



Reminders

- Parking guidelines—First, park in your garage; second, use your driveway; and third, use the street. Please refer to your CC&Rs for regulations that are strictly enforced.
- Dogs—Please be courteous when walking your pets in the community by picking up the droppings they may leave.
- New homeowner orientations are held the first Saturday of each month at 10:00 a.m.
- All home improvements must be submitted for approval with the exception of pre-approved items. We urge you to conform to the CC&Rs to avoid future inconvenience or possible expense.
- All holiday lighting must be removed the first week in January.

CANYON CLUB BUSINESS HOURS

Office Hours: Monday – Sunday
9:00 a.m. – 5:00 p.m.

Gym Hours: Monday – Sunday
Open 24 Hours

Pool Hours: Monday – Sunday
5:00 a.m. – 10:00 p.m.

Lap Pool Hours: Monday – Sunday
5:00 a.m. – 10:00 a.m.

Mending Your Arteries After Holiday “Goodies”

The holidays are gone and you are left with plenty of wonderful memories: time spent with your family and friends, sharing presents with your loved ones and lots of parties. Also a part of all those gatherings, are memories of mouth-watering meals and desserts such as: cakes, tarts, pies, pastries, chocolate, ice cream and cookies, among others.

However, as a new year begins, the thought of all those “goodies” you ate starts to make you a little uneasy because inside you have a feeling they were not the healthiest foods for you.

Don't worry—there's no use crying over spilled milk. It is true that these types of “goodies” may contain large amounts of saturated and trans fats—a potential risk for your arteries; but what you can do now is reverse gears and do some damage control. How? By eating plenty of fruits and vegetables! Fruits and vegetables can decrease damage in your arteries.



An Apple a day doesn't only keep the doctor away—it can significantly decrease the risk of metabolic syndrome, a cluster of health problems that are linked to heart disease and diabetes.

Add more nutrition to your day!



The Violation Process

VIOLATIONS IN PROCESS

- 186 Violation letters sent
- 103 Hearing letters sent
- 115 Homeowners with suspended privileges
- 52 Homeowner violations cleared



- A letter will be sent to the owner stating the alleged violation.
- A second letter will be sent to the owner stating the alleged violation continues and this letter will request the owner to appear before the community association Board of Directors.
- If the result of the hearing is a monetary fine, a fine of \$60 will be applied to the owner's account.
- If the violation continues past the hearing and first fine stage, additional hearings will be scheduled with the owner and the fines may be doubled with each hearing. Any fines not paid may result in legal action in accordance with California law.
- The community association Board of Directors may determine to use alternative dispute resolutions or cause correction of the violation to effect a cure and the owner may be responsible for legal fees and/or reimbursement of costs to the community association.

Enjoy Fairway Canyon's Activities

Watch for information on the upcoming spring events—inserts will be placed in your billing envelopes.

Aerobic Classes

Step combo and conditioning plus are held at the Canyon Club on a weekly basis.

For more information, contact Carmen Lopez at (951) 892-5141.

Step Personal Trainer

Weight training, conditioning, strength training and diet supplement instruction by appointment.

For more information, contact Jim Monroe at (909) 208-1280.





Affirmations: Rituals That Will Change Your Life

It's going to be a great day!

I am stronger than any challenge that faces me.

I am going to succeed in the opportunity that I am pursuing.

These and other positive affirmations can be the difference between a good day and a train wreck. Affirmations are strong, positive statements that something is already so. By affirming that something is already so, you are programming the subconscious mind to shape your behaviors and actions to achieve that outcome. Plus, like exercise, what you put your energy into grows stronger. Put the energy into negative thought, and you will be depressed and self-absorbed. Put energy into positive affirmations, and you will be empowered and ready to take on the world!

How do you make that affirmation stick? Experts say it takes 21 days to create a new habit, so try this trick: Write your affirmation down (some say that blue ink works best!) and either copy it to your calendar every day or put it on your bathroom or rear view mirror. Repeat the affirmation daily for 21 days as often as you can remember.

Voila! I'll bet that in three weeks time you will be looking for other affirmations to put to work and teaching others your secret to success along the way!

This article was submitted by Angela Cortright, principal of award-winning Spa Gregorie's, a name synonymous with relaxation, tranquility and quality service; at the heart of the spa's operations is a commitment to community service. To learn more, visit www.spagregories.com.

Top Ten New Year's Resolutions

1. Spend more time with family and friends
2. Fit in fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

***It is all up to you—
enjoy life!***



*Happy
New Year!*

*From the staff at
Fairway Canyon*





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Community Association
MERIT Property Management, Inc.
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Canyon Club at Fairway Canyon

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Community Staff

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Katie Ward

Executive Director
Britta Graham

Facility Manager
Sharon Messer

Property Administrator
Robin Robinson

Facility Administrator
Kimberly Bernal

Board of Directors

Michael Turner
Marsha Steele
Jeanean Gillespie
Martin Spellman
Len Leach

Nourish Your Soul: Give Back to the Community Through Volunteerism

*"The best way to find
yourself is to lose yourself
in the service of others."
– Ghandi*

Would you like to know of
a non-toxic, non-fattening
and FREE way to boost
your spirits, feel good all
over and make you want
to jump for joy? Try
volunteering!

Volunteering should be a
part of everyone's regular
agenda, whether it is for
an hour, a day or longer.

Through volunteering, you meet all sorts of great
people. You learn new skills, and you get that warm-
chocolate-chip-cookie-just-out-of-the-oven feeling
in your tummy. Don't know where to start? Think
about your passion (animals, children, social causes,
health, etc.) and find an organization aligned with
your passion. Visit www.volunteercenter.org or
www.volunteermatch.org for starters. You can even
search virtual volunteering if physical volunteering
isn't in the cards for you.

Take that first step now. It's the best happy pill you
will ever take!

CLICK into www.MyFairwayCanyon.org

Creative Services by MERIT

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