



A Publication of the Woodbourne Homeowners Assoc. ❖ Woodbourne is a Covenant Protected Community

October 2019

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A Reminder about Election Signs

As the election approaches, residents may want to put election signs on their properties. A resident is allowed to display one political sign per candidate or ballot issue on their property or in their window from 45 days before until seven days after the election date. The size of the sign can be a maximum of 36 x 48 inches. Political signs may not be placed on community property (like around the pool or around the Simms and Fremont common areas). The grounds maintenance company will remove any signs placed on common property. Don't forget to remove the signs after the election, no matter what the outcome.

Slow Down For Safety

Woodbourne is a great family neighborhood and part of what is so great is the amount of young children living in our community. It is also a great neighborhood for walking and bike riding. Now that school is back in session, it's a good time to think about your driving. There are a lot of cars that speed through the neighborhood and often run stop signs. Please be considerate and slow down. If you have young drivers, talk to them about the dangers of speeding. Together we can stop a tragedy from happening.

October Board Meeting

October 16, 2019, 7:00 p.m.
at the Clubhouse

Notes From the Board

September has come to a close, and the pool has finally closed for the year. Now it is time to wrap up the extended summer and move towards Halloween and other fall events.

As you may have noted, the Woodbourne HOA Board did not hold a September meeting. However, this does not mean work has not been getting done. The Woodbourne HOA Board has voted to transition management companies from MSI to Clifton Larson Allen (CLA). While we appreciate all the efforts MSI has exerted on our behalf, the Board felt that a new direction is needed. The transition from MSI to CLA will start on October 1 and end on October 31, 2019. CLA will be providing information around the new website, payment and accounting information, as well as the myriad of other details the residents of our community will need to know about the transition.

The Woodbourne HOA is excited to partner with CLA and enter into the next phase of our community growth. As always, please feel free to reach out to any of the Board members should you have any questions.

Our next Board meeting will be held on October 16, 2019, at 7:00 p.m. at the Clubhouse.

— James Meyer, President



Trash Pickup for Fall and Winter Seasons

Waste Connections allows for additional trash collections over and above your weekly cart as follows:

- **Leaf Season** - October 1st through December 1st each year Waste Connections will take up to 15 bags at no additional cost per week for leaf and yard clean up season.
- **Holiday Season** – December 1st through January 15th Waste Connections will pick up any waste / trash associated with the holiday including holiday trees at no additional cost.

If you have any questions or concerns please contact **Waste Connections** at 303-288-2100.

Recreational Vehicles and Boats

Please be aware that any recreational vehicles, trailers, boats, etc. may only be parked in the neighborhood for 72 hours before or after a trip for the purposes of packing, unpacking, or cleaning. Anything beyond this time period is a violation of the covenants. You will receive a violation notice and possible fines for continued violations.

Discussion Items for October Board Meeting

At the October Board meeting, we will be discussing the following:

- Community management transition items

We often do not know what will be discussed at our meeting until shortly before. Our agendas and meeting minutes are posted on our website prior to our meeting and should contain more up-to-date information. You can also contact Management Specialists with any questions regarding upcoming or prior issues.



Violation Report

Due to the change in community managers, all reported violations for mid-August through mid-October will be reported in the November newsletter.

Special Events

Special events are a vital part of bringing the Woodbourne community together. This year we had a great group of volunteers and sponsors who helped us, and we look forward to your volunteerism and sponsorship next year. We cannot do it without your help. Here is a list of upcoming events for 2019. The Board is excited about them and we hope you are too.

- Budget Approval Special Meeting – November 20, 2019
- Holiday Hayride – December 14, 2019

These events have been great in the past, and we look forward to them being awesome in the future.

—James Meyer, President

*Your body holds deep wisdom. Trust in it. Learn from it.
Nourish it. Watch your life transform and be healthy.*

—Bella Bleu

2019-2020 Board Members

James Meyer	720-371-0400	President
Justin Sasso	970-396-1119	Vice President
Tom Estes	303-933-9121	Secretary
Sharon Erickson	720-238-3601	Treasurer
Jeff Lubthisophon	303-942-0942	At-large
Alex Crosby	303-552-7586	At-large
Drew Tooley	303-641-0186	At-large
Dave Stromberg	970-932-9363	At-large

WOODBOURNE WEB SITE: www.wbo.msioha.co.

Sign in and you will be directed to Woodbourne's community page.

Management Specialists, Inc., 11002 Benton Street,
Westminster, CO 80020

Litha Spies, 720-974-4224, Community Manager
lspies@msioha.com

Home Owner Education: <http://www.hindmansanchez.com>

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News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to the editor at woodbourne.editor@hotmail.com. No endorsement of any product or service is implied or stated by its inclusion in the newsletter. **All articles must be approved by the editor for publication, or as space permits.**

Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call **Colorado Lasertype, 303-979-7499.**

Email: getinfo@coloradolaser.com

To find ad rates and discounts, go to
www.ColoradoLaser.com

and click on the "Advertising Rates" link.

On-line Clubhouse Reservations

Are you planning a party or considering reserving the clubhouse? Woodbourne's website now has a Reservation Calendar. You may view available dates and even place a reservation request any time, day or night. The request process is very simple, so please log on to Woodbourne's website at www.msioha.com, and take a look.

The Clubhouse Reservation Calendar may be accessed directly by going to Resident Services and then drop down to Clubhouse Reservations. To request a reservation, click on the Request Reservation button located on the Clubhouse Calendar and fill out the on-line form. Management Specialist's Reservation Specialist will receive your request and contact you with information on confirming the reservation. Please give us a call at **303-420-4433** for additional assistance or to speak directly to your Reservation Specialist. Of course, if you ever need help you can also contact any Board member.



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Saturday: 8-12

5546 W. Canyon Trail
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Core Fact About Apples

You've heard, "An apple a day will keep the doctor away." While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are available at markets, grocery stores, and orchards!

Apples are a source of both soluble and insoluble fiber. Soluble fiber helps to prevent the buildup of cholesterol and reduces the risk of heart disease. The insoluble fiber in apples helps food move quickly through the digestive system, reducing the risk of some types of cancers and improving digestive health.

It is a good idea to eat washed apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content.

There are hundreds of varieties of apples, although most people have only tasted one or two of the most popular types. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose.

Top 8 Reasons to Enjoy an Apple

- Fat-free
- Sodium-free
- Contains natural sugars called fructose
- Only 80 calories
- Cholesterol-free
- No artificial colors or flavors
- Excellent source of fiber
- Convenient, satisfying snack

Tips for Success: Storing apples: Apples keep best when refrigerated. Store them in a plastic bag or the drawer to keep them fresh. Check them often. Remove any decayed apples. One rotten apple can indeed spoil the whole barrel!



Why do apples turn brown after they have been cut? When an apple is cut, compounds found in the apple, are released from the cell and cause a browning reaction on the fruit when exposed to oxygen. The more vitamin C the apple contains, the less the browning may occur. Dipping apple slices in a solution of 50% water and 50% ascorbic acid (vitamin C) or full strength lemon juice will help prevent browning.

Let's Talk Apples: Researchers from Cornell University discovered elementary students will eat significantly more apples if they are served in ready-to-eat pieces. For the study, school cafeterias were asked to cut apples into six pieces. Apple sales in those schools jumped an average of 61%. More importantly, the number of students who ate more than half of their apple jumped 73% when the fruit was cut up.

RECIPES FOR HEALTH - Peanut Butter Apple Dip

Ingredients:

- 1 package (8 ounces) low-fat cream cheese, softened
- 1 cup crunchy peanut butter
- 1/2 cup packed brown sugar or honey or applesauce
- 1/4 cup low-fat milk, if needed to thin the dip
- Apples, cored and sliced

Directions: In a mixing bowl, combine the first 4 ingredients, Mix well. Serve with sliced apples. Store leftover dip in refrigerator.

— **By: Anne Zander, Family & Consumer Science Extension Agent, Boulder County**

LORI JACKSON Realtor
NEIGHBORHOOD SPECIALIST




**DO YOU HAVE LEFT OVER HALLOWEEN CANDY?
WOULD YOU LIKE YOUR KIDS TO DONATE
SOME OF THEIR CANDY TO OUR HEROES?**

Lori will be collecting individually wrapped candy to be distributed to our **MILITARY & SERVICE HEROES!** Drop your donation off at 7190 S Newcombe St. in Littleton between November 1st and 10th. The December issue will total the weight of the Halloween Candy donated. Lori thanks her HERO clients (shown below) by giving back 25% of her commission when Buying or Selling one of their homes with the **ACTION JACKSON TEAM!**

**Ask me about my HERO REBATE PROGRAM...
my special thank you for your service to others!**

Contact me at:
303-910-8505

Email: LoriJacksonRealtor@gmail.com
Website: ActionJacksonRealEstate.com




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Orionids Meteor Shower

The Orionids are one of two showers produced by the dust of Halley's Comet. Watch them with a campfire and refreshments in the Park after it's closed! Oct. 21st, 7 to 10 p.m. cost \$8-12. Under 16 must be registered with a registered adult.

—Contact: victorias@ssprd.org



Help Older Adults Remain Independent - Become a Volunteer Driver

Seniors' Resource Center invites you to make a difference in your community by providing rides for older adults. This is a great volunteer opportunity for retirees, stay at home parents and those with flexible schedules. Rides to medical appointments, the grocery store and other critical needs are provided Monday - Friday from 8 a.m. - 4 p.m. Even an hour or two of your time will make a huge difference to an older adult.

If you would like to volunteer or know someone who would, please call Pat Pierson 303-332-3840.

This Space Intentionally Left Blank For Teen Services

Volunteer to be an Advocate for an Abused/Neglected Child

Court Appointed Special Advocates of Jefferson and Gilpin Counties (CASA Jeffco/Gilpin) is steadily growing; however, there continues to be a strong need for dedicated community members to become a voice for abused or neglected children. With more than 200 CASA volunteers, CASA Jeffco/Gilpin is only able to provide support to less than 35% of the cases in court for abused or neglected children. CASA Jeffco/Gilpin needs your help and support to ensure that every child in our community has a safe, permanent home. For more information, please call Mallory Hastings 303-271-6542.

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Highlands Pride Ptg, Inter/Exterior- 303-738-9203

Tree Pruning and removal Specialists. Call Mr. B! Free est., ins., 30 yrs. exp. 303-932-2514

Stecki painting. Inter/ext. Jeff 720-331-7025

Columbine Tree - Trimming & Removal. Stump grinding. 50+ yrs exp. 303-979-5330.

Classified ads are \$4.00/line (about 40 characters/line). Contact Colorado Lasertype at **303-979-7499** or getinfo@ColoradoLasertype.com to place an ad. To view our display ad prices, visit our website at www.ColoradoLasertype.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. Residents placing ads to sell household items are not charged a fee.

Draconids Meteor Shower

Join us around a fall campfire to watch meteors and learn about Draco 'the dragon' and why this annual shower is special. Refreshments included! October 8th from 7 to 9:30 p.m. Cost \$8-10 per person

Bring a chair or blanket. Children under 16 must be accompanied by a registered adult. No pets or flashlights. Household rates is for 2 adults and up to 3 youths at the

same address. Under 16 must be with registered adult. When using family rate, make sure to select "Family Rate" for one individual, then add rest of family at "Family Member" rate.

—Contact: victorias@ssprd.org






Jenelle Bezdek
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<p>Sundays HIGHLANDS RANCH MAY 5 - OCT. 27 Highlands Ranch Town Ctr. 9288 Dorchester St. 10am-2pm or Sellout</p>	<p>Wednesdays LITTLETON JUNE 12 - SEPT. 25 Aspen Grove Lifestyle Ctr. 7301 S. Santa Fe Dr. 10am-2pm or Sellout</p>

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A Fateful Foundation

In the summer of 2015 I attended an FBI training in Washington D.C. and happened to be sitting next to Charleston County South Carolina Sheriff Al Cannon the evening of June 17 when he received a call about a church shooting that left nine people dead at the Emanuel African Methodist Episcopal Church in Charleston. While walking to the hotel to prepare for his departure, Sheriff Cannon engaged in many telephone conversations along the way, including several with local faith leaders in his jurisdiction. His readily apparent relationship with the faith community in Charleston County prompted me to question the relationship our sheriff's office has with our local faith community, and the safety of houses of worship in Jefferson County.

Upon my return that week and after a frank conversation with our command staff, I came to the realization that while we had connections to the faith community, we should do as much public safety education and training for houses of worship as we do with schools, businesses, homeowners associations, and other organizations within the county. Our vision is for Jefferson County to be a safe place for all people to live, learn, work, and play; therefore, we want our residents and visitors to feel safe anytime and anywhere in our county, including during religious activities.

As a result, we launched our "Safety in Faith" program in August 2015 with a full-day training summit for leaders and safety team members of all houses of worship within the county, regardless of denomination. Over 300 people attended the inaugural summit to learn how the faith community faces



unique safety challenges due to the juxtaposition between keeping their place of worship safe for everyone while welcoming anyone. Since its inception, the Safety in Faith program has expanded from an annual summit to also include two safety workshops offered each Spring and Fall.

The JCSO's Safety in Faith program may have been the first of its kind in Colorado, but it is not exclusive to the Sheriff's Office. We partner with the District Attorney's Office and several other local law enforcement and fire protection districts to offer the most comprehensive public safety services possible to our faith-based community during the annual summit and bi-annual workshops. And while the Safety in Faith program is intended to mitigate vulnerabilities specific to religious institutions, our services and expertise in this regard are not limited to local houses of worship. The sheriff's office, as well as our public safety partners, offer similar safety opportunities to schools, businesses, homeowners associations, and other organizations throughout Jefferson County.

Certainly, individuals or sectors within any jurisdiction can be targets of criminal activity for their religious beliefs or affiliations, and unfortunately in 2015 it took a tragedy half a continent away to help us realize a gap in our service to these individuals and institutions. Since then, however, we have built and strengthened our relationship with the faith community and now the Safety in Faith program exists to help prevent another tragedy from occurring at a house of worship in Jefferson County, regardless denomination.

—Posted on August 5, 2019 by Renie Dugwyler
<https://www.jeffco.us/Blog.aspx?IID=82#item>

Dr. Markee Kuschel and Thunderpants Enjoy the Day

Hospital Director Dr. Markee Kuschel has been instrumental in the development and training of cutting-edge surgical techniques used by veterinarians around the world.

Dr. Kuschel's positive attitude, smile and always comforting words are matched by the can-do attitude of her 8-year-old lab, Thunderpants whose incurable lymphedema may have cost him a leg but not his positive attitude.



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simply enjoy the day."*

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