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Community Times

December 2011

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We like to keep you updated on all sorts of fun things on our Facebook page!



Are you interested in hosting a Business After Hours mixer at your location?
Give us a call at 661-245-1212 to get the ball rolling!

MEMBERSHIP UPDATE

Membership Goal: 160
Current Members: 63

Help us reach our goal so we can continue helping

New and Renewing Members

Welcome New Members!

- APTwater, provider of services for Lebec County Water District
- Mountain Communities Family Resource Center, community nonprofit organization
- Mountain Top Video, video store in Frazier Park
- Women's Economic Ventures, community nonprofit organization and host organization for the Mountain Communities SBDC

Thank You Renewing Members!

- Allstate Electric
- California Bank & Trust
- Old Bear Bed & Breakfast
- Pine Mountain Inn
- Pine Mountain Realty

Your support is vital to continuing our programs.

Visit

www.mymountainchamber.com

for membership benefit information

Joining is quick and easy to do online!

Next Member Meeting - January 26th at 7:00 p.m.

Our next member meeting is scheduled for Thursday, January 26th at the Mountain Properties Frazier Park Office (on Monterey Trail, across from Don's Gas Station). Agenda topics include a progress update on membership, discussion about membership levels, and a presentation from Charles "Buck" Weber regarding the ETUSD job readiness program. The

you reach
your goals!

job readiness program should be of interest to any local business needing an extra hand. Eligible students work in your business for up to 10 hours per week with their wages covered by a grant and workers comp insurance covered by the school district.

We hope to see you there!



What's New on the Website?

Just uploaded to the "members only" section of our new website...the treasurers reports for 2011, through November. Coming soon will be the past agendas and minutes.

Not sure what your log-in is? Send a request to webmaster@mymountainchamber.com and we'll get in touch asap!



BIG THANK YOUS!!!

We are giving a huge thank you to Scott and Barbara Rosen of Frazier Mountain Internet. They have generously hosted the old chamber website and provided road and weather condition updates for years and we truly appreciate their donation.

And another big thank you goes to Tom Gelardi and Gerard Palmisano of CalNeva Broadband. Tom gave the go-ahead and Gerard was on standby with the company bucket truck so that we could hang holiday decorations in downtown Frazier Park. Unfortunately, after pulling the decorations from storage, we found that they were in very poor condition and could not be displayed. So new decorations were added to the 'to-do' list for the year!

What is Restorative Yoga?

by Kumari de Silva



Many of us are used to thinking of yoga as pretzel like stretches or strength building sun salutes. You will not see either performed in a restorative yoga class.



Restorative yoga is designed to teach the body how to relax. The poses often use props and gravity to aid the body gently into restful postures. Note that 'rest' is different from sleep. Rest provides the body an opportunity to renew and heal. Numerous studies have proven the physical and emotional benefits of this

type of yoga practice.

Restorative yoga, gentle yoga, Vini, and Yin yoga, help to trigger the Parasympathetic nervous system also known as the PNS. The PNS is responsible for balancing the body, bringing its response system back into equilibrium. Stimulating the PNS helps to lower heart rate and regulate blood pressure. Such stimulation boosts the immune system and encourages the endocrine system to operate optimally. It is believed that when your PNS is tapped out or under-active, illness pervades. Thus, forms of relaxation, such as yoga and meditation, that help to stimulate the PNS are generally beneficial for overall body health.

Chest-opening poses, for example, encourage breath and prana (energy) to flow through the entire body. Forward bends gently lengthen all the muscles of the back body. Done in sequence, a restorative yoga practice will bring your whole body into a deeply relaxed state, and allow your mind to become quiet and reflective, with your mental, psychological, and emotional bodies in blissful balance.

David Spiegel, M.D., author of *Living Beyond Limits*, reports, "In medicine, we are learning that physical problems, such as high blood pressure and heart disease, can be influenced by psychological interventions, such as relaxation training. Indeed, the Food and Drug Administration issued a report recommending these non-drug approaches as the treatment of choice for milder forms of hypertension. **Mind and body are connected and must work together, and this should be a powerful asset in treating medical illness.**" (*emphasis mine*)

Join us for restorative yoga on Tuesday evenings at 7:30pm at InTheWings DanceStudio.

The address is 3524 Mt. Pinos Way, Suite A, Frazier Park, CA 93225. Ten dollars for drop in or \$40 for a month of classes.

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www.meetup.com/mountain-communities-yoga

Note from MCCOC:

We would love to have articles from our members for the newsletter and website. Are you a restaurant owner who would like to share a favorite recipe? Are you a nonprofit organization wanting to share information about one of your programs? Maybe you're a health care practitioner who would like to inform the community about the health benefits of a particular treatment. Are you a contractor with a fun DIY project to share?

This is a great way to bring attention to your business services without having to do the dreaded "sales pitch". It's also FREE advertising! We'll put your article in the newsletter and website with credit to you as the writer, information about your business, contact information, and a link to your website.

Email those articles to webmaster@mymountainchamber.com!

Note: We reserve the right to edit slightly for spelling and grammar. Any major changes or suggestions will be forwarded to you for approval prior to publication.

Community Forum With Soledad Enrichment Action

It is common knowledge now that Soledad Enrichment Action (SEA) has purchased Tait Ranch in Frazier Park. We felt it was important to partner with the Mountain Enterprise on a community forum to learn more about our new neighbor.

Why? One of the main purposes of the MCCoC is to advocate for businesses in our area. And because so many businesses here are sole-proprietor home based businesses, things that affect business very directly affect our community residents as well. They go hand in hand. Businesses near the site are already reporting that they are concerned about losing business. Residents are uneasy about the programs and persons to be served at the camp. It is our goal to work out concerns between businesses before anyone loses customers or is negatively impacted in any way.

There are also several opportunities for beneficial partnerships and we want to help build those partnerships too. It was clear from the attendees at the forum that there are several ready, willing and able community members with relevant experience that can work with SEA.

At the forum (held Dec. 8th), SEA CEO Nathan Arias reported that they do not have an anticipated timeline for the camp to begin operation, and that any plans for buildings, programs and other activities are dependent on funding becoming available. They have focused their efforts on a cleanup of the property, removing overgrown brush, and improving the ponds so that they can be used as fire fighting dip sites.

He did say that they are willing to make the property available for community events, and they want to be an involved community partner. We will stay in communication with them so that we can pass on more information as it becomes available.

Thank you to everyone who attended. It was great to see such a turnout (estimated at 120 people)!

Seeking Nominating Committee Members!

The nominating committee is responsible for developing a slate of candidates for the Chamber Board of Directors, to replace those directors whose terms are expiring.

Email committees@mymountainchamber.com for more details.

Your Board Members

Rachel J. Unell, Interim President and Treasurer

Peter Carroll, Vice-President

Stacey Havener, Immediate Past President

Michi Knight, Secretary

Tammy Sheffield, Director

Michael Berg, Director
Dean Tait, Director

Contact them at board@mymountainchamber.org
or 661-245-1212

Interested in serving on the board? Let us know!
The new term starts April 2012

Upcoming Member Events

**None - please notify us if you have a special event or sale
planned for the holidays!**

Want your event included? Email the information to
webmaster@mymountainchamber.com

Have a question or input for us?

Send a note to board@mymountainchamber.com
Or call 661-245-1212



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