



Platte Canyon Area
Chamber of Commerce

MESSENGER

April 2012

303-838-9080

PO BOX 477

BAILEY, CO 80421

WWW.BAILEYCOLORADO.ORG



MESSAGE FROM THE PRESIDENT

Fellow Chamber Members,
First and foremost I would like to reach out to the families and friends in Conifer that have been directly affected by the recent devastating wild-fire, our hearts and prayers are with you.

A big thank you to the local Fire and Sheriff Departments for tackling this fire to the best of their ability, and all the great community support for those in need. The low snowpack and early seasonal warm up create a scary situation in our wooded areas of the foothills that we so love. Please help spread the word to practice fire safety around the homes and campsites this upcoming spring and summer season.

A big shout out is due to the organizers of the Spring Mixer with the silent auction and raffle to benefit PCACC Chances Scholarship Foundation. Around \$3750 have been raised with their efforts. Thank you Lynn Griffin, Lyn Kulenburg, Linda Henley for all your time and commitment, Rustic Station for hosting and all the donations from the individuals and busi-

nesses to make this event a great success.

The river is running pretty high already and the first kayakers have dropped in at McGraw Park last week. Several mountain bikers and campers have been spotted in the area, showing signs of the beginning of our busy season along the corridor. I would like to personally thank our members that have renewed their membership and welcome our new Chamber members Knotty Pine, Grant Motel, Big Al's BBQ and Towing, Kenosha Café, R&R Roofing and Debra Oakes with Coldwell Banker.

This month we are concentrating on finishing up our 285 Tourism Map, promote the upcoming Car Show in May and continue to prepare for Bailey Day in June. Please help us by volunteering some of your time for these events. You can help by attending some of the scheduled planning meetings or sign up for any parts during the general meetings.

Make it a lucrative month, Marcel Flukiger

General Membership Meeting Agenda Tuesday
April 10, 2012

Pledge of Allegiance

Greeting and Introductions by The President

Business of the Month:
Songbird Flowers

Chamber Committee Reports:
285 Tourism
Car Show Update
Bailey Day, call for sponsors & volunteers

Speakers / Presentations

Dr. Jim Walpole
Platte Canyon School District

Adjourn

**DEPUTY (WORK) DAY AT
CUTTHROAT CAFÉ
APRIL 12, 2012
MAIN STREET, BAILEY CO**

Inside this issue:

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Join Us.....

PCACC Car Show May 12th Bailey, Co

The Grant Motel and Liquor Store is located in Grant, Colorado, at the bottom of Kenosha Pass and Guanel-la Pass on Highway 285. It is owned and operated by Don Schauer and his trusty Shelty companion, Leo.

The Grant Motel is located on the North fork of The South Platte River and has ample area for sitting and enjoying the view.

There are chairs, tables, and grills available for guest use. Licensed fisherman may use the river.

There is WIFI available with limited download.



Simple, comfortable, accessible, connected, relaxed and beautiful.

Five rooms are available and all rooms include a refrigerator, coffee maker, microwave, and television with satellite receiver.

Our Own On-site Liquor Store offers Beer, wine, Non-alcoholic beverages, Plenty of choices!

www.thegrantmotel.com
303-816-0542
49578 Highway 285
Grant, Co 80448

* Are you interested in featuring your business in the monthly newsletter? One of the *
* perks of membership is a FREE business feature in our newsletter. Let us help you expose *
* your business or services to all of our membership. Please contact Michelle Stuerke at *
* pcchambersec@gmail.com if you would like your business featured here. *

BUSINESS OF THE MONTH

SONGBIRD FLOWERS

303-816-0065 www.songbirdflowers.com 1-800-964-1059

PARKVIEW PLAZA, 13700 HWY 285, UNIT A, PINE CO

Serving The Following Areas:

Bailey, Buffalo Creek, Conifer, Grant, Jefferson, Morrison, Pine, Shawnee

Flowers For All Occasions:

Adoptions, Anniversaries, Baby Announcements, Birthdays, Church Services, Dances, Events, Funerals, Get Well, Gifts, Graduation, Holidays, Thank You, Retirement, Weddings

Fees may vary for deliveries outside the local delivery area

MINIMUM ORDER OF \$50.00

OPEN April 1st thru June 30th

PEOPLES CHOICE AWARDS

Voted "Best Florist" 2006, 2008, 2010

Part 1 of 2

The Importance of water
especially as summer approaches

Water is one of the most abundant and important substances in your body, making up 55-75 percent of your total bodyweight. Most foods you eat are roughly 70 percent water. When we don't get enough water, bad things happen: a 10-percent reduction of water in your body can make you sick and a 20-percent loss can equal death. You can survive weeks without food but you can only survive a few days without water. If you are dieting, it is important to drink water so your liver can effectively metabolize body fat. It's also important to drink lots of water when you are carb-loading so your body can store glucose as glycogen. From a fitness and bodybuilding perspective, the more water inside your muscles, the better they function. More water in your muscles increases strength and size capacity. Every 3% you are dehydrated, you lose about 10% muscle contraction. Nutrition consultant and author Chris

Aceto explains: "The consensus in the bodybuilding community is that high water storage within muscles acts as an anabolic factor. This allows the muscles to maintain a positive nitrogen balance, which directly impacts muscle growth." Just like plants, our muscles need water to grow. Not sure how many glasses you should down? The International Sports Sciences Association (ISSA) recommends drinking 8-12 glasses of water per day. It typically takes your body 15-to-20 minutes to absorb 16 ounces of water. The International Sports Medicine Institute has a different formula: 1/2 ounce per pound of body weight if you're not active (that's ten 8-ounce glasses of water for the 160-pounder), and 2/3 ounce per pound if you're athletic (13-to-14 glasses per day at the same weight. Make sure you drink water before and after you exercise.

Read next month for part 2 of this message.

Brought to you courtesy of

Sam Moy of Bailey Massage and Fitness

303-816-1945

VOLUNTEERS, SPONSORS, BENEFICIARIES NEEDED!!

PCACC CAR SHOW

MAY 12, 2012

On Main Street Bailey, Co

contact Jerry Humphrey jerryparkcty@yahoo.com

(Donations Based On Amount Of Time Volunteered)



CHAMBER BUSINESSES

Intermountain Humane Society
Sharon Winterrowd
P.O. Box 1250 Conifer, CO 80433
303-838-2668
303-974-8408
info@imhs.org

Painters Plus, Steve Gallup
25024 N. Turkey Creek Rd.
Evergreen, CO 80439
303-674-8002
slgallup@comcast.net

Bailey View Cabin
Tom Karnowka
61141 HWY 285
Bailey, CO 80421
303-330-0099
contact@baileyviewcabin.com



HUNDO BIKE RACE

NEEDS A TAKE CHARGE VOLUNTEER

SET-UP, TEAR DOWN, SERVING FOOD.....

JUNE 16, 2012

All inquiries email Michelle Abbott for more information
schelbers@mac.com

South Park City

May 12

Opening Day

Fairplay, Co

THANK YOU AREA
FIREFIGHTERS
FOR ALL YOUR
WORK

Bailey Day ★ **June 16th**

Vendors needed

www.fairy-lamp.com/PCACC/Bailey_Day_2012.html

Volunteers needed

*(help with parking, beer garden, Chamber booth, vendors,
trash, clean up, Hundo, etc.)*

Sponsors needed

*(sponsorships will help with many activities and particulars,
improving the Bailey Day experience!*

Receive a booth space and spot to hang a banner)

Send inquiries to pcchambersec@gmail.com

CALENDAR OF EVENTS

- | | |
|----------|--|
| April 8 | <u>Easter</u> |
| April 9 | <u>Bailey Mountain Lions Club Meeting, 6:30pm Rustic Station</u> |
| April 10 | <u>PCACC General Meeting 7:30am Crow Hill Fire Station</u> |
| April 12 | <u>Deputy Day at Cutthroat Cafe</u> |
| April 24 | <u>PCACC Board Meeting 7:30am Crow Hill Fire Station</u> |
| May 12 | <u>PCACC Car Show, Main Street, Bailey, Co</u> |
| May 12 | <u>Opening Day, South Park City in Fairplay, Co</u> |

*** More Information about each of these events can be found on the Chamber website at www.bailey-colorado.org

Just a Reminder: the Event Calendar on the Chamber website is a great place to post your organization's upcoming events. ***