

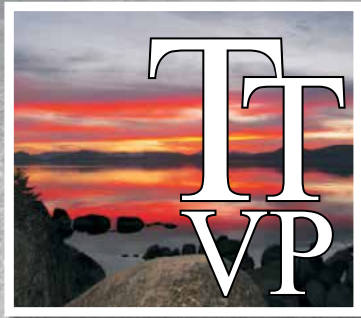
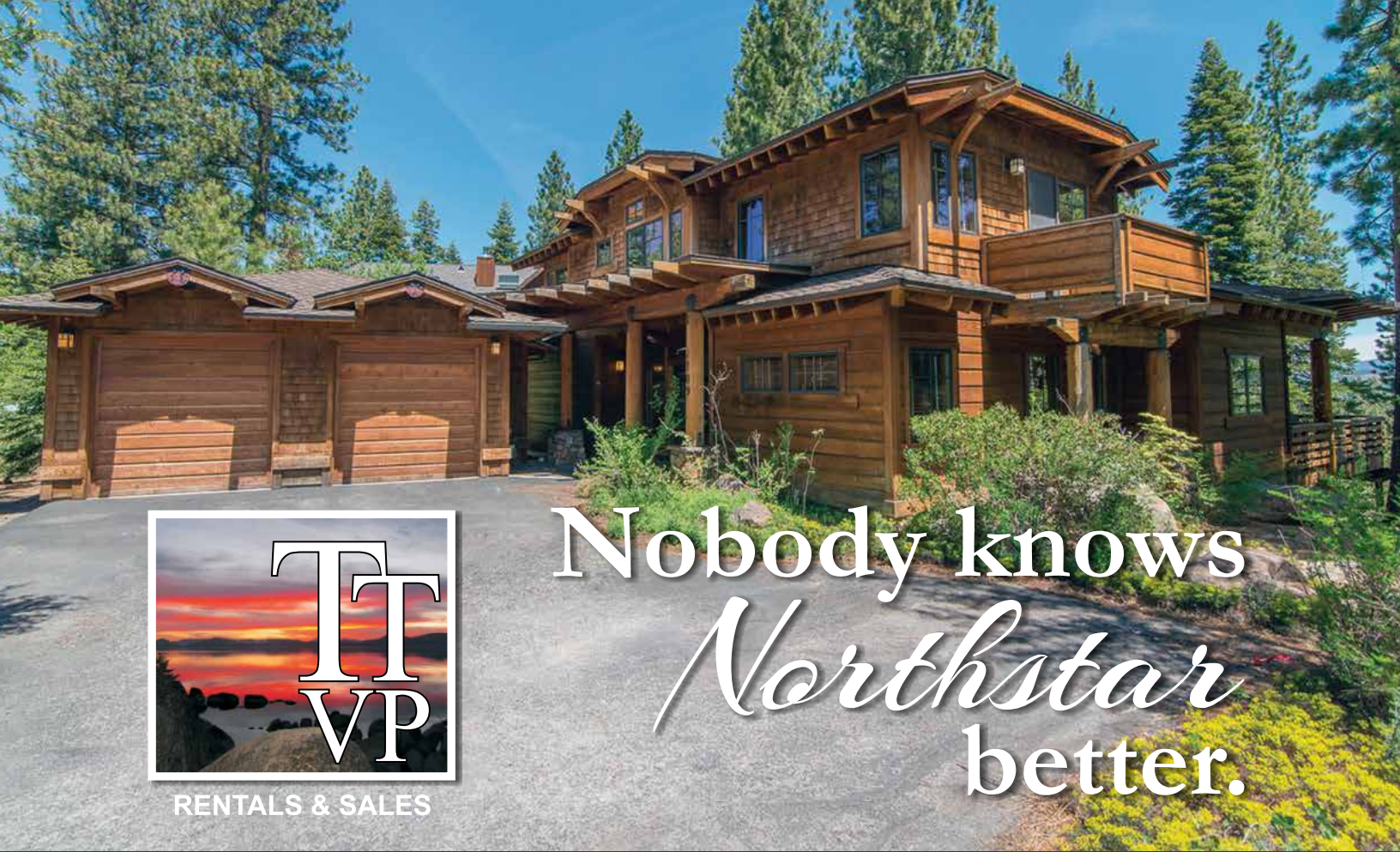
northstar Living

WINTER 2021

NEWS MAGAZINE OF THE NORTHSTAR
PROPERTY OWNERS ASSOCIATION



- TRWC Healthy Forests 14
- Winter Driving 20
- Martis Valley Trail Update 26



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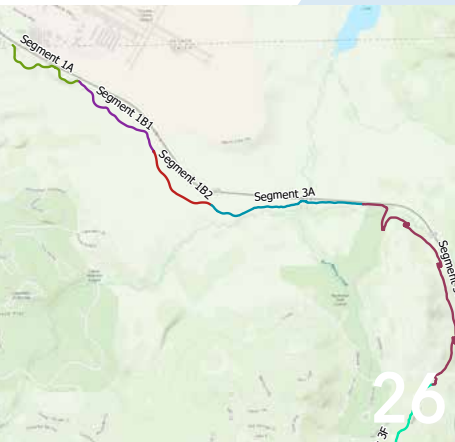
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meetings 2022 dates

Meeting details will be sent via Eblast prior to meeting dates. If you are not signed up for electronic communications please contact the NPOA Office for a form: npoa@npoa.info or 530.562.0322.

January 25, 9am
Design Review Committee

February 19, 9am
NPOA Board of Directors

February 22, 9am
Design Review Committee

March 29, 9am
Design Review Committee

April 9, 9am
NPOA Board of Directors

April 26, 9am
Design Review Committee

May 31, 9am
Design Review Committee

community comments policy

Northstar Living welcomes your comments that are pertinent to the Northstar community and will publish those comments on a space-available basis. Comments must be written by members in "good standing;" generally articles will be limited to 250 words. Articles should be addressed to Northstar Living; signed by the author, unless sent electronically; and should include the writer's name, his or her Northstar address and the telephone number at which the writer can be reached most easily.

Comments not meeting these requirements or containing solicitations, inaccuracies, libelous or incorrect statements, lacking clarity or having no pertinence to the Northstar community or the Association will not be published. Comments must be received by February 1, for spring issue; May 1 for summer, August 1 for fall or November 1 for winter. Comments are accepted in person at the NPOA office, by mail to NPOA, Attn: Community Comments, 2200 North Village Drive, Truckee, CA 96161; by email to sean@npoa.info; or by fax to 530.562.0324.

Disclaimer : Readers are advised that the opinions expressed are those of the individual, not of all the association. The original content of these comments has not been edited.

News Magazine of the
Northstar Property Owners Association

Board Members

Michael Plishner, President
mplishner@npoa.info

Paul Schumacher, Vice President
pschumacher@npoa.info

Sue Cordonnier, Secretary-Treasurer
scordonnier@npoa.info

Jackie Apple, Board Member
japple@npoa.info

Colette Findley, Board Member
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Steve Klei, Board Member
sklei@npoa.info

Don Schreuder, Board Member
dschreuder@npoa.info

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Contact NPOA/Northstar Living

2200 North Village Drive
Truckee, CA 96161
P| 530.562.0322 F| 530.562.0324
website www.npoa.info

Office Hours (Subject to change)
8am - 4pm, Monday - Saturday

Recreation Center Hours
(subject to change)
8am - 9pm Daily

Reservations are no longer required
to access the Recreation Center.

For up to date information please visit
the NPOA website www.npoa.info

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Cover Photo

Olof Carmel of Carmel Gallery
"Last Light of Evening"

With the Winter season now upon us,
here are some updates from a busy Fall:

New Board Members And Some Committee Changes

As announced at the Annual Meeting,
you elected two new NPOA Board
members in September, Jackie Apple
and Colette Findley. You also re-elected
Board members Don Schreuder and me.
At the October meeting of the Board,
we elected Paul Schumacher as Vice
President and Sue Cordonnier as our
Treasurer/CFO. I will continue as NPOA
President for the coming year. With
our return to more normal operations,
we want to expand and continue to
improve our activities for members
and their families, especially during the
Summer season. Jackie Apple will be
leading a new Member Activities and
Communications Committee with this as a
primary goal. Jackie will also be working
with our Strategic Planning and Visioning
Chair, Steve Klei, to align new activities
and events with our longer term efforts to
reimagine our facilities and operations for
the future. Colette Findley has become
a member of our three finance-related
committees and was a key team member
working with Sue Cordonnier in finalizing
our 2022 budget. Colette will also be
chairing our NPOA/Condo Liaison
Committee, which addresses issues which
primarily impact our condo communities
and where NPOA can provide assistance
and add influence. Finally, we have a new
Community Development Committee,
chaired by Don Schreuder, which will
provide NPOA oversight and opinions on
any new developments being proposed
here. Don, who is a civil engineer by
profession, previously chaired our Stages
Working Group. With the Stages project
no longer active, we decided to broaden
the scope of Don's oversight role to any
other new projects which may come up.

NPOA's 2022 Budget


As discussed at the Annual Meeting, the
Board's Budget and Finance Committee
started work on the 2022 budget in
July. The final budget was approved in
late October and the results sent out to
you some weeks ago with our annual
reporting and disclosure package. The
principal factors which drove our budget
decisions this year were these: First,
we will have some significant areas of
increased operating costs in 2022 over
past years, among them: (1) employee
costs and benefits to remain competitive
and treat our excellent staff well in the
current employment environment, which
is now very robust in the Tahoe region,
for both full-time and seasonal staff;
(2) increased costs for our retirement
plans, both to fully comply with IRS

Continued on page 6

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requirements and to cover new internal staff, primarily our tennis program staff who are now NPOA employees rather than “independent contractors”; this was done to comply with new State law and these employees now qualify for our retirement plans; (3) significant increases in insurance costs both for our property policies, increases our brokers project for other HOA-related policies, and for workers comp insurance; and (4) increased costs for almost all our third-party vendor contracts; these did not see major increases during 2020-21, but they are doing some catch-up now. Second, as we have noted in our communications for the last two years, in 2022-24 we will have very significant reserve expenditures, on the order of \$1.5 million over those three years; while our reserves have been well funded up until now, to continue having them be well funded, we need to return to allocating a minimum of \$250,000/year to reserves, something we refrained from doing in 2020 and 2021 (in 2020, we contributed nothing to reserves from the annual assessment and in 2021 we contributed \$75,000 from the assessment). Finally, we wanted to contribute a modest amount from the annual assessment to fund some smaller capital improvements, similar to the shade structure by the shallow end of the pool

which was funded from the 2020 assessment; we are looking at a couple of possibilities, including a shade structure over the kiddie pool and some improved play areas for older kids.

The result of all these factors is that the budget anticipates an increase in operating expenses of about \$250,000 over what we saw in 2021. For reserves, we plan to increase our reserve contribution from assessments to \$200,000; after completion of the 2021 audit, we anticipate we will be able to transfer another \$50,000 from operating funds to reserves, for a total 2022 contribution of \$250,000. For capital improvements, we have included a contribution of \$75,000 for 2022 projects.

These increased costs will be funded by: (1) an increase in the annual assessment from \$1200/year to \$1350/year; and (2) increases in several “use” fees, primarily an increase in the guest fee for use of the Recreation Center from \$5 to \$8 and increases in several other fees, such as towel rentals and transfer fees. The assessment increase will generate approximately an additional \$220,000 in revenue. The increase in the guest fee and other use fees, combined with the expectation that guest visits and other Summer activities will return to pre-pandemic levels in 2022, generate the extra revenue to cover the remainder of our increased operating expenses, the increase in reserves from assessments over 2021 and the small improvements fund.

Your annual assessment billing should now be in hand. We ask everyone to pay this promptly to minimize the extra effort our staff needs to spend on follow-up with late-payers.

Placer County Measure U – Parcel Tax for Defensible Space Mitigation Work And New Green Waste Program

The proposal by NCSD and the Northstar Fire Department for a parcel tax of \$219/property to fund future defensible space work passed on November 2nd, with over 85% voting “Yes”. As mentioned previously, the NPOA Board worked with NCSD and the Fire Department last Spring to come up with a final proposal for Measure U which we believed supported the fire safety needs of the community, both in terms of scope and timing, and which focused first on treating those open-space areas within 300 feet of our homes and condominium complexes. It also had the added plus of reducing the costs to NPOA (borne through our annual assessments) of the defensible space work we must do on about 100 acres we own which are remote from the Rec Center and which were deeded to us as open space around homes and condo complexes by the developers long ago. Measure U also included a new Green Waste program, which brings back many important elements of the curbside pickup program



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NCSO previously offered, including five curbside pickup dates, funds for individual homeowners to have a dumpster placed by their property for disposal of green waste, and a similar program for placement of larger green waste dumpsters at the various condo complexes. The NPOA Board supported the final parcel tax proposal and we are pleased to see that it passed so overwhelmingly.

Settlement of Retreat Litigation

Finally, as reported in the Eblast sent out in late October, the decade-long saga of administrative proceedings and litigation involving the gate between Martis Camp and the Retreat has finally been concluded by settlement. Those who have been here for the duration may recall that in 2010 Martis Camp installed a new electronic gate and handed out over 1500 transponders to their residents, contractors and vendors, essentially opening up the emergency vehicle access gate at the end of Mill Site Road in the Retreat to full-time traffic by their owners through the gate to Northstar Village and as a shortcut for them to the Lake. After proceedings before the Placer County Board of Supervisors in 2015 were successful in shutting down this abuse, an interim

agreement was reached with Martis Camp for the 2015-16 ski season, permitting a limited number of Martis Camp shuttle buses, but no private cars or commercial vehicles, to use the gate to get to the Village. We had hoped that a permanent shuttle agreement for future use would be worked out after that, but instead Martis Camp residents and their HOA filed suit in 2016 attempting to open up the gate once again to all their desired traffic. Following largely unsuccessful efforts by the Martis Camp litigants in the Superior Court and the California Court of Appeal, a solution and settlement was finally signed this October, which essentially reinstates the shuttle program which ran in 2015-16. We thank the Retreat residents for their commitment to seeing this through to a result which we believe is a positive one for all our residents here at Northstar.



Mike Plishner,
Board President

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As we wrap up 2021, on behalf of all our wonderful staff, we would like to thank all of our members and your guests for your grace and understanding over the past 18 months. Evolving covid-directives resulted in numerous revisions to the operational protocols required at the Recreation Center. We also launched many new technology platforms over the past 12 months, that we hope have improved your experience as a member of NPOA.

2022 Annual Assessments

By the time you read this article, the 2022 annual assessment statements will have been mailed out to all members. Reminder the that total annual assessments for 2022 are \$1,350. As in the past, payments are due January 1, 2022 and considered late February 1, 2022. Included with the statements is a revised "AAB Reference Guide", which details several convenient online payment options. The payment options are the same for 2022, including eCheck (free), ACH (free), debit card (\$5.00), or credit card (3.00%). If you mail in your check, please make sure to include the coupon on the bottom of the statement and have your check made out to the address listed on the coupon. If you

mail in your check, please make sure to include the coupon on the bottom of the statement in the return envelope provided.

2022 Annual Disclosure Mailing

The 2022 annual disclosure mailing was distributed to homeowners in October. The annual disclosure mailing included a cover letter addressing 2021 finances, the 2022 budget summary, Design Review Guidelines, Fee Schedule and Violations/Fine Schedule. The mailing included the Annual Budget Report which consists of the Pro Forma Operating Budget Summary, Assessment and Reserve Funding Summary, and Insurance Summary. The mailing also includes the Annual Policy Statement which included an assortment of statements and documents that are distributed each year. If you haven't already, please take a few moments to review this important information.

Dial-a-Ride Shuttle

Northstar-California recently announced shuttle services for the 2021-2022 winter season. If you have not previously utilized the dial-a-ride shuttle provided by Northstar transportation, now is a great time to take advantage of this wonderful service. A new app with improved functionality was announced during the Vail Resorts Presentation at the last NPOA Board meeting in October. The Dial a Ride service will begin the same date that mountain operations begin for the winter season.

Finally, please be sure to read President's Perspective for details regarding the Board and Committee members changes, a summary of the changes to the 2022 budget, an update on Measure U, and Retreat gate sage finally coming to a conclusion. Also please refer to updates from NCSD, the Northstar Fire Department and updates from the various condominium associations.

On behalf of myself and the entire NPOA team, we look forward seeing you after a blissful day on the slopes this winter season and wish you a safe and joyous holiday season!



Tim Fulton,
General Manager

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Monika Stanikova

Our 2021 Tennis & Pickleball Professionals

This summer was amazing again, and we cannot wait for next summer to start. A huge part of our success at Northstar tennis and pickleball was our tennis and pickleball professionals.

Our Assistant Head Professional Comes To Us From Slovakia: Monika Stanikova.

Monika, born in Trencin, Slovakia, is a remarkable player and coach. Her love and passion for tennis made her play at the highest level in Europe and helped her reach the #2 spot in the nation in division II at the collegiate level.

Monika coached at the Rafael Nadal academy in 2018, which developed her coaching and ability to develop relationships with players, at any level.

Monika is a 3-time Slovakian champion, ITA All-American recognized player, and received a degree from the Academy of Arts, in San Francisco.

She is currently the assistant coach at the University of Nevada, where she is pursuing her MBA at the same time.

Our New Amazing Addition Came From Spain: Cristina Moll Alles

Cristina was born in Menorca, Spain and started playing tennis at 7 years old.

She was the Balearic Islands champion and played #1 for two years for Jacksonville State University. She then transferred to the University of Nevada, Reno where she has played top 4 at the highest division 1 level. She was nominated Student Athlete of the Month in February 2021 and is studying Business Management.

She loves coaching and playing tennis and has been coaching in one of the best clubs from Balearic Islands named "Club Tennis Ciutadella" for 2 summers. She earned the RPT (Registry of Tennis Professionals)

certification and has been amazing with our Tahoe players.

Our Fun and Energetic Tennis Professional: Ben Vincze

Ben has been so much fun for the past two years, everyone absolutely loves him.

Ben is one of the best players in Reno graduating from Reno High school. He was named All Region twice, and All State twice as the team captain for the huskies.

He is attending Cal State Lutheran and chose this university because of "The character in the head tennis coach and the small class sizes with passionate professors in the subjects of science."

Ben has been consistently playing in the lineup for his college and was inducted into the CLU Scholar-Athlete Society.

Our Incredible Tennis Professional: Megan Marsot

This is Megan's second season at Northstar and we love having her on the team. She moved to Truckee in 2018 and loves living and playing in the mountains.

Megan grew up playing competitive tennis in Iowa where she was a 4-time state qualifier.

She played tennis for Quincy University and graduated in 2010 with a Bachelors in Business Marketing.

Since then she's taught up and down the eastern seaboard including Maine, Florida, and New York.

Her most recent job was teaching tennis and managing the pro shop at The Meadow Club of Southampton in Southampton, NY.

Megan has been professionally certified through the PTR since 2007 and has experience working with all levels. Her passion is teaching children and beginners and fostering the love of the game.



Cristina Moll Alles



Ben Vincze



Megan Marsot





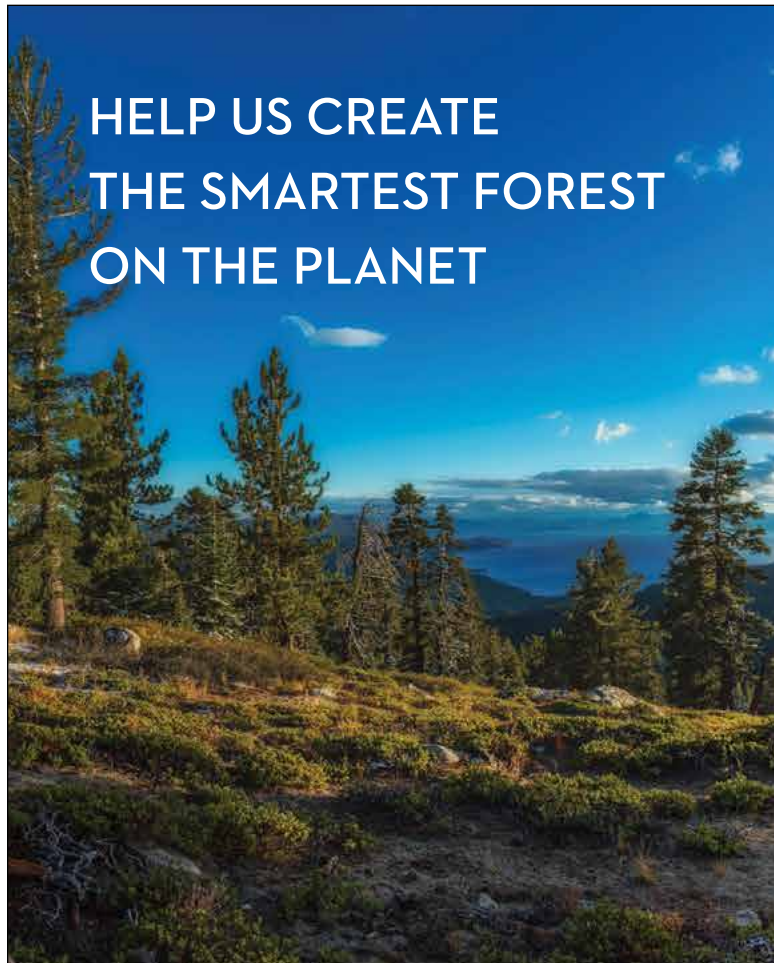
Alexander Case, Front Desk

Hi Northstar Property Owners Association!

My name is Alexander (Alex) Case and I have just recently been brought on to join the Front Desk Staff. I first moved to the South Lake Tahoe area in 2012, where I attended LTCC for two years before making the transfer to Sierra Nevada University and graduating in 2016 with Bachelors of Science in Business Administration as well as Finance & Economics. From there, I leapt directly into the world of finance while spending two years within the equipment finance division of Bank of the West and another two years at Rivermark Community Credit

Union. Within this time, I was able to work an amazing summer here at NPOA assisting maintenance, by the pool, and also at the Front Desk. When I'm not working, I usually spend my free time either snowboarding or with photography. I've recently made my way back to the area, and was graciously brought on by the NPOA staff once again in a full-time position. I'm happy to call Tahoe my home and can't wait to meet and see all our members come through the Recreation Center!

—Alex Case



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Winter Parking Restrictions In Effect

The Northstar Community Services District would like to remind residents that parking on public roadways is prohibited each winter from November 1st through April 1st. Vehicles that violate this restriction may be cited, towed or "bermed in" during snow removal operations. Snow berms that form on private driveways are the responsibility of the property owner to remove. It is unlawful to place snow removed from berms back onto the street. A 15-foot snow storage easement exists along the edge of all roadways. Damage to landscaping and other property is likely

within the easement and is the responsibility of the property owner. Although the District usually plows all public roadways multiple times within a 24-hour period during storms, significant storm events may limit the duration between passes to just once a day. Chains and/or 4WD/AWD vehicles with snow tires may be required on vehicles during significant snowfall as well. Drivers must clear snow from all windows, hoods, lights and car roofs in order to operate safely on public roadways. Pedestrians are encouraged to use extra caution when walking along roadways due to the reduced visibility caused by snow banks and the potential for icy conditions. Parents must not allow children to sled or play on roads or on snow piles adjacent to roads due to the extreme danger associated with the heavy equipment used for snow removal operations. During Caltrans chain control operations over Brockway Summit on highway 267, Highlands View Drive will be closed between Sawmill Heights and the highway.



Mike Staudenmayer,
NCSD General Manager

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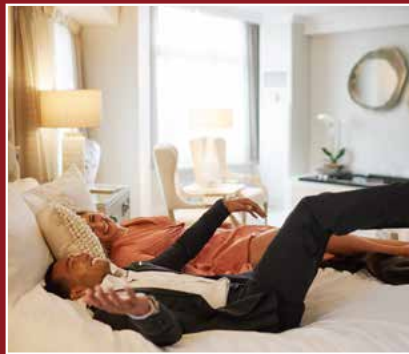
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Photo by Faerthen Felix



TRWC is leading collaboration in watershed-wide forest health projects. We need all hands-on deck to understand fire's role in our landscape and solve the climate challenges ahead of us.

Healthy Forests— We've Done A Lot and We Can Do More

Over the past decade, the Truckee River Watershed Council has deployed over \$1 million for healthy forests and we are ready to do more. As we've experienced the threat of intense wildfire knocking

at our door this past summer, we are increasing our involvement in forest health projects to help our mountain watershed be more resilient and adaptable to fire.

What forest health work have we completed so far? We have:

- Convened and facilitated the Sagehen Collaborative Forestry Project
- Completed 128 acres of forest thinning near Dry Creek, just north of Truckee
- Removed invasive weeds on 4500 acres throughout the watershed.
- Started treating 430 acres of forest stands in Independence Creek basin

And now, we are finishing a Forest Health Assessment for the Middle Truckee River Watershed. This forest action plan for the entire watershed was developed through 18 months of data analysis to assess existing conditions and identify restoration, management, and protection opportunities. The Forest Health Assessment will help landowners and stakeholders find tailored solutions to forest health resulting in benefits for community safety, biodiversity, protection of water quality, and a resilient watershed.

It takes a dedicated team to do what we do. Thank you to our partners, California Department of Fish and Wildlife, California State Parks Donner Memorial Park, Northstar Community Services District, San Francisco Fly Casting Club, Sierra Pacific Industries, Tahoe Donner Association, Tahoe Truckee Sanitation Agency, The Nature Conservancy, Truckee Donner Land Trust, Truckee Tahoe Airport District, US Army Corps, US Forest Service.

Thank you to the funders who are making our work possible: the donors of the Truckee River Watershed Council, California Sierra Nevada Conservancy, National Forest Foundation, The Martis Fund

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Winter Preparation Tips From Liberty Utilities

Winter is just around the corner and with the beauty of new fallen snow comes higher energy usage and the increased potential for power outages.

As the days get shorter and the temperatures drop, we find ourselves indoors more, using more lighting, spending more time on electronics, and using more energy to heat our homes. But you can help reduce your winter energy use by following these tips:

- Turn off lights and appliances when not in use.
- Set the thermostat to 68° when at home and to 55-68° when not at home.
- Open window coverings on the sunny side of your home to take advantage of free heat from the sun. Close the coverings on cloudy days or right after the sun sets.
- Set your water heater to 120°.
- Close foundation vents.
- Replace incandescent bulbs with LED bulbs.
- Caulk windows and weather-strip doors.

- Install a water heater blanket.
- Install hot water pipe insulation.
- Install electrical outlet and switch plate insulation.
- Clean your furnace system and check ducts for leaks.
- Replace furnace filters monthly.
- Replace normal thermostats with programmable or smart thermostats.

Liberty strives to provide you with safe, reliable electric service. However, winter weather can lead to unplanned power disruptions. Heavy snow and ice can impact power lines and equipment, leaving customers temporarily without power. We strongly encourage customers to report outages when they occur, as this will help Liberty crews locate and identify the issue more quickly.

Crews will work to restore power as soon as possible, but here are some outage tips.

Stay Warm - Plan to use a safe alternate heating source, such as a fireplace or wood-burning stove during an outage. Remember that fuel- and wood-burning sources of heat should be properly maintained, ventilated, and monitored. Do not leave a flame unattended.

Stay Fed and Hydrated - Most outages only last a few hours, but you should store non-perishable food and water. Crackers, peanut butter, and canned goods are great options to have in your house all winter long.

Stay Prepared - Develop an emergency plan that addresses any energy-related medical needs your household may have. Stock your emergency kit with flashlights, batteries, warm clothing, blankets, and sleeping bags.

Stay Informed - Liberty will send outage messages and updates when possible. Update your phone numbers and e-mail address at LibertyUtilities.com or (800) 782-2506 so you can receive outage messages. You can also check the outage map page at LibertyUtilities.com or follow us on Twitter (@LibertyUtil_CA) or Facebook (@LibertyUtilitiesLT) for updates.

Preparing for an outage is easier than you may think. Consider the following to prepare and stay safe during a PSPS:

- Call 1-800-782-2506 to confirm your contact information is up-to-date and in order to receive future alerts.
- Plan for medical needs that may be impacted by a power shutoff, including medications that need refrigeration or devices that require power.
- Create an emergency kit including, but not limited to, flashlights, first aid supplies, non-perishable food and water. Consult Ready.gov for additional emergency kit necessities.
- Before a PSPS, freeze containers of water to keep food cold while power is off. Then, during an outage keep your refrigerator and freezer doors closed as much as possible.
- Prevent damage to your electronics and appliances by unplugging them until power is restored.





Kurt Althof is the Program Manager of Communications and Media Relations for Liberty Utilities. He has 22 years of marketing and communication experience including 14 years in the resort and tourism industry including 4 years with Northstar.





LEFT: A perfect fall day for the Northstar Women's Golf Club. Left to Right Sandy Champion, Mary Hendrix, Astrid Cousins, Carol Pawlak and Marian Hansen. RIGHT: Trees, glorious trees always look stunning from a tee shot on the fairway

A Season of Gratitude for the Northstar Women's Golf Club

The 2021 season was unique at our mountain course. While the Northstar Women's Golf Club had plenty of beautiful outings, we also had a few smoky days. Normally we would be reporting our Club Championship winners in this article, however, because of the smoke in August, we canceled our tournament to keep everyone safe. Putting the cancellation in perspective, our thoughts are with our neighbors who struggled through an unusually difficult fire and smoke season. To our friends on the Northstar California

Golf staff, an enormous thank you for your dedication this year and every year!


Fire crews were also on the course this year, tagging trees to reduce wildfire fuel. Our members had a few suggestions for tree removal including the big old pine blocking the green on Hole 8, and that magnetic stand of trees that seems to draw your green shot on 11. Kidding aside, we love our majestic Northstar forests and are grateful to the fire fighters working to protect our region. As a small

gesture of appreciation, we donated our championship treat bags to the Northstar Fire Fighters.

This year we also thank our dear friend Anne Middleton who has passed the putter as club president after several years of keeping the fun rolling. New co-presidents are Marian Hansen and Carol Pawlak.


Recruitment for our 2022 season is now in full swing. The club plays every Tuesday with tee times starting around 8:30 am from course opening to close, typically May through October. It's easy to join and start having fun. Your membership enrolls you in the Golf Handicap Information Network (GHIN), a service offered by the USGA to golf associations worldwide to track scores and rank handicaps. Membership applications are sent out in early February. Dues are due March 15 so we can update your information and ensure that you are able to continue to post scores. Contact Marian at sidebcorp@aol.com or Carol at pawlakcarol@gmail.com if you would like to receive an application. Existing members will automatically receive the information.

Now it's time to look forward to clear, crisp winter days. We hope to see you next year for a swinging spring!



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Benefits of Drinking Water

We have all heard the traditional “you need to drink 8 glasses of water per day to be healthy”, but what does water actually do to your body?

- It regulates your body temperature, which is crucial to stay healthy. Your body loses water through sweat during physical activities and hot environments. Your sweat keeps you cool to some extent, but your body temperature will rise if you do not replenish the water you lost (your body loses electrolytes and plasma when you get dehydrated.)
- It helps to maximize physical activities and make you're the best possible

athlete. Hydration affects your endurance, power, and strength. High intensity sports are most likely to get you dehydrated faster. Exercising in the heat without enough water can include serious medical conditions, like decreased blood pressure and hyperthermia. Extreme dehydration can cause seizures and even death.

- It helps creating saliva, which indirectly is essential in breaking down solid foods and keeping your mouth healthy.
- Water protects your tissues, spinal cord, and joints in a way that it helps lubricate and cushion them.
- Water will help your digestion. Experts have proven that drinking water before, during, and after a meal will help your body break down the food more easily.
- Drinking enough water improves your blood oxygen circulation. Water carries beneficial nutrients and oxygen to your body. Water will help you fight illness much faster, such as constipation, kidney stones, exercise-induced asthma, urinary tract infection, and hypertension. Water also helps you absorb essential vitamins, minerals, and nutrients from food, which will make you healthier overall.
- Drinking enough water will help your cognitive function, which means you will

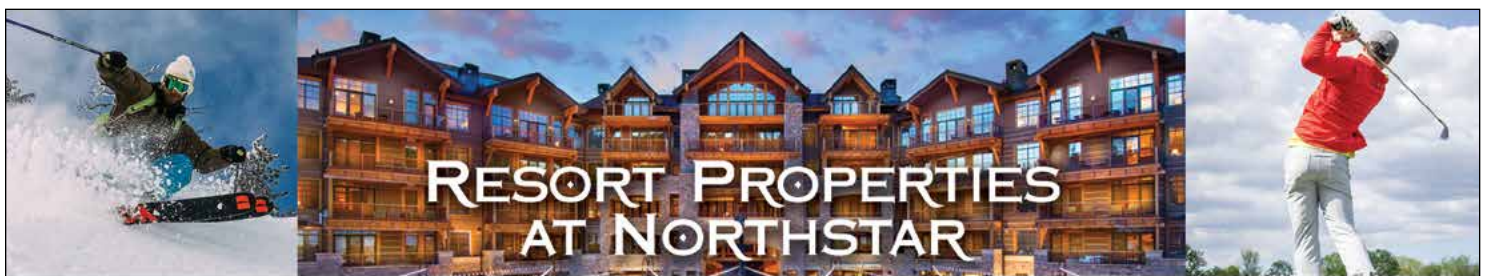
be more focused, alert, and improve your short-term memory.

- Dehydration has a direct impact on your mood, as it can result in fatigue, confusion, and anxiety.
- Water will keep your skin beautiful, as it promotes the production of collagen.

As a result, not drinking enough water can cause dehydration, which can lead to several severe complications such as swelling of your brain, kidney failure, seizures, etc.

People get about 20 percent of their daily water intake from food. The rest is dependent on drinking water and water-based beverages. So, ideally men would consume about 100 ounces (3.0 liters) of water from beverages, and women, about 73 ounces (2.12 liters) from beverages.

You'll have to increase your water intake if you're exercising or living in a hotter region to avoid dehydration. The bottom line is always keep a bottle of water around you, and you will be much healthier as a whole.



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Winter Driving

Winter is here! With it comes wet and icy roadways. Prepare yourself and your vehicle for the winter season now to avoid becoming a hazard during bad conditions. Below you will find a list of winter driving tips you can implement now to set yourself up for a safe winter season.

- Make sure your brakes, windshield wipers, defroster, heater and exhaust system are in top condition.
- Check your antifreeze and be ready for colder temperatures.
- Top off your windshield washer fluid reservoir with an approved windshield de-icer to prevent an icy windshield.
- Check your tires. Make sure they are properly inflated and the tread is in good condition. Winter tires are preferred.
- Always carry chains. Make sure they are the proper size for your tires and are in working order. You might want to take along a flashlight, chain repair links and gloves. Make sure you know if your vehicle is front or rear-wheel drive. Chains must be installed on the drive wheels. There are regular checkpoints during snowy weather to make sure all 2WD cars have chains. In most conditions, 4WD cars are not required to have them, but that's not always a given. Be prepared and have chains no matter what.
- Other suggested items to carry in your car are an ice scraper or commercial de-icer, a broom for brushing snow off your car, a shovel to free your car if it is snowed in, sand or burlap for traction if your wheels should become mired in snow and an old towel to clean your hands.
- It is also a good idea to take along water, food, warm blankets and extra clothing. A lengthy delay will make you glad you have them.
- Weather conditions may warrant detouring traffic from the main roadway. It is strongly suggested that drivers always keep an updated map detailing the areas of travel.
- If you have a mobile phone, preload the Caltrans Highway Information Network (CHIN) phone number (see below) for convenient, updated road conditions or download their app.

Caltrans Highway Information Network (CHIN):

Call 800.427.7623 for up-to-the-minute information in California and Western Nevada (Lake Tahoe/Reno Area). The number is updated as conditions change, and is voice-activated for safety and convenience.

Courtesy of the California Department of Transportation





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Aspen Grove

As many of you are aware, Truckee has experienced a labor shortage due to the ongoing pandemic and the surge in home prices in the immediate area. This has had a significant impact on several of our projects at Aspen Grove that we had hoped would be completed this year. However, despite this, we are moving forward with several of these improvement projects and hope that those that are not finished this Fall will be completed in the Spring of 2022.

Our association's Landscape & Aesthetic Committee has overseen most of these improvements that are taking place at Aspen Grove and is now in a conversation with a landscape company in Truckee. They have been on site and have conducted a walkthrough with a few members of the committee and Joe Barron, Chief Forester at Northstar. Joe will be a great asset in meeting the Northstar Fire Department's (wildfire) regulations as we move forward. Regarding these landscape improvements, we are still in the very preliminary stages of seeking professional design renderings and determining the scope of this project going forward.

Our paint contractor continues to work on staining all building cinder block foundations throughout Aspen Grove. The goal is to complete this project before the snow arrives except for the one building whose foundation work has yet to be completed.

The contractor that is constructing our paver pathways is also hard at work. He should complete everything but one short section this Fall and complete the rest of the project next Spring.

Overall, we have made significant progress despite the pandemic and the cost of labor in the Truckee area, but we are all anxious to see these improvements to our common Aspen Grove areas completed.

Gold Bend

Excitement is building for the 2021-22 season with record amounts of precipitation in October. Fingers crossed that we'll continue that trend with a bountiful amount of snow. We're ready for a magical season!

First, we would like to congratulate Colette Findley, our Gold Bend HOA President, for winning a seat on the NPOA Board! She is an excellent addition to that Board and will not only represent all NPOA members but offer a unique perspective to the Board for condo owners.

A new fine schedule was sent out to all members for input. Hopefully by the time this article is printed, the Board will have approved the new fine schedule. We encourage you to read it and educate your guests so there are no unwanted surprises.

We continue to have issues with dumpster abuse and have installed cameras. Please use the NPOA dumpsters for recycling of cardboard and bottles, as this saves a substantial amount of room in our dumpsters. Never leave trash outside of the dumpster and always close and lock it. If the dumpster nearest you is full, drive to the next Gold Bend dumpster or the NPOA dumpsters. If you see someone leaving trash outside of the dumpster, please be a good neighbor and inform them. Informing your family, friends and guests will also greatly help us get a handle on this problem. Each unit's allowance per week is one and a half 13-gallon trash bags. Please join this community effort to help tackle the trash problem

As in previous years, we expect to see an uptick in day skiers who will park in our lot and hop on the shuttles instead of parking in the general lots during the winter season. Gold Bend



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will be displaying prominent "No Parking" signs and Northstar Security will continue to monitor our lots. Please make sure you and your guests have a valid parking permit clearly visible in your windshield. All cars without either an owner sticker or a guest pass are subject to ticketing and/or towing. If you need an owner's sticker, please contact CAMCO.

Great news! We are ahead of schedule for our required defensible space work as outlined by the Northstar Fire Department. We are close to getting the sign off from the fire department - the only thing we need now is for all owners to encase any firewood stored on rear decks in a fire-retardant tarp. Please help us attain this much needed requirement and get the tarp! Acceptable fire-retardant tarps are available at Mountain Hardware in Truckee.

This year we began installing crawlspace heater switches. This allows the maintenance team to flip a switch from the crawlspace itself rather than from the inside of the unit, therefore, no longer requiring twice a year access to your unit! You must give CAMCO permission for this work to be

completed - if you have not done so, please contact them so the work can be completed.

We encourage you to participate in our quarterly board meetings with your thoughts and ideas.

Wishing you and your loved ones a happy and healthy winter! Now it's time to get up to the mountains and enjoy all that Gold Bend and Northstar have to offer!!

Indian Hills

What a great start to winter! How often do you get to ski before Halloween? At least at Palisades the season began early. It looks like we may experience a slightly more normal winter with a few less adaptations for COVID-19. While masks will be required in less places, continuing to wear a mask while the delta variant is with us can improve your odds of staying well and reduce the chances of unknowingly infecting others.

When staying in Indian Hills, please remember to display your parking permit and have your guests display the one that hangs

Continued on page 24



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on the mirror. Security will be checking, ticketing and towing if necessary, and that can ruin a great day on the mountain! As the temperature drops, just a reminder to leave the inside temperature to 55 degrees and always turn off the water when your condo is vacant. Broken pipes are no fun to deal with.

What is fun to deal with is a deck safety improvement project that completed 123 of our 171 decks, far beyond what we expected in the first year. Thank you to Gerald Meng Construction and his teams for working so hard and for all our owners for coordinating access to have the deck work implemented! The decks look great!

The public health emergency and the ability to work from anywhere has created an influx

of more permanent residents to Indian Hills and reduced the available inventory of condos for sale. We are working to manage the increased volume of trash during peak times and discouraging homeowners from using the condo dumpsters.

We are excited to have two condo owners join the NPOA Board of Directors, one of them is Jackie Apple from Indian Hills and the other is Colette Findley from Aspen Grove. Now issues of our condo associations will have direct representation on the Board rather than through reports from a condo committee.

We all want to celebrate the holidays with family and enjoy traditions. How we do that may be uncomfortable with COVID still with us. If you are feeling stressed about

COVID-19 you can visit www.calhope.gov or call 833 317-HOPE (4673) for support.

Keep doing your snow dance and let's hope for a winter when it snows so much we need to allocate more funding for snow removal! and that Stay safe, healthy and connected to our Indian Hills and Northstar Community!

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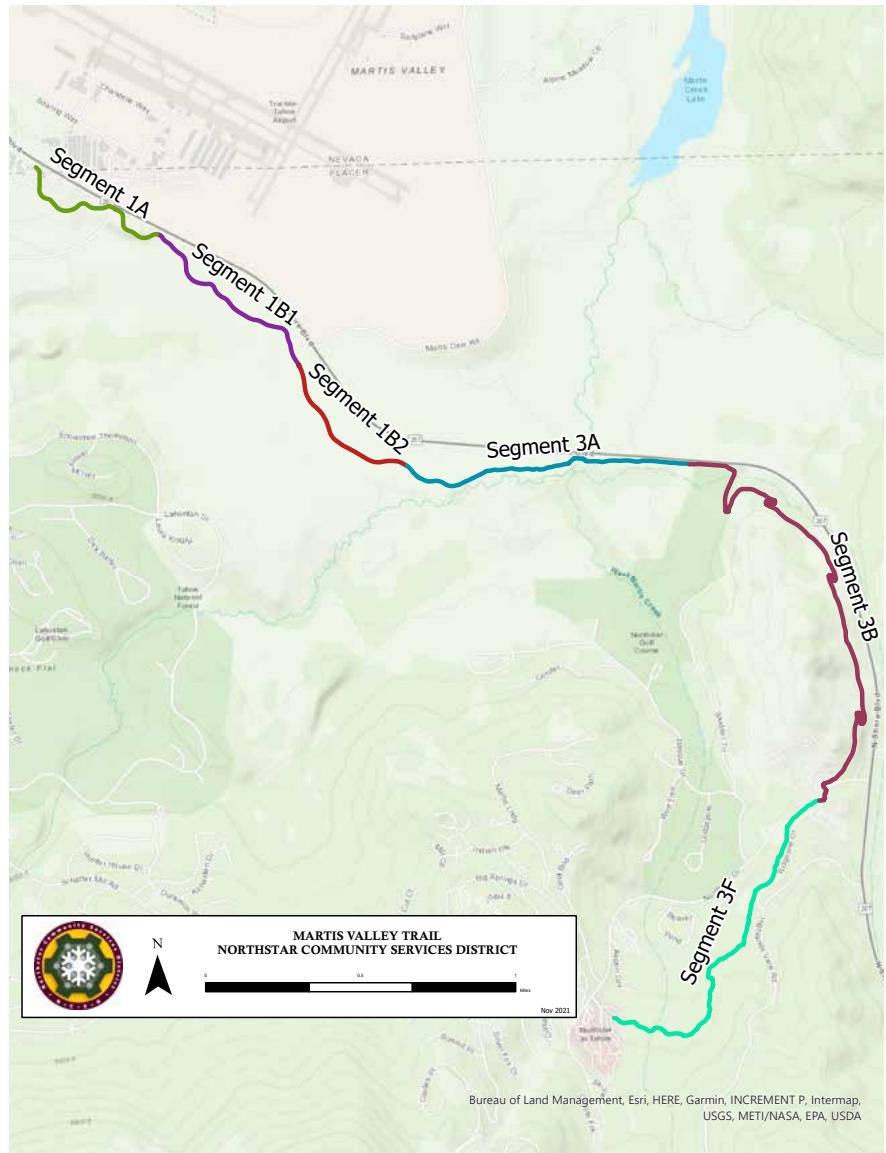
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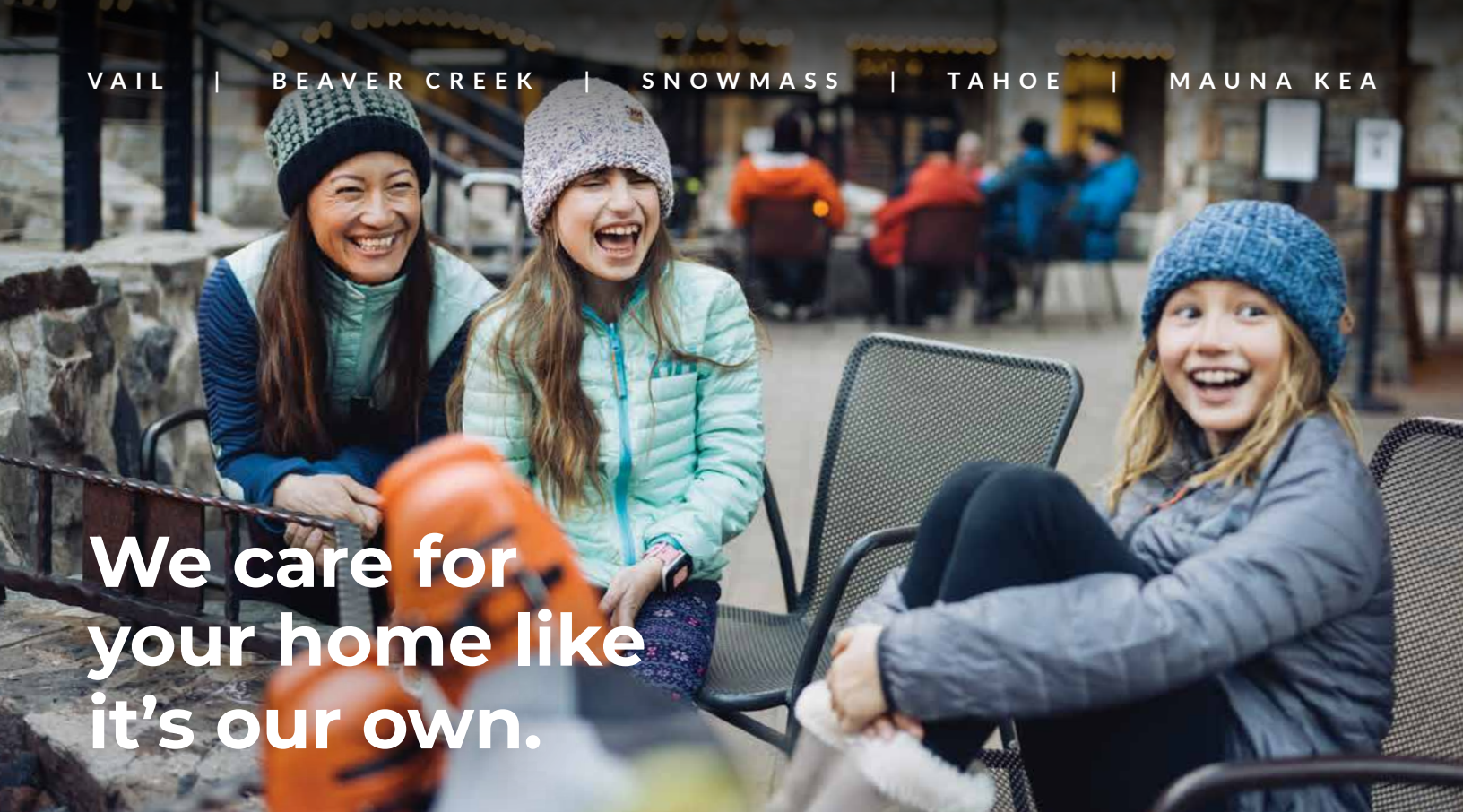
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Major Progress On the Martis Valley Trail

Building on the momentum from the US Army Corps of Engineers' approval of the Martis Valley Trail earlier this year, the District completed design and began construction of two more segments of the project. Segments 1B2 and 3A, which complete the trail through the corps lands are now substantially graded and will be paved as soon as the weather allows this coming spring. Construction was slated to be completed this past fall, however with delays due to smoke and the early robust weather system in October, crews needed to postpone paving and winterize the site. Segment 3A, which connects the corps lands to the roundabout on

Northstar Drive, was able to be paved and is now substantially complete. The District is finishing the design of Segment 3F, which will pick up at the roundabout and continue to the Village. Funding is aggressively being pursued to implement this link ASAP. Residents should be prepared for more cyclists on Northstar Drive until this segment is built. Additionally, the parking lot at the Wildlife Viewing Area off Highway 267 will be closed to the public and a new lot with safer ingress and egress, more capacity, rest rooms and adequate drainage will be constructed across from the Martis Dam Road this coming summer.



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