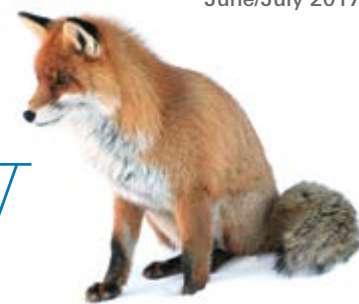


# AVIMOR community



## UPCOMING AVIMOR ACTIVITIES

- JUNE 3** Last day of School Pool Party – At the Community Center, Noon-3:00pm, See page 6 for details. AOL Event\*
- JUNE 10** Monthly Movie Matinee 3:30-5:30pm For kids at the Community center. Free! Free popcorn, bring blankets and pillows (parents should stay) AOL Event\*
- JUNE 11** Idaho Songwriters 4:00-6:00pm Brook Fault and Emily Tipton, Free Event, Live Music! Everyone is invited!
- JUNE 13** Avimor 101 – 7:00pm-8:00pm Free Event, Everyone is invited! Topic TBD AOL event \*
- JUNE 23** Evenings at Avimor 6:30-8:30pm (third Friday of every month) Meet at Heritage Park Live Music, Free Event. Everyone is invited! Bring picnic and/or beverages. AOL Event\*
- JULY 7** Game night – 6:30pm-10:00pm At the Community Center. Bring a board game, a deck of cards, or just your semi-competitive nature. For adults. Bring your own beverages and snacks to share. RSVP Kristin at 208-994-2585.
- JULY 8** Monthly Movie Matinee 3:30-5:30pm For kids at the Community center. Free! Free popcorn, bring blankets and pillows (parents should stay) AOL Event\*
- JULY 9** Idaho Songwriters 4:00-6:00pm Dan Costello. Free Event, Bring your own picnic. Live music! Everyone is invited!
- JULY 11** Avimor 101 – 7:00pm-8:00pm Free Event, Everyone is invited! Topic TBD AOL event \*
- JULY 21** Evenings at Avimor 6:30-8:30pm Meet at Heritage Park - Live Music, Free Event. Everyone is invited! Bring picnic and/or beverages. AOL Event\*

\* Questions? Contact information for all AOL (Art of Living) events is Becca Thompson at [ArtOfLiving@Avimor.com](mailto:ArtOfLiving@Avimor.com).

## REEDER FAMILY MAKES MUSIC AND MAKES A DIFFERENCE

BY PAT PINTAR



The band first started up when they got together with family to perform Christmas shows for the holidays.

Music comes naturally to the Reeder family and 'fiddling' started early for the five youngsters. Betsy, the youngest member of the family, began her lessons at age three with a tiny fiddle just her size. Now age eight, she fiddles big time with her brothers and sisters with confidence and skill when they perform at local nursing homes and assisted living residences. Music is just one of the facets of the Reeder family story, but one that reflects a gift that makes a difference to others.

Parents, Kim and Randy Reeder introduced daughters, 14 year-old Robyn, Grace age 12, Betsy, 8 and son, Caden age 9. Big brother, Colin age 16 is a competitive robot builder. His group in the First Robotic Competition won their division two years in a row.

Not only are the talented youngsters musical and outgoing, each one is highly engaged academically; the older siblings in math, the sciences and technology. It all seems to be a natural fit for the family. Last year, the Reeders started the Avimor Lego League building special Lego Robots on Tuesdays. Six other Avimor kids participated in the special competition.

Kim and Randy Reeder, both native Idahoans, met in college in Pocatello. Kim earned a bachelor's degree in Dental Hygiene and Randy's credentials include degrees in Electrical engineering, Computer Engineering, and Computer Science. He is currently employed at Hewlett Packard.

When the kids started coming along, Kim retired from dental hygiene and became a stay at home mom. She began home schooling with her oldest son, Colin early on. Kim explained. "Well, Colin was kind of special---he started reading when he was three."

"The family moved to Avimor in December of 2014," Randy said. "If Avimor wasn't such a great place we'd probably live closer. It's just nice that it's its own community---separate enough and not part of another town," Randy said.

Kim's home schooling 'enrollment number' grew with each new child added to the Reeder family classroom. Subsequently the scope of the children's education expanded as Kim found new resources in the educational community to supplement her home school curriculum. That adds up to a lot of road-time. "We do a lot of audio books while we're in the car," Kim said with a smile. "I could use another 4 hours in my day!"

The discussion turned to how the family found time to add the musical dimension to the family mix. "Colin started taking fiddle lessons at age five with Roberta Pearce's Idaho Junior Jammers out of Nampa. Robyn, Grace, Caden and Betsy were around age three when they started. "Randy began playing guitar to back them up at fiddle contests," Kim said. "He didn't play guitar before that." Recently, Kim took a workshop and learned the basics of playing the big double bass. They need two cars for those gigs; one for the family and the other for the bass fiddle.

The band first started up when they got together with family to perform Christmas shows for the holidays. But what got them into performing as a real band was 'The Duck Lady.' "The Duck Lady started the band!" Robyn and Grace exclaimed.

"We met a lady feeding corn to the ducks in the river on the Greenbelt. The ducks all seemed to know her," the girls said. While she fed the ducks they learned she was the activity director for one of the area nursing homes. They mentioned their band and soon the Reeders started playing for the residents there.

The Reeder Family Band also had a chance to showcase their kind of music at the "Avimor's Got Talent Night" last year. Their rendition of 'Dueling Fiddles' (think Dueling Banjos with fiddles!) was a big hit. They looked and sounded terrific together.

Where do the Reeders see this all going for the band? Kim answered, "Good question!" Randy added, "We just like to have fun."

"The best part has been that it's a way the kids can give back. They can do all the Christmas shows and it's a 'gift' that they can give. It's fun to go and bring happiness and joy," Kim said. "I don't know how to separate the band from everything else we do because it's all very related."

The Reeder Family Band plays a mix of Old Time, Swing, Bluegrass, Show Tunes and Gospel. They have performed for nursing homes, assisted living and senior centers, schools, private parties, community events, and Christmas parties. The Reeders will be playing in Boise on the Basque block June 14. For more information or to book an event, give Kim a call at 208-440-3154 and get ready for a rollicking good time.



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# TRAIN HARD, HAVE FUN

BY STEVEN ROOSEVELT, MD

*As an endocrinologist, I cannot stress highly enough the value of consistent exercise. Exercise has the following known benefits:*

- **Weight control**
- **Cardiovascular risk reduction**
- **Decrease risk of type 2 diabetes**
- **Reduce the risk of some cancers**
- **Strengthen your bones and muscles**
- **Improve your mood and mental health, to perform daily activities, and reduce the risk of falls.**



How much exercise do you need? The current recommendation is that you perform 120-300 minutes of moderate-intensity aerobic activity per week. This will to reduce the risk of metabolic syndrome, a condition in which you have some combination

of too much fat around the waist, high blood pressure, high bad cholesterol, and/or high blood sugar

Moderate intensity aerobic activity, like walking, is generally safe but remember to start slowly, and if you have any chronic health conditions clear an exercise plan with your doctor.

If you chose to walk, run, or bike on our wonderful trails you're going to encounter hungry, annoying bugs. Make sure you use appropriate clothing and the topical agents of your choice to reduce the risk of bites and stings which can transmit diseases. Finally, don't forget sun screen.

In addition to aerobic exercise you also need strength training: Building strong, healthy muscles through resistance exercises (such as weight training) can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.

Avimor has a wealth of opportunities for both indoor and outdoor exercise and I urge all of you to take advantage of these to the best of your abilities.

## HAIKU CORNER

*Seek on high bare trails  
Sky-reflecting violets  
Mountain-top jewels*

*~ Basho Matsuo, Japanese Haiku*

# AVIMOR HOMEOWNERS ADVISORY GROUP MEETS

BY PAT PINTAR



photo credit: Hawks Nest Photography

Dan Richter, Avimor Managing Partner, opened the third Advisory meeting May 16.

The bike skills track plan has been approved. Construction will begin soon for young mountain bikers to learn safe mountain biking skills. The Annual Knobby Tire event has been moved to August. Kids Duathlon will be held in October.

Traffic studies done support the need for a signal on Avimor Drive and Hwy 55 at this time. The application is now in the hands of the Idaho Transportation Department for approval. Phase 5 is getting ready for concrete work and the first families will be moving in within weeks. A second entrance to the north will most likely be needed and approved in 2018.

Development plans for Avimor in the near term have been reviewed based on current economic indicators. Richter said the home building industry is going through labor shortages in the trades with increasing costs, and material price increases. This is happening along with a periodic business cycle correction. For now, plans for the next phase have been cut back with fewer lots being developed and will be watched closely.

Becca Thompson reported on Art of Living activities held so far and plans for the future. Avimor 101 with presentations by guest experts has been popular and will continue. Movies for kids will be a monthly event. Ideas for events? Contact Becca at [beccathompson@me.com](mailto:beccathompson@me.com).

The Spring Creek Brewing Company brew house and restaurant is in final stages of "crowd sourcing" funding and permitting. Architectural plans detail a barn-style structure, with an indoor-outdoor access and an open, gathering place "vibe."

Plans for the convenience mart and gas station also have the Avimor flair. In addition to the usual quick pick up neighborhood store items, it will be offering crispy chicken and ice cream by the scoop.

Avimor homeowner, Dave Christiansen had suggested that an AED (automated external defibrillator) be purchased for the Community Center. Ben Morrison, Avimor Finance Manager will look into specifics and pricing for this device.

*Questions or concerns? Members are Marion Corliss, homeowner and HOA Liaison ([marionc@avimor.com](mailto:marionc@avimor.com)); Becca Thompson, homeowner and Art of Living Director ([beccathompson@avimor.com](mailto:beccathompson@avimor.com)); J.R. McGee, homeowner (208-576-4619); John Fugina, homeowner; Marc Grubert, homeowner ([dkfreak@msn.com](mailto:dkfreak@msn.com)); and Megan Leatherman, homeowner ([lethem1@gmail.com](mailto:lethem1@gmail.com)).*



# GET OUTSIDE AND ENJOY THE OUTDOORS BUT SAFETY FIRST!

BY PATTI BERG

Spring has sprung; summer will be here soon. Birds are chirping, grasses wave in the breeze, and our beautiful foothill trails are calling out to bicyclists (and hikers, too). Mountain biking, for most riders, isn't just a sport or hobby, it's a way of life. It's therapeutic, a great way to blow off steam if you're having a rough day. It's adventurous and allows you to explore more of the world around you. And let's face it, it's fun! Unfortunately, mountain biking can sometimes be dangerous. So what should you do to keep your great day of biking from turning into a nightmare?

**ALWAYS WEAR A HELMET!** This is a no-brainer! A high quality, properly fitting and well-adjusted helmet is the most important piece of safety equipment for any mountain biker. It doesn't matter how hot, itchy or uncomfortable it is. If you're on your bike, you need to wear a helmet.

**WEAR THE RIGHT GEAR.** It's inevitable. At some time or other, you're going to fall off your bike. Although most injuries are fairly minor, having the right safety equipment will help to protect you from the scratches and scrapes you're likely to suffer when you hit the ground. What should you wear? Gloves will protect your hands from scrapes and blisters. The right shoes will give you a good grip on your pedals, and prevent the laces from getting caught in the chain and causing a nasty fall. Protective glasses protect your eyes from the sun's glare and debris that might fly up and hit you as you ride. Padded shorts and elbow and knee pads provide extra protection, which never hurts when/if you fall.

**CARRY PLENTY OF WATER AND USE SUNSCREEN!** Totally self-explanatory.

**KNOW YOUR LIMITS.** It's easy to get carried away, to try and tackle trails that might not be your cup of tea. Showing off and attempting to ride trails that are beyond your skill level can lead to disaster. There's no shame in getting off your bike and walking if the going gets tough. Practice on easier routes before attempting dangerous or challenging trails. If that 50 foot drop off looks too daunting, think twice about tackling it. If you get tired, your concentration diminishes, so does your stamina. Rest when you feel tired, and know when to call it a day.



**CARRY YOUR CELL PHONE.** Take your smartphone with a fully charged battery and a GPS enabled app such as Google Maps. In an emergency, you can send your location via e-mail or a text message to a friend or family member to request assistance. There might be some locations where cell phone reception may not be available, but walking to a higher elevation may be better than having to walk all the way home.

**FIRST AID – KNOW IT AND CARRY IT!** Carry a small first aid kit (ones are available that attach to the frame of your bike). And why not take a course online or in person? The Red Cross has courses available in first aid and even CPR. Knowing the basics can be the difference between life and death.

**MAKE SURE YOUR BIKE IS IN TIP-TOP SHAPE.** Give your bike a thorough check-up—especially the brakes—before heading out on the trails. Stopping quickly and safely is absolutely vital. Check your tires, oil your chain, and regularly inspect it for loose and broken parts. When riding, if something doesn't feel or sound right, stop and check to see if there's a problem. Keep a puncture repair kit handy to avoid a long walk home.

**USE COMMON SENSE.** Mountain bike safety comes down to common sense. Check the weather and dress appropriately. Plan your journey and let friends know where you're going, especially when riding alone.

**FOR TRAIL RULES AND ETIQUETTE,** refer to the Lifestyle section on Avimor's website at [www.avimor.com/lifestyle/trails/](http://www.avimor.com/lifestyle/trails/)

*A word of caution for bikers, drivers, and walkers on our Avimor roads: Bikers—and walkers—are out on our curving Avimor streets morning, noon and night, especially in spring and summer. Vehicle drivers should stay at or below the speed limit (25 mph) when navigating our roads and keep a watchful eye out for bike riders and walkers, including those who might dart out from driveways or from behind cars parked along the curb. Bike riders... wear helmets and make sure your bike is equipped with a light—and turn it on at night to make sure you're easier to see! Watch out for cars backing out of driveways and driving down the roads. Always ride on the right side of the road, in the same direction as vehicle traffic. Stay alert at all times. Beware of construction equipment and for safety's sake, try to stay out of the new construction areas. It's summer and it's fun for kids to zigzag their bikes all over our Avimor streets—but please ride responsibly and safely. Parents, please remind your kids to use caution. We want everyone in Avimor to be safe. (Pamphlets on Bicycle Safety—which provide a ton of great information—are available at the Community Center, courtesy of the Eagle Police Department.)*

# ONE GUY WHO CAUGHT THE DREAM

## A CONVERSATION WITH JUSTIN PEASE ABOUT WORKING TOWARDS A MORE ROBUST AVIMOR TRAIL SYSTEM BY RYAN BENTLEY



Justin Pease, Conquering the Outdoors

### What made you want to get involved?

It would be nice to say something about “giving back to the community”, but my motivations were purely selfish. Initial conversations involved me asking if we

could have features like berms and rollers added to our trail system. I’m not a particularly advanced or skilled rider, so I wasn’t looking for anything crazy. What I wanted was more along the lines of playful. I really like trails where I can recapture the wonder of being a kid riding on an incredible balancing contraption.

### What keeps you involved in trail building and maintenance?

Quite a few things really. My day job involves management at a technology company. This involves far too much sitting accompanied by occasional elevated periods of stress. On the other hand, trail building is the exact opposite of all that. I get to be outside, enjoy the beauty of where we live, and do some good honest physical labor. There is a peacefulness of working with the dirt for me. I also enjoy the creative element. It’s an opportunity to build something that you can look back on with pride, enjoy riding yourself, and hopefully be valued by many others as well.

### What is it like to live in a space where you have buy-in and can exercise creativity in trail building?

I can’t say that I expected that to arise when I moved here. It just wasn’t something I had given thought to. Now that I’ve done it, I really enjoy it and it would be hard to even consider giving up. I’d definitely recommend that anyone who is interested in, or even curious about, building trails to either come join a community trail building day or reach out directly to Marc.

### The proposed pump track is your baby. What’s going on with it these days?

Plans are proceeding well. Depending upon weather, construction may begin in early spring.

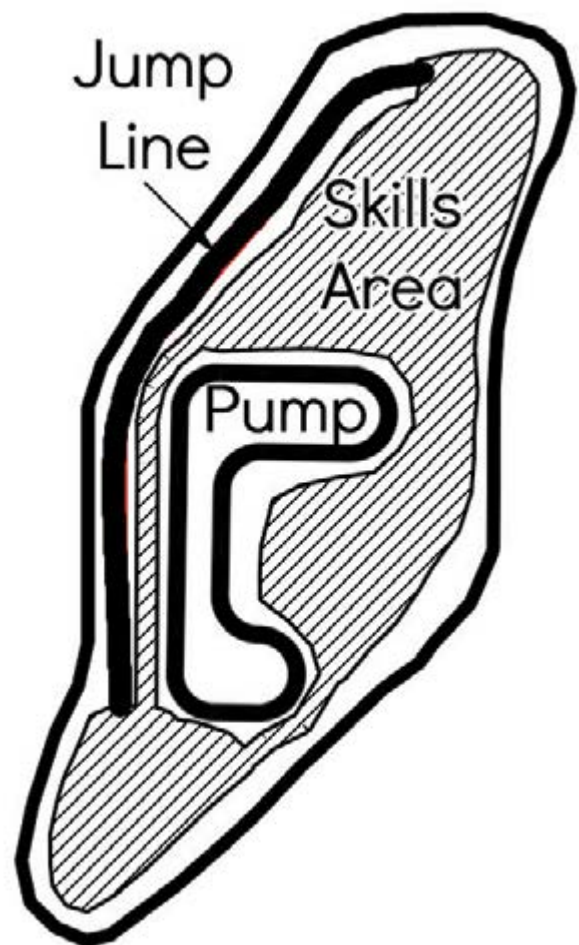
What we have in discussion at present is a bike park area that will include a pump track, some tabletop dirt jumps, and various features to aid riders in developing or practicing their riding skills.

The great thing about all of these elements, the pump track, the dirt jumps, and the skills area, is that they will be fun for people of all ages and skill levels. A good design means that a 3-year old on a balance bike and an expert adult rider can both be challenged and have fun on the same course. For that reason, these same types of installations have been a huge success locally, and around the country.

### What will you need help with from the general residents?

The initial construction work will involve heavy equipment

Once that is done, we’ll open up the invitation to all those who are interested to finish up the project. We will also provide training on how to help maintain the park. As a non-commercial endeavor this is a gift to the community. While we are specifically designing to reduce maintenance, it will still require continued love to keep it in prime condition. We’re confident neighbors, including teens, will step up and join in the effort. There’s nothing better than riding what you’ve helped build.



A preliminary sketch of the pump track as proposed by Justin. Details are subject to change as grading, etc... are finalized.



# Get Involved!



## JUNE 3 - SCHOOL'S OUT FOR SUMMER! POOL PARTY AND LUNCH

What better way to celebrate the beginning of summer break than with a pool party! Parents and kids are invited to come and enjoy the pool and lunch provided by Avimor. Hot dogs, chips, lemonade and popsicles! The back patio gate will be open for direct entry to the pool.

*Note that a lifeguard will not be in attendance, so parents will need to accompany and supervise their children.*

### AVIMOR AFTERNOON BOOK CLUB

Meets 2nd Wednesday each month in the Library  
12 to 2 PM. Call Maureen Rose...208-629-1488

### AVIMOR EVENING BUNCO

Meets 3rd Wednesday of the month at 7:00 PM.  
\$5 to play. Call Maureen Rose...208-629-1488

### AVIMOR AFTERNOON BUNCO

Meets 1st Wednesday 1:00 PM. \$5 to play  
Call Anita Herrington...208-922-6032

### AVIMOR WRITER'S GROUP (NEW)

Meets 4th Wednesday 1:00 to 3:00 PM.  
Call Pat Pintar...208-922-6534

#### Looking for more information or news?

Avimor HOA page at [www.Avimor.com](http://www.Avimor.com)

Facebook pages for "Avimor Living" and "Avimor Buy and Sell"

Avimor Next Door (Code: TCXDNW) [www.nextdoor.com](http://www.nextdoor.com) for Ada County news and Avimor Only

LOW-TECH!! Check out the Community Center Bulletin Board and pamphlets near the Fitness Room and Pool.

## CLOTHING DRIVE FOR HOMELESS VETS



photo credit: Pat Pintar

Dan Abel and Tom Pintar, gathering clothing for vets.

Avimor resident, Dan Abel collected clothing for Boise veterans on April 1. Retired from a 24 year career in the Marines and Air Force, Able volunteers with the Boise VA main campus to help distribute clothing to homeless vets. Tom Pintar made donation along with many other Avimor residents that day.

## APRIL "EVENINGS AT AVIMOR"



Group hug: Tom Pintar, Stormy Namer, Nancy and Dennis Atkisson, Ron Hall, Dave and Donna Christiansen, Pat Pintar.

A group of hardy Avimor residents turned out for the first monthly "Evenings at Avimor" event held on the breezy front patio at the Community Center. Unseasonable chilly April weather brought out the parkas and hoodies but conversations around tables were warm and lively. Naomi Psalm entertained the group while Jennifer Fegley warmed in the sun.

## AVIMOR SATURDAY AT THE MOVIES



photo credit: Pat Pintar

A small but lively group of kids turned out for the Saturday showing of Moana at the Community Center on May 13. One little guy is more interested in the popcorn.

# Lavender Lemonade

## INGREDIENTS

6 lemons, juiced  
1 lime, juiced  
1/2 cup honey  
2 drops Lavender Vitality essential oil  
Ice water, about 10 cups  
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## IS IT DEMAND OR A BUBBLE?

BY NATHAN SMITH

Home prices seem to be the hot topic in our current real estate market. In the previous edition, I analyzed how the cost of money was a greater component to affordability in relation to the home price increases we have been experiencing.

“Recently, there was an article written by the National Association of Realtors entitled, “Buyer Beware: Home Prices Will Only Get Higher” in which many intriguing pieces of data were presented. Buyers have been flooding the market and sellers are not able to keep up with the demand. This has generated multiple offers on properties nationwide.

The pace of building actually went down over the first quarter of the year and prices rose, making affordability more cumbersome. Fortunately, interest rates have stayed fairly steady and even decreased since the first quarter. These signs lead me to think that today is likely a better day to buy than tomorrow. For those who feel that we are approaching a “housing bubble,” this could be true, but it would not be due to the same circumstances of a decade ago. Our current market is full of buyers that are fully qualified and vetted by a more rigorous underwriting standard without exotic loan features, cash buyers are more prevalent, and owner occupied homes are being bought (more so than when speculation and investment was the craze).



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## AVIMOR COMMUNITY NEWSLETTER SUBMISSION GUIDELINES

This is a bi-monthly publication, which is designed, and published by Kristin Dudley, with great assistance in all areas by Pat Pintar. Articles submitted by Pat Pintar, Steven Roosevelt MD., Nathan Smith, Ryan Bentley, and Patti Berg. Photography was contributed by Pat Pintar and Hawks Nest Photography. Comments, information, photos, and items of interest to the community may be sent to Kristin Dudley by the 15th of the month prior to publication. Guest opinions will be printed on a case-by-case basis. Children's art may be submitted by children of residents. Calendar events are reserved for events that are open to the entire community. Questions, comments, and compliments can be directed to Kristin at 208-994-2585 or email kristin@kristindudley.com



# AVIMOR REAL ESTATE UPDATE

## AN INTIMATE LOOK AT WHAT'S HAPPENING IN OUR NEIGHBORHOOD

In a textbook example of supply and demand, an extremely low number of homes are actively for sale in the Boise market. The result? Home prices that continue to rise.

The outlook for 2017 is strong and we continue to hear stories of multiple offers, all over the asking price, with acceleration clauses. Houses in Boise have appreciated 6-8% over the past year and even more in some neighborhoods.

Will it ever end? As long as people are still moving to Idaho faster than they are moving out, and as long as we continue to have a labor shortage, it doesn't look likely. New construction is scrambling to keep up, money is cheap, and prices are continuing to rise. Investors are having a heyday.

9 = the number of homes listed  
as foreclosures in all of  
Ada County on 5/1/17

63% = 63% more people moved to  
Idaho than away from Idaho in  
2016 – a larger discrepancy  
than any other state.

Since Avimor is a growing development, we don't have the same issues with limited supply that some parts of Boise do, but we are seeing some of the effects. We're seeing overflow demand from Boise and Eagle – buyers who wouldn't have otherwise ventured to Avimor are taking a second look or making offers.

Another positive note is that Avimor is continuing to increase the price of

new construction based on market value, the increasing cost of labor, and higher cost of materials. This is cause to celebrate because it positively affects everyone's home values.

In addition, the future commercial ventures and pump park just add to the desirability of the area. As Avimor becomes more of a destination for mountain bikers and hikers, I predict that values will continue to rise.



*As an Avimor resident, I have my finger on the pulse of our neighborhood and know how to promote our community and all of its benefits. If you are considering a move or know someone who's thinking about moving to our community, let me know.*

*Kristin Dudley*  
208-994-2585

