

INDIAN CREEK NEWSLETTER

February 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

<http://www.managementandmaintenance1.com/indiancreek/>

HAPPY NEW YEAR!

SEWER LINE

Actually, it wasn't so happy for a home on Spruce Street. On Christmas Eve day they experienced a severe sewer backup. That's the third one in the last year. Unfortunately the repairs to the sewer line have exhausted the reserves we had put aside for that contingency. In an effort to avoid an actual backup, we suggest that you have your sewer line scoped. Danielle has talked to Dave McPhee with Westwater (he has done some repairs for us in the past), and he has offered Indian Creek homeowners a price of \$150 to have the line scoped. This is a good price as it can cost from \$225 - \$260 to have this done. The homeowner will receive pictures of the line when the job is completed. If a problem is found it would cost an additional \$75 to locate where the line attaches to the sewer line. Again a good price as this normally runs \$125. Several homeowners on Spruce are getting together to do this already. The offer is good until April 30, 2009. If you do contact him you will need to have someone available to meet with him and pay him (the scoping of the line takes approximately one-and-a-half-hours) – he does have evening hours for your convenience also.

INDIAN CREEK WEBSITE

Although our website is up and running, we still need help from volunteers to maintain it. Would anyone be available to help us out with this? If you can, then please contact Danielle at (303) 755-2732 ext. 215 or danielle_mm214@hotmail.com.

COYOTES HAVE BEEN IN THE NEWS LATELY.

THE FOLLOWING IS A NOTICE FROM DENVER PARKS AND RECREATION.

Currently we have an active coyote population in Denver, and they have been increasingly coming into contact with people and pets. Coyotes are an established part of our natural, urban ecosystem, and have successfully moved into most major cities in the U.S. Now we need to catch up on educating our residents on the best way to live with them, and keep our pets safe. Coyotes are not typically dangerous to people. While they can look large and intimidating, they typically range in size from 20-35 lbs and are no match for an adult. There are approximately 10 coyote bites to people a year through out the entire U.S, and 1 a year in Colorado. To put this in perspective there were 429 dog bites in Denver in 2007 alone. Coyotes are, though, very used to living in close proximity to people, and that has led some of them to become overly bold. It is not uncommon for coyotes to watch, follow or interact with people they encounter. When an animal has never had a negative experience with a person, it can start to push the boundaries. **When anyone encounters a coyote, especially one that is approaching a person or a pet, people need to react aggressively, yelling, chasing, making noise and doing whatever they can to chase it away.** Eventually the animal will learn to avoid people. It is not a quick process though; at first the coyote will not understand or even

respond to the persons actions. **Danger to pets is much higher. Being aware that coyotes are opportunistic hunters, and understanding that pets are other animals in their habitat that can be considered competition or prey can help people protect their pets. Pets are much less adapted for survival than wild animals are and can make easy prey.** Denver is currently working hard to educate our residents on the best behavior and techniques to use in order teach our resident packs how to avoid people and to reestablish their natural fear of people. We have a PowerPoint presentation you can look at on the Park and Rec homepage at www.denvergov.org/parks_recreation.

While it would seem to be a simple answer to remove the coyotes, either by relocation or lethal removal, experience has shown that these methods are unsuccessful. Coyotes are territorial, and new individuals will rapidly move into empty territories, they breed very successfully, and will go to great efforts to return to the territory they know. In one study, 44 coyotes were captured, tagged and relocated. Every one of them was dead within 4 months, most with in the first month. Placing any animal in an unknown location means they don't know where to find food, water or shelter, they are disoriented and in immediate competition with the animals already living in the area. Creating empty territory by attempting to eradicate individual coyote populations has actually led to increases in the overall numbers within one or two breeding cycles. Due to this it is actually illegal to relocate coyotes in Colorado, since it tends to create a larger problem in the long run.

ADVERTISEMENT

Hi! My name is Mike Ibrahim and I am an 11-year Indian Creek resident. Many of you already use the services of my landscape company, Eco Cutters, Inc., but I would like to introduce ourselves to those of you who are not familiar with us. We offer a complete array of maintenance services including lawn care, irrigation, pruning, and snow removal. We can also help improve your home with our design and build abilities including such things as water features, fire pits, stamped concrete, decks, fences, new plantings, and the latest in energy-efficient LED lighting systems! Just because our yards are small doesn't mean they can't be beautiful!



We say "Welcome," **Beth Ann Cox** to Indian Creek. In December, our new resident on Roslyn Street, was visited and welcomed by team member, Linda Spaulding.

With spring just around the corner, and we are out walking our dogs or just enjoying a walk through the neighborhood, we expect that others will get a chance to meet Ms. Cox as well.

RECENT INCIDENT

Over the holidays a vehicle parked on Syracuse Street was vandalized. Crimes are typically crimes of opportunity, so please make every effort to remove all personal belongings from your vehicle and keep your vehicle locked. If you see any suspicious activity, please contact the police immediately.

INDIAN CREEK NEWSLETTER

March 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

<http://www.managementandmaintenance1.com/indiancreek/>

SEWER EMERGENCY

In last month's newsletter we talked about sewer drain maintenance. Several homeowners on Spruce Street had their lines scoped, and unfortunately, almost all of them had some degree of problem. One was so urgent that we had the repairs done immediately. Although we set up a "Sewer Reserve" a few years ago, we never anticipated having to do a large number of repairs in any one year. Our reserves for this fiscal year have all been spent, and the last two repairs we made had to be financed by using monies set aside for other things.

We still urge you to have your line scoped. We now have cost information from several companies (in addition to Dave McPhee with Westwater) who we mentioned last month and you can find the price below. Our goal is to create a priority list for sewer maintenance. We would like to be proactive and keep the lines in good repair BEFORE they backup. The more homeowners that get scoped, the better we will be able to determine which homes should have repairs done first.

Needless to say, sewer repairs are very expensive. Some homes will not need any repairs, some will have minor repairs, and some will have to have the lines dug up and replaced. So far the cost to dig up the pipes has run about \$4,000 to \$8,000 per home. We see no alternative to funding these repairs other than doing a Special Assessment. We don't know how much it will need to be yet. That's why we need your cooperation in having your sewer line scoped. We can't budget for these costs if we don't know what needs to be done.

Here are the costs from a few vendors for scoping your line. That means putting a camera into your sewer drain to literally see if any maintenance needs to be done. You will be provided with a DVD of the scope.

\$99 Rooter - Plumbing, Drain & Air Duct Cleaning	Roman Sewer	Westwater
(720)276-9900	(303)987-1123	(303)722-7612
\$99	\$195	\$150

IN OTHER NEWS.....

Spring is right around the corner and it will be time for lawns and gardens. If you want to make any changes to your front yard, please don't forget that you must submit a request to the Board of Directors. We've had another dry winter (so far), and xeriscaping is a great option for saving water. Just make sure you send the plans to us first.

Window replacement is another project that needs prior approval. Keep in mind that we changed the requirements for grids in some windows and for the type of windows allowed. If you need guidance, please contact Danielle.

WINTER LAWN WATERING

It has been recommended by several lawn maintenance companies that we manually water our lawns during the dry winter months. When the grass becomes extremely dry, it becomes more susceptible to disease such as crab grass and necrotic ring spot. You are advised to use your hose to water the on warmer Winter/Spring days when we have not recently received enough moisture from snow. Let's all do our part to have beautiful lawns in our neighborhood this summer!

ST. PATRICK'S PARADE

The Sixth Annual St. Patrick's Parade Down Spruce Street"

will be held on:

Sunday, March 15th at 1:30 PM

Starting at the corner of Gunnison Place and Spruce, we will march down Spruce Street led by local bagpiper Lise Nelson of 1551 S. Spruce Street. As Spruce Street isn't very long, the parade will only last 10 to 20 minutes, so please be prompt. Following the parade we will gather at Spruce and Gunnison for refreshments. Depending on the weather it will either be on the street or in the garage. Please bring your own beverage and a food item to share. All residents are welcome to attend.

MAKE SURE YOU STOP!

We have been informed by a homeowner in the community that police have been positioning themselves at the intersection of S. Syracuse St and E. Iowa Ave. stop sign in an unmarked vehicle. The police are ticketing for anyone failing to stop at the stop sign. Make sure you stop. Also remember that the speed limit on Florida Ave. and Iowa Ave. is 25 mph. Police have been reported on Florida too ticketing in unmarked vehicles.

CARPENTRY REPAIRS

For homeowners having their homes painted this year, please remember to return your forms to Homestead Painting advising them who you have chosen for carpentry repairs. All carpentry repairs whether or not you have chosen Homestead Painting, must be completed by April 1, 2009. Painting will tentatively begin at the end of April or early May. You will receive notification on your garage door prior to painting. Homestead Painting is going to try to work in order rather than move around, so please make sure your carpentry repairs are completed by April 1, 2009.

TRASH REMINDERS

Trash pick up is Thursday. When there is a holiday Monday - Thursday, pick-up is on Friday. (See schedule below.) Trash may be put out for pick up after 5:00 p.m. on Wednesday evening (Thursday evening if a holiday occurs and pick up will be on Friday). The city requests residents set out trash by 7:00 a.m. on pick up day. All trash must be bagged or put in barrels no heavier than 50 lbs. For safety reasons, florescent light bulbs must be bagged, or they will not be picked up. As an added note: Colorado State Law prohibits residential disposal of passenger tires, lead-acid batteries and used oil.

2009 Holiday Schedule for Trash Pickup

Cesar Chavez Day - Monday, March 30

Memorial Day - Monday, May 25

Labor Day - Monday, September 7

Thanksgiving Day - Thursday, November 26

Christmas Day - Thursday, December 25

Note: Normal collections will occur on Veterans' Day Tuesday, November 11, 2009, and for the rest of that week.

Homeowners are encouraged to participate in Denver's recycling program. Call 311 for information.

ADVERTISEMENT CORRECTION

Mike Ibrahim submitted an article in the last newsletter concerning lawn care, irrigation, pruning, snow removal, water features, fire pits, stamped concrete, decks, fences, new plantings, and energy-efficient LED lighting systems. His phone number was not included in the advertisement so here it is: contact Mike at 303-575-1136 or email at ecocutters@msn.com.

COYOTES IN THE NEIGHBORHOOD

According to a neighbor at the Concha Homeowners Association a pack of five coyotes were seen cavorting in City of Chennai Park on Iowa and Quebec at approximately 8:30 pm the evening of Wednesday, February 25, 2009. Four coyotes were seen running north into Landmark, and then returned back to the park to meet the fifth coyote.

There have been several reports of coyote attacks recently in the Denver area, so please make sure you are aware of your surroundings. Take special care of children and pets. Do not let any pets chase the coyote as coyotes have been known to lure dogs in with one, while the others attack from behind. Make loud noises and threatening gestures. If you are walking carry a big stick.

Coyotes are not afraid of humans. Do not leave pets unattended outside.

INDIAN CREEK NEWSLETTER

April 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

<http://www.managementandmaintenance1.com/indiancreek/>

Maintenance Fee Increase

After seven years of a stable maintenance fee, the Board has come to the conclusion that we must raise monthly fees this year. ***This is not connected with sewer issues.*** The cost of doing business has just gone up. Even with virtually no snow removal this year, we have gone over budget by \$107,000. We have savings to cover the expenses, but we obviously need to increase revenue. Therefore, the fee will increase to \$60 per month effective May 1, 2009.

Sewer Update

Homeowners are continuing to get their lines scoped, which is great. What we forgot to ask for in the last newsletter is to please let Danielle know the results of your scope. We'll certainly hear about it if something's wrong, but we also need to know how many homes DON'T have a problem so that we can try to determine the approximate percentage of repairs needed. I know that at least 4 of the 5 board members have done it, and none of us have any sewer issues (thank goodness). Once again, the contractors that have been working in our area are:

\$99 Rooter – 720-276-9900 - \$99

Hydro Physics – 303-806-0622 - \$185

Roman Sewer – 303-987-1123 - \$195

Westwater – 720-722-7612 - \$150

If your sewer line is scoped and it is determined that you have a problem, the work will be done by contractors that the homeowner's association selects. The Association is responsible for the maintenance and repair of the sewer line from your foundation out to the main. Please don't have any work done that is the responsibility of the association and then present a bill. If you haven't had your line scoped we can't provide any assistance since we don't know what might be there. Unless you are in imminent danger of a sewer backup, we won't be performing any maintenance right away. We need to know the extent of the problems in the whole association, and then we'll prioritize.

We've had questions from homeowners about why we didn't budget for this problem. We had no sewer backups at all until about 2002. The next fiscal year we began to put money aside for future problems. Since then we've had an occasional problem and the reserves covered it. As we stated in the last newsletter, we've already had four sewer repairs this year. It appears that the problems with sagging lines and pipe breaks are becoming more prevalent as our homes age. We've been told that it's a combination of the soil and the original installation. Until we get a lot more information from homeowners, we won't know how serious our problems are and how much this will cost. Please help us figure this out as soon as possible. Get scoped and let Danielle know the outcome.

Pool Committee

A big thank you goes out to the volunteers on the pool committee, who spent many hours researching what rules and procedures would be best for our pool. They came up with some really good ideas for the Board to review. We'll give you the whole scoop in the next newsletter and we will begin implementing the new rules this summer.

Pool Opening Party

The Pool Opening Party will be held on Sunday, June 7. Information will be in the May newsletter. Mark your calendars.

Animal Waste

Usually when you think of picking up after a pet you think of dogs. However, this is a request to keep your cat in your own yard. Homeowners who do not have cats don't appreciate having their yards used as a litter box. And, of course, the cat owner has no idea where the poop is, so they can't clean it up themselves even if they wanted to. Thank you for your cooperation.

We also received this note from a homeowner regarding her yard:

Please be considerate of your neighbor at 1570 South Roslyn who has replaced her sod three times where your dogs love to do their business. A temporary green fence will signify the area as you pass by. Please let the seed grow to its full beauty now and in the future!

Indian Creek Homeowners Annual Garage Sale

Don't let the time get away from you. Only 2 months remain until our annual garage sale. Be sure to save the dates:

Friday, June 5, 8:30 -2:00
and
Saturday, June 6, 8:30 -2:00

It's a great time to think about earning extra money for those items no longer needed. Additionally details will be announced in the next newsletter.

More on Coyotes

One of our own homeowners called to say she saw a coyote in her backyard! Her cat later disappeared. Please be careful when walking in the Park and around the neighborhood. Remember that to keep the coyotes at a distance from people, pets and the neighborhood, you need to be proactive when seeing coyotes now. If you see coyotes in an area where people or pets walk, you need to clap your hands, yell, and make noise until the coyote leaves that area. If enough people do this, the coyotes will remain at a distance from the main Park area and away from people, pets and homes. Please check your backyard before you let any pets out, and be careful! For more information on coyotes in the City you can contact Ashley DeLaup, Wildlife Ecologist with the City and County of Denver – 303-455-0785, or email ashley.delaup@denvergov.org.

Signage

Please remember that advertising signage is not permitted on front lawns. Also, "for sale" and "for rent" signs can only be placed on your property. Do not place signs on neighboring lawns or in the common areas of the community, they will be removed.

INDIAN CREEK NEWSLETTER

May 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

<http://www.managementandmaintenance1.com/indiancreek/>

SEWER UPDATE

So far about 15% of the Indian Creek homeowners have reported the results of their sewer scopes to Management & Maintenance. If you've had a scope done and **have** not let Danielle know the results, please help us out and do so as soon as possible. Please send a copy of the written report to Danielle. So far about 20% of the scopes done have found problems that need immediate remediation. Two of those have recently been completed on Syracuse Street. If you haven't had your sewer scoped, please do it for your own sake. We don't recommend any company in particular, but \$99 Sewer has done quite a few in the neighborhood and they're the least expensive of the ones we've contacted.

If it turns out that major work (i.e. digging up the line) needs to be done, please remember that while the cost of the repair to the sewer line is the responsibility of the homeowner's association, the cost of repairing concrete and landscaping is the responsibility of the homeowner. This has been an issue in the past, so please refer to Article V of the Covenants to see that only maintenance and repair is referred to. While it may be small comfort to those who may have their driveway torn up, most developments like ours don't pay *anything* in regard to sewers.

Also if you are planning a driveway replacement, please make sure you have your sewer line scoped prior to the driveway replacement. This may save you money in the future!

The scope and cost of these sewer repairs are quite a concern to the Board. We are meeting with engineers and outside contractors to make sure that our decisions are prudent and necessary.

POOL PARTY

On a much more festive note, the pool will be opening on Saturday, May 23rd and our Annual Pool Party will be on Sunday, May 31st from 5 p.m. until 8 p.m. Burgers, hot dogs and the trimmings will be provided. Soft drinks and bottled water will also be provided. Please bring a dish to share . . . an hors d'oeuvres, salad, vegetable or dessert. If you would be willing to help with the grilling, please contact Terry Wallace at (303)751-5455. Rain date is the following Sunday.

OUTSIDE LIGHTS

We've noticed quite a few porch lights that are either out or not on in the neighborhood. We don't want to be alarmists, but given the economy it doesn't hurt to be cautious about making sure your home is a less attractive target.

NEW POOL RULES AND REGULATIONS

Enclosed you will find the new pool rules and regulations for the hot tub, the general pool, and pool parties. You will also find a pool party reservation agreement. Please make yourself familiar with them, as they will be in force beginning this summer.

INDIAN CREEK ANNUAL COMMUNITY GARAGE SALE

Don't let the garage sale sneak up on you! As you begin your spring cleaning, be sure to put aside those items you wish to sell!

Friday, June 5 - Saturday, June 6
8:30 a.m. - 2:00 p.m.

We are holding the sale right after payday. Based on the last several years, we anticipate good crowds and many potential buyers. Once again, we are coordinating with Windsong directly north of us. Both complexes will be posting large professionally made banners prior to the sale on the main streets. Also, we both will be advertising in the newspaper, on line, and have signs posted in the area on the days of the sale. (This should bring lots of people and be helpful to both communities.)

The committee has been working hard to guarantee the success of this event. Please make it easier by paying in advance. Your \$3 entrance fee to help cover the costs for advertising, signs, etc. will remain the same for those who pay no later than Wednesday, June 3rd. After Wednesday, the cost is \$4.

If you plan to participate, please mail/give your money to Judi Marcus at 7835 E. Gunnison Place or to Frankie Lah at 7707 E. Gunnison Place. **We will also be collecting money during the first half hour of the community pool party on Sunday, May 31.**

We look forward to two great days of selling, buying, and meeting neighbors.

STOCK UP ON FREE MULCH AND LOW COST COMPOST

On Saturday, May 2nd, Denver Recycles, a program of Denver Public Works/Solid Waste Management and Denver Parks & Recreation will host the City's annual Treecycle Mulch Giveaway and LeafDrop Compost Sale.. The free mulch will be available on May 2nd from 8am to 3pm at five locations through the city. To learn more, go to www.denvergov.org/recoth/MulchGiveawayCompostSale/tabid/425874/Default.aspx

ARE YOU IN NEED OF A HANDYMAN?

Several homeowners on South Spruce Street used Klint Krenzke to do their repairs for the upcoming paint cycle. He did a very thorough job, at a fair price, within a very reasonable time period and sometimes found things that were missed in the repair reports. He works with his son and he is Licensed and Insured. He does carpentry, roofing, siding, doors, windows, plumbing, electrical, insulation, drywall, tile, cabinets and trim. He can be reached at 303-506-3159. This recommendation comes from Page Haguewood and Terry Wallace.

HOMEOWNER ADVERTISEMENT

Indian Creek homeowner Linda Pohle recommends Mo's Cup o' Joe, a locally owned, independent coffee, pastry, gelato, and affordable food business at 8450 E. Iliff (about a block west of Yosemite and Iliff at Wabash). Italian espresso coffee, breakfast all day, scones, smoothies, single-serve pizzas, and tasty homemade empanadas by a chef from Peru, where they know how to make empanadas. Try the butternut squash! WiFi and drive-through window. 303-751-6790. www.mos-cup-o-joe.com

WELCOME



To Indian Creek

We extend a warm Indian Creek welcome to new neighbors **Charles and Sharon Brown**. Team member Dottie Liston recently visited and welcomed our newest residents on Trenton Court.

INDIAN CREEK NEWSLETTER

June 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

<http://www.managementandmaintenance1.com/indiancreek/>

Sewer Update

The Board has learned a lot about sewers in the past few months. Don't you wish that you too could view the videos of your neighbor's sewer lines? The plus side is we now realize that having a "belly" in your line doesn't necessarily mean you have sewer problems. After consulting with Pipeline (one of the metro area's largest sewer repair companies) as well as engineers, we have decided to move more slowly on digging up and replacing sewer lines. We've learned that jetting may often be adequate. I know we sound like a broken record, but we still urge you to get your line scoped if you haven't already done so. It's really not for the Board's benefit; it's to help reduce **your** risk of a backed up sewer. If maintenance is needed the association pays for it. We can't alleviate a problem if we don't know it exists.

Pool Opening And Party

You should have received a postcard with the Pool Opening Party information. Here's the info again. The pool opened Saturday, May 23rd and the party is Sunday, May 31 from 5 to 8 p.m. The rain date for the pool party is Sunday, June 7th. Please come and bring some side dish or dessert to share.

Landscaping

We'll be doing a walk-through soon and we really hate to send letters about weeds and problem lawns and dead tree branches or entirely dead trees, etc. So please take a look around and take care of these kinds of problems soon. Usually the community looks great this time of year – especially with all the rain we've had.

Architectural Approval

Now that it's spring we have many homeowners looking to make changes around their home. Please remember that any changes made to your exterior home or property, require approval by the Board of Directors prior to making the change. If you are looking to make a change, please contact Management & Maintenance, Inc. at 303-755-2732 to request the proper form that needs to be filled out. Please make sure that you request approval for all exterior changes, this includes items such as: garage doors, light fixtures, windows, sliding patio doors, satellite dishes, cable, etc.

City Services

Remember that you can call 311 for all of your City and County of Denver needs. Instead of thumbing through all their numbers, they can easily and quickly transfer you to the correct departments with one phone call!

Indian Creek Annual Garage Sale

We're very excited to announce a few changes for this year's garage sale. Park at Indian Creek (just directly south of us off of Iowa) will be joining us along with Windsong on the days of the sale. Because both of these communities will have their sale for three days, our committee has decided that it would benefit us to also do three days. We hope that it will help those of you that work on Fridays and give us an extra day if it should rain.

**Friday, June 5 - Sunday June 7
8:30 a.m. - 2:00 p.m.**

This year, all three complexes will be advertising in the Denver Post. We will also be advertising on Craig's List. Huge banners will be hung on Florida, Quebec St, Quebec Way and Iowa announcing the dates well in advance. On the days of the sale, signs will be put out announcing the garage sale on the main streets and also directing people to cul-de-sacs where there are sellers. Based on the last few years, we anticipate many potential buyers.

The committee has been working hard to guarantee the success of this event. Please make it easier by paying in advance. Your \$3 entrance fee to cover the costs of advertising, signs, etc. will remain the same and you may participate in any or all 3 days. After Wednesday, the cost will be \$4. If you plan to participate, please give/mail your money to Judi Marcus at 7835 E. Gunnison Place or to Frankie Lah at 7707 E. Gunnison Place. **We will also be collecting money during the first half hour of the community pool party.**

We look forward to three days of selling, buying, and meeting neighbors.

General Reminders

- Please make sure the batteries in your smoke detectors, carbon monoxide detectors and fire alarms are working, and your fire extinguishers are not expired.
- Please make sure you are carrying insurance on your home and property. The Association's policy will cover the common areas only including the pool and tennis courts.
- Trash day is Thursday. Trash cans can be set out Wednesday evening before trash day, and should be removed by Thursday evening.
- Keeping your gutters cleaned can save you roof leaks and delay gutter replacement.
- Meetings are held the first Tuesday of each month at 7:00 p.m. The locations of the meeting vary, so please contact Management & Maintenance, Inc. at 303-755-2732 to find out the location. All meetings are open to homeowners.

Warmer Weather

Now that the weather is warmer people have their windows open and can hear more noise from neighboring units. Please be considerate to your neighbors and keep your noise level down when outside in the backyard or in the common areas. Please also try to keep dogs from barking and causing a disturbance to your neighbors.

INDIAN CREEK NEWSLETTER

July 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

Annual Meeting in September

The Annual Indian Creek Homeowners Meeting will be held in September. The terms of two of the Board members, Nancy Calkins and Terry Wallace, expire this year. Even though both of them may run for re-election, any homeowner is eligible to run for a seat on the Board. If you are interested in running for a seat on the Board, please notify Danielle. As requested at last year's meeting, we will publish your bio information in the newsletter if you get it to Danielle by July 15th. The intent is to let homeowners know about you BEFORE the night of the Annual Meeting.

Sewer Update

As far as we can determine, about 100 homeowners have had their sewer lines scoped. The majority do not have any problems at all, thankfully. However, there are some issues. These include "bellies", and potential breaks in the line. In order to determine the best possible strategy for those who do have these problems, we are establishing an independent board of plumbing and sewer experts to advise us. With their assistance we will determine the best plan of action. That determination is imminent. We don't yet know how much the repairs will cost the Association. Fortunately, some of the problems can be solved with cleaning and jetting, which is maintenance rather than repairs. We will keep you posted. The Board thanks Board member Dave Sullivan for the tremendous amount of time and effort he has put into handling the sewer issues and for being the catalyst to set up our independent advisors. This is a huge concern for the Board, and he has gone beyond the call of duty in helping us handle it. We don't know if he intended to become a sewer expert, but thank you, Dave, for becoming one. If you would like to schedule a scope, the phone number for \$99 Rooter is 720-276-9900. If you'd like information on other vendors you can email or call Danielle.

Some homes have a clean out that allows access to the sewer line from outside the house. Please look around your front yard to see if you have a sewer clean out - which is usually a light green pipe with a white top. Make sure that it is covered! A homeowner in the community just spent a great deal of money on repairing the line after rocks were thrown into it.

Walkthrough

The Board conducted a walk-through of the property on June 13th. We're looking good! Some of the issues that did come up frequently were trimming dead branches out of trees and addressing weed problems. We didn't find any major problems at all.

A few homes had sparse grass under their trees. We are recommending a hardy groundcover like sedum or vinca to cover the bare areas. They fill in very quickly and are generally effective.

Stop Feeding the Squirrels!

We have received a number of complaints about people feeding the squirrels. Squirrels should be finding food naturally, and should not be fed seeds or peanuts or other people food items. They are destructive to homeowner plants and gardens and cause extensive damage if they enter into your home. Please respect your neighbors and do not feed the squirrels.

Indian Creek Website

Although we've been paying for a website for quite a while, it has been very problematical and at the present time it's down. So, we've decided to stop using the service. We can get a free website on Google, but we need a little expertise to get it going. Can anyone help us start it up? Once we know how to add information to it we can take it from there. Any volunteers? Please?

Garage Sale Updates

The Garage Sale Committee has already met to evaluate the success of this year's sale and to begin plans for next summer. First, we want to thank the many residents who were kind enough to pay in advance and make our job easier. A total of 36 units participated over the three days. The buyer turnout this year appeared higher than in the past, especially on Saturday. The committee has decided to go back to our Friday and Saturday times next year since Sunday was very slow.

A very special thank you goes to our hard-working committee: Frankie Lah, Sharon Peterson, Linda Pohle, and Shirley Vaughan. Because of their continued efforts each year, we can take pride in a well organized and publicized sale.

It's not too early to mark you calendar for next year. We're following the tradition of selling on the first weekend after Memorial Day and payday. Be sure to set aside **Friday and Saturday, June 4 and 5**...same time, same place.

Again, I want to thank my committee and the Indian Creek residents for another successful sale.

Judi Marcus
Co-Chairperson

Advertisement

Bill & Dee Frazier, 1559 S Syracuse recommend for deck and/or driveway sealing:

SEALWIZE

The ultimate in cleaning, sealing, & protecting for wood, concrete, & masonry structures: decks, fences, driveways, sidewalks, & patios

INDIAN CREEK NEWSLETTER

August 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

Sewer Update and Board Commentary

We want to inform you that we have received correspondence from homeowners or their attorneys in the recent past in regard to the Board's compliance with the covenants about sewers. These types of letters have to be reviewed by the attorney, so the Association has incurred legal costs in association with these that our homeowner's dues pay for. The last thing we want to do is spend Association money for the attorney instead of the sewers. Therefore, we offer the following explanation of our position in the expectation that knowledge will result in understanding and cooperation. The Board of Directors recognizes the responsibility of the homeowners' association to repair and maintain sewers.

- Until last year (2008) the Association never had the expense of more than one sewer problem in any given year. Therefore, the sewer budget was appropriate. Since July of 2008, however, we've experienced five serious sewer repairs, we've gone through all of our reserve savings, and we've been forced to borrow from other areas to meet expenses. And, there are several problems outstanding. Some of the recent issues came to our attention as a result of our promotion of homeowners having their sewers scoped.
- Fortunately, the number of severe sewer problems that came to light due to those-scopes is a small percentage of the homes in Indian Creek. **For those who are intimately affected we are working hard on solving your problems.**
- In order to comply with the covenants AND to be responsible to all homeowners in terms of spending, we have spent considerable time researching and getting advice from many sources.
- The five volunteer board members are not plumbing and sewer experts. However, we are mandated to take care of what may possibly be a large problem using the limited financial resources at hand. Therefore, we've attempted to determine the most effective and yet most fiscally responsible actions to take. These determinations have often not been swift as finding contractors that are quoting reasonable prices and solutions is not always fast.
- We felt it was in Indian Creek's best interest not to spend tens of thousands of dollars and tell the contractors to just dig up anything that looks like it may be a problem. Instead, we decided to get several opinions and then proceed with the solution that the professionals feel is the best.
- The Covenants state, "The Association shall provide exterior maintenance upon each lot which is subject to assessment herein as follows: B) Maintain, repair and replace, when necessary and appropriate, sanitary sewer lines from the point of entry into the foundation of each residence to the main sewer line." The Indian Creek Board has worked on defining these underlined clauses and we'll provide the definitions to you in the next newsletter.

Note: we will be adjusting the paint cycle for future years in order to appropriate funds for the sewer reserve.

Painting

You've probably noticed the Homestead Painting painters on Iowa and Syracuse. Although we considered changing the paint colors this year, they are, in fact, the same, other than the gray which is a couple shades lighter.

Annual Meeting/Board of Directors Openings

As we announced in last month's newsletter, there will be two terms expiring in September. We haven't had any response from interested parties, but you have one more chance to get your biography in the newsletter if you're interested in running. Please provide information to Danielle by August 20th and it will be in the last newsletter before the Annual Meeting. Declaring your intent ahead of time is not a requirement to run for a Board position – you may make that decision at the meeting. We are planning on having the Annual Meeting on the first Tuesday in September, which happens to be September 1st this year. We are also hoping to reserve a room at the new library on the corner of Florida and Parker Rd. We'll provide official information soon.

Indian Creek Pool

To review pool policies:

1. The pool is for the use and enjoyment of all Indian Creek residents and a limited number of guests.
2. No guests are allowed without the attendance of the homeowner.
3. You can't reserve the pool. You can reserve the pool area for a party, but residents are always allowed to use the pool whether you're having a party or not.
4. You can't rent the pool area for an entire day. The hours are limited.
5. Propping open the exterior OR interior gate is against the rules and opens the Association to liability
6. In an attempt to maintain the use of the pool to authorized persons, we have encouraged homeowners to ask unfamiliar people where they're from. We encourage you to do this in a polite manner as we do not have "Pool Police".

Pool Closing Party

The pool closing party will be held on September 13 at 5 p.m. Bring an hors d'oeuvres or desert to share. Soft drinks and water will be provided. Hope to see you there.

Another Walkthrough

The Board will complete another walkthrough in the early part of August. We will be following up on letters that have been sent out and looking for anything we may have missed.



Welcome to new neighbor **Vicky Sanders** on Spruce Street. Team member Carol Garske visited Vicky to welcome her to Indian Creek. You'll see Vicky out walking Spike, her sweet white-and-black Australian cattle dog. Then you can join us in welcoming her and her little girl Spike to our neighborhood!

ENJOY THE REST OF YOUR SUMMER

Sewer Maintenance Definitions:

Maintain – To ensure that there is sufficient water flow for the sewer line to carry the waste from the residence to the main sewer line. Maintaining may be done in several ways depending on the issue (see possible issues at end):

- Jetting - using water under high pressure to clean out a blockage. Cost - \$200 - \$400
- Cabling / blading / plunging - using a cable, sometimes with a blade, to scrape out debris, then flushing with water. Cost - \$300 - \$600

Repair and Replace – Is determined when there is damage in the sewer line that does not allow sufficient water flow for the sewer line to carry the waste from the residence to the main sewer line. This requires digging to uncover the damaged pipe- typically 10 - 13 feet in depth and 3 - 4 ft in width, plus whatever length has been damaged or is not functioning properly. A portion of the pipe is replaced.

Cost to the Association to dig and replace will range from \$2000 - \$6000

Cost to homeowner, determined on a case by case basis, can run between \$1000 and \$5000. The homeowner is responsible for replacement or repair to:

Softscape: i.e. grass, shrubs, trees, flowers and / or

Hardscape: sidewalk, driveway, retaining walls, brickwork and/or

Neighbor's property: sewer lines in Indian Creek often cross neighbor's lawns, driveways and / or sidewalks.

- If the needed repair involves just your line this is an individual cost.
- If the needed repair involves both lines it is a shared cost.

Interior: any repairs necessary inside the house.

When necessary and appropriate - is determined either through a scope or when a sewer problem arises.

Sanitary Sewer Lines – the sewer line from the point of entry to the exterior of the house to where it connects to the main city sewer line.

Point of entry into the foundation – the point where the pipe penetrates through the exterior wall of the foundation. This differs from unit style to unit style. The foundation does include the garage. The pipe under each house is cast iron and then at some point there is a connection to PVC pipe. How far out from the foundation this juncture is also varies depending on the unit style as well as the placement of the house on the lot and where the main sewer line runs in proximity to the house.

Possible Issues that have been brought to our attention to date:

Blockage – could be caused by debris in the pipe that has formed into a mass or has coated the walls of the pipe, both of which have constricted the flow. This could also be caused by tree roots that have penetrated the pipe.

Belly - where a section of pipe has sunk lower than the adjacent sections of pipe which causes some of the fluids to be retained.

Cracks in the pipe and/or an off-set juncture between the cast iron and PVC

INDIAN CREEK NEWSLETTER

September 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

www.indiancreekhoa.net

Indian Creek Annual Homeowner's Meeting

This year's meeting will be held at the Eloise May Library at 7:00 pm on September 1st. The library is located on the north side of Florida at the corner of Florida and Parker. Two positions on the Board are expiring, so please come and vote. There will be one vacant position.

Indian Creek Website

After a year of struggling to get a website up and going – we've done it! Please check www.indiancreekhoa.net. You will see the Calendar, archived Minutes and Newsletters, Forms and Legal Documents, and if you go to the 'Our Community' tab you'll see some great pictures. We'll add more pictures as time goes on. If you have any suggestions for the website, please let us know.

Pool Closing Party

We didn't have a pool closing party last year, so this year's better be doubly good! The pool will be opened this year until September 14th. Come and say hello to neighbors and goodbye to the lazy days of summer. The pool closing party will be on Sunday, September 13th at 5 p.m. Bring an hors d' oeuvres to share. Soft drinks and water will be provided.

Sewer Information

As promised in the August 2009 newsletter, below is additional clarification on the sewer lines.

Article V of the Declaration of Covenants, Conditions, and Restrictions for Indian Creek establishes the extent of the Association's obligation for exterior maintenance it states:

In addition to maintenance upon the Common Area, the Association shall provide exterior maintenance upon each lot which is subject to assessment herein as follows:

a) Painting of exterior wall surfaces;

b) Maintain, repair and replace, when necessary and appropriate, sanitary sewer lines from the point of entry into the foundation of each residence to the main sewer line.

The Indian Creek Board has determined the following definitions applicable to its obligation to maintain repair and replace sanitary sewer lines:

Maintain – To take such action as necessary to remove impediments, or to restore, sufficient flow for the exterior sanitary sewer line to carry the waste from the residence to the main sewer line. Maintaining sufficient flow may be done in several ways depending on the issue (see possible issues at end):

- Jetting - using water under high pressure to clean out a blockage. Cost - \$200 - \$400
- Cabling / blading / plunging - using a cable, sometimes with a blade, to scrape out debris, then flushing with water. Cost - \$300 - \$600

Repair and Replace – Is determined when there is a condition in the sewer line that does not allow sufficient flow for the sewer line to carry the waste from the residence to the main sewer line. This usually requires the affected portion of the sewer line to be uncovered- typically 10 - 13 feet in depth and 3 - 4 ft in

width, plus whatever length of sewer line is not functioning properly. The affected portion of the pipe is then repaired or replaced.

Based on the specific language of Article V of the Declaration, the Board of Directors has determined that diagnostic services to determine the necessity of maintenance, repair, or replacement, uncovering the portion of the sewer line subject to maintenance, repair, or replacement, and restoring the Lot(s) to their preexisting condition once the maintenance, repair, or replacement to the sewer line is completed is excluded from the Association's exterior maintenance, repair, and replacement obligation.

The Owner's cost to inspect the sewer line to determine if maintenance, repair, or replacement is necessary will range from \$100.00 to \$150.00; the Association suggests this inspection be performed at least once every 24 months.

The Association, based on the written results of the Owner's inspection and consultation with the Association's Contractor will maintain, repair, or replace the exterior portion of the sewer line impeding the sufficient flow for the sewer line to carry the waste from the residence to the main sewer line; the cost to be paid as a common expense of the Association. Provided the condition preventing sufficient flow in the sewer line is not the result of willful or negligent acts of the Owner, tenant, family, guests or invitees in which case the cost will be added to and become part of the assessment to which such Lot is subject.

The homeowner is responsible for maintenance, replacement or repair to:

Interior Equipment: i.e. portions of the sewer line, or other sewer equipment located within the residence up to the point where the sewer line exits the foundation;

Softscape: i.e. grass, shrubs, trees, flowers; and / or

Hardscape: i.e. sidewalk, driveway, retaining walls, brickwork and/or

Neighbor's property: sewer lines in Indian Creek often cross neighbor's lawns, driveways and / or sidewalks.

- If the needed repair involves just your line this is an individual cost.
- If the needed repair involves both lines it is a shared cost.

Cost to homeowner, determined on a case by case basis, can run between \$1,000 and \$5,000 or more.

When necessary and appropriate - is determined by the Board of Directors based on opinions of the Association's Contractors resulting from the written inspection report or when a sewer problem arises.

Exterior Sanitary Sewer Line – means the sewer line from the point of entry to the exterior of the residence to where it connects to the main city sewer line; excluding any portion of the sewer line or related equipment located within the residence or foundation.

Point of entry into the foundation – the point where the pipe penetrates through the exterior wall of the foundation. This differs from unit style to unit style. The foundation does include the garage. The pipe under each residence is cast iron and then at some point there is a connection to PVC pipe. How far out from the foundation this juncture is also varies depending on the unit style as well as the placement of the house on the lot and where the main sewer line runs in proximity to the residence.

Possible Issues include but may not be limited to:

Blockage – could be caused by debris in the pipe that has formed into a mass or has coated the walls of the pipe, both of which have constricted the flow. This could also be caused by tree roots that have penetrated the pipe.

Belly - where a section of pipe has sunk lower than the adjacent sections of pipe which causes some of the fluids to be retained.

Cracks in the pipe and/or juncture between the cast iron and PVC

INDIAN CREEK NEWSLETTER

October 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

www.indiancreekhoa.net

Annual Meeting Update

The Indian Creek Annual Homeowners Meeting was held on September 1st at the Eloise May library. The venue was a great improvement over the old Place auditorium, and we had a nice turnout. Terry Wallace, who has been on the Board for six years, decided not to run for her expired position on the board. We want to take this opportunity to express our heartfelt thanks for all the work she's done. She'll be missed. However, the new board member is Penny Hollon, and we're looking forward to working with her. Several topics came up at the meeting that we'd like to share with those who did not attend.

Community Directory:

It was suggested that we have a voluntary community directory. We know that some people do not want their name and phone number in a public document, but we don't know who they are. Many of the people on Spruce and Syracuse Streets already have their own lists, and maybe others do too. We'd like to hear your comments. What do you think?



Indian Creek Website www.indiancreekhoa.net

Our new website is running just fine. You can retrieve forms, access archived minutes and Newsletters, and even check the weather. It was suggested that we add a section called Helpful Hints. This might include names of contractors that we've used and liked, or recommendations. So if you have any helpful hints, please contact Danielle at Management & Maintenance (303- 755-2732 or email her at danielle_mm214@hotmail.com).

Shrub and Tree Pruning

All the rain we've had this summer (and so far this fall) has generated a lot of new growth on shrubs and trees. To save this tender growth from breaking in the next big wet snowfall, you should do some pruning now.

Sewers

We can't do a newsletter without talking about sewers. The number of homes that have been scoped is approximately 100. If you had a scope done and it turned out fine - that's great. But if you didn't notify Danielle, please do so. It would give us a better idea of what problems might still be out there.

Colder Weather

We wanted to take a few minutes to remind you about some concerns with the colder weather. Please make sure that you detach your hose from your spigot. Failure to do so may cause a pipe to freeze and break. We also want to remind you to keep the heat inside of your home to at least 60 degrees. In years past, homeowners have had pipes inside the home freeze and break, which also causes extensive flooding and damage. If a pipe does break please turn off the water to the appliance immediately. Familiarize yourself with the shut off now to avoid problems if a situation arises. If you have a neighbor that may need assistance in the cold weather please offer to help them. Make sure you are also replacing your furnace filter at least once a month to prevent build up and to keep your furnace working properly.

Theft from Motor Vehicle

The City and County of Denver reported a 32% increase in theft from motor vehicles. The crimes are often crimes of opportunity, so please make sure you keep your car doors and windows closed and locked, and your garage doors closed. 45% of the thefts are taking place between 9:00 pm and 1:00 am. The items being taken from vehicles include iPods, stereo face plates, tools, money, and GPS. Please make sure you take your personal belongings out of the car or hide them from view.

Daylight Savings

The days are getting shorter, and the nights longer. Daylight savings officially ends on November 1, 2009. Mark your calendars!

The Community of Denver is invited to participate in the statewide historic preservation plan

WHAT: The Colorado Historical Society will hold a public meeting to give residents of Denver an opportunity to participate in the development of an upcoming State Historic Preservation Plan. The historical society wants your input in order to develop the most effective State Historic Preservation Plan possible, and seeks to identify your community's strengths and weaknesses in terms of historic preservation. The historical society is also interested to learn how it can provide support and assistance with your community's local historic preservation goals.

WHEN: Tuesday, October 27, 2009 5 p.m. to 6:30 p.m.

WHERE: Colorado History Museum, Boettcher Auditorium, 1300 Broadway, Denver, CO

CONTACT INFO: Call 303/866-2825 or visit www.coloradohistory.org

Halloween Fast Approaching

With an increase in children in the area this year, please be extra careful this Halloween when driving through the community. Parents please try to trick or treat with your children and make sure they are wearing a reflective costume.



Happy Halloween!

INDIAN CREEK NEWSLETTER

November 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

www.indiancreekhoa.net

Board of Directors

As we told you last month, Penny Hollon is our new board member, and here are our positions:

President – Nancy Calkins

Vice President – Dave Sullivan

Secretary – Diane Levene

Treasurer – Dr. Ben Gochman

At-Large – Penny Hollon

Barking Dogs

Recently anonymous signs were posted on Roslyn Street threatening to call the police about barking dogs. Conscientious dog owners on Roslyn are very concerned because they don't know whose dog(s) are causing the problem. They want to know so that they can remedy it. So, if you feel there is a need to take action about barking dogs, let the offending dog's owner know. Thank you.

2009 Denver Leaf Drop

Brown Bag Them & Go!

If you can't reuse all your leaves in your yard or garden, bring them to the closest Denver LeafDrop site and the City & County of Denver will recycle them for you. If you bring your leaves in paper bags the bags can be composted with your leaves. Many hardware, home improvement and department stores sell paper yard debris bags. Or even better, bring your leaves in reusable containers or tarps that we can empty and give back to you.

The dates and times are November 1, 8 and 15 from 10:00 a.m. to 4:00 p.m.

The nearest drop off locations for us are Cranmer Park at 3rd Avenue and Clermont Street or South High School at Louisiana and Franklin.

Treat your Halloween jack-o-lanterns to a second chance and compost them with Denver Leaf**Drop!**

Leaves left before or after these Sundays will not be recycled.
Denver LeafDrop is for Denver Residents only.

For weekday drop-off information visit DenverGov.org/DenverRecycles or call 720-865-6810.

In the event of extreme weather call ahead to check for cancellations.

Please DO NOT rake your leaves into the street. Denver does not pick them up; they will only blow back into your yard and your neighbors' yards.

New Community Parties

Our newest board member, Penny Hollon, has already begun to make her presence felt. Since we've never had any winter gatherings, she has suggested some fun activities for the neighborhood. She would like to organize a "Holiday Party" at the Concha Party room during the first couple of weeks in December. She would take charge of the arrangements, and, like the pool parties, we would bring an appetizer or dessert and BYOB.

She has also suggested a Lunch Bunch activity. One day each month we would plan to lunch at a different restaurant. Those of you at home, as well as some neighbors who continue to work, could plan to join. These two activities could continue our ability to stay in touch with neighbors.

Snow Removal

It's that time again. Here are the guidelines for snow removal this winter. Singing Hills, our landscape company, will shovel snow off perimeter sidewalks upon an accumulation of 2 inches. The exception is the south side of Gunnison, where we have perpetual ice problems. The sidewalk **and the gutter** on the south side of Gunnison will be shoveled after an accumulation of 2 inches. The snow will be removed from the curb to about 8 inches into the street. Therefore, ***please don't park your car on the south side of Gunnison when it snows.*** The goal is to keep melted snow in the gutter from coming up onto the sidewalk and freezing.

Our streets will be plowed upon an accumulation of 12 inches of snow. So as to keep driveways clear, Singing Hills has been instructed to push the snow toward the middle of the street. This will preclude turning left into your driveway (since there will be a big pile of snow down the middle of the street), but you also won't have a snow bank at the bottom of your driveway. Spruce Street will have special accommodations since there is only one entrance. Let's hope that 12 inch accumulations will be very rare.

To enable water to flow to drains, in addition to shoveling your sidewalk please do not shovel the snow into the gutter. If at all possible shovel the snow about a foot out into the street, thus leaving the gutter area for water drainage.

Leave Your Light On

Now that the days are getting shorter it is even more important to leave your outdoor house lights on. That little bit of light really helps when it is dark, and it helps deter crime. Please leave on your outdoor light when possible!

Happy Halloween!

INDIAN CREEK NEWSLETTER

December 2009

Published at

Management & Maintenance

7803 E. Harvard Ave.

Denver, CO 80231

303-755-2732

www.indiancreekhoa.net

Indian Creek Christmas Open House

Did you receive your postcard with the Indian Creek Holiday Party information? If you didn't, or if you misplaced it, don't miss our get-together on December 5th at the Concha clubhouse. See details below.

Ice Build Up

We're well into the snowy season, so we want to remind you to watch for ice build up by city curbs. If the water isn't draining; if it's ponding and turning your entire area into an ice rink, you can call the city for relief. Call 311 and ask for help.

Snow Removal

Speaking of the snowy season....don't forget, even if you're out of town you need to have your sidewalks shoveled within 24 hours after the storm if we get snow. It's a city regulation. Make sure you have some kind of backup if you're not around to do it yourself.

Trash and Recycling Cans

Homeowners setting out their trash and recycling containers need to leave at least 4 feet clearance from obstacles including neighboring trash cans.

Soliciting

Door-to-door solicitation without a license is not permitted. Please make sure anyone soliciting at your door has a license and is supposed to be in the community.

Indian Creek - the creek

At the Annual Meeting we talked about an actual creek that might run through our property. After reviewing research compiled by Penny Hollon we have concluded that there never was a creek here. Sometimes we do have flooding in the spring, but no creek.

Sign Up for a Directory

Please contact Danielle by email if you'd like to add your contact information to a community directory. Depending on the response we will publish a directory. Her email is danielle_mm214@hotmail.com. If you go to our website (www.indiancreekhoa.net) you can email her from there. All of her contact information is under the "Board Members" tab.

Website reminder

Our website has a lot of information on it. Check it for social activities. Here are some things that are coming up:

December Social Activities:

Lunch Bunch will meet December 1 at 1200 at Brio in Cherry Creek. Please remember to RSVP to Penny Hollon--303-671-6459--if you plan to join the fun. This is the former location of the Macaroni Grill. Plenty of parking is available on the South side of the buildings, across from Cherry Creek and in the parking lot for the furniture store for Macy's.

The Holiday Party is December 5 from 7:00pm to 10:00pm in the Concha Party House. This location is across Iowa from Indian Creek pool and tennis courts. Please bring an appetizer or dessert and beverage of choice. Punch will be served. We hope to see many of our neighbors.

January Lunch Bunch will meet on January 5 at Strings Restaurant on 17th Avenue at 1200. Please call Penny if you plan to join us.



Welcome Team member Linda Spaulding was busy welcoming two new neighbors this month, both on Iowa Avenue.

Karen Johnson recently moved into the Indian Creek neighborhood.

Mary Jo Heins is also a fairly new neighbor.

A warm welcome to both!

Advertisement

Don't want to go to the gym but still want to workout? Ready for Wellness is here to help! Hiring a personal trainer can make the difference between spending the evening on the couch and getting a workout that will make you feel better for the rest of the day. Start working on your New Year's resolution early this year by working out in December!

Ready for Wellness is in the neighborhood and provides mobile personal training services right to your door. Think of it as having a gym in your own house. It's never too late to start working out and if you already routinely workout, having a personal trainer can help you achieve your fitness goals while strength training.

There are so many benefits to strength training it is hard to list them all, but here are the top three reasons for strength training:

1. Feeling Better and Looking Better - As painful as strength training can sometimes feel, there is nothing more satisfying than the feeling after a good solid work-out. Stronger muscles and joints can have a dramatic impact on posture and leaner toned muscles tend to make everyone feel better about their appearance. This all leads to improved self-esteem and increased self-confidence.
2. Increased Metabolic Rate - Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day.
3. Injury Prevention - A wide variety of sports-related or life-related injuries can be prevented by strengthening muscles and joints.

So set up an appointment today by contacting Elizabeth Stolz at 303-369-5570 or by e-mail at readyforwellness@comcast.net and for more information go to www.readyforwellness.com. We look forward to helping you achieve your fitness goals in 2009 and 2010.

