

Wilderness Watch

Meeting Dates/Times

1st Tues., 7:00 PM, Water

2nd Tues., 7:00 PM,

Common Area

2nd Weds., 7:00 PM, Roads

3rd Tues., 6:00 PM, Board

January 2010 Volume XXIV, Number 1

WROA on the Web: www.wroa.org

Happy New Year! *Wilderness Watch* for January

Always available at www.wroa.org

Happy New Year From the Mores Creek Ambulance Crew

With the new year comes a new beginning. That's right, it's the time when we set our new resolutions. What goals will you set? The common theme this year is getting healthy. There are many reasons why this is a great goal. Not only will it improve your health to eat right and exercise, but doing so will also improve your mood. Exercising releases endorphins that help promote a positive mood.

Another common goal for the year 2010 is to quit habits that are detrimental to health like smoking, drinking hefty amounts of soda, and having an outrageous sweet tooth. If you are like me, you set high goals for the new year, which is why my resolution—if I'm lucky—will last 'til the first week of February. I believe the best way to start the new year is to set realistic goals that are within reach. Some of the changes I will list may seem like small goals, but together they can make huge differences in your health.

1. Eat at least 5 servings of fruits and vegetables per day. A half cup of cooked vegetables, 1 cup of raw, leafy vegetables, or 1 small whole fruit counts as 1 serving.

2. Avoid drinking coffee all day. Aim for 6 to 8 glasses of fluids per day. Have plain or lemon water, unsweetened juice, skim milk, or herbal tea, such as chamomile, peppermint, and fruit tea.

3. Exercise regularly. An ideal combination includes aerobic exercise, weight training, yoga, stretching, and recreational activities, such as dancing and swimming. Get exercise during your regular daily activities by walking at lunch and taking the stairs instead of the elevator.

4. Get a good night's sleep. Restful sleep is essential for a fully functioning mind and body. This means avoiding caffeine and alcohol, which can disrupt sleep. In addition, sugary snacks before bed can affect blood sugar levels and disturb sleep.

5. Develop and nurture your support network. Maintain meaningful and fulfilling relationships with family and friends. These relationships nourish your heart, body, and soul.

Have a happy, healthy new year!

Kristin Hunter, EMT, Mores Creek Ambulance



What's your idea of fun? For the Polar Bear Club, it's a New Year's Day plunge under the watchful eye of your local emergency medical services volunteers.



Ranch Hands

Your community needs you! If you can spare a few minutes, a few hours, or a few months, you can do a lot of good for Wilderness Ranch. Thanks to all of you who have lent a hand so far.

Here's a list of what needs doin' in January.

What	Where	When	Who to Contact
Sand steps at Mail Center	WR Mail Center	As necessary	
Write <i>Watch</i> articles on topics of interest	Your home/office/favorite ski lodge	Submit by the first day of the month	<i>idwildernesswatch@gmail.com</i>

Ads, et Cetera

Gotta Leak? Let **Soler Plumbing** take a peek!

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Happy New Year

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Do you need dirt work? Have skid steer and mini excavator. Specializing in small jobs. Local WR references. Contact Mike at 342-8417.

Monthly financial reports and minutes from the WROA Board meetings are available online at www.wroa.org. Click on **Legal, Financial, Procedures, Policies**.

Wilderness Watch Submissions
E-mail material for the *Wilderness Watch* to John Kubisiak at idwildernesswatch@gmail.com or mail to 59 Chaparral Road, Boise, ID 83716. You should receive an acknowledgment that your submission has been received. Deadline: first day of the month.

WROA Important Numbers

Board of Directors

President: Tim Schaaf 388-4686
 Vice President: John Saucerman 336-2023
 Treasurer: Sandy Moser 345-6373
 Secretary: Rachel Milby 429-8013
 Member-at-Large: Carrie Wiss 384-1572

Committee Chairs or Contacts

Water: open
 Roads: Kiere D'Annunzio 388-8617
 Roads: Mike Brieske 363-7022
 Facilities: Dick Burgman 424-9275
 ACC: Ali Nelson 433-9754
 ACC: John Kubisiak 384-1572
 ACC: Jenny Severns 343-6653
 Welcoming: Shelly Slater 331-1369
 Communications: John Kubisiak 384-1572
 Common Area: Carrie Wiss 384-1572
 Election: TBA

Other Numbers

Accounting: Cindy Desler 345-9797
 Mail Box Keys: Cindy Desler 345-9797
 Any Emergency on Ranch **911**
 WROA Phone Number 342-4554
 Water Emergencies: Butch Anderson 424-3352