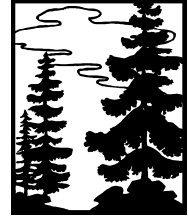


SLEHA GAZETTE



The Newsletter of the Spirit Lake East Homeowner's Association

January, 2006

Contact Information

President- Mike Schmidt	623-2689
V. Pres- Lowell Hayes	623-2064
Secretary- Dan Edginton	623-2649
Treasurer- Cindy Murphy	623-6479
Members at Large-	
Kris Kramer	623-6006
Tony Tarnowski	623-6225
Marsha Cover	623-2858

Committees

Architectural Review

(Chair) David Sincerbeaux	623-2864
Mike Zweibel	623-3075

Audit

(Chair) Vacant
Vacant

Roads

(Chair) Vacant	
Scott Good	755-9340
Sam Hughes	623-2087

Timber

(Chair) Lowell Hayes	623-2064
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Newsletter

Lois Tarnowski	623-6225
John and Gail Johnson	623-6517

Please send all correspondence to:

Spirit Lake East Homeowner's Association
PO Box 217
Spirit Lake, ID 83869

Website- www.spiritlakeeast.org

Spirit Lake East Water Update

Our Water committee has joined with Treepoint to form a united voice in implementing a plan for our water system. This will give us a stronger position in securing the system and make sure that ALL the water users have a say in the working of our water system.

We have contacted The Spirit Lake Water Co. attorney Mr. John Hammond and have found that Spirit Lake Water Co is willing to sell/transfer ownership in the system.

The joint committee has met with P.A.C. (Panhandle Area Commission) to find the best way to fund the system's management and maintenance costs. This could be done though becoming a water district which would be eligible for State and Federal grants. This task would prove to be the most expensive and with the most community involvement. However it would provide the most benefits, this also could be done after securing the system.

The joint committee will meet with Remington water district to find out how they did it and the real costs they incurred. We are now reviewing other local water associations and putting a package together that will best suit us.

SLE /Treepoint Water Committee

New Board Member

Marsha Cover has been appointed to an interim seat on the board replacing Bob Lloyd, who resigned. She will serve until the membership meeting in May 2006.

Complaints and a Warning

I have been hearing complaints and observing activities expressly prohibited in SLE.

Article IV Protective Covenants, Section 2 Use Restrictions states: Prohibitions

1. Hunting or discharge of firearms
8. Snowmobiles and motorcycles

Our entrances have signs as well prohibiting these activities.

I continue to hear shooting in SLE (too close to be outside) and I have followed numerous ORV on our roads. It appears that some residents feel the rules and regs are ONLY for others and don't apply equally to all. Please stop and consider the potential damage of shooting in here and the damage to our roads by attempting to use them as your recreation trail. We need to all live together, under the same rules and regs.

Mike Schmidt

Calendar

Feb 7, 2006: Board Meeting at 7:00 PM at the Spirit Lake Senior Center

Mar 7, 2006: Board Meeting at 7:00 PM at the Spirit Lake Senior Center

Apr 4, 2006: Board Meeting at 7:00 PM at the Spirit Lake Senior Center

May 9, 2006: Membership Meeting at 7:00 PM at Timberlake High School. Weed superintendent, Nina Eckberg will try to be at the meeting to provide information and answer questions about weed control programs.

Board Activity

As usual in this time of year, we look at the road committee and winter plowing. Sadly, our equipment is definitely showing its age. The grader has need of another set of welding work, as does the blade on the plow truck. It's scheduled for AM on 1/17/06. Our loader has no brakes so that needs attending to. Our tired roller has 3 split or flat tires also requiring repair.

All of these ongoing problems continue to minimize our effectiveness of maintaining our roads. We continue to have to operate with old worn-out, cast-off equipment due to lack of dues increases in past years and funds to purchase better and newer equipment.

We will continue to request people PLEASE SLOW DOWN to minimize the constant chuckholes, mud ponds, etc, that plague us. It doesn't help screaming about conditions unless we ALL take responsibility to help correct the constant racing on our roads.

Mike Schmidt

Are You Looking for High Speed Internet?

We found a source for high speed internet that does not depend on the local phone lines. It is called Skynet; it is Wireless and faster than DSL or Cable.

They have a tower over on the mountain between Spirit Lake and Twin Lakes. They have also installed an antenna on our home. If you can get line of sight to either one, you can get the high speed internet. We are the highest point in Spirit Lake East so many homes can see our roof from their roof.

Skynet is really backed up and it may take a while to get, but it is worth the wait. The cost is \$299 to install and \$49.95 per month. Call Skynet and ask for Christy or Mike - 208-773-7117.

Cindy Murphy

Neighborhood News and Exchange

Stampin'Up! Supervisor: Randi Malloy 623-5087
Mary Kay Consultants: Vikki Malloy 623-5101
Marsha Cover 818-2006
Piano Lessons: Lois Tarnowski 623-6225
Tomlinson Black Realtor Kristine Smith
cell: 691-5852 kristines@tb.com
home office/fax: 623-2893
GMAC Realtor Sue Fox cell: 818-5282
home office: 623-3137
Creative Memories Monique McEvelly cell: 660-6118
Custom Photo Cards nightvisions.com
Cindy Murphy 623-6479

Prayer and Share

We are Roger, Pat, and Daniel Walker. Every day our family prays for Spirit Lake East. If you have special needs or requests for prayer, we will be glad to pray with you and for your family and friends. Call us at 623-6220.

Want to be financially free?

Give me a call. Sue Fox 623-3137 , cell 818-5282. A great opportunity!

Laborers, Pet Sitters, etc. Available

Going on vacation this winter? Do you need someone to feed your animals, water your houseplants, or pick up your mail while you're gone? The Tarnowski children (ages 13 & 17) have experience in these areas, and would be pleased to help out for a small fee.

At Your Service

Do you have an opinion to share?

Do you have information that might be useful to your neighbors?

The Spirit Lake East Newsletter and website are at your service. Send your copy to newsletter@spiritlakeeast.org for the newsletter or to SLE@spiritlakeeast.org for the website.

Remember, residents can **advertise** free on the website and for low cost in the newsletter.

WEED CONTROL 2006

It is time to renew our application to participate in the Kootenai County Neighborhood Cooperative Program. Applications must be received at the Noxious Weed Control office by February 28, 2006.

This program reimburses landowners for a portion of funds spent on herbicide, fertilizer, and seed for five years.

To participate, you must be a member of a Co-op. To join the Spirit Lake East Co-op contact Jess Blocker at 623-6001, or E-mail Jess at catherineblocker@icehouse.net. Information I will need to include you in the SLE Co-op is:

Name:

Phone #:

Parcel #: (your tax #)

Mailing address:

Site address:

Information will be posted on our SLE website. Weed Superintendent, Nina Eckberg, is expected to attend our SLEHA membership meeting in May to provide information and answer questions.

Spirit Lake East Water Contact Numbers

Hanson Industries 509-922-5252 (business hours only)

Emergency: 509-868-5929 Jim Kruger
or 623-4063 Eric Redman

If you experience extremely low water pressure, under 20 psi (just a dribble from your faucet), please make a note of the time and the date, and contact the Department of Environmental Quality at 769-1422 to let them know it happened.

Why all those lights???

Just an observation:

Why do people move to the country, where we have a beautiful view of the night sky and then install all these big night lights?? Research has shown that motion sensor lights are much more of a deterrent and they only come on when you need them. If you feel you need to use the big lights, at least put them down on your building instead of way up high on those poles.

I had a great sky view from my bedroom until a few months ago someone put in one of those big lights on a big pole. Now when I look out my bedroom window all I see is that big light. What a shame and what a loss for us all.

I had not seen the Milky Way in 20 years because of all the local lights - until I moved here. I hope I can go on seeing it for many years to come.

Thanks for listening. C. Murphy

Spirit Lake Family Care Medical Clinic has added Holly Peña, ARNP, M.S. She has over twenty years of medical experience. Women's health care and medical exams is one of her many areas of expertise. Call for an appointment.

**Spirit Lake Family Care
Don Baker, MD
623-6411**

BISON IN SPRIT LAKE EAST : New business opening in the Spirit Lake area called **Select Natural Meats**. Colleen George is the local distributor. Colleen grew up on a farm in the Peace River Region in British Columbia, Canada. She is a full partener in the family business of delivering products from the farm directly to the consumer. Colleen has experience in the fitness industry and reconizes the importance of healthful eating to achieve fitness and health goals. She has great interest in the value of quality, natural meats for her own health. That interest, inspired her to bring Select Natural Meats to the Spirit Lake area for the delivery of healthful meat products.

Select Natural Meats is offering bison meat. Only young animals with the desired amount of fat are given the highest grade and chosen for Select Natural Meats. In addition, all packages are USDA inspected for top quality and, assurance that you are in fact getting what the label declares. Colleen is giving the area residents the opportunity to add healthy, protein rich, low fat, low cholesterol farm raised bison to their diets. She will also deliver to anyone living in this area and help the cook get started with proper preparation and recipe suggestions.

How does bison compare with other meats: Research has shown the meat from bison is highly nutrient dense because of the proportion of protein, fat, and minerals to its caloric value. Comparisons to other meat sources have also shown that bison has a greater concentration of iron, as well as some of the essential fatty acids necessary for human wellness.

Meat	Fat Grams	Calories	Cholesterol
<u>BISON</u>	2.42	143	82
Beef	9.3	211	86
Chicken	7.41	190	89

U.S.D.A. Handbook per 100 grams

American Heart Association	Recommends for a heart healthy diet
American Dieties Association	Recommends for a healthy diet
Readers Digest http://www.rd.com/content/openContent.do?contentId=14700	Top 5 foods all women should eat

Individual cuts of bison are similar to beef, except for color. Bison is a deeper red due to the fact that bison does not marble as heavily. Since bison lacks heavy marbling, the meat tends to cook rapidly. Bison can be used in any recipe calling for red meat. Cooking **slow** and at a **low** temperature will assure perfection every time.

Select Natural Meats is dedicated to the business of getting good quality meat to you. We know our product and want to offer you a healthy eating choice with a side of customer service.

To order, call Colleen at 623-2860.

E-mail: selectnaturalmeats@juno.com

LARGE BBQ PACK

- 6-T-BONE STEAKS**
- 4-RIB-EYE STEAKS**
- 2-TOP SIRLOIN STEAKS**
- 1-SIRLOIN TIP OR TOP ROUND ROAST**
- 40 CT -PATTY BOX**
- GROUND BISON**

\$199.99

*A MINIMUM OF 24 POUNDS OF BISON PER PACK

MEDIUM BBQ PACK

- 6-T-BONE STEAKS**
- 2-RIB STEAKS**
- 2-TOP SIRLOIN STEAKS**
- 1-SIRLOIN TIP OR TOP ROUND ROAST**
- 40 CT -PATTY BOX**
- GROUND BISON**

\$169.99

*A MINIMUM OF 20 POUNDS OF BISON PER PACK

SMALL BBQ PACK

- 4-T-BONE STEAKS**
- 2-RIB-EYE STEAKS**
- 1-SIRLOIN TIP OR TOP ROUND ROAST**
- GROUND BISON**

\$99.99

*A MINIMUM OF 11 POUNDS OF BISON PER PACK

LARGE KITCHEN PACK

- 12-CUBE STEAKS**
- 2-7 BONE CHUCK ROASTS**
- 1-BONELESS CHUCK ROAST**
- 1-ARM CHUCK ROAST**
- 3-STEW MEAT**
- 1-SHORT RIBS**
- GROUND BISON**

\$149.99

*A MINIMUM OF 32 POUNDS OF BISON PER PACK

GOURMET KITCHEN PACK

- 6-RIB-EYE STEAKS**
- 1-TOP ROUND ROAST**
- 1-STEW MEAT**

\$59.99

*A MINIMUM OF 6 POUNDS OF BISON PER PACK

SMALL KITCHEN PACK

- 1-7 BONE CHUCK ROAST**
- 1-ARM CHUCK ROAST**
- 2-STEW MEAT**
- 4-CUBE STEAKS**
- GROUND BISON**

\$54.99

*A MINIMUM OF 11 POUNDS OF BISON PER PACK

Why do we allow advertising in the SLE Gazette?

Advertising in your local newsletter allows LOCAL business owners to connect with LOCAL customers. Often, we only hear about larger businesses with larger advertising budgets. Allowing for advertising gives smaller local businesses the opportunity to let you know that they are here for you.

We could charge more for advertising. Making money on the ads is not our goal. Rather, the goal is to forge local connections. Particularly in smaller communities, it is important to support the small businesses in the area. It is in this way we keep our communities alive.

The money received from the paid advertisements covers the additional cost of printing and some postage.

Do you have a business or work for a business that would benefit by letting more locals know about you? Contact us at newsletter@spiritlakeeast.org or see below for more details. Also, be sure to check out our website at www.spiritlakeeast.org.

Website Notes

Your website, www.spiritlakeeast.org, is a great way to share information with your neighbors. We are always looking ways to improve the site.

Are there local events that you would like to see on the SLE calendar in the newsletter and website?

If you are new to the area, think about the things you would like to know or would have liked to know in those hectic days when you first moved in.

If you have been here longer, are there things that you would like to share with your new neighbors--tips about local attractions or how to live better in this area?

Are there new features that you would like to see added to the site? Send us a note at SLE@spiritlakeeast.org.

Get Your Newsletter by Email

Save SLE some money and get your newsletter delivered conveniently to your computer. You can sign up for electronic newsletters by contacting your newsletter editors at newsletter@spiritlakeeast.org or sign up on the web site.