



THE HONKER

Columbine Lakes Community News

Vol. 03 No. 05

May 2010

Circulation: 330

From the Board

Due to violations which compromise our security system, the Board has directed that the door from the pool to the patio be locked.

An inspection of the carport roofs was done during the rain storm early morning on Thursday, April 22, 2010. It is our intention to have a contractor attend to the most seriously defective roofs. The following appear to have leaks in numerical order: 4221, 4257, 4355, 4377, 4382, 4409, 4437, 4445, 4447, 4457, 4475, 4477, 4485, 4507, 4537, 4551, 4553, 4563, 4571, 4625, 4627, 4631, 4649, 4653, 4655, 4667, 4671.

If there is a leak in the roof above your carport and your number is not on the list, please call the clubhouse to add your number to the list. We will prioritize which roofs must be done first, as we will not be able to do them all this financial year.

— Gaston Pougnet

We approved approximately \$44K for concrete repairs that include some minor changes to drainage, which we hope will alleviate future repairs to concrete and asphalt in some of the carport areas. We have also obtained estimates on the drainage problems on the south side of the complex. We're working with the school to remove 4 trees between parking lots A and B, which will relieve some of the ice build up we get.

Trimming has been scheduled for May 17-19 and orange ribbon is available at the clubhouse during office hours. Tie one ribbon around each shrub or bush you do not want trimmed.

Request: We need volunteers for a financial reserve study and for review of the Rules and Regulations. This is a chance to be involved in a couple of things that directly affect you.



From the Social Committee

It's been a busy year for us, and looking ahead we have some challenges to face in order to maintain and improve some things. We need help and participation from our neighbors as we move into a long awaited summer.

First on our list is our Annual Spring Cleaning Day on Saturday, May 15th. Beginning at 8 a.m., we will serve coffee, juice and donuts, and display a list of projects for you to choose from. Most plans can be accomplished before noon, but for those who work in the afternoon, we provide sustenance. Volunteers in the past have remarked that it's fun meeting and getting to know their neighbors.

Bingo is scheduled for the last Friday of every month at 7 p.m.

COMMUNITY YARD SALE: Saturday, June 12th. The clubhouse parking lot will be ready by 8 a.m. to sell our wares. Only residents are permitted to have space. There is no charge for a space. We will have 110 volt outlets available. Please sign the sheet on

the desk if you are displaying – or call the clubhouse between 1 p.m. and 5 p.m. Tuesdays thru Fridays or Saturdays between 2 p.m. and 6 p.m. We plan to have coffee, juice, and donuts available for a recommended donation.

RTD SENIOR RIDE: June 5th. Peter Pan at Boulder Dinner Theater. We have a few spaces left.

— Dot Smebye

Tennis Court Usage

You may check out a key to the tennis courts for long or short term usage for a \$12.00 deposit. The courts are not in very good condition though. We tried leaving the tennis courts unlocked, so people could use them without having to check out a key from the office, but we had to lock them up again when the area was used as a dumping ground for garbage and a place for dogs to go to the bathroom.

Reminder on Patios and Decks

To keep our community looking nice and to keep property values up, it is important that everyone keep their decks and patios clutter free. Utilitarian items must be stored out of sight. You are allowed to have storage bins behind your fence as long as they are shorter than your fence.

Community Information

Columbine Lakes is in unincorporated Arapahoe County just outside of Littleton. The mailing address is Littleton.

Emergencies/Law Enforcement:

Emergency: 911

Arapahoe County Sheriff (non-emergent): 303-795-4711

Colorado State Patrol: 303-239-4500

Littleton Adventist ER: 303-730-5800

7700 S. Broadway, Littleton

Swedish Medical ER: 303-788-6911

501 East Hamden Ave., Englewood

Hospitals:

Children's Hospital: 800-624-6553

Littleton Adventist: 303-730-8900

National Jewish: 800-222-5864 LUNG

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May Calendar

Activity	Date	Time(s)
Ladies Bridge	1st Tuesday	10 a.m. – 2 p.m.
Pinochle	2nd Tuesday	10 a.m. – 2 p.m.
Bunco	2nd Friday	1 p.m. – 3 p.m.
Bridge	4th Tuesday	1 p.m. – 4 p.m.
Bingo	Last Friday	7 p.m.
Aerobic Swim Group	Tue-Sat	8 a.m. – 9 a.m. and 9:15 a.m. – 10:15 a.m.
Office Hours		
Mon. closed • Tues. - Fri.: 1 - 5 p.m. • Sat. 2 - 6 p.m.		

Next HOA Meeting
May 19th • Everyone is Welcome

Community Information, continued from front page**State:**

Road Conditions: 303-639-1111
 Colorado Wildlife: 303-297-1192 or 303-291-7227

County:

Elections: Arapahoe County Clerk, 303-795-4511
 Motor Vehicle: 303-795-4500
 Driver's License: 303-795-5954

Littleton Postal Services: 1-800-275-8777

Columbine Hills Branch: 303-948-8900
 6698 Iris, Littleton – our mail is delivered from this PO
 Littleton Main Branch
 Main & Prince streets (downtown Littleton)

Power Company:

Xcel Energy Electric Emergency: 1-800-895-1999
 Xcel Energy Gas emergency: 1-800-895-2999
 Excel Energy Customer Service: 1-800-895-4999

Library:

Columbine Library: 303-325-5275

Designated Schools:

Laura Ingalls Wilder Elementary School: 303-347-4750
 4300 W. Ponds Circle, Littleton 80123
 Goddard Middle School: 303-347-7850
 3800 W. Berry Ave., Littleton 80123
 Heritage High School: 303-347-7600
 1401 W. Geddes, Littleton 80120
 Open enrollment may allow other options

Airports:

Denver International Airport (DIA): 303-342-2000
 6 a.m. to midnight, daily
 Centennial Airport: 303-790-0598

Graphic Design

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Colorado Lasertype
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www.ColoradoLasertype.com

2010 Board of Directors**Laura Dougherty, President**

303-797-0764
 ladpubear1@aol.com

Ann Louise Carlson, V.P.

303-730-2564
 lcarson22@q.com

Gaston Pougnet, Treasurer

303-795-7824
 gjpougnet@comcast.net

**Dennis Beers,
 Secretary**

303-923-8245
 dbeerscl@gmail.com

**William (Bill) Dodd,
 Member-at-Large**

303-798-2504
 wa_dodd@yahoo.com

COMMITTEES**Architectural Control Committee**

Bob Has, Dorothy Evans, and Janie Hubka

Social Committee

Paul & Caryl Morrell, Rosanne Beers
 Jerry Murray, Dot Smebye, Sherry Brienzi,
 Bonnie Douglas, Ron Carlson

Landscape Committee

Fred Garland, 303-794-5866, fgarland31@msn.com,
 Rosalind Ogden, Doris Knapp, Bill Krempasky, Rene Valero

Young Families Committee

Katie Tice, 303-730-5740, Katie@petsfly.com,
 Dave Robinson

RTD Senior Ride Committee

Dot Smebye, 303-674-5831, Dsmebye@msn.com

Security Committee

Cathy Southern, Sandy Eggleston, Ken Shelton

Repair & Maintenance Committee

Dave Gusky, Chairman

MAINTENANCE BOARD

Bonnie Douglas, Vicky Haddock, Pat York

CLUBHOUSE

4192 W. Pondview Dr., Littleton, CO 80123, 303-795-8222
 email: manager@columbinelakes.com

WESTWIND MANAGEMENT GROUP, INC.

Property Manager: Kent Kuhlmann
 15150 E Iliff Ave, Aurora, CO 80014-4513, 303-369-1800
 Fax: 303-369-0007, Email: kent@westwindmanagement.com
 For Work Orders call 303-283-0061

The *Columbine Lakes Honker* is published monthly by the Columbine Lakes Townhouse Association, a non-profit homeowners' association.

The deadline for articles and advertisements is the 23rd of the month for the next month's issue except the Jan. issue which is Dec. 15th. **All articles must be approved by the editor for publication, or as space permits.** To submit an article, e-mail an attachment to manager@columbinelakes.com. All letters or articles need to include your name and daytime phone number. All articles must be approved by the Board for publication, or as space permits.

To place an ad, call Colorado Lasertype, **303-979-7499** or e-mail getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the Association of the goods or services offered. The opinions expressed in this newsletter are those of the individual authors and not the Board of your Association. Neither the Board, publisher, nor the authors intend to provide any professional service or opinion through this publication.

Food Allergy Awareness Week, May 9-15

Approximately 12 million Americans suffer from food allergies, which are caused when the immune system mistakenly attacks a food protein, triggering the sudden release of chemicals and resulting in symptoms of an allergic reaction. Sponsored by the Food Allergy and Anaphylaxis Network, www.foodallergy.org.

CLASSIFIEDS

Classified ads are \$2.95/line for 2010. Call **Colorado Lasertype at 303-979-7499** to place an ad. To view our display ad prices, visit our website at www.coloradolaser.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

Tree trimming & removal- Columbine Tree Svc. 303-979-5330. 32+ yrs exp. [12]

INDEPENDENT AVON SALES REP. For a brochure, call Michelle at **303-909-9541** or shop online at www.youravon.com/mjohnson9954.

Highlands Pride Painting- 303-738-9203

KARATE, JUDO, JUJITSU & HEALING. Learn traditional japanese martial & healing arts at the same time. New class @ The Ridge Rec. Center. ColoradoJujitsu.com

Drywall & Basement Finishing Services. 26 years experience. Gary 303-829-6363

Mike the Plumber - Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. **720-422-8139**

QUEEN PILLOWTOP MATT/BOX SET. Brand new in plastic. Retail \$529, asking \$265. Also, NEW KING SIZE pillowtop set. Retail \$699, asking \$385. **303-742-4860.**

Partylite Candles & Accessories. Spring decor and fragrances now available. Contact Jan. www.partylite.biz/janderby or **303-979-3880.**

Aminals Pet Sitting Service: Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at **303-335-6237**

Small Paint Jobs Only 720-331-7032

HOST FAMILIES NEEDED: Spring International Language Center at Arapahoe Community College is seeking families to host international students. Families must be interested in cultures, have private bedroom for student. Compensation of \$650/month for room & board. For more information, contact Missy at **303-794-2622.**

A+ Home Improvement Services. Snow removal. Pro-painting (ext. & int.), gutter & trim replacement & stucco. **No job too small - we do it all!** Basement & bath remodels, drywall repairs/texturing, decks, fencing, carpentry, doors, plumbing, electrical, tiles, carpeting & hrdwd flooring. **BBB Member.** Call **A+ for fast, professional service every time.** Steve, **303-979-7858.** Major credit cards accepted. Refs., fully ins. & bonded. www.A-Plus-Home-Improvement.com

On the Wild Side 5/10: Who Do You Call?

Spring is here and the new babies will be coming soon. Once again, I am giving out some helpful emergency numbers to use in case of an injured bird or animal as well as abandoned babies, etc. Remember, a lot of young birds that are seen hopping around are fledglings who have fallen from their nest and are being attended to by their parents. Given time and protection from predators, especially our house cats, they will be able to start flying in a day or two. Here are some numbers for agencies that can answer questions and assist in wildlife emergencies:

Bird Rehabilitator: 303-751-5385 (birds only)

Greenwood Sanctuary: 303-545-5849

Division of Wildlife: 303-291-7227

Vets where the wildlife or birds can be taken are below. They will care for them and get them to the appropriate shelter.

Homestead Animal Hosp: 303-771-7350

(has bird specialists)

Dear Creek Animal Hosp: 303-973-4200

Please note, if you are elderly and need help with an injured bird or animal, you can call them and they will send a volunteer out to pick up the animal.

Thanks for all your help and interest. If you have questions or an interesting sighting, please contact me through the clubhouse at **303-795-8222** or look me up in our directory. Thanks!

— **Deb Carstensen**

Want an Enjoyable Life?

You can't have an enjoyable life without a strong **you**. That's why you need to implement a good self-care program. Without continually cultivating healthy sources of energy to draw on, you quickly deplete yourself. When that happens, everything and everyone in your life suffers, including you.

Here's what you can do. Develop a list of 10 Daily Habits to support you. Include ways to take care of your mind, body, and spirit. You are probably already doing some things now, but it is important to have a good balance of self care activities.

After developing your list, plan to add one new activity at a time until to build up to 10. Add one new self care activity a month, as that's about how long it takes to establish a new habit.

What do you think will make the biggest difference in how you feel? Start there.

— **Rosanne Beers**

Better Sleep Month

Sleep is essential to a healthy life, but 95% of Americans report difficulty sleeping at some time in their lives. Infants require 12 to 14 hours of sleep, whereas seniors may require only 6 to 8 hours. For tips on getting the sleep you need, go to www.medicinenet.com/sleep/article.htm.

Why would Bev Watson want to get you the highest price for your home? Because she lives at Columbine Lakes too. The higher price she gets you, the more her home is worth. Call for a Free Market Analysis!



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Mother's Day: A Long Tradition of Love

The second Sunday in May was officially proclaimed "Mother's Day" by President Woodrow Wilson in 1914. But it had a long history before then.

The ancient Greeks held a festival for Cybele, the mythical mother of many Greek gods, during the spring. The Romans dedicated a holiday called Matronalia to the goddess Juno, mother of Mars, Minerva, and Vulcan. Gifts to one's real mother were common that day.

"Mothering Sunday" in Europe and the British Isles honored mothers and motherhood on a specific Sunday. The Catholic liturgical calendar marked the fourth Sunday of Lent to honor the Virgin Mary and "mother church," and families offered token gifts and took charge of traditionally female tasks such as cooking and cleaning for the day.

In the United States, Anna Reeves Jarvis organized Mother's Work Day in the 19th century. Her goal was to heighten awareness of local sanitation issues in her home state of West Virginia. Julia Ward Howe, author of the lyrics to "The Battle Hymn of the Republic" promoted a "Mother's Day for Peace" in 1872.

In 1908, Anna Marie Jarvis (daughter of Anna Reeves Jarvis) organized a celebration of motherhood at her church in Grafton, West Virginia; more than 400 children and their mothers participated.

After that, Jarvis proposed a national day of recognition for mothers. West Virginia recognized Mother's Day first, in 1912. President Wilson's proclamation came in 1914.

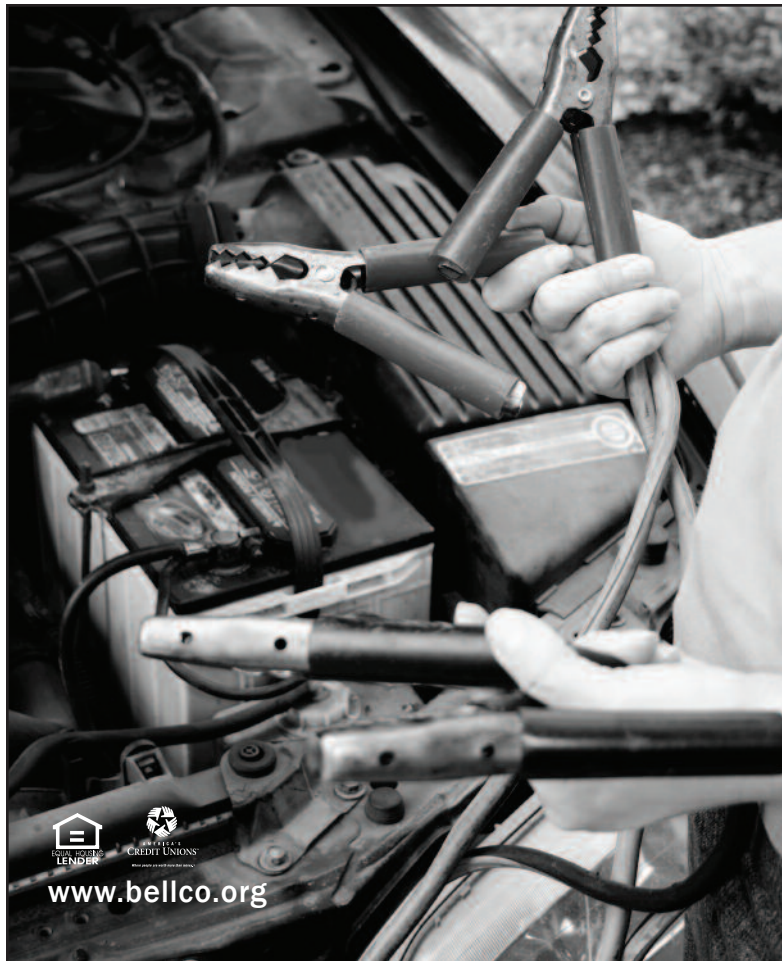
Today Mother's Day is a big business. Greeting cards, flowers, perfume, jewelry and dining out are all a big part of how we express appreciation to the women who raised us.

Start Saving For Retirement Now

How much money can you lose by not contributing to a 401(k) when you're young? Money magazine senior editor Walter Updegrave did the math: A 34-year-old making \$50,000 who contributes 10% of his or her salary to a retirement plan will have about \$680,000 in the plan at retirement time (assuming a 7% annual return, and a salary that rises 2.5% a year).

But waiting six years to start contributing to a plan would leave the employee with just \$475,000 at retirement age. Workers who procrastinate until they're 45 will have just \$335,000, or less than half what they would have saved by starting at 34.

If you are an owner and would like to be listed in the next Directory, please fill out this form and mail it to the clubhouse at:
 Columbine Lakes Clubhouse
 4192 W. Pondview Dr., Littleton, CO 80123
 Or drop it off at the office during office hours. If you do not fill out this form and return it, your name will be omitted from the Directory.
 I, (name) _____, give you my permission to list my contact information in the 2010 Columbine Lakes Townhome Directory as follows:
 Name(s): _____
 Unit Number: _____ Phone: _____
 Signature: _____
 Date: _____



If you use cables to start your car more than the key, it's probably time to go shopping.

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