



MESSENGER

February 2012

303-838-9080

PO BOX 477

BAILEY, CO 80421

WWW.BAILEYCOLORADO.ORG

MESSAGE FROM THE PRESIDENT

General Membership Meeting Agenda Tuesday
February 14, 2012

Pledge of Allegiance

Greeting and Introductions by
The President

Business of the Month:
Affordable Storage

Chamber Committee Reports:

Real Estate Developments
285 Tourism, map update
Mixer, Car Show
Bailey Day Update
Treasurers Annual Report

Speakers / Presentations
County Budget Presentation

Adjourn

Fellow Chamber Members,

An exciting year is on tap with several scheduled events such as the spring mixer with scholarship silent auction fundraiser in March, car show in May, Bailey Day and The Hundo in June, and a possible fall festival around the leaf turning weekends.

For most of you the membership renewal is coming up and we ask you to be part of it again and appreciate your involvement to help us with the events and promoting our area.

Look for the Welcome to Bailey flags to go up this week downtown and don't forget to stop to see the developments of new

and growing businesses getting prepared for a busy summer season.

Come and join us at the general membership meeting to learn about our County budget and real estate developments in town. Let's work together and help each other, promote our Chamber to gain membership and great things will follow. Make it a lucrative month.

Happy Valentine's Day,

Marcel Flukiger



BAILEY DAY



JUNE 16, 2012

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K2 Plumbing

K2 Plumbing Is a family owned and operated company in Bailey, Colorado. We are a Licensed and Insured Plumbing Contractor with all of our work being performed by Kam Kelly a Licensed Master Plumber.

We specialize in evening and weekend appointments. We will answer any questions you may have, and we promise the best most knowledgeable answers to any of your plumbing needs.

Learn more about K2 Plumbing at www.k2plbg.com or call us at 303-720-1375

Owners- *Kam and Wendy Kelly*

Services include:
Plumbing repair

New construction/Remodels

Backflow testing

Water heater installation

Drain cleaning

We offer free estimates, and NO "trip" charges.



* 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

Affordable Storage

(303) 816-5622 jever70555@aol.com

480 Sioux Trl, Pine, CO 80470
Open 24 Hours / 7 Days a Week

Affordable Storage U Store It in Pine Colorado has residential and commercial units available. Outside Storage Available. Moving Van Accessible. Call for Rates and Sizes.

We have 3 Locations in Pine and Bailey Colorado

Storage Facilities: Controlled Access, Secure, Lighted

Specialty: Vehicle Storage, Boat Storage, Trailer Storage, Cars, RVs, Vans

Type: Outdoor Storage, Household Storage, Commercial Storage

Duration: Long Term Storage, Short Term Storage

At Your Service: Bea or John Everest

http://www.dexknows.com/business_profiles/affordable_storage-b990767/

Train Slow...Be Slow.

This is one of several training principles. Unfortunately, some take this as the only training principle. Why can this be a problem?

To simplify this, we have fast and slow twitch muscles in our body. We also have muscle fibers that are somewhere in between these muscle fiber types as well. But for ease sake, we will talk about just the fast and slow muscle fibers.

A marathon runner uses mostly slow twitch fibers. This is an endurance type of fiber which has little strength compared to fast twitch fibers. Conversely, a sprinter uses mostly fast twitch fibers. These are explosive and powerful fibers. Just take a look at the difference in physique.

If you move slowly with your workouts, you will tend to move slower in everyday life. Let's take for example a golfer. Most all of the exercises and stretches they are using create a slow backswing and a moderate speed swing (about 85 mph - Pros swing

about 110 mph or more with the Driver). This is what their body becomes used to. Therefore, when the recreational golfer attempts to swing faster than their practice, they cannot coordinate their body mechanics with their swing, usually causing a slice or a poor ball strike.

If a sprinter jogged on his/her 100 meter dash practice, how fast would they ever be?

Moving fast during your workouts or everyday life may not be an easy task, but work up to it safely and you will notice a big difference in what you will be able to do.

Remember last months' fitness tip. Yes, you will react faster in less than adequate traction conditions as well.

Train fast...be fast.

Brought to you courtesy of
Sam Moy of Bailey Massage and Fitness
303-816-1945

VOLUNTEERS NEEDED!!

Car Show May 12th

On Main Street Bailey, Co

Sponsors also needed \$25-\$100 Range

contact Jerry Humphrey jerryparkcty@yahoo.com

Bailey Day June 16th

On Main Street & Cty Rd 64 Bailey, Co

Many helpers needed!

Contact Michelle Stuerke pcchambersec@gmail.com

CHAMBER BUSINESSES**285 Creative**

Max Murdok Owner
23 Buttermilk Lane Bailey, CO 80421
720-232-3227 / 303-800-6393
Fax: 720-249-2854
max@285creative.com

Mount Evans Hospice

Nancy Hiester
3081 Bergen Peak Dr. Evergreen, 80439
303-674-6400
Fax: 303-679-1372
nhiester@mtevans.org

Autumn Twilight Photography

Andrea Morgan Owner
1619 Singletree Rd. Hartsel, CO 80449
719-836-9067
719-293-0911
andrea@autumntwilightphotography.net



Foothills Adventure Map - Park County
Ad space available on the 285 Tourism Map.
Please contact the Platte Canyon Chamber to
purchase your ad space pcchambersec@gmail.com

**PROMOTE YOUR BUSINESS ON THE
PLATTE CANYON CHAMBER WEBSITE**

www.bailey-colorado.org

Active Parenting Teens

February 7, 2012
6:30 PM - 8:30 PM

<http://www.mrcco.org>

Mountain Resource Center is offering the Active Parenting Teens class for families with children ages 11 to 18.

Parents will learn about issues teens face today as well as new parenting strategies.

Topics include goals of teen behavior, communication, and advanced positive discipline skills for teens. Active Parenting Teens is packed with activities, discussion, real-world examples and feedback. You'll learn a proven approach to parenting teens, plus techniques and insights for overcoming parenting obstacles.



PO Box 215
Guffey CO, 80820
(719)660-5480



NEEDS YOUR HELP!

Guffey Wolf Rescue
www.visionswest-art.com

Click the "helping us" tab

Bailey Day ★ **June 16th**

Vendors needed

Volunteers needed

Send inquiries to pcchambersec@gmail.com

CALENDAR OF EVENTS

- | | |
|-------------|--|
| February 13 | <u>Bailey Mountain Lions Club Meeting, 6:30pm Rustic Station</u> |
| February 14 | <u>Valentine's Day</u> |
| February 14 | <u>PCACC General Meeting 7:30am Crow Hill Fire Station</u> |
| February 28 | <u>PCACC Board Meeting 7:30am Crow Hill Fire Station</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. ***

