLEY RANCH MASTER ASSOCIATION

DECEMBER '17

## ELECTION RESULTS

We are pleased to announce that the 2018 budget has been ratified by the Delegates. The same assessment rate will apply for the 2018 calendar year. Please be sure to update your payment schedule if you have created an account with Mutual of Omaha. If you are on a traditional ACH where you submitted the attached ACH form with voided check, you do not need to take any action and the assessments will continue to be deducted monthly. If you require coupons, please email [clientcare@amihoa.com](mailto:clientcare@amihoa.com) to request them. They are not required for payment but can be sent.

We would also like to congratulate Nick Johnson and Sandee Biggs on being elected to serve on the Board. The new Board of Directors consist of five homeowners: Sandee Biggs, Nick Johnson, Alan Rossi, Jason Morales and Ron Pepper. The Board will decide their Officer positions at the January 2018 meeting. The meeting agendas are published online and sent to anyone signed up on email.

The community would also like to thank Bob Kenney for his several successful years of service on the Board of Directors. Thank you Bob!

## PINNACLE CLUBHOUSE ACTIVITIES

STARTING JANUARY 11th: **!! NEW !! Pilates Classes** every Thursday morning from 9:30 to 10:30, first class is free. Join us for a workout and launch the rest of the day with renewed energy. All fitness levels welcome. Punch cards available for purchase by residents and non residents. **Child Watch is included** during class.

We can also look forward in 2018 to *The Spring Egg Hunt*, *The Memorial Day Pool Grand Opening Party* with DJ, *Summer Ice Cream Social*, *End of Season Pool Party*, *Fall Family Event* and the *Winter Holiday Event!*

Your Crystal Valley Pool is open to residents and guests every summer, and your Pinnacle Fitness Room is available all year. The Pinnacle Multi-Purpose Room is available year-round for rentals. The size of the room, the views and the use of the kitchen make it an ideal facility for your parties, events and even for small weddings. Contact the staff at [www.ymcacvalley@gmail.com](mailto:www.ymcacvalley@gmail.com) for more information.

## SOCIAL COMMITTEE

We are so excited to announce the newly formed Social Committee and congratulate Laura Morales as the Chair for the committee! The Social Committee is excited to get started and make 2018 a year to remember!

The current members are:

- Ann Salek—Pine Meadow
- Kaitlin Colston—Carriage Hills
- Karen Rossi—Carriage Hills
- Laura Morales—Antelope Ridge
- Sandee Biggs—Opal Ridge
- Susan Jesse—Windflower



Please remember to always submit a DRC request for any exterior changes or alterations. Exterior paint colors must be chosen from the your District's approved colors at Sherwin Williams in Castle Rock. DRC Forms can be found online or by emailing [clientcare@amihoa.com](mailto:clientcare@amihoa.com).

# TALK ABOUT TOWN

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My favorite time of year, think magical, is just around the corner. Christmas is coming and I love decorating (*can you hear my husband groaning*) and spending time with family and friends! Family, school, and church events provide an opportunity for all of us to slow down, catch up and spend longed for time with those near and dear to our hearts. Thanks to our Board, next year there will also be CVR community events to add to the list. These events will allow us to connect and spend time with our neighbors. And as if all those events weren't enough, the cherry on top of the cake are the events hosted by the Town of Castle Rock. Per the Town calendar, there are two remaining holiday events Castle Rock is hosting that will appeal to the kid in all of us!

## FREE HOLIDAY CARRIAGE RIDES

December 23<sup>rd</sup>, 5:00 – 8:00 PM, Festival Park

Rides begin and end in Festival Park near the Holiday Tree and the carriage seats 6 people at a time.

## CANDLE LIGHTING

- \* December 24<sup>th</sup>, 5:00 – 6:00 PM, Festival Park
- \* Join the Town at this annual Christmas Eve event that is hosted by Calvary Castle Rock. The Candle lighting ceremony is open to everyone. As with other events at the park, plan to dress warmly and bring a lawn chair or blanket. Candles for the candle lighting ceremony sponsored by Envision Counseling Clinic.

# TRASH NEWS

## Trash pickup

- \* Friday, December 29<sup>th</sup> will be trash pickup only
- \* Friday, January 5<sup>th</sup> will be both trash and recycling

## Christmas tree recycling

- \* If you plan to recycle your live Christmas tree this year remember to remove all ornaments, lights, tinsel, garland, plastic wrap, tree stands, wire, rope, nails, etc.
- \* Per the Douglas County website, recycling in Castle Rock will take place at Fairgrounds Regional Park from December 26<sup>th</sup> through January 31<sup>st</sup>.
- \* Live trees with artificial snow sprayed on the branches cannot be mulched or accepted.
- \* Mulch will be available on-site while supplies last.
- \* Additional information is available at <http://www.douglas.co.us/government/departments/parks-trails-building-grounds/christmas-tree-recycling/>.



# HOLIDAY SAFETY TIPS

## American Red Cross Holiday Home Fires Fast Facts

Since 2000, the number of home fires the American Red Cross has responded to has increased 10%.

- \* There are nearly 47,000 fires, more than 500 lives lost and 2,200 injuries as a result of home fires during the holidays.
- \* On average, one in 22 home fires started by Christmas trees results in death.
- \* Candle fires are 4 times as likely to occur during the holidays.
- \* During the holiday season, an average 40 home fires per day are caused by children playing.
- \* Having working smoke alarms reduces one's chances of dying in a fire by nearly half.
- \* IF YOU HAVEN'T CHECKED YOUR SMOKE ALARMS OR CARBON MONOXIDE DETECTORS RECENTLY, PLEASE CHECK THEM TODAY!

# HOLIDAY SAFETY TIPS

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## Keeping Your Pets Safe

Christmas is a busy time for all of us. Most pets recognize when we are distracted and can easily get into trouble during these times. Some dangers for pets during the holidays include:

- \* Live Christmas tree sap which can upset a dog's stomach if they drink from the reservoir.
- \* Broken ornaments when ingested can lead to an emergency trip to the vet.
- \* Chocolate is one of the most common causes of poisoning for dogs. Remind everyone to keep the trash can lid closed, dirty dishes in the dishwasher and desserts covered.
- \* Holly, mistletoe and lilies are toxic to cats. Tinsel and ribbon can cause serious medical problems if your cat swallows them.
- \* Many new gifts come with batteries which can be deadly to pets that chew on or ingest them.
- \* Candle wax and flames injure many pets each year especially cats, so it's best not to leave your pets alone in a room with candles that are lit. Never put candles on your Christmas tree.
- \* Avoid decorating the bottom 2 feet of your tree and if you have a live tree, spray that portion of your tree with peppermint oil as the smell is a bit off-putting to cats. You can also spray electrical cords with peppermint oil to protect your cat from an electric shock.
- \* Use a sturdy tree stand that your pets can't tip over.



## Preventing Christmas Tree Fires

Many of us grew up going out into the forest to cut down the perfect Christmas tree each year.

### Live trees can pose dangers that fake trees don't:

- \* Be sure if you cut down or buy a live tree that it is secured properly either inside your vehicle, in a truck bed or on top of the car.
- \* Before you purchase a tree from a lot, check that the needles are fresh and don't fall off when you touch them. You can also tap the tree lightly on the ground a few times to see how many needles fall off.
- \* Add plenty of fresh water to your stand **every day** and keep it away from heat sources like fireplaces, radiators or heating vents.
- \* One quarter of all Christmas tree fires are caused by tree lights. When putting the lights on the tree carefully check them for worn out cords or loose bulbs.
- \* **Always unplug the lights from both live and artificial trees before going to bed or leaving your house.**
- \* Most trees are extremely dry by the time Christmas rolls around. When you take your tree down directly after Christmas, recycle it right away. Don't leave it in your garage or leaning against your house as dry trees burn much more quickly and intensely than fresh trees.



# HOLIDAY SAFETY TIPS

## Holiday Food Safety Tips

To keep your holiday gatherings from being memorable for the wrong reasons, think like a chef and include food safety when preparing meals. For safe and delicious holiday meals:

- \* Have a master plan that takes into consideration the refrigerator, freezer and oven space that you have.
- \* Cook all food to the proper temperature using a thermometer.
- \* When traveling for hours with prepared foods, keep them at the appropriate temperatures.
- \* Refrigerate leftovers within 2 hours of preparation.
- \* Properly defrost your turkey or buy a fresh one. Frozen turkeys need 24 hours of defrost time in the refrigerator for every 5 pounds in weight.
- \* Wash your hand often and thoroughly while preparing food.
- \* Wash all fresh produce even prepackaged greens.
- \* Reheat leftovers to 165 degrees. When reheating in a microwave, use a thermometer to check the food temperature all around the plate.
- \* To help keep your guests from nibbling on the food you are preparing, serve simple appetizers until the meal is ready.
- \* Serve only pasteurized liquids like juices and milk. Serious illness can occur in guests with vulnerable or compromised immune systems.
- \* When making homemade eggnog, be extra careful with the raw eggs. To prevent salmonella, use pasteurized eggs or a recipe that calls for heating the eggnog to at least 160 degrees.
- \* Keep washcloths, towels, oven mitts, pot holders, wooden utensils, paper and plastic bags, food packaging and curtains away from your stovetop.
- \* Make sure your kitchen floor is clear of tripping hazards such as kids, toys, pocketbooks or bags.
- \* If you are cooking outdoors, only use a Turkey Fryer or grill on a sturdy level surface well away from anything that can burn if it is tipped over or hot oil that spills when the turkey is placed inside. Make sure that your turkey is completely thawed as partially frozen turkeys will cause the hot oil to splatter. Test the proper amount of oil by putting the turkey in the fryer with water first and then using the same amount of oil as you used for the water. Turkey fryers can easily overheat and start fires so check the temperature often with a cooking thermometer. Since the pot, lid and handles of a turkey fryer can get dangerously hot and cause burn injuries, use long cooking gloves to protect both your hands and arms. Keep at least a 3-foot kids and pets free zone around the fryer and grill.

### UPCOMING EVENTS AT THE CLUBHOUSE

- ◇ Pilates—January 11th 9:30am to 10:30am
- ◇ Board Meeting— January 18, 2018 at 6PM  
**(now 3rd Thursday of every month)**
- ◇ 2nd Attempt Delegate Elections—January 30th (See notice for details)



CRYSTAL VALLEY  
CASTLE ROCK, COLORADO



BOARD MEETINGS  
When: 3rd Thursday of  
Every Month  
Time: 6PM  
Where: Clubhouse

WHO IS MY DELEGATE  
(Login online to find this  
information and so much  
more)  
[WWW.CVRMASTERHOA.COM](http://WWW.CVRMASTERHOA.COM)

*Assessments Due 1st of Every  
Month \$65.15 all except  
Painters. Painters \$54.00  
Payment by check, auto draft or  
credit card is available.*

**AMI**  
Ph. 720.633.9722 ext. 0  
[clientcare@amihoa.com](mailto:clientcare@amihoa.com)

**MAIL Payments ONLY TO:**  
PO Box 66095  
Phoenix, AZ 85082-6095  
*\*please no correspondence at this  
address.\**

**CLUBHOUSE WINTER HOURS**  
Currently Staffed Hours:  
Mon, Wed, Thu, Fri 10am -  
2pm  
Tues, 4pm - 8pm  
CARD ACCESS: 4:32 am -  
9:59 pm