



The Highland Lakes Newsette

A publication of Highland Lakes Country Club and Community Association at Highland Lakes, New Jersey © 2024
"All the News That Fits We Print"



Volume 2024 | Issue Number 3 | April 6, 2024

Celebrate Earth Day at the Lake

MIKE O'NEILL, ECOLOGY COMMITTEE CHAIR

Join us on Saturday, April 27, to celebrate Earth Day at the Lake, sponsored by the Ecology Committee. This event offers Highland Lakes members a chance to participate in a day that promises to be both informative, fun and fulfilling. This year we will focus on native trees that help us sustain a healthy ecosystem in our beautiful lake community.

The day will begin, as it has for many years, with our semi-annual roadside clean-up led by Barbara Jaggi. This activity brings people of all ages together with one goal in mind...to beautify our roadways and ultimately protect our lakes by picking up litter and debris. Bring your clean-up crew to the Clubhouse at 10 am to identify your clean-up location and pick up gear to assist your efforts.

Afterwards, around 12 noon, organizers are urging all crews, as well as those in our community who were not able to participate in the morning clean-up, to come back to the Clubhouse for an afternoon that will start with lunch and end with some presentations about caring for our tree population. Remember to bring your kids to help with clean-up and participate in craft making from 12 to 2 pm led by Karen Dolci.

At 1 pm, our main presentation will be brought to us by Kevin Rodriguez from Bartlett Tree Experts. Kevin will be talking with us about the importance of native trees to our lake ecosystem, how to identify native, non-native, and invasive trees, along with specific actions we can take in our yards. After the presentation, Kevin will lead us in a demonstration of caring for tree saplings. We are hoping to have tree saplings for attendees to plant in their yards.

Our final activity will be a guided tour of the rain garden located at the Clubhouse. Jason Tribiano from the Conservation Club will be your guide and will focus on trees and shrubs as most plants in the garden probably will not have sprouted yet.

This event is free and open to all Club members with an interest in educating themselves on how best to beautify our yards without negatively impacting our lakes and wildlife. It's a wonderful way to celebrate Earth Day. Please register your intention to attend by emailing us at ecology@hlcc.org so that we will be able to plan accordingly. See you there!

For more information on native plants and trees, go to this site - <https://npsnj.org/>



From the President's Desk

RAY ZIMMERMAN, PRESIDENT

Previously published in the February 3, 2024, Newsette

Exciting news! As you may have heard, a dedicated group has been working with members, committees, and multiple voting boards to assess our community's Clubhouse infrastructure needs. The goal was to investigate what improvements we can and should make. All agree that our Clubhouse is our second most important asset, preceded only by our lakes - and it's time for needed upgrades. Our last major Clubhouse improvements were completed over 25 years ago. The Clubhouse houses meetings, parties, dances, crafts, activities, fundraisers, and more throughout the year, and our members make new memories every day at these events. The Clubhouse is showing the wear and tear of its frequent use.

I am thrilled to announce that the planning and evaluation work has come to fruition in what we have dubbed "Clubhouse 2025: Needed Changes for Generations to Come." This plan includes much-needed improvements and additional upgrades that will benefit our members directly. The following fact sheet is an overview of our plan. It is the culmination of years of effort and input from members, special groups of HLCC committees, and architectural consultants who reviewed our existing facilities.

At its most recent meeting, your Board of Trustees discussed the initial plan. It approved the most important

step - to bring these conceptual plans to you, the members, for review and input throughout the spring and a community vote on the project this summer.

Our lake community is known far and wide for being the best. The best scientists in the country guide our lake management program, other communities envy our financial approach and admire our varied sports and activities, and our swim team and sailing programs are known for providing the best invitationals and regattas in their categories. Your Board of Trustees believes that you, our members, are why Highland Lakes is "The Best" and deserve an upgraded Clubhouse. It is time to take care of our Clubhouse - our home.

Town hall style meetings and presentations to various groups and committees began in March. We will show the revised detailed drawings and plans throughout the spring, with a community vote scheduled to be held this summer.

I want to express my most sincere thanks to all who have offered valued input, suggestions, and advice and encourage anyone with questions to reach out to me or any board member for more information. The dates have been set for the town hall meetings: Sunday, April 21 at 1 pm and Tuesday, May 21, at 7 pm. The membership will have an opportunity to vote on the plan at a Special Meeting which is scheduled to take place on Sunday, May 26, 2024.

Respectfully,
Ray Zimmerman

See Talking Points on Page 4

Upcoming Events

- April 12 – Family Fun Night
- April 12 – Eclectic Evening of the Arts
- April 21 – Town Hall Meeting – Clubhouse 2025
- April 27 – Earth Day
- April 26 – BBQ on the Lawn



Save the Date

Saturday, May 25

Back by popular demand, Memorial Day Weekend Comedy Night

Office Hours

The office is available to take your calls from 9 am to 4 pm, Monday to Friday and from 10 am to 1 pm on Saturday. However, it is only open to members from 10 am to 3 pm, Monday to Friday and from 10 am to 1 pm on Saturday. Thank you.

About Changes in your Recorded Deed

In planning changes to your ownership of property that would be reflected in the recorded Deed, contacting the Club Office before you do so for guidance is advisable and will eliminate any misunderstandings.

The Club's By-Laws, in part, define Active Members as those who own property in Highland Lakes. When persons take title to property in Highland Lakes when they do not own other Highland Lakes property at that time, even when they join in the ownership of property with someone who currently owns property in Highland Lakes, they automatically become an active member and are required to pay the Initiation Fee. If you are considering adding anyone to your Deed, a wife, parent, child, friend, etc., please be aware of these By-Law requirements.

Sometimes members form a living or family trust as part of their estate planning. However, even this type of trust is a different, and therefore new, owner of property, and the payment of the Initiation Fee is required.

Next Newsette: May 4, 2024

Newsette articles should be submitted on the Friday before the week of publication at noon. Under no circumstances will submissions be accepted after noon on Monday of the week of publication. Typed submissions must be emailed to the Club Office at info@hlcc.org. Sorry - we can only print photographs submitted as .jpg files with a minimum of 150 dpi. Thanks!

The Highland Lakes Newsette

Highland Lakes Country Club
and Community Association

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Roe Hall, Administrative Assistant

Sue Ross, Editor

Special Thanks to the

Communications Committee and
all our contributors

PO Box 578 - 2240 Lakeside Drive West

Highland Lakes, New Jersey 07422

973-764-4366 / Email: info@hlcc.org

Upcoming Meetings

Buildings and Grounds – Tuesday, April 16 – 7 pm
Clubhouse Committee – No meeting scheduled at this time
Communications Committee – Saturday, April 13 - 10 am
Ecology Committee – Wednesday, April 24 – 8 pm
Fish Committee – Thursday, April 18 – 7 pm
Road Committee – Thursday, April 4 – 7 pm
Rules and By-Laws – No meeting scheduled at this time
Voting Board Workshop – Wednesday, April 10 - 7:30 pm
Voting Board Meeting – Friday, April 19 – 8 pm

Since all meetings are subject to change, please confirm meeting times by contacting the chairperson of the committee or the Club Office prior to the meeting time.

Voting Board Roster

October 1, 2023 - September 30, 2024

Officer	Name	E-Mail
President	Ray Zimmerman	president@hlcc.org
First Vice President	Lisa Entwistle	firstvp@hlcc.org
Second Vice President	Patty Thompson	secondvp@hlcc.org
Treasurer	Lou Iannucci	hltreasurer@hlcc.org
Secretary	Jennifer Ziegler	secretary@hlcc.org
Section	Trustee	E-Mail
1	Sue Buruchian	trustee1@hlcc.org
2	Lyle Timpson	trustee2@hlcc.org
3	Heidi Fuhrmann	trustee3@hlcc.org
4	Joe Sweeney	trustee4@hlcc.org
5	Julia Campbell	trustee5@hlcc.org
6	Melissa Hardin	trustee6@hlcc.org
7	Stuart Blank	trustee7@hlcc.org
8	Joan Danaher	trustee8@hlcc.org
9	Thomas Castiglione	trustee9@hlcc.org
10	Madeline Hollingsworth	trustee10@hlcc.org
11	Eric Card	trustee11@hlcc.org
12	Robert Reffelt	trustee12@hlcc.org

Why Hire An Architect?

You can benefit from the professional's vast experience in:

- Maximizing the use of your space
- Understanding code requirements and restrictions
- Exploring innovative solutions
- Identifying cost effective use of funds
- Defining timelines
- Facilitating the decision process
- Setting realistic expectations
- Competitive bidding
- Resolving construction issues
- Increasing the overall value of your home.

Talk to an Architect – they know what is required and can help you decide if you need help.

Jim Schriener, AIA

Licensed Architect

(973) 764-5817

1110 Lakeside Drive East

Free no obligation consultation meeting

HIGHLAND ARCHITECTURAL DESIGN, LLC

jim@highlandarchitectural.com

www.highlandarchitectural.com



Vernon Township Housing Market Report - February 2024

"Having grown up in Highland Lakes, I understand the value in this thriving, active community. Contact me today to discuss a no-cost comparative market analysis for your property."

# Beds	Avg. Sales Price	Avg. Days on Market	Sale / Listing Price
1	\$83,500	51	88%
2	\$231,333	23	99%
3	\$341,052	46	99%
4	\$449,500	48	100%
5+	\$0	0	0%
TOWN	\$323,949	44	99%

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carlyebers.re@gmail.com
Licensed in NJ & NY

862-268-2808 cell
973-657-9222 main office



Carly Ebers

Licensed Real Estate Salesperson
Highland Lakes Specialist





April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																															
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BBQ on the Lawn
Dinner at the Clubhouse
\$10 Adult / \$6 Child
APRIL 26
6:00 PM
CLUBHOUSE
www.hlcc.org
MEMBERS & THEIR GUESTS ONLY
BADGES REQUIRED

Family Fun GAME NIGHT
APRIL 12
6:00 PM
CLUBHOUSE
Gear up for an evening of laughter, friendly competition, and unforgettable memories at our Family Game Night! Board games, puzzles, and activities for all ages. Bring your favorite snacks & drinks.
www.hlcc.org
MEMBERS & THEIR GUESTS ONLY
BADGES REQUIRED

Read Across America Day Recap

LAUREN LA ROCCA, CLUBHOUSE DIRECTOR

One fish, two fish, oh what a fabulous time at Read Across America Day! Special thanks to the Gingerbread Man (Melissa D'Auria) who came and entertained the kids with a reenactment of the story about the Gingerbread Man. Thank you to everyone who came out and joined in all the fun.

Attention HL Anglers

DAVE KRETZSCHMAR, FISH COMMITTEE

With the weather beginning to get better, many of us are beginning to get the itch to wet a line. We are fortunate enough to have many different kinds of fish in our lakes. This brings us to the subject of this article.

Due to the possibility of harmful mercury concentrations in some fish from naturally occurring

mercury in the native rock, the NJ Dept of Environmental Protection has provided guidance and recommended limits on the consumption of certain freshwater fish, with stricter guidelines for high-risk individuals.

For more information go to: www.fishsmarteatsmartnj.org.



Highland Lakes Country Club and Community Association
 PO Box 578 2240 Lakeside Drive West
 Highland Lakes, NJ 07422 Tel: 9737644366 • Fax: 9737647401
 www.hlccorg • info@hlccorg

Clubhouse 2025 Needed Changes for Generations to Come

History

- 1958 – Original construction of Clubhouse
- 1965 – Expansion of North Wing, Winter Room, Outside Deck
- 1997 – Lake Room Addition (former “Winter Room”)
- 1998 – New kitchen, windows, & siding
- 2019 – Air conditioning

Why

- ✓ Our Clubhouse is our 2nd most important asset (our lakes are our 1st priority)
- ✓ We are growing! 1300 members in 1966 / 2000 current members!
- ✓ Fewer “summer only” members
- ✓ We are a full-service, year-round community
- ✓ Enrichment of clubhouse and activity experiences for all members
- ✓ Enhanced functionality for members, clubs, and groups
- ✓ Increased property value for all members

What

Needed Upgrades

- ❖ Electrical System
- ❖ Front Porch, Stairs & Walkway
- ❖ Kitchen Expansion
- ❖ Lake Room Expansion
- ❖ Upgraded Handicapped Bathrooms w/ exterior access
- ❖ Upgraded Audio and Visual Systems Throughout
- ❖ Reconfiguration of Office Space
- ❖ Increased Storage Space

Additional Benefits

- ❖ Lounge and Buffet Area
- ❖ Landscaping
- ❖ Deck Expansion w/Lake-Facing Access Doors
- ❖ Fitness Room

When

Member informational presentations will begin in Spring 2024
Membership approval vote on May 26 2024, target completion date of 2025

How

	Current	After Project Completion
Operating Fund	NO IMPACT TO OPERATING FUND OR DUES!	
Operating Reserve	\$1M	\$1M
Reserve Fund (Long-term Asset Replacement Fund)	\$2.5M	\$2.5M
Capital Fund	\$4.2M	\$2.2M
Anticipated Cost	\$2M	



Highland Lakes Country Club and Community Association

PO Box 578 2240 Lakeside Drive West

Highland Lakes, NJ 07422

Tel: 9737644366 • Fax: 9737647401

www.hlccorg • info@hlccorg

Clubhouse 2025 Needed Changes for Generations to Come

What are the Benefits to Members?

Lounge/Buffer Area

- Provides facilities for smaller gatherings and events
- Provides working space for members
- Provides smaller space for members and guests to “hang out” in a cozy and attractive setting
- Provides a place for food to be served separately to allow for larger events held in lake room
- Provides additional meeting place options

Lake Room and Deck Expansion w/Lake-Facing Access Doors

- Provides increased room for our growing full-time membership Groups and clubs including Swim Team, Senior Club, Sailing, and events like the Appreciation Dinner, dances, and others have outgrown the current Lake Room
- Upgrades the deck to be fully handicapped accessible – this will allow those with limited mobility ease of access
- Provides greater use options for all members; tables/chairs on deck, space for relaxation, viewing swim meets, sailing, fishing derbies, and other on-lake activities
- Provides increased overall useable space and will offer lake-facing doors to improve aesthetics, airflow, and ease of movement

Fitness & Wellness Center

- Provides a room for members who have limited income or difficulties getting to a gym in the valley
- Provides close-convenient space for like-minded, health-conscious members to work out
- Provides all members with the use of a fitness/wellness room with basic equipment
- Provides space for health and wellness gatherings (Yoga, Workout classes, Presentations, etc)

Handicapped Bathrooms w/Exterior Access

- Provides the necessary updated facilities for all members
- Provides members access to restrooms when the main clubhouse is closed

Kitchen Extension

- Provides needed additional counter and storage space
- Provides additional space to allow ease of access for multiple groups holding activities at the same time
- Provides additional cooking and food preparation space
- Improves overall functionality and cleanliness

Electrical System

- Provides upgraded wiring, conduits, and receptacles to bring systems up to current safety codes and regulations
- Provides the ability to plug in more than one cooking appliance used by Swim Team, Fishing Derbies, Family Day, Goodwill Fund Yard Sale, Breakfasts, Holiday Brunches, etc
- Allows for updated equipment used for DJ's, bands, dances, presentations, and all membership A/V communication needs

Upgraded Audio and Visual Systems

- Increased and updated options for A/V presentations and usage throughout the Clubhouse
- Increases A/V system ease of use and accessibility by members

Front Porch, Stairs & Walkway

- Provides safe stairs and railings that have needed repair for years
- Provides walkway improvements and patio upgrades resulting in the beautification of the entryway and prime member access/usage areas

Reconfiguration of Office Space

- Relocates offices to allow for member access to prime lakefront space
- Beautifies and provides space for guest entryway for members, visitors, and potential homebuyers
- Maximizes configuration to allow for increased staff space and efficiency

Security & Compliance Activity Summary Report – February 2024

SEAN JARON, SECURITY MANAGER

Below is a summary of recent Security calls/incidents and Compliance Officer activity. We provide this information to keep you informed of the important work being performed on behalf of the community. Please get in touch with security@hlcc.org or call 973-764-4266 with any questions concerning Security or Compliance operations.

Calls/Incidents	2/29/2024	YTD
Police Assist	0	3
Traffic Assist	3	6
Motor Vehicle Accidents	1	2
Medical Response/Assists	10	20
Fire Response/Assist	4	10
Vandalism/Criminal Activity	0	0
Amenity Checks	327	688
Badge Violations (Members)	0	0
Trespassing	4	11
Parking Violations	1	3
Prohibited Vehicles	1	2
Dock/Rack Violations	0	0
Noise Complaints	0	3
Domestic/Disorderly	0	0
Animal Complaints	6	9
Property Violations	0	3
Rental Violations	1	5
Tree Removal Inspections	2	3
Tree Preservation	1	1
Staff and Volunteer Direction	0	0
Exterior Lighting	0	1
Road/Right away	0	1
Open Cases	1	4
Closed Cases	4	9
Current Case Load	36	36
	402	820

Successful Food Drive

MARYANN GUNNING AND CATHY SPOERL,
FOOD DRIVE CHAIRPERSONS

Goodwill Community Outreach Fund

The Highland Lakes community turned out in the pouring rain to donate over 2,100 food items for the GCOF Food Drive held on March 23. The generous donations consisted of fresh vegetables and fruit, eggs, milk, chicken, pork and Easter hams. There were hundreds of breakfast items, canned goods, Easter candy, gluten free items and paper products. All of the food was distributed to local community families and leftovers were donated to the wonderful food pantries at St. Francis of Assisi and the Vernon United Methodist Church.

We are grateful to our HL volunteers for the collection & distribution and to the volunteers of the Church pantries for their assistance.

The most important Thank You is to the Highland Lakes community for your unbelievable generosity and kind support for your neighbors. YOU are truly the heart and soul that powers this amazing community.







CLUBHOUSE 2025 TOWN HALL



APRIL 21



1:00 PM



CLUBHOUSE



MAY 21



7:00 PM



CLUBHOUSE

www.hlcc.org
MEMBERS & THEIR GUESTS ONLY
BADGES REQUIRED





The Eclectic Evening of the Arts

DENNIS DALELIO, COORDINATOR

Friday, April 12 – 7 to 10 pm

All are welcome to this Free Event
 Pop Up Art Show and Kids Art Corner
 (set up begins at 4 pm)
 Open Mic begins at 8 pm
 Free food and drinks
 Please wear your badges
 Email artistgroup@hlcc.org if interested in participating.





A perfect place to relax and have fun!

RESTAURANT, BAR, OUTDOOR DINING,
EVENT SPACE & CATERING

THE UNDERGROUND downstairs bar with interactive darts, golf simulators, pool tables and shuffleboard. Available for private events.

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Dinner at the Clubhouse

RAY ZIMMERMAN, PRESIDENT

Starting in April and hopefully once a month when the Clubhouse is available, we are going to try to offer a casual dinner for the membership. Each month we will highlight a different theme. Friday, April 26, we are going to host a BBQ outside on the lawn, seating provided, weather permitting. Otherwise, it will be inside. The menu will include All American fare, consisting of hamburgers, hot dogs, and salads and maybe a few surprise items. Join us at 6 pm on the lawn for a pre-summer barbeque!

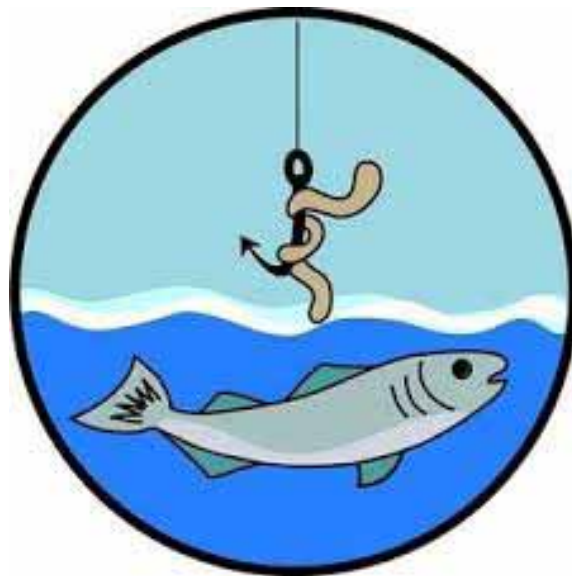


Get Creative for Art Show 2024

CHRISTINE ALBER

Art is not usually something that happens in a few minutes. Creating it can take days, weeks, or even months, no matter the medium. Painting, ceramics, sewing, and other mediums can take a long time to produce. Even a photograph may take time and effort to print, mat, and frame in your artistic style. So, although the Art Show won't take place until the summer, it's never too early to get creative! In addition to the annual categories and themes (including the best rendition of a tree), our special theme in 2024 is Fish of Highland Lakes.

We look forward to seeing your art!



WARREN W. CONSTRUCTION, L.L.C.

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CUSTOM CARPENTRY & DESIGN
EXCAVATIONS
DECKS & DOCKS
ALL ASPECTS OF CONSTRUCTION
WORKERS COMP & LIABILITY

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973-534-9507



Building Dreams

License # 13VH01699300

HIGHLAND LAKES
County of the Arts and Horticultural Association

Keep Us In Mind!

SPRING CLEANING!

DONATION DROP OFF DETAILS WILL BE POSTED CLOSER TO THE SALE DATE.

SAVE THE DATE

THE COMMUNITY YARD SALE WOULD APPRECIATE YOUR GENEROUS DONATIONS.

JULY 13
9:00 AM
CLUBHOUSE

www.hlcc.org

f i t

GWFSALE@HLCC.ORG



HIGHLAND LAKES

HONORING OUR MOTHERS AND ALL THE WONDERFUL LADIES IN OUR LIVES.

Muffins & Tea, Treats & Juice
Special Keepsake Craft

RSVPs APPRECIATED: HLCC.ORG/EVENT-REG

MUFFINS WITH Mom

MAY 11
11:00 AM
CLUBHOUSE

MEMBERS & THEIR GUESTS ONLY
BADGES REQUIRED

www.hlcc.org

f i t

Valley Laundry

New Owners
OPEN 7 DAYS
6AM - 11 PM

- Recently Remodeled & Clean Facility
- Air Conditioned
- Coin and Soap Dispensers
- Large Capacity Washers & Dryers

973-900-4269 **FREE WiFi**

7 Vernon Crossing Road, Vernon



Photo courtesy of Kathi Taylor

April Pickleball Schedule

KATHI TAYLOR

Now that the warmer temperatures have arrived, we are going back to our three days a week schedule. Join us at the courts on Mondays and Wednesdays at 2 pm and Fridays at 10 am. We will return to our night hours in May. For those members who aren't at the Lake full-time but might be here for a long weekend, please come join us! If you are new to pickleball we have equipment you can use. You must wear sneakers and bring your badge. See you on the courts! Kathi Taylor 973-513-5472.

Senior Club News

JOYCE HEALY, PRESIDENT, SENIOR CLUB

Howdy, Highland Lakes Seniors! Spring has sprung, the grass will riz, I wonder where the flowers iz??! Just a silly little rhyme I heard somewhere to bring a smile to your face. And, here's a thought that can bring a smile every day to you. (Something I read by Sheridan Voysey).

Five Good Things

According to research, people who are intentionally grateful for what they have report better sleep, fewer symptoms of illness, and more happiness. Those are impressive benefits. Psychologists even suggest keeping a "gratitude journal" to improve our well-being, writing down five things for which we are grateful each week.

Do you have a notepad handy? Why not write down five good things you're grateful for right now? It might be a delicious meal you enjoyed, a good marriage, the birds singing outside your window, the comfort of your favorite chair, your beautiful friends. Each is a gift of love from above.

So, my Senior friends, here's something else you can jot down on your notepad: April S/C lunch, Wednesday, 4/17/24 at 12 noon in the Lake Room. Something yummy from our kitchen, served by our wonderful volunteers! If you haven't signed up yet, DO SO! Call me and I'll jot down your name on my notepad! We've had 50+ members each time since January's lunch, and we always welcome new members.

I'm working on getting guest speakers. The NJ Lighthouse Society is eager to visit us again this summer. I'll keep you posted. Be well, my friends. Love ya, Joyce; call me at 845-544-3749 if you need me.



Join Us! HIGHLAND LAKES
 10:00 AM Roadside Clean Up
 12:00 PM Lunch at the Clubhouse
 1:00 PM Presentation: Native Trees
 2:15 PM Sapling Care Demo
 2:30 PM Rain Garden Tour
 2:30 PM Tree Sapling Distribution

Native Tree Presentation by Kevin Rodriguez from Bartlett Tree Experts

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Earth Day AT THE Lake APRIL 27 10:00 AM CLUBHOUSE

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Easter Egg Hunt Recap

MELISSA HARDIN, COORDINATOR

Our Easter Egg Hunt was a hopping success! Many of our members came out to enjoy this time-honored tradition. We had a blast, making crafts and playing with games inside the Clubhouse. We then had a great time, finding Easter eggs, and taking pictures with the Easter bunny. Thank you to the Teen Council for helping out with volunteering and for all those who came out.

PHOTOS COURTESY OF PATRICK ECKHART AND MELISSA HARDIN



St. Patrick's Day Dinner

PATRICK ECKHART, RECREATION MANAGER

March 16

Around 50 Highland Lakers and their guests enjoyed a delicious dinner accompanied by traditional Irish tunes. Family and Friends Catering provided the meal that consisted of corned beef, cabbage, roasted potatoes, roasted

carrots, shepherd's pie, and an Irish inspired sheet cake.

Thank you to Vinny Gagliostro and his staff, Janice Fajardo for decorating and serving, and Alexandra Marcellari for serving.

PHOTOS COURTESY OF PATRICK ECKHART AND ROE HALL



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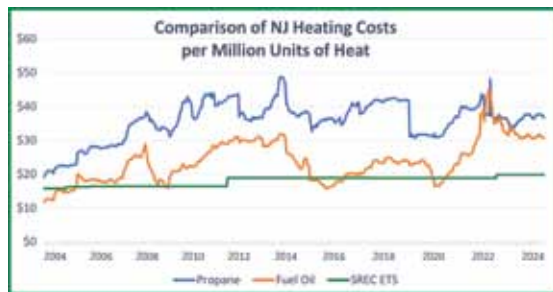
PHOTO COURTESY OF EVELYNE NOEL

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Yoga and Meditation

EVELYNE NOEL, TRIYOGA TEACHER

Thursdays, 8 am – Lake Room

On Thursday mornings, we meditate and move, following the yogic road map. Student commitment has brought us from Basics to Level 1. Even if you've never done yoga, even if you are "too stiff" or not strong, or too old, or...I don't know what...we will welcome you and modify poses to meet your needs.

You already have everything you need inside in order to access the power, wisdom and presence that you are. But access is a skill. It can be learned. It makes life beautiful.

One step at a time, if you slow down, we will teach you to find ease, meet your reality with peace, and joy will emerge. From that point on, you will harness all the energy you need to take the actions that are yours to take today and tomorrow.

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WORD SCRAMBLE



Using the words from the list below, unscramble the letters to correctly spell the spring flowers!

U L E L B E B L _____

A F I D F O L D _____

R O C S C U _____

R O T Y F A H I S _____

O N Y P E _____

U P L I T _____

A N M I A O G L _____

C I L A L _____

E A L A Z A _____

S A I Y D _____

Y A H C T I N H _____

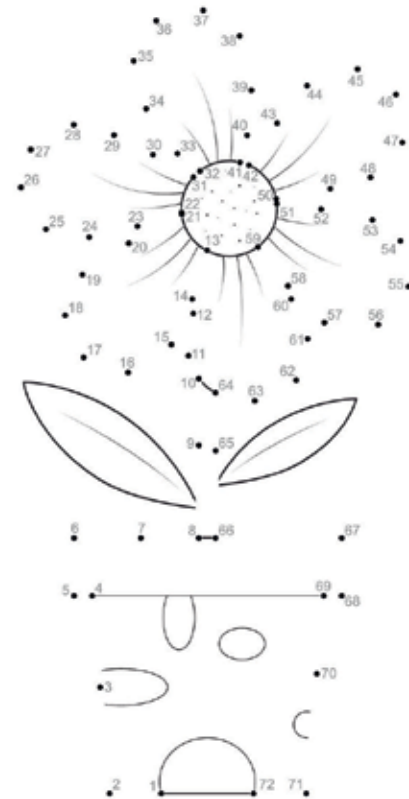
O P P Y P _____

word list

TULIP
DAFFODIL
LILAC
HYACINTH

CROCUS
PEONY
AZALEA
BLUEBELL

MAGNOLIA
FORSYTHIA
POPPY
DAISY



RIDDLE ME THIS

What kind of bow can't be tied?

A rainbow

How did the daffodil win the car race?

Petal to the metal.

What has to be broken before you can use it?

An egg



PHOTOS COURTESY OF CHRISTINE ALBER