



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

May 2021

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Memorial Day - Trash Pick-up Delay

Because Memorial Day falls on a Monday, our regular trash pick-up day will be delayed by one day at the end of this month. So Waste Connections will be picking up the trash on Tuesday, June 1, 2021. Don't put out your trash too early, especially in the heat.

Community Wood Chipping Event - May 15, 2021

This year we will help you get rid of all of those bush or tree branches with a free event at the pool. Bring your tree and bush branches to the pool parking lot for chipping and disposal on Saturday, May 15, 2021. Drop off times are from 10:00 a.m. to 2:00 p.m. Only tree parts will be accepted. No dirt, rocks, stumps, metal, fence posts, string, or rope will be accepted. There is no charge for this service. Thank you to **Bailey Tree Trimming** for assisting with this event.

Electronic Disposal Event - May 15, 2021

On Saturday, May 15, 2021, the same day as the Wood Chipping Event, we have added an Electronic Disposal Day. Woodbourne homeowners will be able to drop off electronic items (anything that plugs in or runs on batteries) for disposal. This is a free event, however, homeowners will be charged \$25 per any size or type of television. There is no charge for computer monitors. Fees can be paid by check or credit card. The disposal event will be open from 9:00 a.m. to 2:00 p.m.

Board Meeting

June 16th, 2021,
6:00 p.m. Virtual Meeting

Note From the Annual Homeowners Meeting

The Woodbourne Annual Homeowners Meeting was held on April 21, 2021. Thank you to all of you who submitted proxies and/or attended the meeting. In several past years, we had to re-schedule the meeting when we did not have enough participants. But this time we had over 50 people attend by Zoom and, along with the proxies, we easily met the quorum requirement. Please remember

that you can always attend the bi-monthly Board meetings on Zoom in the same manner.

There were many good questions asked during the open forum on such varied topics as the community fence, ACC policy changes, and the pool. With the large number of participants, many questions were answered and others will be examined by the Board for future action.

Three new Board members were elected. They are Sheryl Archuleta, Kit Badger, and Errin Elizondo. They will join current Board members Alex Crosby, Brittny Rodgers, and Jeff Hoffman. The

Board will decide on who will take the officer positions over the next month and this information will be in next month's newsletter. We all owe a debt of gratitude to outgoing Board members James Meyer, Justin Sasso, Jeff Lubthisophon, and Sharon Erickson. Thank you all for your service.

Our next regular business meeting will be held on June 16, 2021 at 7:00 p.m. In the meantime, please contact Celeste Terrell (303-265-7875) or Natalie Herschberg (303-793-1417) with CLA with any questions.

Annual Woodbourne Garage Sale

The annual Woodbourne garage sale is scheduled to be held on June 4, and 5, 2021. This is a great chance to get rid of some of those things cluttering up your garage and basement and make some money at the same time. The event will be advertised to bring in shoppers.

Pool Opening - May 29, 2021

The pool is scheduled to open on Saturday, May 29, 2021. The Board is establishing rules for pool usage and they will be released to the community once they have been finalized. Remember that your gray key fob from last year will work for pool and tennis access again this year. If you need a replacement fob, there is a \$25 fee. If you are a new homeowner needing a fob, please let the management company know and one will be provided to you.



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2021-2022 Board Members

- Alex Crosby - AlexC@woodbournehoa.org
- Brittney Rodgers - BrittneyR@woodbournehoa.org
- Jeff Hoffman - JeffH@woodbournehoa.org
- Sheryl Archuleta - SherylA@woodbournehoa.org
- Kit Badger - KitB@woodbournehoa.org
- Errin Elizondo - ErrinE@woodbournehoa.org

WOODBOURNE WEB SITE: www.woodbournehoa.com
Sign in and you will be directed to Woodbourne's community page.

Celeste Terrell, Community Manager
303-265-7875, celeste.terrell@claconnect.com.
Home Owner Education: www.altitude.law

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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@coloradolasertype.com

To find ad rates and discounts, go to www.ColoradoLasertype.com and click on the "Advertising Rates" link.

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

Clubhouse Reservations

The clubhouse is closed to reservations until further notice. Thank you for your understanding.



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Special Events

Special events are a vital part of bringing the Woodbourne community together. Last year, we had to cancel some activities due to the COVID-19 public health crisis. The Board is releasing this list of events for 2021 with the qualification that any listed event may be cancelled, rescheduled, or postponed due to public health orders. The list here includes the current dates for these events. More information will be provided as it is made known.



- Shrub and Tree Chipper Shredding Event – Saturday, May 15, 2021
- Electronics Disposal Event – Saturday, May 15, 2021
- Pool Opening – Saturday, May 29, 2021
- Woodbourne Annual Garage Sale – Friday, June 4, 2021 and Saturday, June 5, 2021
- Home Swim Meet – Saturday, June 5, 2021
- Large Item Trash Pickup – Saturday, June 12, 2021
- Home Swim Meet – Saturday, June 19, 2021
- Woodbourne Annual Fourth of July Parade – Sunday, July 4, 2021
- Home Swim Meet – Saturday, July 10, 2021
- Pool Closed – Tuesday, September 7, 2021
- Holiday Hayride – Saturday, December 18, 2021

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

Meadows Fencing Issues

The homes backing to the West Meadows Drive fence are responsible for the upkeep of the pickets, posts, and paint of this fence. These homeowners are also responsible for weeds, trash, and anything else in need of attention along the outside of the fence. If your home backs this fence, please take a few minutes to inspect the area and make all repairs as needed.

—Celeste Terrell, Community Manager

Fodder For Mother’s Day Chats

If you’re trying to make conversation at your Mother’s Day dinner this year, try sprinkling some of these facts into the discussion:

- One of the earliest celebrations of mothers in recorded history comes from ancient Greece, when a spring festival was dedicated to Rhea, the mother of the gods.
- A Russian woman in the 18th century is said to have given birth to the most children. She was the wife of Feodor Vassilyev, and she produced a total of 69 children, including 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Of those, 67 are said to have survived infancy.
- The first woman to give birth in the White House was Martha Randolph, daughter of President Thomas Jefferson, on Jan. 17, 1806.
- The first woman to give birth in an airplane was Mrs. T.W. Evans on Oct. 28, 1929, over Miami.
- In 340 B.C., Aristotle observed that dolphins gave birth to live young that were attached to their mothers by umbilical cords. For this reason, he considered dolphins and related creatures to be mammals. Biologists agreed with him—24 centuries later.
- Eileithyia was the Greek goddess of childbirth and the divine helper of women in labor (in other words, the goddess of labor pain).

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Wednesdays	Thursdays
LITTLETON JUNE 16 - SEPT. 29 Aspen Grove 7301 S. Santa Fe Dr. 10am-2pm or Sellout	CLEMENT PARK JUNE 17 - SEPT. 30 Next to Playground 7306 W. Bowles Ave. • Littleton 10am-2pm or Sellout
Sundays	
HIGHLANDS RANCH APRIL 11 - OCT. 31 Highlands Ranch Twn Ctr. 9288 Dorchester St. 10am-2pm or Sellout	

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Boost Your Immune System With These Ingredients

The COVID-19 pandemic has spotlighted the importance of having a healthy immune system. The Times Now News website reminds us that these foods can help everyone fight off infections more easily:

- **Vitamin A.** Known as beta carotene, this boosts the health of the intestines and respiratory system, protects eyes from night blindness and age-related decline, lowers the risk of certain types of cancer, and improves bone health. It's found in carrots, sweet potatoes, spinach, broccoli, and red bell peppers.
- **Vitamin C.** This helps stimulate the formation of antibodies. The body doesn't produce or store it, making daily consumption essential to health. Fortunately, vitamin C is found in many foods, like fruits including lemons, oranges, grapefruits, tangerines, and strawberries, as well as vegetables like bell peppers, spinach, kale, and broccoli.
- **Vitamin E.** An antioxidant, this nutrient helps the body fight off infection by neutralizing free radicals. It also helps your body's cells regenerate. It's found in vegetable oils, nuts, seeds, and avocados.
- **Protein.** Protein contains amino acids essential for the function of T-cells, which protect the body against pathogens. A diet with lots of protein can boost your metabolism and also reduce your appetite, aiding in losing weight. Look for meats, poultry, seafood, eggs, beans, nuts and seeds.



- **Zinc.** Zinc deficiency has been linked to immune dysfunction. Zinc assists the body in making proteins and DNA, and also contributes to wound healing, as well as supporting childhood growth and development. Foods rich in zinc include beans, seeds, nuts, meat, poultry, and seafood.

Play On The Trampoline Safely

Trampolines can be a great source of outdoor fun and exercise, as long as you and your kids use them safely. The Healthline website shares some precautions:

- Check with your pediatrician. Ask if it's safe for your children to use a trampoline. Consider any medical conditions they may have.
- Make sure the ground around and under the trampoline is even.
- Place the trampoline on a soft surface, like grass. Never put it on concrete without placing a layer of safety mats around it.
- Set up the trampoline a safe distance from trees, fences, or other structures.
- Cover the frame, spring, and hooks with protective safety pads.
- Install a safety net around the trampoline.

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Lisa's Music Studio. Piano, Guitar, Banjo, Ukulele, Viola, Violin, Cello, & Drums. 303-883-1157. Virtual Lessons Offered.

Math Tutoring: Covid has impacted many, here is an opportunity to help your child maintain, regain or learn new math skills this summer, with Woodbourne resident and former Chatfield High Teacher, Clark Stukey (Specializing with grades 5-9). Call or text for rates and schedule: 303-905-2302

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City Populations Didn't Plummet During The Pandemic

Lots of people moved during the COVID-19 pandemic, but most of them didn't flee big cities or even move very far away from their previous homes. The Bankrate website reports on a survey it conducted that found that the top three cities people moved away from were New York City (Manhattan), Houston, and Austin, Texas, but each city lost a net of fewer than 15,000 citizens. The rest of the cities in the top 10 lost fewer than 10,000 residents overall, according to mail forwarding data from the U.S. Postal Service.

Why did they move? Respondents said they relocated to be closer to friends or family, find a better cost of living, or have more living space.

This Space Intentionally Left Blank for Teen Services

International Firefighters' Day

May 4. A day when the world's community can recognize and honor the sacrifices that firefighters make to ensure that their communities and environment are as safe as possible.

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Commissioner Tracy Kraft-Tharp Reflects on First Quarter in Office

Three months ago, along with newly elected Commissioner Kerr, I was sworn in as your Jeffco Commissioner, representing District 1.

As we complete our first quarter, the biggest issue we have been focusing on is COVID-19 and all the impacts it has had on our county, from our small businesses to county operations and most recently, vaccine implementation. The pandemic has certainly taught us, and our community, how to be flexible and nimble - an update today will change tomorrow!

Although COVID-19 is at the top of our list these days, county business does not stop. So, you may be asking, what else have I been doing and what will I be doing as a County Commissioner over the next four years?

Commissioners set the county's policies and budget in addition to serving as a voice for you, Jefferson County constituents, at local, regional, state, and federal levels. In fact, at our very first meeting, we, as the Board of County Commissioners, discussed which of the many boards and commissions, we would each serve on as the Jefferson County representative.

I am thrilled to continue participating in other community activities such as the Arvada, Evergreen and Conifer Chamber(s) monthly meetings; JeffWest; Arvada Westminster town meetings and the Lakewood legislator's town meetings. I also serve on the Juvenile Justice Delinquency Council and am an active member on the League of Women Voters.

I am working with Councilwomen Lauren Simpson (Arvada) and Kathryn Skulley (Westminster) to host a

quarterly North Jeffco Town Meeting. We plan to bring together experts on local issues and at our first meeting held virtually via Zoom on March 27, we provided updates on: vaccines by the Jefferson County Public Health; and, along with the Arvada Fire Department, we presented information regarding single trash haulers for the Westminster downtown area.

I am excited to let everyone know I am keeping my fourth Thursday morning time slot open so when we can all leave our homes again, I will resume my Community Coffees. I am anxious to get back out, see you in person and hear what is on your mind, what concerns you have and how I can serve the Jefferson County community. Keep an eye on my Facebook page, tracyforjeffco, for details regarding the North Jeffco Town Meetings and Community Coffees.

Thank you for your continued support and reach out anytime through email or 303-271-8511.

—Tracy Kraft-Thorp

I GOT MY COVID-19 VACCINE!



Skin Cancer Awareness Month

With more than 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable forms of cancer. By sharing facts about the dangers of unprotected exposure and encouraging people to check their skin for warning signs, we can and will save lives.

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Getting Ready For Summer!

Investing in outdoor spaces will increase your home value!

Best updates include: Patio or Deck spaces for outdoor living; a Fire Pit to enjoy evenings; Extended Roof/Pergola for hot days; Outdoor Kitchen expand the living space.

Easy updates include: Paint your front door; update your Garage Door; Refresh Landscaping; Add updated Lighting; Plant a Tree for fall foliage.

These can be DIY projects or for professional referrals - Give Us A Call!

May Tip Of The Month: Improving your exterior spaces make your home more enjoyable, appealing, and marketable.

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