

Kings Mountain ECHO



January 2018
Volume 14, Issue 1

Happy
2018

Happy New Year Neighbors:

Although at times it seemed like last year was stretching into an abyss of political, social, natural disasters and other chaos, here we are in a shiny new year...with new opportunities to contemplate. The hiking path your editor takes each morning is bursting with mushrooms, encouraged by the much needed, nurturing rain. A woodland gnome with his trusty chain saw appears magically to remove dead branches that may have fallen across the trail over night, clearing the path for all to enjoy. It's a time of renewal in our forested environment and an apt time for personal renewal too.

Have you made a New Year's Resolution? Wikipedia defines this behavior as "a tradition, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life." The top five resolutions are 1) stay fit & healthy (37%), 2) lose weight (32%), 3) enjoy life to the fullest (28%), 4) spend less/save more (25%) and 5) spend more time with family & friends (19%). The January Echo is here to help you with all of that and more.

To wit: Health/Fitness/Weight Control: sign up for the Pilates and/or Yoga classes at a convenient time as listed in the Community Calendar; hike the newly opened La Honda preserve trail profiled this month; make use of Marty's tips for good, healthy cooking; Time with Friends; mix & mingle with friends and make new ones at monthly movie nights and other KMA sponsored events this year; buy tickets and attend the Sweetheart Social with friends combining good fun with a good cause; Spend Less/Save More; renew your KMA, Fire Brigade, Garden Club memberships, all of which are due in January. At minimal cost, these organizations deliver maximum value, making Kings Mountain a stronger, safer and more attractive place to live. Enjoy Life to the Fullest; consider bumping up your community engagement and personal satisfaction by serving in leadership on the volunteer boards of those organizations; let the perennial chairperson of your favorite Art Fair function know if you can be available for more hours or advance planning over Labor Day weekend. The volunteer firefighters and the school beneficiaries of Art Fair funding make our lives more fulfilling every day. It Takes a Mountain.



KM Volunteer Firefighters Respond to a Grass Fire on Christmas Evening

Whether you made these, other or no New Year's resolutions at all, may you feel renewal in this New Year. We hope each day brings you joy and surprises.

Special thanks to photographer Bill Goebner and columnist Marty Eisenberg for their contributions to the Echo last year. You enhanced the visuals and content of every issue...all for the grand sum of zero dollars. This issue marks the year anniversary of the ever interesting, useful and fun Marty's Musings. Congratulations, thanks and keep 'em coming.

Best regards,

Eileen Fredrikson, Editor
Bill Goebner, Echo Photographer
Marty Eisenberg, Echo Columnist



KMA...The Strength of the Hills is in the People

In the '60s, this newly formed neighborhood group was called the Kings Mountain Skyline Improvement Association. Leaders of the organization shortened the name to Kings Mountain Association in the '80s but its purpose has remained the same. The KMA functions as our neighborhood residents and homeowners' association. Its overall purpose is to protect, improve and enhance the community by organizing events, activities and forums that benefit the community. Member dues provide the funding for all free events and for a significant portion of entry fees of others. Hard working KMA board members either chair or provide manpower enabling all activities.

The traditional year- end Holiday party sponsored by KMA completed the group's 2017 activities. Hence, there was no board meeting or December minutes to publish in this issue. Instead, we take this opportunity to summarize the KMA year and thank KMA Board Members for many volunteer hours spent for the benefit of all.

Social/family events of long-standing tradition included the Spring Brunch and Easter Egg hunt, annual membership dinner and board elections, the Summer BBQ party and the always terrific Halloween party. Specialized activities proposed by community members and produced under the auspices of KMA included a Bike Fix it Day and a home fire extinguisher refill and replacement day. Both brought convenient services to the mountain and requests to repeat them in this new year. A community forum regarding proposed trail extensions North and South of the Hwy 92 & 35 junction brought a SFPUC member to the mountain to explain possible impacts to properties along the proposed trail. The wide-ranging discussion was excellent, resulting in direct contact mechanisms between affected residents and the Bay Ridge Trail government agencies. KMA Board member, Betsy Rix, continues to monitor Ridge Trail developments on our behalf.

June kicked off a new KMA sponsored mid-week movie night at the CC utilizing new audio visual equipment installed for volunteer Fire Department use. Given the level of interest following the first several movies, KMA purchased the license required for community organizations to offer free movies. Mid-week movies became an on-going first Wednesday evening monthly event. Our community is extremely fortunate to have the series chosen by Jack & Betsy Rix. These folks programmed one of San Francisco's most interesting independent theaters for years. They are not only eminently qualified to select intriguing films; they are long-standing "professional" volunteers in many aspects of our community. Sincere thanks to Betsy & Jack. Beginning with the affectingly quirky Harold & Maude and including satire, rock & roll, classic Frank Capra flicks and more, the eight months of movies have been as diverse as they have been engaging. We can't wait to see what more is in store for 2018 and urge everyone to come to the movies!

We also urge neighbors get involved with KMA if you have available time and community interest. A vibrant Kings Mountain Association is important. If you receive a recruiting call, please consider serving on the board. Better yet, call a current board member to volunteer filling a seat that will open in May when some current terms expire.

Kings Mountain Volunteer Firefighters Respond to Many Emergency Calls Over the Holidays

Did you take time off and relax over year-end holidays? Our Kings Mountain volunteer firefighters certainly planned to do so, but these dedicated people answer emergency calls twenty-four hours a day, seven days a week. On average, they respond to about one call on two out of every three days. (The Fire Department received 237 emergency calls in 2016.)

In a note to the Echo from Assistant Chief Hank Stern, the last week of 2017 was particularly busy for the KM Fire Department. The department and its volunteers responded to a total of thirteen calls during this week: seven medical aids, four fires, and two fire alarms. Three of the fires were grass fires and one fire was a home near Skylonda. According to the Half Moon Bay Review, the Skylonda house burned for at least an hour before firefighters were called. As a result, the unoccupied structure was destroyed. Fortunately, no one was home at the time. Firefighters from Skylonda were the first to arrive at the scene. In addition, there were firefighters from the Woodside Fire District, Menlo Park, Redwood City and Kings Mountain.

KMVFD volunteers supported the thirteen year-end responses with an average of four firefighters per call. According to Hank, "This call volume was about 4 times the yearly average of what we normally see, with many of the volunteers sacrificing holiday time and a lot of sleep (many of these calls were late at night and very early morning) to support the Kings Mountain community, local San Mateo County response areas, and neighbors."

There was even an emergency fire call at 8:00 pm on Christmas night. Many KM firefighters turned out to fight the grass fire, having to leave their families and friends on a major holiday to serve this community. (Many people do not realize that after every fire, even a minor blaze, it takes a considerable amount of time to rewind fire hoses and put all the equipment back so it is ready for the next emergency call.)

The Kings Mountain community gives its heartfelt thanks to all our dedicated firefighters for giving up so much of their time and efforts to keep our community safe.



Heartfelt 
THANKS
TO OUR VOLUNTEERS!



KINGS MOUNTAIN VOLUNTEER FIRE BRIGADE, INC.
 13889 SKYLINE BOULEVARD, WOODSIDE, CALIFORNIA 94062 • (650) 851-8897

MINUTES OF THE KMVFB MEETING on December 12, 2017

ATTENDANCE: Jon Fredrikson, Darrin Jewell, Tim Naylor, Anna Rosche-Tubbs, Julia Simmons, Joe Rockmore, Jim Sullivan, Kathy Shubin, Carrie German, and Tim German.

Board president Jon Fredrikson called the KMVFB Meeting to order at 7:30 pm.

SECRETARY'S REPORT: The Board unanimously approved the secretary's report for the prior month's meeting on November 14, 2017.

TREASURER'S REPORT: The treasurer's report showed that we are on budget for 2017 and that the books are reconciled through November 2017.

BUILDING MANAGER'S REPORT: Kathy Shubin reported the following uses of the Community Center in November 2017:

| | |
|----------------------------------|-----------|
| Exercise/Dance Classes | 16 |
| Monthly Community Board Meetings | 4 |
| KMVFB Training & Maintenance | 6 |
| Community Events/Parties | 2 |
| Private Events/Parties | 0 |
| TOTAL USES FOR THE MONTH | 28 |

FIRE CHIEF'S REPORT: November 2017

| | | | |
|---|-----------|--------------------------------|----------|
| Medical aid | 6 | Vehicle accident | 6 |
| Public assist | 6 | Firefighter standby | 0 |
| Vehicle fire | 1 | Smoke check | 1 |
| Structure fire | 1 | Vegetation fire | 0 |
| Hazardous materials | 0 | Rescue | 0 |
| Cover assignment | 0 | Alarm sounding | 0 |
| Water tender group response | 0 | Trash fire | 0 |
| TOTAL # RESPONSES FOR THE MONTH | 21 | AVERAGE # OF RESPONDERS | 2 |
| Number of incidents with no Volunteer response: | 2 | | |

OLD BUSINESS:

Proposed 2018 Budget: Anna presented the 2018 FMVFB Budget, as reviewed by the budget committee. There was discussion about several line items, but the Board approved the budget as submitted. Anna will submit a letter to the Art Fair requesting an Art Fair grant of \$72,000.

E-56 Fire Truck Replacement: Jim Sullivan, Fire Chief, said that his team is still reviewing a number of replacement truck options.

KM Emergency Response Revitalization: No update on the status.

Conflict of Interest: Tim Naylor updated the KMVFB Conflict of Interest Policy and everyone in attendance signed the document.

Community Center Telephones: Comcast installed new telephone and internet connections to the Community Center. The AT&T landline for will be disconnected soon.

Community Center Tree Work: Carrie German said that tree work maintenance is scheduled for early January 2018.

Community Commemorative Walkway: The concept, location, honoree selection methodology and cost are all under review. All Kings Mountain groups and residents are invited to review and comment on the proposed walkway location and honoree selection process.

NEW BUSINESS:

Non-Profit Use of Community Center: Carrie German and Kathy Shubin, Co-Building Managers, asked the Board to review a resident's request to reduce the Community Center use fee for a charitable event. The charity is located in San Francisco and there would be very little tangible benefit to the community. After lengthy discussion, the Board denied the request because the Board could not make an exception to the published User Policy without setting a precedent that would make it difficult to deny other similar resident use requests in the future.

PayPal Link Needs Repair: Joe Rockmore agreed to fix the broken PayPal donation link on the KMOL web site.

MEETING ADJOURNED AT 8:23 pm.

NEXT MEETING: Tuesday, January 9, 2018

Respectfully submitted,

Valerie Trenter Secretary

Inside the Kings Mountain Volunteer Fire Brigade



By Steve Johnson
January 2018

KMEP (Kings Mountain Emergency Preparedness) News

I am part of the KMEP Executive Committee. Other members include Bill Goebner, Frank Adams, Jon Fredrikson and Marty Phelps. After several years of inactivity, KMEP is now active again, and aligned with the CERT (Community Emergency Response Team) program for San Mateo County.

The Fire Brigade and KMEP had a “show of interest” meeting in November. The meeting was well attended and we have several residents interested in participating, in addition to the folks who have already completed initial CERT training. The Fire Department also sponsored an advanced CERT class, and plans a CERT initial training class for early 2018.

The old “block captain” principle is evolving into a new organization—still evolving. They are still under the KMEP umbrella, and will act as a single organization going forward, based on CERT principles. We’ll keep you informed as the new KMEP evolves.

In addition, a couple of neighborhoods are starting their own emergency teams in concert with KMEP. These include Comstock Road and Ware Road. Other areas such as Bear Gulch East already have similar programs.

Marty Phelps is heading the current KMEP effort, along with Bill Goebner, Frank Adams and me.

Stay tuned for more information in 2018! In the meantime, make sure you have a “Go Bag” and family emergency plan. I can provide more information on both – just email me to get the information.

Please email me at sfjohns@pacbell.net or call 650-868-8921 for more information.

KMEP Executive Committee Contacts:

Steve Johnson – sfjohns@pacbell.net

Bill Goebner -- wgoebner@gmail.com

Frank Adams -- feaj@comcast.net

Marty Phelps – marty.vci@gmail.com

Jon Fredrikson – fredrikson@comcast.net

If you’d like to join the KMEP Yahoo Group, please send an email to kingsmtn-kmep-subscribe@yahoogroups.com



Kings Mountain Residents:
Please Renew Your **2018** Household
Membership in the KM Volunteer Fire Brigade
(Your dues and donations are tax-deductible)



(The Fire Brigade is a separate organization from the KMA.)

- The Fire Department, supported by the Fire Brigade, provides immediate response to 911 calls in the Kings Mountain Area.
- A Fire Department response could save your home, if not your life.
- The Fire Brigade depends entirely on donations, the Art Fair and annual membership dues.
- Only Fire Brigade members may utilize the Community Center for personal and private functions, as per User Policy.
- Membership dues make free use of the Community Center possible for events that benefit the community as a whole: KMA, KMEP, Garden Club and more.
- The Fire Brigade gets NO tax revenue from the State or County.

Yes, I would like to support the Volunteer Fire Brigade by becoming a member!

Name _____ Date _____

Address _____

Telephone _____ Email _____

Amount Enclosed: \$ 35 annual dues ✓

Additional tax deductible donation \$ _____

Make check to: *The Kings Mountain Volunteer Fire Brigade, Inc.*

The KMOVFB is a non-profit, tax-deductible 501(c) 3 corp. Tax I.D. Number 94-1650185.

***Mail to:* KMOVFB 13889 Skyline Blvd. Woodside CA, 94062**

You can also pay your annual dues by PayPal, a credit card or a debit card on the web at this link: <http://www.kingsmountainonline.com/kmvfb>



Kings Mountain Elementary School

A CALIFORNIA DISTINGUISHED SCHOOL

January 2018 School News

KMES students headed off for winter break following a packed learning schedule in December. Following parent-teacher conferences, report cards for the first trimester of the school year went home on December 4th. The new academic evaluations are based on each child's progress toward state standards in each subject. Evaluations regarding student effort are categorized in the "old" method with which we are all familiar; E=excellent, S=satisfactory, N=needs improvement. However, academic performance receives grades 1 through 4 according to the student's progress to grade level standards. In her weekly newsletter to parents, Principal Diane Siegel explained that at the first trimester the expected student performance level is a 2; indicating approaching end of year benchmarks as expected. Students who receive a score greater than 2 are performing at a level above state standard expectations.

As parents were becoming more familiar with the grading methodology, students and teachers roared ahead to complete designated Reader and Writer Workshop, Eureka Math, Social Studies and Second Step emotional intelligence units. Enrichment programs for music, science, art-in-action and "life-long reader" development with our volunteer librarians continued in full swing. Ayden Garver, a new student entered Kindergarten on Dec. 11th and was quickly welcomed by everyone. As the winter solstice approached, themes



involving seasons, weather, ecology, and the planets ran through science, reading writing, and art lessons in all classrooms. The season change was celebrated Dec. 21st with a Winter Solstice Circle Assembly. Sitting in a circle, staff and students gathered in the Lion's Den to celebrate the lengthening of daylight hours through song, stories and the Oak, Madrone and Redwood Tree lessons that symbolize each class. As the school day ended on Dec. 22nd, students, teachers and parents met for a "Mingle & Jingle" salute to 2017. Hot cocoa and treats were served while everyone visited and shared holiday good wishes before heading out for Winter Break.



School resumes on Tuesday, January 9th with Monday, January 15th a day off for the Martin Luther King Day Holiday. Kindergarten registration for the 2018-2019 school year begins Tuesday, January 16th. Our community can be proud of the district description of KMES below that is presented to prospective parent registrants:

“Kings Mountain Elementary School, part of Cabrillo Unified School District, is located eight and one-half miles south of Highway 92, off of Highway 35. The school has three combination classrooms serving approximately 70 children, kindergarten through fifth grade. The school takes pride in their ability to foster the development of creative, courageous, compassionate human beings who are committed to realizing their full potential, while supporting others to do the same.

The school promotes a powerful, cohesive partnership that actively involves students, parents, teachers, other school personnel, and the community in accomplishing its mission. Students are provided a safe and nurturing learning environment and receive an appropriate, academically challenging curriculum; develop a sense of personal responsibility, respect all others and practice good citizenship.

Recognized by the state as a Top Ten San Mateo County School and a Scholar School designation, KMES continues to strive for high achievement from its approximately 70 students. All teachers are CLAD certified and credentialed. Students celebrate academic challenges, diversity, an appreciation for our natural environment, and lessons in good citizenship. Caring parents, approachable teachers, and strong community involvement is a cornerstone of the school’s success.”

In your editor’s experience, a uniquely “mountain” parent-community partnership provided a strong base for the learning environment ethos at KMES from the day it opened. Long before the creation of non-profit foundation funding for schools, KMES enjoyed volunteer support in the classrooms and a collaborative spirit between teachers and parents. Today, school funding for public schools remains inadequate to achieve excellence. The KMAP (Kings Mountain Associated Parents) reaches out to our community to assist their own efforts a few times per year. They express the need on their web site as follows: “There’s a delicate balance between raising the funds we need to sustain the excellent programs at KMES and not over-taxing our parent volunteers and generous donors. KMAP has been working towards a goal of minimizing and distributing the number of fundraisers we have.” The upcoming Sweetheart Social invitation to the community in this issue is an important component that fundraising philosophy. To that end, the parent group scrapped a long-running “Autumn Affair” event in favor of a February “valentine” love of our school party. This slower time of year turned out to be a time most of us could use a night out to connect with community and celebrate good food, friends, and music. On Saturday night, February 10th, parent organizers say, “we’ll dust off our dancing shoes and plan to eat, drink, mingle, and come home with a great package from the auction or raffle bar.”

If you are not convinced that this event is real fun for your money, check out these photo booth pictures from last year’s event. Get your tickets now. You won’t be disappointed. The food, music, and views from the Mountain Terrace venue are terrific. Even if you don’t win an auction item, you will take home a memorable (possibly goofy) Jan Lundberg photo of your evening. Mine from last year adorns my desk and makes me laugh every day!





Kings Mountain Associated Parents presents a

SWEETHEART SOCIAL

Celebrating our love for Kings Mountain School and Community!

Saturday, February 10th, 2018 at 6:30pm

THE MOUNTAIN TERRACE

17285 Skyline Boulevard

Woodside, CA

General Admission: \$45

Live Music by The Gravity ❁ Farm-to-Table Menu

Auction Packages ❁ Raffle Buffet ❁ Photo Booth

For more information and tickets visit

www.kmap.us/sweetheart-social

Proceeds benefit Kings Mountain Elementary School.

Adults 21 and older, please.

Come to the KMAP Sweetheart Social!

February 10, 2018

Schedule:

5:30 pm: Exclusive Pre-Party (limited to 30 guests)
6:30 pm: General Admission & Appetizers
7:00 pm: Food Stations & Passed Plates
8:30 pm: Dessert, Live Music, & Dancing
11:00 pm: End of Evening

Purchase Your Tickets Today!

General Admission: \$45

Starts at 6:30 pm. Includes a glass of champagne, food, live music, and non-alcoholic beverages.

General Admission + Unlimited Drink Bracelet: \$65

Includes all of the above, plus unlimited wine, beer, champagne, or specialty cocktail from the bar.

Pre-Party Package: \$85 (Limited to 30 Guests)

Starts at 5:30 pm. In addition to receiving all of the above, pre-party attendees will have access to a premium appetizer selection, receive pre-party goodies, and enjoy an exclusive wine tasting.

Purchase tickets at this web site: <http://kmap.us/sweetheart-social>

....And Back by Popular Demand:

Farm-to-Table Menu
Live Music by The Gravity
Jan Lundberg's Photo Booth
Raffle Buffet
Auction Packages

Proceeds Benefit Kings Mountain Elementary School

Join the Kings Mountain Association! Get involved in your community!
KMA Membership Application Form

Please print legibly if you are completing this form by hand



Name _____

List primary member name before other household members' name(s)

Propane customers: List primary member's name identically to the name on company records

Kings Mountain Address _____

Property address owned or rented on Kings Mountain

Preferred Mailing Address _____

If different from Kings Mountain address

Contact Telephone _____ email address _____

required

When did you move to Kings Mountain? _____

year

May we publish your name as a member of the KMA? yes no

May we contact you by mail or email to keep you up-to-date on KMA activities or to ask for your opinion on issues?

yes no

All KMA memberships run for a calendar year, and the annual membership fee is \$25 per household. Additional donations are gratefully accepted; every extra penny helps the KMA fulfill its mission of improving community life on Kings Mountain. For additional information, email KingsMountainAssociation@gmail.com.

Please complete and return this form with your check made payable to "KMA" to:

KMA Treasurer
Kings Mountain Association
13883 Skyline Blvd.
Woodside, CA 94062-4573

Please Note: Based on the information you provide, a member of the KMA Governing Board will contact you if you do not qualify for regular membership in the KMA. Renewal forms are due February 1 for membership year.



Kings Mountain Garden Club
Membership Application/Renewal

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Send this application and a check for \$10.00 to:

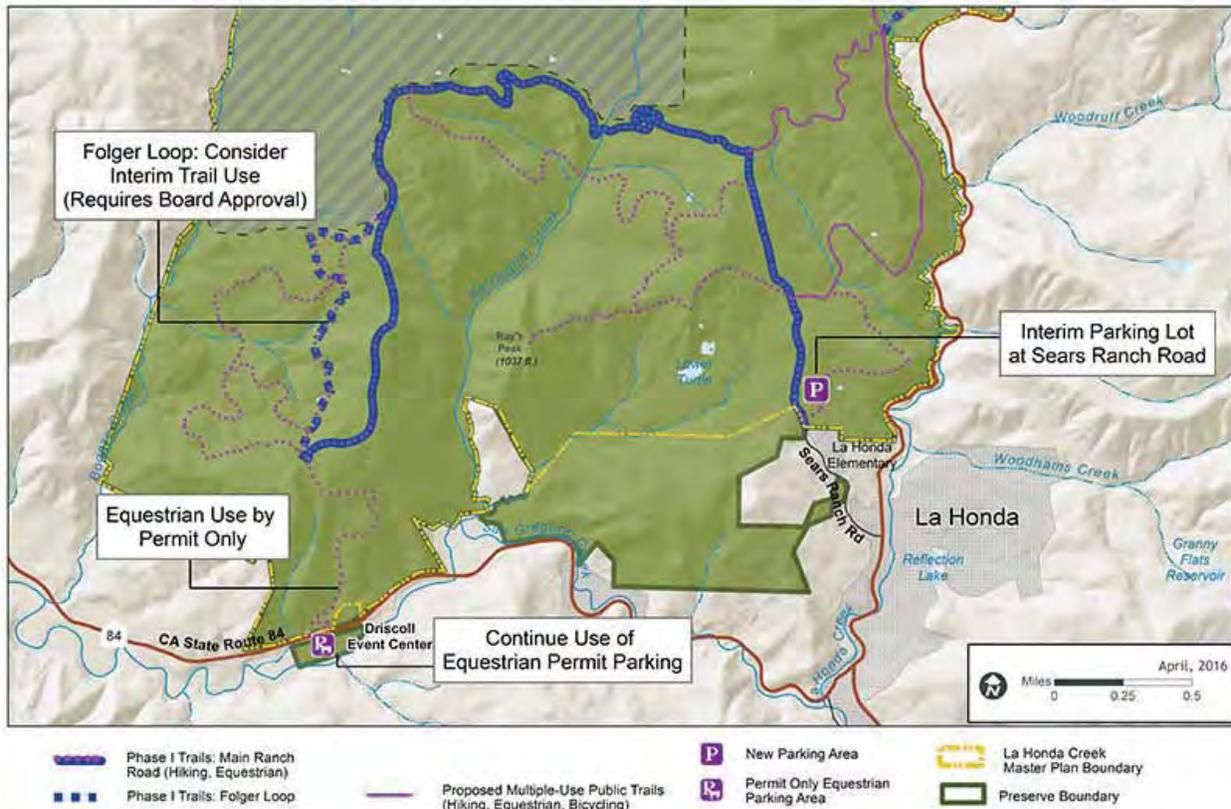
Kings Mountain Garden Club
Attn. Betty Johnson, Treasurer
12200 Skyline Blvd.
Woodside CA 94062

New Mid-Peninsula Trail Opens

The La Honda Open Space Preserve opened a wonderful new hiking trail in December. A twenty car parking lot and a restroom are now open sunrise to sunset at the lower La Honda Creek trailhead at 900 Sears Ranch Road. Six miles of new trails give hikers free public access to the 6,142 Acre La Honda Creek Open Space Preserve. The upper portion of the preserve, entered from Allan Road, has been open to visitors by permit only.

The 30 year MROSD master plan goals, completed in 2012, call for balancing the preservation of viable agriculture, cultural history, and the natural environment with public education and low-intensity recreation. Hence, the huge La Honda Creek Open Space Preserve still includes a working cattle ranch agricultural element. The newly opened trail is the second open space district area to allow passage through cattle ranch activities. Cydney Bieber of MROSD told the Half Moon Bay Review, “The new trails provide panoramic views of some 3,200 acres heretofore unseen by the public. The trails are dotted with interpretive signs about nature and local history. However, since visitors share the space with grazing cattle, hikers must stay on the trails.”

The newly opened trail is especially convenient for Kings Mountain residents. More new trails through the central area of the preserve have a tentative opening date of 2020.



Trails and Sears Ranch Parking Area



January 2018

by

Marty Eisenberg

“Holy Smokers!” A year or so ago Darcie bought a Traeger Grill. They’re fueled by hard-wood pellets and are really a “smoker”, not a barbeque. I was a doubter. Nevertheless, I tried it out. The pellets drop from a bin into a fire pot. Initially they’re ignited by an electric igniter. Thereafter the smoldering ones in the fire pot ignite the ones being dropped in at a measured rate based on the setting of a reliable temperature monitor. There are several “flavors” of pellets – apple, mesquite, hickory, cherry, maple and more. We’ve smoked chicken, salmon, pork shoulder (for pulled pork), vegetable skewers and more. Everything’s really yummy! This year we smoked a whole turkey for Thanksgiving and it was grand! There are lots of recipes on -line. These pellet smokers are terrific.

Speaking of good eating.... I recently had dinner at La Costanera, a Peruvian restaurant situated on the bluff overlooking the surf line at the northern end of Montara. (Location of the former Chart House.) It was great! Pleasant servers, varied menu, fairly priced; really delicious fare. Wonderful ocean views from the downstairs bar and deck, too.

“M’m! M’m! Good!” I bought a pack of Nora Lim Soup at Costco. They’re packaged conveniently in single-serving 10-oz microwavable BPA-free plastic cups with a cardboard sleeve. The soups are gluten-free, GMO-free, vegan and made locally across the bay. They’re low calorie – 40 calories for tomato soup, 120 calories for carrot-ginger – and taste great! Cost is about \$2.50 per serving. Terrific quick snacks or meals. Other “flavors” (such as red lentil veggie, kale and potato, and Asian lemongrass) available at other local stores like Draegers & Whole Foods according to the Nora Lim website.

Make and store your own vegetable stock. Vegetable stock is easy to make, very economical and you don’t have to buy pounds of vegetables to do it! The basic “aromatics” of stock are onions, carrots and celery stalks & leaves. Other useful ingredients are garlic, leeks, scallions, fennel bulb, chard, lettuce, potatoes, parsnips, green beans, bell peppers, beet greens, mushrooms, parsley and herb stems such as oregano and thyme. When preparing meals if you have leftovers of these ingredients, toss them into a plastic bag and freeze them until you accumulate enough to make a pot of stock. (Avoid cabbage, Brussels sprouts, broccoli, cauliflower, turnips, artichokes and beet roots.) Freezing breaks down vegetable cell structure but not the flavors for making stock. You need about 3 cups of vegetables to make 2 quarts of stock. Put the vegetables in a pot of lightly salted cold water and heat it very gradually to a simmer for a couple of hours to draw out the vegetable flavors. (If you throw the vegetables into hot, boiling water, it tends to sear them and lock in the flavors you want to draw out for the stock.) Strain the stock well (using cheesecloth if desired) and put the stock into 1 or 2 cup containers and freeze for use when needed. Prepared stock will keep and maintain its flavor for several months in the freezer.

A thought for the New Year: “The bad news is time flies. The good news is you’re the pilot!” [Michael Altshuler; entrepreneur, philanthropist, motivational speaker]

January 2018 Kings Mountain Community Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---------------------|-----|
| 31 8:00am - 10:00am Astanga Yoga 10:30am - 12:00pm Yoga w/Mary | 1 Cleaning | 2 5:00pm - 6:15pm Pilates-All Levels | 3 Tree Work 7:00 pm—10:00 pm Mid-Week Movie Night | 4 5:00pm - 6:15pm pilates all levels | 5 | 6 |
| 7 8:00 am-10:00 am Astanga Yoga 10:30 am-12:00 pm Yoga w/Mary | 8 6:00pm - 10:00pm Kings Grove BOD | 9 5:00pm - 6:15pm Pilates-All Levels 7:30pm - 9:00pm KMFVB Board | 10 7:00pm - 9:00pm KMA Board | 11 5:00pm - 6:15pm pilates all levels | 12 | 13 |
| 14 8:00 am-10:00 am Astanga Yoga 10:30 am-12:00 pm Yoga w/Mary | 15 Cleaning | 16 5:00pm - 6:15pm Pilates-All Levels | 17 | 18 5:00pm - 6:15pm pilates all levels | 19 | 20 |
| 21 8:00 am-10:00 am Astanga Yoga 10:30 am-12:00 pm Yoga w/Mary | 22 | 23 5:00pm - 6:15pm Pilates-All Levels | 24 | 25 5:00pm - 6:15pm pilates all levels | 26 ECHO Deadline | 27 |
| 28 8:00 am-10:00 am Astanga Yoga 10:30 am-12:00 pm Yoga w/Mary | 29 | 30 5:00pm - 6:15pm Pilates-All Levels 7:30pm - 9:00pm KMAF BOD Meeting | 31 | 1 5:00pm - 6:15pm pilates all levels | 2 | 3 |
| 4 8:00 am-10:00 am Astanga Yoga 10:30 am-12:00 pm Yoga w/Mary | 5 | 6 5:00pm - 6:15pm Pilates-All Levels | 7 7:00 pm—10:00 pm Mid-Week Movie Night | 8 5:00pm - 6:15pm pilates all levels | 9 | 10 |

The Kings Mountain Echo is published monthly by the Kings Mountain Volunteer Fire Brigade, Inc, a non-profit, volunteer organization. The Editor is Eileen Fredrikson. All opinions are those of the commentator/writer and not those of the publisher.

Echo submissions should be emailed to eileenfredrikson@comcast.net Please reference "the Echo" in the subject line. The Echo deadline is the 26th of each month. The editor retains discretion to edit all submissions for space and content.

Kings Mountain Volunteer Fire Brigade
13889 Skyline Blvd
Woodside, CA 94062

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