

The Spirit of Pine Valley



Volume 2, Issue 1

January 2009



Special points of interest:

- Holiday Party
- Membership Dues
- Meeting Notes
- All board meetings are open to all members
- Fence Concerns

Artwork Credit

The beautiful artwork you see as our banner this month is a painting done by one of our very talented artists in Pine Valley. Gene Dieckhoner painted this scene several years ago and it was featured on a Leanin Tree holiday card. He graciously allowed us to use it on our newsletter. Gene has paintings for viewing at his home. His address is in the roster.

Holiday Party Festive and Fun

The Pine Valley Residents gathered at 60 Raintree on Sunday, 14 Dec for the annual holiday party and meeting. Once again it was a fun time for all who attended. Over 30 people were able to participate and enjoyed the company and good food. The annual meeting was held. See inside article for subjects discussed. The party included a turkey and ham provided by the association and all attendees brought a dish to share. The popular white elephant gift exchange allowed everyone the opportunity to joke and enjoy a festive mood. The popular gift this year was a large fruit basket which was stolen several times and ended up in the hands of Dick and Tia Gozzi. The second most popular was a hand chime that went back and forth several times. The residents would like to thank everyone for participating and a special thank you to Lance and Lisa for allowing us into their home.



Membership Dues-Reminder!!

A reminder to all Pine Valley residents. The annual dues for the Pine Valley Property Owners Association (PVPOA) are \$30. The dues cover your membership for a calendar year from Janu-

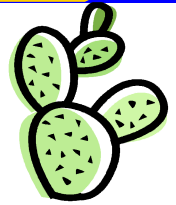
ary until December. Please submit your dues as soon as possible. You can make your check payable to PVPOA and mail to the address on the back page.

If you prefer or are new, you may fill out the form and mail it in with your check.

Thank you.

Nature's Bounty Here in Pine Valley

by Rose Marie Licher



There are many foods available to us right here in Pine Valley, just for the gathering! Prickly pears come to mind first--both the pads and the fruit. In mid July there will be big green fruit right outside my kitchen window but it will be late August before they are red ripe. From them you can make a punch, or jelly, or even pickles. Call me if you would like some recipes. The young green pads are collected in the spring and cooked to be used many ways in salads, casseroles or scrambled with eggs.

You may have noticed the javelina, and even your dog, eating mesquite pods late in the summer. When they are ripe, pick one and chew on the pod and you will find a sweet taste.

The mesquite tree grows in desert regions throughout the world, areas not suitable for most agriculture. The nutrition supplied by these trees is amazing. The pods can be harvested and ground into meal or flour which is between 11% and 17% protein. It is a good source of calcium, magnesium, potassium, iron, and zinc. The

meal is low carbohydrate, low glycemic and low in fat. Mesquite is a food that helps balance blood sugar. Though naturally sweet, from fructose, it does not require insulin for digestion. Native Americans did not suffer from diabetes until they replaced their native foods with "modern" grains and white sugar. The flour can be used in baking, replacing 1/4 or more of wheat or other flour, or as a seasoning on food and in drinks.

Last summer I collected about 7 gallons of dry pods at the close of the monsoon season. If you want to collect your own mesquite pods, it is recommended that you collect only dry beans on the trees away from areas of pesticide spraying. If you must collect off the ground, pods soaked or damaged by water cannot be milled. No stones or sticks can be mixed in as they will damage the milling equipment.

Once collected, the mesquite pods should be dried, for a minimum of two hours at up to 160 deg F, to kill any bugs infesting the pods. Use a solar oven or spread on a tarp out in the sun. Store the beans in airtight containers until ready to use them.

Newsletter Distribution

Join your Association and be in on the news and happenings in Pine Valley. This newsletter will be sent to all property owners but you need to join and be a member to get future newsletters, **SO PLEASE JOIN**



Don't feed the javalina and protect your trash cans so they do not get into them. With the cold season here you can expect to see more of them during the daylight hours.

Notes from December Meeting

We had a quick board meeting during the holiday party.

The siren from the fire department is still scheduled to be given to us when they get it down from its current location.

It was decided to leave the dues for 2010 at \$30.00 and

do a regular project of having the dumpster in every spring and fall.

Steve Fiedler and Lloyd Marlow were voted in as new members. Bob Herring and Joni Dalmstrom went off the board with their terms up. Bob Herring is staying with us as our Representative of the Regional Council Board .

We discussed changing PVPOA name to Pine Valley Residents, but it was decided to use this title for some purposes but there is a need to keep the present name for the representative as an Association to be on the Regional Council Board .

Cattle and our Fences

Arizona is an open range state. We have had to fence the subdivision to keep the cattle out. Any fence in your area that is down will have to be put up again. Your PVPOA is looking into this. If the fence behind you is down, please let us know. If you have taken it down, please put it back up. We need to know how much is down and possibly hire someone to put it back up.

We have voted to put in a gate to let any cattle out that might get in at the entrance if it is impossible to drive them back up the road.

The cattle are nearby right now and one or more have gotten into the subdivision and are doing some damage to people's yards and plants. If you see them in a location that is easy to get them back across



the fence you may drive them thru. Otherwise please note if the fence is down around your property and notify us as soon as possible.

Pine Valley Property Owners Association

Dues for January, 2009, through December, 2009

The mailing label on your newsletter tells you when your membership expires. Check the year that is printed after your lot number(s); you are paid through December of the year shown. This form is included in all newsletters, so verify your membership before you send in your check.

LOT NUMBER(S) _____ PHONE NUMBER: _____

NAME(S): _____

ADDRESS: _____

CITY, STATE, ZIP _____

Email: _____

Tear off this page and send along with your check

Send your check for \$30.00, payable to PVPOA, to P.O. Box 20194, Sedona, AZ 86341

Pine Valley Property Owners Association

Telephone Directory - 2009

We publish a PVPOA Directory for current members. Your initial listing and any updates must include signed permission. We will continue listing you in subsequent editions until you inform us otherwise. This form is included in all newsletters in case you wish to change your listing in the directory

My listing in the current PVPOA Directory is O.K. _____

Please add my information to the next Directory, or make the changes listed below: _____

FAMILY MEMBER(S) Present or Former OCCUPATION HOBBIES & Interests E-mail

1. _____

2. _____

3. _____

4. _____

Please sign below to give us permission to list the above information in the Pine Valley Directory:

SIGNATURE(S) _____ DATE: _____

PVPOA

P.O. Box 20194
Sedona AZ 86341

**A unique community
living with nature**

PVPOA

Board Members

- **President**

Lloyd Marlowe 284-4272 pvcayon@aol.com

- **Secretary**

Judy Mandeville 284-3340

mandevillelei@esedona.net

- **Regional Board Rep**

Bob Herring 284-2099

i2m918@aol.com

Treasurer

Diana Dieckhoner 284-9220

gdieckhoner@esedona.net

- **Board Members**

Kat Bramblett

Margo Brookshire

Steve Fiedler

- **Alt Reg Board Rep**

Al Thiel aat1882@2.com)

- **Phone Directory**

Rose Marie Licher (rmlicher@esedona.net)
284-9105

Newcomer Welcome Team Volunteers

A special thanks to Marlys Mallet and Michael Redhawk who have kindly volunteered to welcome new people into our subdivision. So if you have any ideas for their welcome packet, please let them know. They are listed in the directory.



Next PVPOA Meeting Scheduled for Jan 09

The next meeting of the Board will be Jan.19, 2009. It will be at Judy's at the water co. at 7:00 PM We try to have our meetings the 3rd Mon of the month. This is after the regional board meeting so we get their up- dates.