

SUMMER FUND RAISER Our first Auction and Yard sale in 2006 was a huge success so we are planning a repeat performance!

The Gomke's have generously offered their barn to house items and hold the event. *****PLEASE SAVE ALL OF YOUR UNWANTED ITEMS SO THEY CAN BECOME YOUR NEIGHBORS TREASURES! *****For more information call Alison at 849-6628.

February 27th Potluck with Denny & Jan Wolfe: Come join us to see and hear about the country and peoples of Kyrgyzstan, a Russian Republic bordering on China; and learn a bit about working with Habitat for Humanity.

Game Night: A few residents have asked us to organize a game night, if interested please call Deb Raunig at 849-5391.

Medical Fair: We are considering a health fair for the end of March, we would love ideas and offers of help. For those of you who are or have been involved in the health field would you consider sharing some of your expertise. We would set up tables around the room that interested residents could visit. We could have blood pressure checks and advice, healthy eating, exercise, first aid, CPR, pet first aid, and many other ideas. Please call Deb and Amy for more information and offers to help. Refreshments would be served during the event.

Healthy Tips : Imagine a plant that could help you loose weight, prevent cancer, lower cholesterol, stabilize blood sugar and reduce arthritis, all the while keeping your "insides" moving smoothly. Super Food? Miracle drug? No, it is something we eat every day (to some degree) and it is called "Fiber". Fiber occurs in many forms in plants. Gums, guar, pectin, cellulose (most well known) are just a few of the many types of fiber, each with a specific health benefit. Most people (probably) have a greater chance of winning the lottery than getting the recommended amount of fiber in their diet each day. (Something to think about.) A few tips for increasing your fiber intake: Aim for 3 ½ cups of vegetables/fruits each day. (frozen and canned ok.) Choose whole grain breads & cereals over refined as much as possible. Sprinkle a few beans into your soups, salads, etc. on a regular basis. Legumes are a "power-ball" of healthy fiber. (Exercise caution however, too much, all at once may negate your good fortune with a shortage of friends and family to share the wealth.) Have a Happy, Healthy Winter!Deb Raunig

(Check out Interlake Newspaper 1/19/09 Deb is a celebrated runner!)

Historic Photographs and Stories are still needed to add to our future local history display in the school. Please call we would love to learn your historic connection to Big Arm.

Our Heartfelt Sympathy goes to the Holland family. Lura, a resident of Big Arm since 1962 just passed away at the age of 88. Lura was a very active member of the Harmony Club and other community groups. May the family find comfort in the many memories you'll carry in your heart forever.

Marie Ernestine Poloson just passed away in Rochester Minnesota. Marie had not lived in Big Arm for many years but is part of it's history as it was Marie who first brought the Walking Horses to the Big Arm area in 1948 and was reported to be an excellent horsewoman. Our heartfelt sympathy goes to her family.

Special get well greetings to Bill Sergeant and Lily Rogers we wish you both a speedy recovery.

Congratulations to Arnie and Luella Gomke on the arrival of their first grandson, Deacon, who arrived at a healthy 7lbs 3oz Dec 19th

Congratulations to Nick Becker who was selected to attend People to People World Leadership Forum in Washington DC because of his scholastic merit, civic involvement and leadership potential.

Treasurer's Report The Historic School Fund balance is \$1,070 after paying \$750 fee to the United States Treasury for the 501c3 application. The general fund balance is \$499.15 after paying for stamps, copies, cups and plates.

Thank you Lyle McLaughlin for your donation.

Thank you Toni Burton who donated a lap top computer which will be mostly used by the Big Arm Fire Company for their record keeping.

Thank you Fred and Sherrie McFarland for donating a pool table to the firefighters who have invited the general public to share in its use.

The BAA directors held their annual meeting on January 9th, no elections were due. A financial statement for 2008 will be ready for the next director's meeting in February. We would like to encourage more year round residents to join our leadership group. If you would like to help organize events and have great ideas for what this community might like please consider joining us, thanks.

Thanks for the aluminum cans! and continue donating them. Please only clean soda cans as we don't want to attract the wild animals. The recycling credit will buy new tables and chairs.

The Web Page could use some sprucing up with new photographs of the area and interesting articles. Please send to our Web master via www.BigArmAssociation.org

2010 Census Recruitment will be conducted at the fire hall on Thursday January 22 at 3pm and 6pm. For info call 1-866-861-2010

Easter Baskets, Chick or Eggs are needed by Nancy Hauserman for a Polson children's event, please 883-5160 if you can help.

EXERCISE! Happy New Year! How many people have made a resolution to get more exercise this year. For me this is always an ongoing challenge. I know that I feel better when I exercise, but the actual doing that's the hard part. Here are some simple ideas to get started with. Turn on some music in your living room and just move however it feels good. Get out and walk, it's amazing how refreshing it is in the winter to get out of the stuffy house and breath some fresh air! Now that the ice is gone this is doable. Come to my exercise class on Wednesdays 9:30-10:30am, or Line Dancing on Mondays 6-7pm It's always more fun to exercise in good company. Try to get 30 minutes of some kind of exercise a day, and you will be on your way to feeling better and having more energy. I hope you will join me in the quest to become a healthier, happier person.Amy Edwards 849-5209



***** SUGGESTING A CLASSIFIED SECTION *****
Perhaps we can help? In these uncertain economic times we thought we might provide a good community service by including a classified section in the newsletter. There will be no cost for this service. If you have an item to sell or are looking for a special treasure please email or telephone with the details and don't forget to include your telephone number.



The Old Time Fiddlers A Memorial/Appreciation Jam for Duane Fedenberg, The Idle Spur on Sunday January 25th 2-6pm.