



# THE CANYON EAGLE

A publication of the Skye Canyon Community Association

Photo: cdn.pixabay.com

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## CONTACT INFORMATION:

- **Skye Center & Skye Fitness**  
702.786.0207
- **Dispatch**  
702.786.0207  
(Prompt 3)
- **Management Office**  
702.361.6640 or  
702.786.0207  
(Prompt 4)



cdn.pixabay.com

## WINTER WATERING NOV. 1– FEB. 29:

- Group A
- Watering allowed on Mondays only
- For more information, visit [www.lvwd.com](http://www.lvwd.com)

## NEIGHBORHOOD NEWS

We are excited to announce the planned transition of the leadership role at Skye Canyon Community Association from Olympia Companies to Century Communities. Olympia and Century have been proud partners in the growth of this Community since the first phase of development, and this change signifies an exciting move from the land use and planning stages to the final development stage of this award-winning community.

Century has a proven track record of success

in working with land development teams in similar transitions, and Olympia will certainly continue to participate in the Community as a vital partner.



The established quality and integrity of the Community will remain unchanged. The Olympia team will retain its management role in the operation of the Skye Canyon Fitness Center and Campus, as well as the homeowner association. This change of leadership role will not affect the residents in any measurable fashion.

Graphic: aliem.com

## TIMELY REMINDERS



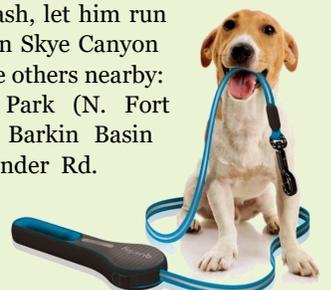
**It's a Leap Year.** There are 29 days in February this year. Plan to do something special or spontaneous to celebrate this rare occasion.

**A Resolution Worth Keeping.** With New Year's resolutions still within grasp, here's one resolution that could actually save you money, time, and stress. Make a habit to lock your car, take your keys, and remove or hide any remaining belongings every time you leave your car. Experts recommend repeating a new task for six weeks to create a new habit, and this one is worth the effort.

**When Walking Fido.** As spring approaches, many pet owners resume their daily dog walks. If you are among them, please help everyone enjoy the season by picking up after your pet when walking it in the community

and disposing of the waste bag in your trash. All pet parents are responsible for the prompt removal and disposal of their own pet's waste and the collection bags. Waste bags should never be left in the common areas or in other residents' yards.

When walking your pet, please also remember that all dogs must be on a visible leash (not an electronic collar or leash) of 6-feet or less in length and under an owner's control at all times when outside the secure confines of your yard. If your dog enjoys playing off its leash, let him run at the dog park in Skye Canyon Park or one of the others nearby: Winding Trails Park (N. Fort Apache Rd.) or Barkin Basin Dog Park (Alexander Rd. & Tenaya Way).



Graphic above: 4.bp.blogspot.com

# PLAN TO MAKE A SPLASH

With warmer weather just around the corner, the thought of a refreshing dip in a swimming pool is enticing. When submitting an architectural application, there are some specific items that are commonly overlooked in homeowner's plans.

The following items must be addressed as part of the architectural application submittal for pools and spas (per Homeowner Design Guidelines, Section 2.6.3):

- ◆ Provide a complete **construction plan** showing placement of pools, spas, and pool equipment. Dimensions from pool edge to property lines and house shall be included.
- ◆ **Pool and spa equipment** must be screened from view of any street, community open space, or adjacent lot through the use of a solid wall to match the property line wall. Landscape material can be considered for screening, but requires review prior to installation.
- ◆ Indicate location of **access** to yard. **Crane access over any walls or properties is strictly prohibited.** Building equipment and materials must be contained on the applicant's property. Streets shall not be obstructed with equipment or building materials. Access is not permitted through a main perimeter wall.
- ◆ **Waterfalls** and other features may not be built against a property line wall. Provide height, color and materials of these proposed improvements. If photographs of proposed improvements are available, please provide with the application.
- ◆ All pools and spas must be constructed according to **City of Las Vegas Regulations** and other applicable codes, including required setbacks, fence, and enclosure heights.
- ◆ Provide a complete **landscape plan** of the rear yard. The landscape plan must include an accurate layout of the pool, spa, and equipment. If the landscape plan is included with the submittal for the swimming pool, the review will be considered as part of one application. If the landscape plan is submitted at another time, an additional architectural review fee and application will be required. Refer to the Design Guidelines, Section 4 to review landscape requirements.

These are just a few examples of the required information that allows for a successful review of an architectural application. Inclusion of this information in a submittal package does not guarantee an approval.

Other factors are reviewed for compliance with the CC&R's and Design Guidelines. If you have questions as you prepare an architectural application for submittal, the Architectural Services Department at the Association's office is available to assist you.



For Pools,  
see Design  
Manual  
Section  
2.6.3



## BRIGHTEN UP WITH FLAX LILIES

Variegated Flax Lily or *Dianella tasmanica* 'variegata' is a handsome, perennial that grows in clumps and adds vertical interest and texture to nearly any garden space. Its versatile appeal works well with the clean lines of a contemporary planter, the soft layers of cottage gardens, or in peaceful harmony in an Asian rock garden. It's a great plant to brighten a shady space or one heavy with dark green foliage. The strappy leaves are green with contrasting cream borders that draw attention like sparklers on Independence Day. They add softness to a garden when planted by themselves or lush fullness when planted in mass.

Flax Lilies are drought-tolerant, once established, but require slightly more water during extreme heat or when planted in containers. Their grass-like foliage grows moderately fast to 2-foot tall and a clump about 1-foot wide. They sprout insignificant white blooms in late spring that often go unnoticed, making this a tidy plant that doesn't require a lot of maintenance. Perfect for busy homeowners.

## TIME TO CHANGE YOUR POOL'S WATER?

If you're planning to drain your pool this spring, the Las Vegas Valley Water District's website at [http://www.lvuvwd.com/conservation/waste\\_pool.html](http://www.lvuvwd.com/conservation/waste_pool.html) offers step-by-step instructions on how to do it properly. Pool water cannot be drained into streets, gutters, storm drains or septic systems: this is a violation of local codes and you could be cited for water waste. Pool

water must be drained into your sewer system's clean-out port so that it can be treated and reused. The drain cleanout port can often be found in your front landscape about 3 feet away from the house. Improper draining of a pool can result in hefty fines from the Water District. Before you or your pool professional drain your pool, find out where the water should go.

# PROTECTING YOUR WALLS SAVES BIG



The white, powdery crystals seen growing on the exterior

dissolves minerals in it. As water evaporates from the wall's surface, the mineral deposits are left behind as crystals. Although efflorescence is generally a visual problem, if the moisture continues to penetrate the wall and efflorescence crystals grow inside the surface of the wall, the surface will begin to

The best way to prevent wall damage from efflorescence is to prevent water from entering the wall in the first place. Cleaning the surface of the wall will not cure the problem; it only removes the symptom. Additionally, rinsing a wall with our naturally-salty water may worsen the problem, and mineral deposits will reappear unless the natural efflorescent chain is broken. A better solution is to dry-brush the minerals from the wall or using an efflorescence cleaner can break the chain after fixing the source of the leak or water entering the wall. By fixing the leak, you will save money in water bills and the more-costly expense of replacing your wall down the road.



**Efflorescence is only a symptom of**

side of damp masonry walls is efflorescence, an annoying mineral build up created by salt. When

caught early, it can usually be removed with efflorescence removers and elbow grease. However, the presence of efflorescence typically signals a moisture issue near the wall that needs to be corrected before it causes the wall to deteriorate.

Efflorescence forms when water infiltrates the block wall and

**Average cost to repair block wall is \$9—12 per sqft.\***

peel and flake off. The salt crystals push from the inside of the blocks out and eventual cause them to crumble, often near the base of the wall. (You can see this happening on walls in older sections of the Las Vegas.)

\*Material cost only, excludes labor. Source: Homeadvisor.com

## Celebrate Your Active Outdoor Life

Skye Canyon invites the whole family out to Fit Fest on Saturday, March 7th! Following the return of the 5K/8K Road Race and the new 1-Mile Fun Run, you can recharge with Silent Savasana yoga, tour the active lifestyle expo, stroll the Farmers Market and fuel your whole adventure with bites from local food trucks. Kid's activities include a rock climbing wall and field day games, so everyone can join in the fun. For more information, visit us at <https://skyecanyon.com/fit-fest/>.

**WHEN:** Saturday, March 7th  
8:00 am—1:00 pm

**WHERE:** Skye Canyon Park



**FIT FEST**  
SATURDAY, MARCH 7TH



# BENEFITS OF MEDITATION & EXERCISE

The past couple of years has seen a growing trend of including some type mindfulness practice as part of physical fitness with meditation coming to the fore. Meditation is an ancient practice where an individual will focus her/his mind on a particular activity, object, or thought to reach mental clarity and emotional calmness. A lot of people find it easier to focus on their breathing while meditating. Meditation can balance the body's needs and maximize physical stamina to get the most from your workouts.

Regular exercise is vital for good health and wellbeing. Our body was designed to move in order to stay healthy. A non-active/sedentary lifestyle has been linked to joint pain, obesity, and several other health problems. Introducing more exercise into your life is a wonderful way to improve mood, confidence, energy levels, as well as protect your body from possible negative health outcomes.

Meditation and exercise have so much to offer. Combining the two is a great

way to get even more benefits overall. Some of the benefits of combining exercise and meditation are more stamina, muscle building, recovery, stress & anxiety relief, and overall feeling of well-being.

Should one meditate before or after a workout? There not a "one size fits all" rule here. Whichever approach works best for you is the one you go with. Meditating *prior* to a workout will allow you to relax and stretch your muscles. At the same time, you can improve the focus and control that are needed for working out. Meditating *after* a workout can reduce cortisol levels which are usually elevated while exercising. Post-workout meditation also helps to improve recovery and reduce pain.

A combination of meditation and exercise will help support your health while maximizing results from your workouts. Stress/anxiety management, muscle building, & better mood just some of the benefits you can expect when meditating prior to or after a



## SKYE FITNESS

### REGULAR HOURS OF OPERATION

**MON-FRI** 6 am - 8 pm  
**SAT & SUN** 8 am - 4 pm

### FEBRUARY CLASSES

**P90X\***  
 Mondays—9:30 am

**Zumba**  
 Mondays—7:00 pm

**TRX\***  
 Tuesdays—6:00 pm

**Pilates Reformer\***  
 Tuesdays—10:00 am • 11:00 am  
 Wednesdays—6:00 pm • 7:00 pm

**Yoga**  
 Wednesdays—11 am

*Please RSVP for all classes to ensure a spot in the class by calling Skye Fitness, 702-786-0207.*

\*Fee-based specialty classes

## SKYE CANYON COMMUNITY ASSOCIATION

C/O Olympia Management Services  
 11411 Southern Highlands Parkway, #100  
 Las Vegas, Nevada 89141  
 (702) 361-6640  
 olympiamanagementservices.com



## COMMUNITY CALENDAR

**Feb 2— Super Bowl Watch Party\***  
 Skye Bistro  
 3:30 pm

**Feb 9— Snow Tubing\***  
 Lee Canyon Resort  
 10:00 am

**Feb 13— Partner Yoga**  
 Skye Fitness  
 6:00 pm—7:00 pm

**Feb 14— Skye Kids Roaring 20's Party\***  
 Skye Fitness  
 5:00 pm—7:30 pm

**Feb 17— Free Blood Pressure Checks**  
 Skye Fitness  
 6:00 pm—7:00 pm

**Feb 21— Family Feud**  
 Skye Center  
 6:00 pm

**Please RSVP for all events at (702) 786-0207.**

\* Event fee charged, please call (702) 786-0207 for information and to register for the event.