



# BURNT MOUNTAIN MATTERS



## MARCH 2013



### Meet the BMC Board

Each newsletter, we are going to spotlight one of our board members. This month, the spotlight is on our Chairman, John Taylor. John has been a member of the BMC Board of Directors for many years. He lives in Ellijay with his wife Laurie. He has two grown children, Jason and Heather, and two grandchildren, Kansas and Hattie-Grace. He attends First Baptist Church of Ellijay, where he teaches young children in Sunday School. He is active in the Ellijay Alliance

Club and the Pickens County Chamber of Commerce and his hobbies include reading and walking. In 1992, he became the account manager at what is now called QSR (Quality Synthetic Rubber). The owners gave him the opportunity to turn the business around and he transformed it into a very profitable business and a place where people are proud to work. His hopes for BMC include growth of off-site jobs, new contract work opportunities, and further involvement with finding homes for individuals with elderly parents. We are very honored to have John as our Board of Directors Chairman.

### BMC Turkey Trot T-Shirt Contest

BMC will be hosting a road race on Saturday, November 16, 2013. This road race will be called "The BMC Turkey Trot". More details about the race will be released at a later time. We are going to give anyone who wishes to participate the opportunity to design a logo for a t-shirt that will be used for the race. The winner will receive a free t-shirt and free admission to the race. If you are interested in entering this contest, please send all logos to Hope Spivey via email (hopewest@etcm.com) or send a hard copy to P.O. Box 337, Jasper, GA 30143. Please make sure all designs are original and pertain to the race theme (Turkey Trot). You are also welcome to incorporate BMC's motto, "Every Step Leads Forward". Be sure to include your name and phone number with the design. The deadline for this contest is Friday, March 22, 2013. Any designs submitted after this date will not be accepted. The winner will be announced in our next newsletter as well as on our website and Facebook page. Good luck!

### PARC News

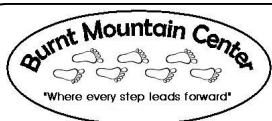
The first PARC meeting of 2013, filled with information about Trusts and Guardianship, was a big success! We have reports that some parents/caregivers have already set up Trusts for their loved ones. The next meeting will be held on Thursday, April 4 at 6:00 pm. SWOT will be reviewed and a guest speaker is already in the works. We hope to see you there!

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### Upcoming Events:

- Closed: Memorial Day—May 27
- Closed: Luau Party—June 7
- Closed: Independence Day—July 4 & 5
- Closed: Labor Day—September 2
- Closed: Halloween Party—October 25
- Closed: Thanksgiving—November 28 & 29
- Closed: Christmas Banquet—December 13
- BMC Christmas Breakfast & Party—December 20
- Closed: Christmas Holiday—December 23-27
- Closed: Staff Training—December 30 & 31



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Check us out on [Facebook!](#)

## Job-Site Spotlight

QSR (Quality Synthetic Rubber) is a corporation that manufactures rubber silicone molded components for medical, automotive, and industrial use. Individuals from BMC inspect these parts before they are distributed. The account manager of QSR is our very own Board Chairman, John Taylor.

## BMC Birthdays

Amy R.—March 2  
Jackie H.—March 5  
Charlie D.—March 10  
Ryan A.—March 12  
Jennifer W.—March 12  
J.J.—March 16  
Jonathan C.—March 22  
Jonah P.—March 29  
Linda T.—March 29

## Employees of the Month

Each month starting in 2013, BMC will award “Employee of the Month” to a well-deserved individual. To earn this award, individuals must follow instructions, be willing to fill in at job sites when needed, and be on time to the workstation. The employees of the month so far from left to right are Sean (January), Jerami (February), and Jason (March).



## 2013 Club Updates

Here is an update on the club happenin gs: The Sports Club visited the local community center and played basketball. The Music Club visited Talking Rock First Baptist Church and watched a singing video. The Arts and Crafts Club made St. Patrick’s crafts to sell. The Horse Club had visitors from Angels on Horseback come to the center and demonstrate grooming, etc. All the clubs took photos of their events, which can be seen on the message board in the dining room. Everyone is really enjoying the club activities so far this year. Be looking for more updates each newsletter!



## BMC Mean & Lean in 2013: March the Mile March

The theme for this month is “March the Mile March”. BMC encourages everyone to walk a mile daily. Here are some tips to help with walking:

**Stay Hydrated:** Drinking a 16.9 ounce bottle of water 2-3 hours before and also during your walk will keep you hydrated.

**Have a Snack:** Eating a small snack before a walk helps boost your metabolism and give you the energy you need to finish.

**Wear Proper Footwear:** Wearing the wrong shoes can cause pain in not only the feet, but also the legs, knees, and hips.

**Wear Comfortable Clothing:** Wear comfortable clothing that is cool and loose-fitting. Comfort is key.

**Walk with a Friend:** You are more likely to finish your mile with the company of a friend.

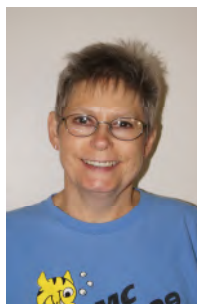
**Listen to Music:** If you don’t have a friend to walk with, listen to fast-paced music.

**Get a Pedometer:** A mile equals roughly 2,000 steps. Sometimes you walk a mile without even realizing it.

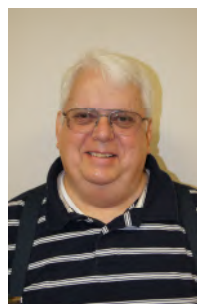
*Remember: If the forecast calls for rain, you can use a treadmill or visit an indoor walking park. Walking just a mile each day will help you lose weight, improve stamina, and feel better overall.*

## Stars of the Month

Check out the **March Stars of the Month:**



Jackie Humphrey is an Instructor in the workshop. She lives in Ellijay and enjoys going to church and singing in the Choir. Her outgoing personality and dependability make her a great asset to BMC!



George Montgomery is a Van Driver. He lives in Jasper with his wife and his hobbies include playing word games and spending time with family. His sense of humor and hard work are very appreciated!