

PLAINTalk

NEWSLETTER FOR THE PINE LAKE ASSOCIATION OF INVOLVED NEIGHBORS



Happy Summer

Abbreviation Key

ARB	Architectural Review Board
NW	Neighborhood Watch
PLAIN	Pine Lake Association of Involved Neighbors
TAB	Tree Authority Board
BH	Beach House
CH	Club House
CC	City Chambers

PLAIN Leadership

President

Lynn Callery

Vice President

Shannon Croft

Secretary

Jan Christensen

Ann Jimenez

Treasurer

Jean Bordeaux

Neighborhood Watch

Tim Neeland

Matt Pulsts

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Newsletter Editor

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Annette Cotter



Annette Powell Cotter died Tuesday at home in Pine Lake, Ga. She was 73. Born in Andalusia, Alabama, of a dynasty of lawyers, she graduated from Andalusia High School, attended Florida State University briefly, Huntingdon College longer, and then graduated from Georgia State University, where she also earned an M.A. in English.

She was the first editor of CREATIVE LOAFING. As anyone knows who ever sat at her table, she was a skilled, talented, and creative chef.

She was a poet and songwriter and lived for many years in Nashville, Tn., where she was a staff writer for Polygram Music. Songs of hers were recorded by George Strait, Pam Tillis, Colin Raye, Linda Davis and other country artists.

She is survived by her husband, William Cotter; sister, Pat Cassidy; brother, Ab Powell; son, Chauncey Ward Hall, III; daughter, Heidi Carroll; niece, Charlotte Cassidy; grandchildren, Shannon Hall and Chance Hall; as well as beloved step-grandchildren.

PLAIN Membership Drive

It is Membership Drive time again for Pine Lake Association of Involved Neighbors (PLAIN). If you have not renewed your membership this June, then your membership will lapse on July 1st. Please get your dues (\$20 for individuals/\$30 for households) to Shannon Croft (PLAIN Box #44).

We are a non-profit and use our funding to support events for Pine Lake all year long. Some of our events have included monthly Pancake breakfasts, Chili cook-off, International Dinner, the Cookie Exchange, and Breakfast with Santa. We also will donate funds to the city of Pine Lake as we can. This year we have donated cabinets for the kitchen at the almost complete Beach House.

In Lieu of the usual Pancake breakfast this July 5th, we will have a "Pot-luck" breakfast/brunch at the Clubhouse from 9AM-11AM. We will provide juice and coffee; please bring an item to share and your plates, cups and utensils.

PLAIN is inviting all new and renewing members to a Members Thank You Party on Thursday July 17 at our 7pm meeting in the clubhouse. We will serve light refreshments and make plans for new and exciting PLAIN events for the upcoming year. This is your chance to set our agenda and we would love to see you there!

Pine Lake Community Garden

Pine Lake's Community Garden at Olive & Dahlia is being revived and is enjoying the support of the neighbors and the City. Public Works has done a great job with cleaning up the property, setting up a water tank and delivering a supply of compost for the plots. If you'd like to rent a plot, they are \$20. Please contact Susan Ahl at

Susanahl@bellsouth.net.

Rockbridge Coalition

Almost 30 volunteers at Rockbridge Coalition's Spring Cleanup!

Thank you to everyone who came out to the Spring Cleanup in April to take care of our community along Rockbridge Road! We had almost 30 volunteers from the city of Pine Lake, Pine Lake Baptist, Rockbridge Elementary and representatives from Keep Dekalb Beautiful.

The next cleanup will be in the wetlands, and details will be forthcoming. For more information about *your* wetlands, please visit Pine Lake resident Dallas Denny's informative blog at: <http://pinelaketheblog.blogspot.com/2011/04/tour-of-eastern-wetlands.html>. We welcome ideas and suggestions for scheduling and getting the word out at cleanuprockbridge@gmail.com.

We'll also be doing another cleanup in the fall, and will likely expand further along Rockbridge towards Les Cha-teaux. If you're interested in helping out, please **join the Yahoo group now** at:

<https://groups.yahoo.com/neo/search?query=cleanuprockbridgepl>.



Yoga in Pine Lake

Classes are held every Wednesday at 6:30-7:45pm \$10 in cash. Comfortable clothing (pants and shirts). Bring your own yoga mat.

We begin practice with gentle yoga: focus on breathing, spine decompression, joints and muscles. I teach yoga with therapeutic emphasis.

We end practice with Yoga Nidra, also known as yogic sleep or sleep with awareness, Yoga Nidra is an ancient practice that is rapidly gaining popularity in the West. It is intended to induce full-body relaxation and a deep meditative state of consciousness. We live in a chronically exhausted, overstimulated world. the mind. spiritually. We use a SANKALPA (resolve) to influence and transform the whole life pattern, not only physically but also mentally, emotionally and spiritually. When sankalpa becomes the directing force, everything you do in life becomes successful.

Sandra's passion for the art of body movement started in early childhood. Starting at age six, she was trained in Lithuania in ballroom dance. As an avid world traveler, Sandra's life has been filled with dance, music and nature. Sandra continued dance training until she earned a Bachelor's Degree in education and psychology, as well as pedagogy and sport dance trainer certification at the Lithuanian Academy of Physical Education. In 2012 Sandra became a Certified Classical Yoga Teacher at the Kashi Atlanta Urban Yoga Ashram. Sandra has recently earned the title of Certified Yoga Therapist at 7 Centers Yoga Arts, Sedona, Arizona. Sandra is a Certified Yoga Teacher with Therapeutic Emphasis.

July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ARB— 7:00 PM Clubhouse	2 Yoga— 6:30 PM Clubhouse	3	4	5 PLAIN Pot Luck Brunch 9:00—11:00 AM Clubhouse
6	7	8	9 Yoga— 6:30 PM Clubhouse	10	11	12
13	14 City Council Mtg— 7:30 PM Council Chambers	15 ARB— 7:00 PM Clubhouse	16 Yoga— 6:30 PM Clubhouse	17 Tree Board- 6:00PM Council Chambers PLAIN Meeting 7:00 PM - Clubhouse	18	19
20	21	22	23 Yoga— 6:30 PM Clubhouse	24	25	26
27	28	29 City Council Work Session 7 :30 PM Council Cham- bers	30 Yoga— 6:30 PM Clubhouse	31		

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pine Lake Lounge 7:30pm Clubhouse	2 Pancake Breakfast 8:30 Clubhouse Town Hall 10:30 AM Clubhouse
3	4	5 ARB 7:00 PM Clubhouse	6 Yoga— 6:30 PM Clubhouse	7	8	9
10	11 City Council Mtg 7:30pm Council Chambers	12	13 Yoga— 6:30 PM Clubhouse	14	15	16
17	18	19 ARB 7:00 PM Clubhouse	20 Yoga— 6:30 PM Clubhouse	21 Tree Board 6:00 PM Courthouse PLAIN Mtg 7:00 PM Clubhouse	22	23
24	25	26 City Council Work Session 7:30 PM Council Chambers	27 Yoga— 6:30 PM Clubhouse	28	29	30
31						