



MESSENGER

June 2011

303-838-9080

PO BOX 477

BAILEY, CO 80421

WWW.BAILEYCOLORADO.ORG

General Membership

Meeting Agenda Tuesday,
June 14, 2011

Pledge of Allegiance

Greeting and Introductions by
President

Business of the Month:
TJ's Wood Products

Chamber Special Events Reports:

Bailey Day/Hundo

Chamber Committee Reports:

Destination Bailey

Speakers / Presentations

"Brain Storming" Session

Adjourn

MESSAGE FROM THE PRESIDENT

Bailey is Open! The flags are in and up, thank you to all businesses that participated in our campaign to promote the area.

Quickly we are approaching our big event on June 18th, Bailey Day and The Bailey Hundo. Time to fine tune the master plan and we are still in need for some volunteers. Please spread the word and help us create another successful Bailey Day. Please look for the email blast with complete list of openings for volunteers needed.

McGraw park is making progress, and is looking beautiful.

Trail builders are welcome at all scheduled weekends.

The disc golf tournament is being held on the weekend of July 2nd and 3rd, hoping for another great turnout and fun weekend of activity in town.

Join us for the monthly meeting on June 14th, 7:30am at the Crow Hill fire station. We are planning a brain storming session by all members for future business promoting projects that will be helpful to the Platte Canyon Area. See you all there.

Make it a successful month.

Marcel Flukiger

ABOUT THE BAILEY HUNDO

The Bailey HUNDO - a not-for-profit event - is a world-class 100-mile endurance mountain bike race that starts and ends in Bailey, Colorado. Money raised by the HUNDO is invested in youth biking initiatives in Colorado, and used to build new trails in the Platte Canyon area that both serve the local community's recreation needs and develop Bailey into a mountain biking destination.

For our second year, the USFS has generously increased our permit to allow for 250 select riders to enjoy the HUNDO this year. As growth is limited, the 2011 Bailey HUNDO will also be structured as an invitational.

Starting from the heart of Bailey, the race features over 45 miles of singletrack - more in 2011 than in 2010 - as it winds from Bailey through the Buffalo Creek Trail system and along the Colorado Trail to the South Platte to Deckers up Stony Creek Pass to Wellington Lake, and back to Bailey!

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The Massage Way

Wouldn't life be better if you could reduce Pain and Stress? Both can be managed, reduced, and sometimes eliminated with massage therapy treatments.

A relaxing Swedish massage is often a baseline for clients. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. The oil also helps hydrate your skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when your body is not resisting.

Benefits of Massage

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing this stress, which translates into:

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Massage can also help specifically address a number of health issues.

Bodywork can:

- ~Alleviate low-back pain and improve range of motion.
- ~Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- ~Ease medication dependence.
- ~Enhance immunity by stimulating lymph flow – the body's natural defense system.

- ~Exercise and stretch weak, tight, or atrophied muscles.
- ~Help athletes of any level prepare for, and recover from, strenuous workouts.
- ~Improve the condition of the body's largest organ – the skin.
 - ~Increase joint flexibility.
 - ~Lessen depression and anxiety.
- ~Promote tissue regeneration, reducing scar tissue and stretch marks.
- ~Pump oxygen and nutrients into tissues and vital organs, improving circulation.
 - ~Reduce postsurgery adhesions and swelling.
 - ~Reduce spasms and cramping.
- ~Relax and soften injured, tired, and overused muscles.
- ~Release endorphins – amino acids that work as the body's natural painkiller.
 - ~Relieve migraine pain.

720-234-2007

jodipickett@live.com

P.O. Box 164, Bailey CO 80421

 * 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

T.J.'s Wood products was founded in 1980 on a ten-acre log mill nestled in the mountains of Pike National Forest in central Colorado. T.J.'s Wood Products serves the commercial and residential needs of its customers with top quality Colorado timber that is Timber Products Inspected, graded; milled, and hand peeled all at our own mill.

We oversee the manufacturing process from beginning to end in order to produce handcrafted structural and cosmetic log structures that preserve the rustic beauty of the old world while meeting modern day construction demands.

As a full service log manufacturer and log home builder, T.J.'s Wood Products is committed to providing our customers with top quality log products at competitive prices. We work hard to build long lasting log structures and long lasting business relationships.

303-838-5779

handcrafted@tjswood.com

62160 Hwy 285 Bailey, CO 80421

Here we are going into the summer.

Many of us are going to take a vacation or short trip to lower elevations.

Coincidentally, a client just came back from a sea level vacation for a month.

When she came back, she and her husband felt very tired and weak.

This may be a common concern among many vacationers that come back to altitude after some time at sea level or lower elevations.

When you come back to altitude, your oxygen levels are lower for a period of time. Usually a couple of days, but may last for a week or so, depending on your fitness level

and what you do to make it come back faster.

Another reason is due to the low humidity levels. You dehydrate in this altitude much more than you would at most sea level destinations.

What should you do? Start drinking more water than usual a day or so before you get back to altitude, and keep hydrating when you arrive. When you do get back, ease back into your exercise program and take a week or two to get back to normal pace.

*Brought to you courtesy of Sam Moy
of Bailey Massage and Fitness*

303-816-1945

SPRING TIP #3

To re-visit tip #2 view the May Newsletter on the Chamber website.

Step 3: Solutions

Now comes the fun part. Let's find ways we can fix the problems. Think about habits, behaviors, and tools that can make those messes disappear.

Do you need some sort of a tool for organization to help your problem? Is the problem a habit that just needs to be enforced and practiced? Is it a combination of containers or tools and habits that need to be changed?

Many of the problems you will encounter will require organizational tools and behavioral changes. Keep in mind that the best organizing system of shelves, hooks, and labels does no good if it isn't utilized.

For Example:

The junk mail is piling up on your table. Do you need a sorter directly on the table? Maybe the person going through the mail initially needs to be responsible for sorting out the junk (which is 98% of the mail at my house). If you have a lot of different people in your home that receive mail, try giving each person in the house their own mail organizer in their rooms. Older children could then be responsible for their

own mail, thinning out the amount you have to go through. What about switching your family to automated bill paying? Many utility companies today allow your utility bills to be deducted from your checking account automatically. You may still receive mail concerning receipt of payment, but at least these can be filed easily without worry that you'll forget to pay.

Don't forget about tools that may aid you in organizing problem areas. What if you put an over-the-door shoe organizer in the entryway closet? Do you need extra coat hooks? Would a bowl on the entry table specifically for keys eliminate the chances of having to dash around the house for 15 minutes in search of them every morning? Try to come up with brainstorm ideas for each problem.

Find solutions to the problems that annoy you most. Check the detailed room links on this website and the general links provided to find some

solutions. Call your friends and ask them what they do to combat the problem. Enlist your family's help to find out what would enable them to organize more effectively. If you hold a family meeting where everyone has a voice, you may find that those slovenly family members actually have good ideas. Make decisions about what you are going to try in your own home. Write down the solutions you've decided on.

CHAMBER BUSINESSES

North Fork Ranch and Fishing Lodge

Dean & Karen May
P.O. Box B Shawnee, CO 80475
303-838-9873
info@northforkranch.com

Bailey Lodge

Kate Murphy
P.O. Box 1676 Bailey, CO 80421
303-838-2450
Fax: 303-838-2480
stay@Baileylodge.com

VOLUNTEERS NEEDED

Friday Night, June 17th

Loading supplies 1:30pm
Stage, tables, seating set-up 2pm-6pm
Serving food and clean-up 4pm-9pm
Beer and wine sales 4pm-9pm

Saturday, June 18th

Beer and Wine Sales 1pm-6pm
Parking Attendant 9am-???

Clean-up Supervisor 5pm-9pm
Vendor check-in/booth set-up help 6a-9a

ANNOUNCEMENTS



Happy Bailey Day!

FRIDAY

- **Bailey Day Dinner & Street Dance**
Friday night 6-9 p.m. Sponsored by Destination Bailey! Committee, featuring specialties from Hog Heaven, Rustic Station and Cutthroat Cafe. Music provided by Mountain Holler and Kicked to the Curb. Beer and wine will be available.

SATURDAY

- **The Bailey Hundo**
6 a.m. – Shotgun start on Main Street.
- **Pancake Breakfast**
7-10 a.m. – Platte Canyon Community Church on County Rd. 64. Sponsored by the Youth Group.
- **Kid's Parade**
9 a.m. – Starts at the bandstand on Main Street and open to everyone. Walk, ride your bike, play the kazoo, wave a flag... It's all about you!
- **Artisans & Crafters**
9 a.m. to 5 p.m. – Showing and selling their wares all day up and down Main Street and Rustic Square.
- **Kid's Activities**
9 a.m. to 5 p.m. – Bounce on the jumping castle, play games, learn how to play disc golf, pan for gold and more! Kids activities are located on Main Street & McGraw Park.
- **Step Back at McGraw Park**
10 a.m. to 4 p.m. – Visit our area's historic park and enjoy some old fashioned fun. There will be gold panning, a log sawing contest and a display by the Bailey Patchwork Club.
- **Fire Fighter Water Fight**
1 p.m. – Come watch the Fire Fighters "Duke it out" with their fire hoses in the parking lot of the Bailey Post Office.
- **Duck Race**
3 p.m. – Adopt a duck and root it to victory! Volunteers will drop the ducks in the river and they will race to the finish line at McGraw Park.
- **Live Music all Day Long**
11 a.m. to 7:30 p.m.
- **Wine Arbor and Beer Garden**
11 a.m. to 6 p.m. – Extends the entire length of Main Street. Please keep alcoholic beverages within the designated area and PLEASE drink responsibly.



MUSICAL LINEUP

- Friday**
5-7 p.m. Mountain Holler
7-9 p.m. Kicked to the Curb
- Saturday 11 a.m. to 6 p.m.**
11-11:45 a.m. Tanglewood
11:45-noon Mosaic Dance
Noon-12:45 Roger Falter's Offroad Mandolin Mayhem
12:45-1 p.m. Zumba
1-1:45 p.m. It's Mint Condition
1:45-2 p.m. HUNDO Awards
2-2:45 p.m. Kicked to the Curb
2:45-3 p.m. Mosaic Dance
3-3:45 p.m. Sharia Jackson Band
3:45-4 p.m. Zumba
4-4:45 p.m. Bucktones
4:45-5 p.m. HUNDO Awards
5-5:45 p.m. Once Removed Blues Band

Thanks to all of our GREAT Musicians and Performers for providing the Bailey Day Entertainment

McGRAW PARK EVENTS



- 11 a.m. – Old Colorado & Southern and Engine # 9 movie
- 11 a.m. to 2:30 p.m. – Llama's from Royal Llama Adventures
- 2-3 p.m. – Log cutting contest
- All day – Quilter's Club
- All day – Gold panning

• Horseback Riding Available across from Moore Lumber & Hardware! •

"Adopt a Duck"

For the duck race on Bailey Day. Inquire at Rustic Station or call 303-917-1395



\$5 per duck or \$20 for 5 ducks
CASH PRIZES AWARDED!

Park County Historical Society

★ Trail Build Project on Morrow Mountain ★

June 11,12,25,26

9:00am Start

McGraw Memorial Park is located on County Road 68 in Bailey, Co. The park is behind Rustic Square. The trail is across the Keystone Railroad Bridge over the South Platte River.

For more info. Email:

ParkCountyHistory@yahoo.com

CALENDAR OF EVENTS

- June 6 [Bailey Day Meeting 7p.m. Kenosha Auctions](#)
- June 9 [Destination Bailey Meeting](#)
- June 11 [5k Race for Peace](#)
- June 14 [PCACC General Meeting at top of Crow Hill Fire Station 7:30am](#)
- June 14 [Bailey Mountain Lions Club Meeting held 2nd Tuesday every month at Rustic Station 7:00pm](#)
- June 16 [Mountain Community Breakfast Mount Vernon Country Club 24933 Clubhouse Cir Golden, CO 80421](#)
- June 18 [Bailey Day 2011 and Hundo Bike Race](#)
- June 18 [Volunteer Day - South Park City Clean-up, Fix-up and Fun. Lunch will be provided for all volunteers.](#)
- June 28 [PCACC Board Meeting](#)

*** 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. ***