



fallSpin Newsletter, May 2009. fallspinnews@gmail.com

Dear Residents: As a community of neighbors, we share interests and concerns. We often find ourselves with questions about things going on in our buildings. A tiny FallSpin committee is developing a monthly e-mail newsletter with the goals of providing information to residents and sharing answers to frequently-asked questions or concerns. We hope to include a calendar of upcoming events, reports on board meetings (currently, minutes are posted to the website only when approved the following month), an interview with management, a column of concerns, and such other features as residents indicate they will find helpful. E-mail delivery will permit us to deliver information promptly within our zero budget. With the help of our neighbors, our committee will work toward providing useful, timely communications. The help we need: your feedback on this prototype issue, and your suggestions for future topics. We thank you in advance and look forward to your comments. Sincerely, Falls and Pinnacle Newsletter Committee

BUILDING BUZZ: Along with Spring, the Falls and Pinnacle buildings are getting greener. The Board of Directors has approved retrofitting every light fixture in the entire Falls and Pinnacle property with energy efficient, green technology projected to save 40% in energy costs, plus we expect to receive rebates. Engineers made calculations and worked with Excel Energy to approve the plans. Look for workmen in the garages, the halls, and everywhere you see existing light fixtures. Work to begin in a few weeks.

AS I SEE IT... Board Meeting Highlights by L. Goddard

The March Home Owners Association Board meeting started at 6PM and a lot of issues were discussed in the next hour forty five minutes. Everything discussed obviously affects each owner in the building (renters too) but I think some key issues were these:

1. Of the five Pet Policy issues brought to the Board the first 3 were passed. The other two will be voted on in April. In summary, the accepted policies are to get your pet photo and information sheet to the office ASAP or risk an escalating fine; LEASH your pet at all times when on the property; and keep your pet out of all areas that require a fob (other than the obvious front door/garage). I certainly think those are reasonable requests that will make this a safe and perhaps cleaner building.
2. The garages and windows are going to be cleaned as soon as a bid is accepted. That will help us get in the mood for spring cleaning. Might I suggest that if you are inclined to store stuff in your garage stall (which is against HOA policy) you might ask in the office if there is a locker space available and move your items pronto.
3. The last item I found interesting was the 'DISAPPEARANCE' of the nine propane tanks from the 4th floor patios! If you borrowed them over the winter *please* return them as soon as possible as we are getting the patios ready for the BBQ season and they will cost the HOA a big chunk of change!

If you didn't get to the meeting, you can pick up a copy of the agenda in the office. They really are informative meetings and our Board members work hard (and for free!) to see that the Falls/Pinnacle remains a great place to live. They deserve a big THANKS!

PARTY LIKE YOU MEAN IT ...Social Committee News by J. Lofgren and the Social Committee

What fun the music duo, Cyril Paul and Cheryl, were at the recent ISLAND party in the Party room Saturday, March 28. Their music added a touch of the Caribbean to a cool Spring evening. Thank you to all the residents and guests who shared the music, dancing, and food. We hope to see and meet many more of you next time we party. If you have ideas or suggestions for future parties email them to us here at fallspinnews@gmail.com

FYI MONTHLY HAPPENINGS:

MONDAY NIGHT YOGA every Monday from 7pm to 8pm in the gym/yoga room, \$8 per session

GARDEN CLUB 2nd Tuesday 7pm, TV room by the pool

RULES & REGULATIONS committee, 2nd Wednesday at Taraccino Coffee from 6-7pm. Please feel free to join us any time.

BOARD MEETING 3rd Thursday in Party Room

SOCIAL COMMITTEE meets 2nd Wednesday at Taraccino Coffee 6pm

BOOK CLUB/PAGE TURNERS meets the last Wednesday in the Party Room at 7:30pm

ECONOMY AND ECOLOGY: by Mumtaz Anwar, Falls Pinnacle homeowner, architect and interior designer. Leed Certified.

After passing the LEED exam, I feel I should share my knowledge about sustainability with as many people as I can. My intent is to create or increase awareness about how we can live green, save money, and create a healthy indoor environment. Think about the global impact our efforts have! Just take baby steps and test some of the tips about sustainability. You may like them and

adopt them on a larger scale at your home and offices. Then pass it on to a new generation. Some topics we'll cover: lighting; paints and stains, cleaning supplies, detergents, filters for heat pumps, air cleaning devices, etc. and etc. This issue's topic is LIGHTING.

FACT: In 2007, Americans saved \$1.5 billion by switching to ENERGY STAR qualified Compact Florescent Lights (CFLs). The energy saved could light all the households in a city the size of Washington, DC for over 30 years. Put another way, changing these bulbs removes as much greenhouse gas pollution as planting 2.85 million acres of trees or taking 2 million cars off the road each year. Lighting represents about 20 percent of your home's electricity bill. Switching from incandescent bulbs to ENERGY STAR qualified CFLs is the easiest step you can take to save on your energy bill and help the environment. CFLs have come a long way in the last 20 years. Today's ENERGY STAR qualified CFLs use [advanced technology](#); are small; quick to light up; efficient; produce better light; and are available in a variety of [sizes, shapes](#) and [colors](#). Some even work on [dimmers or three-way switches](#).

COLOR AND MOOD: CFLs are available in a wide variety of shades of white light, ranging from yellowish to white to bluish white light, which allows you to customize the mood of your space. Many CFLs come in "warm" colors to match the yellowish light of incandescent bulbs, but you can also choose "cooler" colors with whiter or bluer light. As to choosing the right color, light color is measured on a temperature scale referred to as Kelvin (K). Lower Kelvin numbers mean the light appears more yellow; higher Kelvin numbers mean the light is whiter or bluer. Most ENERGY STAR qualified bulbs are made to match the color of incandescent bulbs at 2700-3000K. For a whiter light, look for bulbs marked 3500-4100K.

Compared to incandescent light bulbs, ENERGY STAR qualified CFLs use about one-quarter of the energy to produce the same amount of light, last about 10 times longer, produce about 75 percent less heat, which reduces cooling costs, save about \$30 or more in electricity costs over the lifetime of the bulb, have manufacturer-backed [warranties](#), and meet strict energy efficiency and performance [requirements](#). To learn more: Why choose Energy Star: http://www.energystar.gov/index.cfm?c=cfls.pr_cfls_why How to choose the right bulb: http://www.energystar.gov/index.cfm?c=cfls.pr_cfls_htc; http://www.energystar.gov/index.cfm?c=cfls.pr_cfls_why. Thanks for doing your part.

PETS IN RESIDENCE by K. Lee

We share our FallSpin space with loads of pets. Different sizes -- different behaviors. Training is a must for our city dogs. Well-trained dogs may be tempted to act up at strange people or noises, but will know what to do and will be less anxious when they hear "come," "sit," "stay," and "heel." Training relies on consistent repetition, gentle prompting to reinforce the meaning of the commands, and praise and treats to reward correct reactions. While it is possible to train a dog at home, dogs do learn faster when trained in the presence of other dogs and their owners. Dominance training, as practiced by the Dog Whisperer, works on TV, but newer models of dog training focus primarily on positive reinforcement and treating the relationship between the dog and owner as a version of a parent-child relationship. Owners should create clear boundaries and express frustration in ways that dogs can understand and respond+ to voluntarily. Positive behavior should be rewarded with affection and praise. Undesirable behavior should be snubbed. Dogs are social creatures, and will alter their behavior to gain approval and attention.

Basic bathroom training often involves crate training. When the owner is at work or school, the dog stays in a cage designed to be a comfortable place to rest. The dog's natural desire for a clean sleeping space prevents accidents, as long as the owner returns within a reasonable amount of time - up to eight or nine hours. Crate training can be a long-term solution or the first step to letting the dog roam free during the day. Most crate-trained dogs seem to enjoy the security of having their own private spaces. The owner of a crated dog bears the key responsibility of returning within the recommended crating period.

All pet owners must follow basic bathroom etiquette. Cat litter should be taken to the garbage bins rather than being dropped down the building garbage chutes, even in bags. Bags often rip on the way down, leaving odorous feces and urine to be scrubbed off the sides of the chutes at significant cost to the Association. Dog owners are aware that they must pick up poop deposited outdoors (and even -- remarkably -- in the parking garage and planters), but residents and passers-by also reasonably object to urine build-up on the building entrance and decorative pots, and dogs should be discouraged from that behavior as a courtesy to the neighbors.

Barking is a common dog training problem. Dogs bark for different reasons: boredom, anxiety, fear, defense, communication. Training can change barking behavior. Anxious dogs can gain confidence by exposure to different stimuli, or may be given Clomicalm. Other types of barking can be interrupted by a spray from a water bottle or a shake of a noisemaker. After gaining the dog's attention, the owner can end the barking by offering an alternative activity. Where a dog barks only when a dog owner is absent, a citronella dog training collar which spritzes the offensive smell can be helpful, but the dog must be trained to understand why the negative stimulus is occurring. Shock collars cause pain, and may make dog behavior problems worse. For more information on city pet care see the website at ApartmentGuide.com, and http://petcare.suite101.com/article.cfm/ow_do_i_get_my_dog_to_stop_barking#ixzzOBMgdOrQE. FallSpin pet owners interested in getting together can schedule meetings in the newsletter at fallspinnews@gmail.com.

FINALLY, you've reached THE END. Any feedback you have will be duly read and considered. Please submit comments to the email address as stated above. All opinions are our own and all information was as correct as we could make it. FPNEWS letter 'editors' L.Goddard. K. Lee, S. Peck, C. Letts.