



Heather 'n Yon[®]

July, 2021

Vol. 35, No. 5

The Official Newsmagazine for HG
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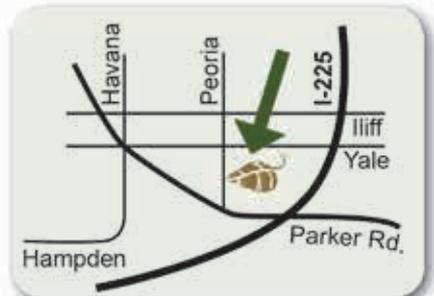
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TO HG RESIDENTS:

It is the intent of the Editors to provide information of interest to its readers, to afford persons with varying and differing views opportunity to air responsible opinions on matters of community interest and to promote community and enjoyable life pursuits.

Heather 'n Yon welcomes letters and other articles concerned with community issues. Letters must be signed, dated and include the writer's address and phone number. Letters may be edited for reasons of space and clarity.

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Clubhouse/Restaurant Committee to reform, RV lot rules revised

All directors attended the June 17 meeting of the HGMD Board of Directors, via Zoom. Attorney Jennifer Ivey also attended, as did General Manager Jon Rea and Controller Jerry Counts. There were 19 participants in addition to these.

President David Funk announced that the Clubhouse Committee soon would reform. He noted that HGMD's newest director, Maria Mines, had agreed "to bravely take on reconstitution" of the former Clubhouse/Restaurant Committee. That committee had not met for months, since its chair was removed from the committee, which resulted in most of the committee members resigning. Subsequently, the former chair resigned from the HGMD Board. Funk said he hoped the committee would resume meeting in July.

The board approved revisions to the Procedure Memorandum (PM) for the Property Policy Committee (PPC) section on the RV lot. Revisions detailed the allowable size of vehicles, length of parking, and condition of the vehicles parked on the lot.

Much work had been devoted to making the RV-lot design safer, Funk reported. The layout for security enhancement must be completed before resurfacing and restriping can begin.

In response to another director's question, Funk explained the PPC had not yet tackled the issue of the gardens plots, due to the time consumed by working on the RV lot. Some members of the PPC have garden plots, he commented, and their input will be sought on making

changes to the PM.

Funk reported that HGMD would join with HGA in a joint Long Range Planning Committee. The cooperative committee would operate along the lines of the joint Budget & Finance Committee, he said.

Treasurer Bill Archambault reported on a presentation made to the Budget & Finance Committee by HG's insurance agent. HGMD uses the special districts' pool to purchase its insurance. Archambault reported a 20 percent increase in insurance rates is expected nationally; HGMD expects to see a 10–15 percent increase in its insurance for 2022.

Archambault reported on the auditors work on the 2021 audit. He said HGMD will receive a clean opinion on its audit, which needs to be filed with the state of Colorado by July 31. Counts said a draft of the report will be sent to the board by the end of the week, or the beginning of next.

The board approved the schedule for developing the 2022 budget. The HGA had approved the same schedule at their meeting on Tuesday. Funk noted the schedule addresses some of the governmental legal deadlines for a budget that HGMD must meet. (See page 10.)

For the first time, the HGMD designated an official custodian to satisfy the Colorado Open Records Act. As Treasurer Bill Archambault also is secretary of the HGMD Board, the job became his. Funk explained that approving the resolution satisfied a legal requirement; however, the HGMD has never received an open-records request. Archambault affirmed he accepted the responsibility, should such a request ever occur.

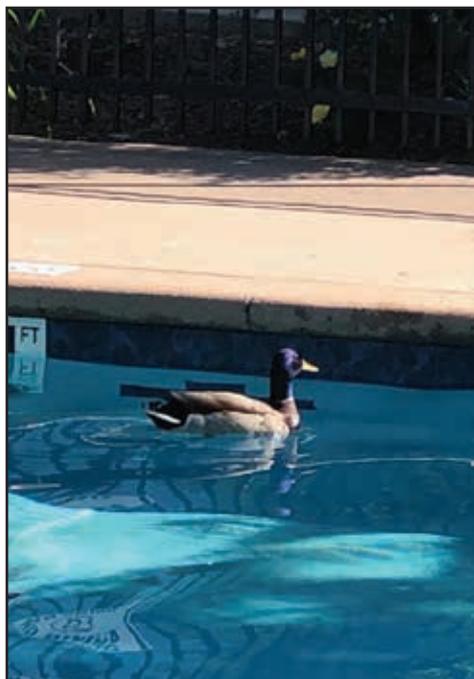
Funk reported that Foundation Chair Eloise Laubach had met with Archambault and Counts. The three worked on making the process for accepting donations to the Foundation smoother with timely reports provided to Chair Laubach.

During HGMD's open forum time, AR Steve Everitt, CP1, asked for an update on reopening the restaurant to accommodate happy-hour gatherings. Rea responded that the plan was to completely reopen the restaurant by early July. Manager Cormac Ronan is working on a 4th of July celebration, Rea said, adding a notice on the event would circulate via the Pitera email system.

The new restaurant HVAC system was expected to be completed the following week. Installing the new air-circulation system will pave the way to reopen the restaurant. The system is designed to improve air flow throughout Rendezvous.

Insurance premiums

2022 Budget



Left: "Everything is just 'duck-ie' at the HG Clubhouse outdoor pool," according to photographer Roxanne Smith, B242. When asked what the Mallard duck did when a human joined him in the pool, "He calmly got out of the water, turned his back on me and shook his tail feathers!"

Extra! Extra! Information for you –

HGMD Treasurer's Report

Highlights of HGMD Operations:

For the month ended May 2021

	Budget	Actual
Clubhouse Profit (loss)	(\$63,561)	(\$47,850)
Golf Profit (loss)	(\$5,196)	(\$4,034)
Restaurant Profit (loss)	(\$6,492)	(\$4,797)

Year to date through March 2021

	Budget	Actual
Clubhouse Profit (loss)	(\$299,607)	(\$217,598)
Golf Profit (loss)	(\$125,370)	(\$137,751)
Restaurant Profit (loss)	(\$29,128)	(\$48,159)

Enterprise Fund

Enterprise Fund revenue through May was \$1,110,000, which is about \$208,000 less than expected. Enterprise expenses through May were \$802,000, which is about \$525,000 less than anticipated. With the easing of COVID restrictions, the May loss was less than expected. The year-to-date amounts reflect the impact of COVID restrictions earlier this year. While the year-to-date situation will continue to improve, it is doubtful if a

full recovery is possible by the end of 2021.

Restricted Funds

- **Conservation Trust Fund (Lottery).** HGMD has received \$4,794 from the Colorado lottery. It has spent \$2,386 on HGMD projects so far this year. The bank account for the Conservation Trust Fund has a balance of \$157,210.

- **Foundation Fund.** The Foundation has received \$964 in donations through May. Due to accounting errors, which have been corrected, this amount is less than previously reported. The Foundation Fund has been used to pay for \$594 for District projects. At May 31st, the bank account has a balance of \$41,961 and there is an investment of \$150,000 in CDs.

- **Debt Service Fund.** HGMD has received \$359,500 in property tax revenue and \$14,200 in specific ownership tax through May. On June 1, an interest payment of \$159,100 was due on the 2017 Refunding Bond Issue. As of May 30, the Zion Bank held \$619,055 for payment of principal and interest on the bond issue.

Parking Structures Advisory Committee (PSAC)

The Parking Structures (PS) used by the Alpha buildings were built more than 40 years ago. They are already beyond their predicted life expectancy. Exposure to various elements, along with freeze/thaw cycles, have damaged the concrete of the upper parking slabs, and their support pillars, causing corrosion of the post-tension tendons (cables) within them. Some of the cables have already broken, necessitating expensive repairs and overloading the adjacent cables

The HG Parking Structure owners group was formed by concerned residents to offer aid to the HGA Board and propose the best design solution possible to the Parking Structure (PS) issue that will cost HG the least amount of money. The HGA Board has now formed the ad hoc Parking Structure Advisory Committee (PSAC) to help in this endeavor.

There are five working groups supporting the PSAC: Design, Finance, Legal, Green and Community Involvement. These working groups are comprised of dedicated owners, many of whom are experienced experts in fields related to engineering, finance, the law, contracting and the HG Declarations.

- The Design group is considering design solutions, among them: continuing to make repairs, surface lots, partial or full replacements, 1- or 2-story options, partially

or fully enclosed new structures, and even new structures with condo, rental or assisted living units located above the parking areas.

- The Legal group has been researching ownership of the deeded spaces within the current PS, and HG's rights and responsibilities. This group has made recommendations regarding spaces that have no deeded ownership interest, but may have exclusive rights to use.

- The Finance team is exploring different funding strategies and methods to recommend to the HGA Board to pay for a project of this magnitude.

- The Green group is researching and providing recommendations on the options, feasibility and costs related to installing solar power and electric vehicle-charging access.

- The Community Involvement team is working to keep the community informed about the project.

We believe progress has been made on many fronts, but many important questions still must be resolved:

- How much will this cost? The current answer is we don't know...yet.

- What disruptions will we face during repair or replacement activities?

- Can we just make repairs for a few years and live

See PSAC...page 11

Operations manager sought, security chief resigns

All directors attended the June 15 meeting of the HGA Board of Directors, via Zoom. General Manager Jon Rea also attended. He told the board that he was interviewing candidates to fill his former position, Operations Manager.

Rea also announced that HG's Security Chief Dan Renauer had tendered his resignation, effective late June. Rea was sad to lose him, but Renauer had been offered another position he couldn't refuse.

Nominating Committee Co-Chairs Bob Schlageter, CP1, and Mark Nading, B244, announced they had received no applications for the 2022 board vacancies yet; however, Schlageter said he knew of one homeowner who intended to self-nominate. The deadline to apply is 4 pm Tuesday, Aug. 10.

The board approved the schedule for developing a budget for 2022. (See page 10.)

The Ad Hoc Parking Structures Advisory Committee (PSAC) announced that B&F committee member Ray Nash, CP2, had assumed chairmanship, and will focus on the finance component of the PSAC's recommendations.

Parking Structures

Nash said, "We have engineers, lawyers, and business people (on the PSAC), and a tremendous amount of interest."

Former chair John Recob, B236, said he preferred to focus on leading the design team. Other chairs of PSAC focus areas include Craig Baldwin, B242, legal; Ginny Anthony, B204, green (such as solar and charging stations); and Linda Hileman, CP1, community involvement. PSAC and the HGA Board planned to hold a work session later in June, to discuss PSAC proposals and how long the HGA should delay repairing parking structures (PS), to accommodate the advisory committee's research.

A committee attorney, Daniel Taylor, B217, remarked that he doubted HGA had a claim to serve the Quiet Claim Deed approved on May 18, as HGA doesn't own the structures. Director Al Lindeman, CP5, responded that HGA was the structures' owner. Both sides agreed to hash out disagreements at the work session.

Director Larry Dávila, B216, expressed concern over delays in addressing structures' problems, while extensive discussions ensue.

Nash remarked, "The city of Aurora said to plan on six months" to work through the municipal side of the process. "We can't push them faster than they're willing to go."

Director Mike Pula, B243, said, "I was prepared to make a motion regarding the time frame on considering recommendations on parking structures. I'll hold off, since we're having a work session next week."

Rea reported that Starry Internet had addressed nearly all the issues HG had with their installation pro-

cess. Starry is targeting July to fully implement its project. In May, the company experienced weather delays.

The board discussed adding to the employee handbook a section on what value of gifts to employees is permissible, and when gifts are appropriate. The motion was tabled, and returned to the Personnel Policy Committee for further refinement, with David Baxter, B217, voting against tabling.

Employee Gift Policy

Rea reported on mosquito-abatement measures. HG has partnered with Tri-County Health, he said, to place traps on the property, to monitor what type of mosquitoes are present. Of those collected thus far, none carry West Nile disease. Rounds & Grounds had distributed all-natural pucks around ponds and areas that are conducive to spawning mosquitoes. These kill the larvae. HG has contracted with True Green to perform two anti-mosquito applications, the first scheduled in late June.

Mosquitoes

Rea gave an update on HG's above-ground fuel-tank installation. He said HG is "going back and forth" on a design for the new tank. HG had hoped to retain the existing concrete pad, but instead will have to replace it, which Rea called "disappointing."

He reported no progress on Comcast's work, as they are talking to new third-party vendors, and re-evaluating. Comcast will notify HG of a schedule, when they wish to resume working on HG property.

When asked about damage from a vehicle striking B232 on June 5, Rea said there were no problems with structural integrity; however, an outdoor stair railing was damaged. Vendors have reviewed the damage; the driver's insurance is expected to cover repairs.

He also reported the new HVAC system in the restaurant should be completed by the following week.

President Jill Bacon reported a "good meeting" of B&F the day before. Although HG's insurance will rise in October 2021–September 2022, Bacon remarked she felt the new insurance agent had performed stellar work in seeking the best outcomes for HG.

"We learned a lot about insurance for the coming year," Bacon said.

Following the regular meeting, the board adjourned into executive session, to discuss personnel issues.

Other actions by the board:

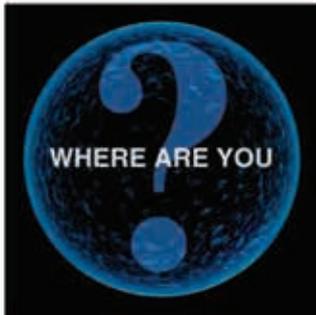
...approved contract with Carpet One, to complete the next phase of the 2021 carpet replacement project, including selected floors in B202, B204, B205, B206, B208, B210, B218 (\$93,000).

...approved contract with a variety of vendors for repairing concrete and metal stair-railings (\$125,000), as an unanticipated capital project. HG staff will identify which repairs are most needed.

Heather Gardens Nomination News

People and Places

The Search Continues



As Heather Gardens Looks to the Future



The Heather Gardens Homeowners Association is the cornerstone of our community. Join the team that brings continuity and order to our community, preserves the architectural integrity and maintains the common elements.

Please see the public notice for position requirements

Obtain an application at the Management Office or go to www.heathergardens.org. Submit your application by 4:00 PM Aug. 10th to the Management Office.

Elections will be held Friday, November 19th.

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2021 HGA and HGMD Schedule for Developing 2022 Budget

Friday, Sept 10	General Manager's draft budget and summary delivered to Budget & Finance Committee (B&F) and both HGA and HGMD Boards. The draft budget and summary are posted on www.heathergardens.org
Monday, Sept. 27– Thursday, Sept. 30	B&F Committee conducts budget workshops, beginning 9 am. Workshops continue as needed on extra days. Board directors are urged to attend. B&F recommends 2022 budgets to both boards
Thursday, Oct. 14	At a Special HGMD Board Meeting, 10 am , the board accepts the 2022 proposed budget and conducts a Public Hearing on the proposed budget. After hearing comments, the board may modify the budget. 2022 budget is formally approved by HGMD Board.
Thursday, Oct. 14	At a Special HGA Board Meeting, 1 pm , the board accepts comments from community members and may change the proposed 2022 budget. Sets a veto vote for membership (between 15–50 days after notice).
Wednesday, Oct. 20	HGA and HGMD budget summaries are posted on the website and emailed to membership. Ballots are mailed to membership for mail-in voting. Full copies of the 2022 Budget are available in the Management Office
Monday, Nov. 1	Evening membership meeting to present and discuss the budget
Wednesday, Nov. 3	Daytime membership meeting to present and discuss the budget
Thursday, Nov. 4	Daytime membership meeting to present and discuss the budget
Friday, Nov. 19	Veto Ballots are due by close of business (Friday before Thanksgiving). A special committee of volunteers will be assembled to count the ballots. Majority of membership is required to veto the 2022 Budget, approved by both boards
Wednesday, Nov. 24	Results of the Veto vote are communicated to membership (day before Thanksgiving)
Wednesday, Dec. 15	HGMD MUST have 2022 property tax mill levy to Arapahoe County

Show the HG staff and ARs some love

This was originally planned to be “Show Your Area Representative (AR) Some Love,” but after talking to HG employees in different departments, it needs to be changed to “Show HG staff and volunteers some love.” The pandemic has been difficult, keeping us separated from friends and family. Attitude in times of strife can affect how we deal with the isolation. Most residents treat staff members and volunteers with respect and kindness. Despite that, HG staff and volunteers can relate stories of irate residents berating them for perceived injustices.

Have you heard the phrase “You can catch more flies with honey than with vinegar”? That means that you can win people to your side more easily by gentle persuasion and flattery than by hostile confrontation. By all means, if you have an issue, bring it up with the relevant people. If you want them to respond in a favorable way, please speak to them the way you want them to speak to you.

The HG Bylaws, Article 1, Section 3.b states:

“Owners shall abide by all provisions of the Declaration, Bylaws, and Rules, and may not engage in verbal or physical abuse, or harassment toward employees, residents, guests, or anyone, or property in the Community. Any such activity shall be subject to action by the Manager and/or review by the board.”

While many of the staff you encounter in the Clubhouse are paid employees, there are also volunteers who give their time and energy to be of service to anyone using the Clubhouse. They all deserve respect and cour-

tesy — what you expect them to do when dealing with you.

Extending this thought — please remember that the AR in your building or area is a volunteer. It's a position of service as opposed to a position of power. According to the ARO (Area Representatives Organization) handbook, the duties of the AR are:

- “The AR/Assistant AR will attend and represent Area residents at all ARO (Area Representative Organization) regular and special meetings. The AR will notify the AAR or qualified area substitute, if necessary, to attend and represent the Area at the ARO regular and special meetings.

- “The AR/AAR will be willing to listen, to be courteous, and to be tolerant of other area residents' ideas and needs. They shall report to the Association matters of concern to their Residents and make requests and recommendations addressing these concerns. They shall keep their respective Areas informed on matters affecting the Community. The AR/AAR will represent the residents of the area in all interaction with the Association.

- “The AR/AAR will post all notices from the HGA, marked with the official logo prescribed by the Association, on the bulletin board of each area, and also communicate them at area meetings so that residents are kept advised.

- “The AR/AAR will notify the Association Management Office of all problems regarding common areas. The AR/AAR should keep a written record of all common area

See ARO President...page 19



HGA Board President Reports

By Jill Bacon

I hope that all of you are enjoying your summer so far. Even with heat of 101 degrees, at least we are now living without masks for the most part and are free to go and come as we wish. Now that HG classes are resuming, it is exciting to know that you and I will meet with some friends who we have missed over the last year.

It is with good news on that note, that I am going to write about some “hard things” that are happening, of which you must be aware.

First of all, many of us, including staff, have taken a lot of “heat” for closing down HG activities for the last months. We have been taken to task for doing what Tri-County Health Department has advised. Even though outside community activities may “look different” when they opened, HG staff and personnel have done what was asked of them.

The General Manager and I stand by the decisions that have been made. Our record of COVID-19 cases in a community of approximately 4,000 residents had a 2 percent rate of COVID cases for the last year and a half. Please be happy that you are now able to do the things that you love to do — and that you are not spending the time recovering from a serious disease!

The second thing that I want to share is that I was really sad when only six people participated in the Zoom call with McGriff Insurance on Monday to hear about the pending increase in HG insurance rates for this year.

HG has to be insured. It is a fact of life. Last year, we

were told that insurance rates would go up 20 percent in 2022. The good news from that meeting, it will be increasing only 13–15 percent this year. As of Sept. 1, the HG broker, McGriff, will make a final push to see if the insurance agencies will move down a bit more. HG will keep you posted on how that resolves.

The next thing that is going on is something you already know. Been to the gas station lately? Yikes! Gas prices have been going up weekly. Also, lumber, steel, and many other things that we use here at HG are becoming more expensive. The bottom line is that HG will be raising your HOA fees this year.

I am hoping to keep it as low as possible, but I want to warn everyone, that HG will face higher prices to keep things beautiful in the community. I am simply preparing myself and you for what is coming. I encourage everyone to attend the Budget workshops when they are advertised, so that you will know the “why” of what is happening. HG management and staff are working diligently to keep the budget as tight as possible for the coming year.

Finally, the HGA Board plans to use the Board Room for meetings. However, since we started having Zoom meetings, the board had a great boost in residents attending all meetings. More people have taken part in board and committee meetings. “Chats” have allowed many folks who were uncomfortable in standing and speaking to write their questions and comments.

The only thing that is keeping us from going back to the “Board Room” meetings is that the sound has not been perfected as yet. It can be quite difficult to hear those in the Board Room when they speak if you are attending by Zoom. As soon as we get the “acoustics” improved, we will have meetings in the boardroom as well as Zoom attendance. We do not want to lose those residents who have “learned Zoom” to fall away from the meetings.

That is all that I have to share (or vent) this month. I wish everyone a wonderful Fourth of July. I hope that you remember, that “kindness begins with me!”

PSAC...from page 6

with the risks for a while longer?

HG spent more than \$600,000 repairing the garages in 2020. Just last month, an engineer estimated that HG should expect to spend \$2.6 million in 2022 and \$1.5 million in 2023 to make the PS safe, if the current garages are used for a few more years.

PSAC wants your participation and involvement. Come to the PSAC meetings. Join and share your expertise in one of the working groups. Go to the online bulletin board for the PS group to get more information: <https://plaidflannel.com/psog/index.php>. Start or join a discussion. Submit your ideas, concerns and questions to the online website. If you want a more personal interaction, email HGCommunityInvolvement@gmail.com.

We present this information so you will understand

the urgency and complexity of HG’s PS situation. Be assured that the PSAC and the board have your best interests at heart.

– Linda Hileman, CP1 and Ray Nash, CP2



IN MEMORIAM

George Dumas (CP5)
Mary Grimm (former CP4)
Donald Hayden (215)
Thomas Moore (former 211)
Thomas Nugent (221)
William (Bill) Spencer (215)
Vickie Wilson (CP4)



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TOGETHER We can focus on what is important for Aurora!

Public Safety

A top priority for Danielle is fighting for a stronger, safer Aurora while bridging the gap between Aurora citizens and our local Aurora law enforcement.

Jobs & the Economy

As a successful small business owner and entrepreneur, Danielle knows firsthand what it takes to live within a budget, make payroll and grow a business.

Development

Danielle would like to see more development in Aurora, more things to do and more infrastructure. We are a metropolitan city that doesn't function like one.

Taxes & Fees

Danielle isn't a politician, she's a job creator and a single mom who works hard to live within her budget and believes government should do the same.

Revitalizing Neighborhoods

Local Aurora residents know what's best for their neighborhood and unlike politicians, Danielle will listen to those needs and respond.

I believe Aurora is where you have a chance to live out the American dream.

My pride for our city is second to none! I will fight to ensure equal opportunity for all!"

Contact Danielle
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Publisher's Corner

Many HG activities and classes have resumed to everyone's relief!

by Lynn Donaldson, Editor of Heather 'n Yon

For those readers who enjoy getting this magazine each month, I am sure you have noticed that the photo pages vary widely. Some months, particularly during the last 18, it can be hard to come up with significant events or happenings in the HG community to photograph.

Other months, like the past one, there are more photo opportunities than I have space in this magazine to publish. In particular, *Heather 'n Yon* has tried to chronicle the classes, clubs, events and amenities as they

re-opened after a year of closures or constrained access to stop the spread of the coronavirus pandemic.

I am therefore turning this page over to the photos that were taken showing the classes and activities that have resumed normal operation. You should celebrate what that tells us — we have survived a difficult period and we are still alive and “kicking!” (I may still miss putting one of your favorite photos here — but don't despair, it may show up some day.)



Above: Dave Worden, B220 writes, “So many of us are thrilled to not only have the Rendezvous open, but to have the serving staff we have!”

“Our grandson, Harvey (3 years old), has been coming with us every Tuesday for lunch. He has made a special connection with Billy, who makes our grandson feel special!” Photo by Barbara Worden, B220.



Above and right: Classes for golf conditioning, belly dancing and tap dancing were available in May and June.



Photos by Anne Hummel-Gillis and Janis Farrell



Above: Water Aerobics classes are back. Far right: No reservations for recreational swimming. Even two ducks enjoyed the pool. Right and below: Seville pool and hot tub





Management

Moving forward with some COVID changes in place

By Jon Rea
General Manager

HG has seen many changes this year. As the end of June brings us just past the mid-point of 2021, I hope that the community continues down the road back to a semblance of pre-COVID normalcy. The pandemic has shed light on opportunities as well as provided HG staff and me insight on changes that we have made that we will continue while moving forward. It certainly has not been without challenges and difficulties.

The Clubhouse has steadily opened back up its various amenities. In-person committee and board meetings may commence in July (depending on some possible technology updates/changes). I and the other managers have been able to interact more throughout the community in person.

HGA staff, its board, committees, and volunteers have all worked extremely hard to manage the constantly

changing expectations from the state and local municipalities, while trying to keep the best interests of residents at the forefront.

I would like to say "Thank You" to everyone throughout HG who have been involved over the last year, offering constructive feedback, interjecting ideas, and providing solutions, as everyone navigated through these unprecedented times.

I would also like to thank the residents who attended the General Manager's Luncheon/Meet and Greet at the end of May. It was wonderful meeting all of you. I certainly appreciated your presence along with all the many insightful conversations I had. Thank you for the warm welcome!

I hope that you and I continue to share ideas to solve problems, and communicate in a positive, constructive manner. The success of HG is a joint and collaborative effort that takes all of us. Whether you are active in the community, on a board, a committee, just want to live here, or just be retired — it still takes collaboration. Taking care of one another, treating each other with respect and decency is what has made, and will continue to make Heather Gardens a great place to work and live.

I would like to wish everyone a happy and safe Fourth of July weekend!

Meet & Greet with General Manager Jon Rea:

Wednesday, July 7, 8–9:30 am, Zoom Meeting — Join Jon Rea for a roundtable discussion on a variety of topics. This is your opportunity to ask your burning questions.

General Manager Reception on May 24

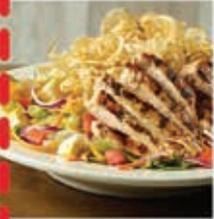


A reception in Ren-dezvous Restaurant was held to introduce Jon Rea, who was named the next HG General Manager at the HGA Board meeting on May 18. Residents were invited through Pitera to come meet him and enjoy some food and drink.
Photos by Anne Hummel-Gillis



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Resident has disparate interests: ukulele, square dancing and occupational therapy

Elevator doors in B218 opened to a vivacious welcoming from Darlene Park. As I stepped out she showed me the lobby decor she'd arranged. We chatted while we walked to her apartment. Blue is the dominant color in her pallet and mirrors her motif. Her wall hangings have a story. An etched glass logo of Rogers City, Michigan, was a parting gift from her co-workers. She designed the city's logo. A stained glass hummingbird is a gift from her daughter — a memento of family vacations. A mirror stylistically shaped as a ukulele reflects her joy in

Right and below: Darlene Park, B218, shows the keepsakes she has used to decorate the lobby of her floor. Below right: At her condo door, a bear holding a sign announce who lives there.



occupational therapy and health care administration. Settling into a comfortable chair, she begins: "In my whole life I have volunteered."

Red Cross, United Way, Life Care Center, Optimist, Kiwanis, and church top a longer list of activities. She likes most having direct, hands-on, one-on-one connections. It direct-

ment and administration at Spaulding Rehabilitation Hospital. When Spaulding downsized its OT department, she found work with a company that had care centers throughout the country.

Her husband and children remained at home in Littleton when she became chief executive at a hospital on the western edge of Appalachia. Cumberland County, Kentucky, was a dry county, she recalls. Its main crop was marijuana.

She left the warm climes of Cumberland to become Executive Director at a facility in rural Rogers City, Michigan, on the northern tip of the lower peninsula. Much of the staff commuted 40 miles to work. Winter commutes were dicey in this windy, snow belt city. The town had been beautiful when she arrived in late spring. She'd paid little notice then to a road sign: Snowmobiles allowed on all county roads.

"That should have been a clue to me."

During the two years she worked in Michigan, her children entered college. Darlene and her husband divorced.

Next up was a full-time travel position as Operational Consultant for newly opened or mismanaged facilities. For years, she'd leave home in Littleton, fly to work on Monday morning and return home on Friday afternoon.

"I saw a lot of the country and a lot of hospitals."

Reaching age 60, Darlene was ready to give up commuting. She joined the staff at Life Care, Littleton, and worked directly with patients needing occupational therapy — the most rewarding aspect of her work. Though not registered as a recreational therapist, she volunteered after work hours to play games and cards with patients to support their progress. She retired at 70, but continues to volunteer with Life Care patients.

It was dancing that introduced
See Park...page 30

group ensembles.

Jerry Frey, her significant other of 17 years, teases Darlene to mention the two were King and Queen at last year's sock hop. The two met on *match.com*. She was looking for someone who liked to play games; he was looking for a dance partner.

"And, I said, hmm, a man who dances. Who likes to dance? Few. We met and have been together ever since."

Now retired, Darlene remains just as active as she was during 50 years working in occupational ther-

apy and health care administration. assignment at Denver's North High School required that she write a report on emerging vocations. The resource book cracked open to a page on Occupational Therapy (OT).

Darlene was hooked, much to the dismay of teachers who thought her aptitude in science and math should play out in an engineering career. Apply to Colorado School of Mines, they told her. Darlene enrolled in Colorado State University's OT program and never looked back.

Post college, she rapidly advanced to positions in OT manage-

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The year that wasn't

How do you measure a year forgotten? Or, was it?

Most of us know that 2020 passed us by with each day incomplete — too many losses, fear, anger, defeat, and maybe some guilt. There was no normal life. We could do nothing about the virus we were living with except follow the scientists' guidelines. We could not escape this pandemic if everyone did not follow the means to win the battle.

With the confinement of home, masks, six feet distance, and no crowds, I gradually learned the new way of living in solitude. It wasn't easy or welcomed, but I did it — like most of us. I know some people lost friends or loved ones due to this COVID pandemic. Their mourning included grieving alone.

So many bore the loss of a normal ceremony for death, graduation, weddings, births, and other occasions. There could be no comforting hugs or close contact. People were isolated and felt abandoned. Others tried to help, but only from their restricted area.

From a confined, no-contact life I found my ingenuity. I learned the Internet visual computer programs such as Zoom, Skype, and other virtual programs. Maybe you did too.

Those of us who were able to use these means could at least "meet" by a virtual connection. I felt a little less isolated — not completely — but much better than no connection and feeling imprisoned as if in a small room with no windows or doors to open.

I also learned to better appreciate nature with walks. Phone calls from family and friends were much anticipated. With an undefeated outlook on life, I learned how to stay busy with new things even though I could not be with family, go shopping, to games, school functions, celebrations, concerts, movies, plays, or even out to eat.

Some could not go to work since businesses were under strict pandemic rules. Workers could only have virtual connections.

Life seemed hard. Even those who found ways to survive also had down days. Then I rallied, like many others and looked to the future. This virus could not defeat me! I would survive.

Vaccinations finally became approved and administered. As I received my vaccine, I began to feel lighter, smile more, and have hope. As I moved forward, I saw that "normal" would never be the same nor-

mal that I knew before.

It has been over a year since we were first quarantined and put under pandemic guidelines. It was March 2020 when my year began to feel like time stood still. I was in a machine that never moved forward.

Now, in June 2021, does life as I knew it seem that long ago? Or do I feel I missed a full year — one that didn't exist as far as time moving forward? Or do I realize I filled that time with new things, learned, accepted, fought depression, enjoyed peace of mind, and kept going to a new destination?

Now I ask myself how could it be over a year since the pandemic began? Where did the time go? My mind might go blank and I wonder how I filled my solitary days. Somehow, I got up each day, lived through the hours, and went to bed ready for another day to come and hopefully bring change. I may only remember the isolation, but I made it through!

Time did pass and a new life has begun. Live it with more appreciation of nature, loved ones, peace, and the existence around you and me.

Did we truly live a year that was not?

— Joanne Brand, B233

ARO President...from page 10

problems reported. The AR/AAR should tour their areas on a regular basis to help identify and document any issues in the common areas and exterior of the buildings.

- "In the absence or disability of the AR, the AAR will perform the duties listed above."

Many ARs go above and beyond the responsibilities listed to assist the residents in their buildings. However, it's difficult to have residents volunteer to be the AR. Part of that is due to the way ARs have been treated in the past by residents in their areas — getting berated in public, in person, or over the phone.

Most days, being AR is easy-going. There are some days when it seems I am swamped with phone calls. Most of the time, there are few

problems or none that require my attention as AR.

The most difficult days happen when residents feel it's their right and privilege to berate the AR or AAR. Their complaint may be valid, but it also may be something that the AR cannot change. I once had a resident in my building angrily infer that it was my job to ensure that HG was held accountable for making all buildings handicap accessible.

First, HG is private property, so regulations that apply to public areas don't apply here. There are reasonable accommodations for anyone with mobility issues. The resident knew our building had stairs at the front entryway when she moved in. It's not part of the AR job description to fix such an issue.

The latest research from Concordia University shows a link between an individual's state of mind and his/her health. The study found that constant bitterness can make a person ill. It can affect metabolism, immune responses or organ function that can then lead to physical disease. We can exhaust our bodies with anger, which starts a chain reaction to weaker immune systems that then leaves you at a greater risk of becoming sick more often.

So please, show a little or a lot of love to the AR, AAR, and all the volunteer and paid staff in HG. We're here to help you.

Consider nominating yourself to be the AR or AAR in your building, townhouse complex, or country place. It's a rewarding job. Above all, just be kind!

— Betty Bergeron
ARO President, B236

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The Month (June)

On June 5, an 88-year-old driver suffered a medical emergency and lost control of his car, crashing it into the north side of B232, in the Seville area. Assistant Chief Willequer and Officer Jones, HG Security, responded to the scene along with Aurora Fire Department (AFD) and Aurora Police. It was found that a resident from another building ran over the curb on East Marina Drive and drove straight into the stairwell at a high rate of speed. AFD was able to get the driver out of the vehicle, but they had to use the jaws of life to get a female passenger from the vehicle. The driver and his wife were taken to the hospital, where she later died.

Also killed in the crash was a dog being walked in the vicinity. The driver — who was an HG resident, but not a resident of B232 — was hospitalized in serious condition. The damage to B232 was reported to be superficial, not structural. A railing to stairs that go to the building's first floor, above the garage, was damaged.

At the June 8 meeting of the Golf Committee, Course Superintendent Brian Benko reported that 10 tons of sand had been added to the course's bunkers, to replenish them. The golf crew continues to work on the irrigation system, and address electrical problems with the fountain in the north lake, as problems arise.

An initial application of herbicide was not well mixed, and burned some grass, Benko said. The burn spots are

expected to come back.

Golf Pro Greg Kohr explained that Tri-County Health Department still is not allowing drinking water to be placed on the course, due to concerns about bacteria. Weather in May hurt golf revenues, he said, and play on Memorial Day Weekend was spoiled by rain showers.

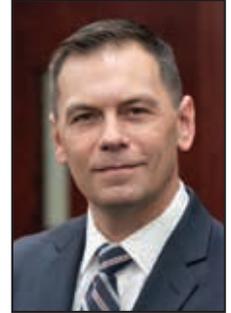
An audience member asked if greens fees will be raised next year. He commented that HG golf fees still are a bargain.

...

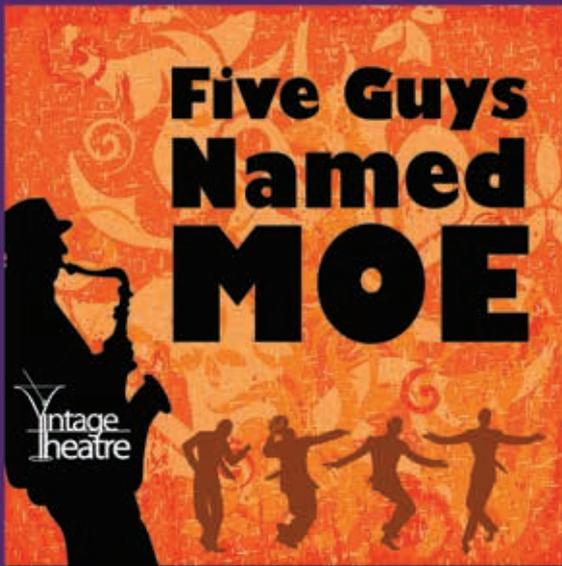
Correction: In the article on the Public Safety meeting on May 14, District Attorney John Kellner was mis-identified in the photo credits. His photo (right) is from the 18th Judicial District. *Heather 'n Yon* regrets the error.

...

Maintenance Facilities Engineer Jon Howell told the Maintenance Committee that he is researching a monitored camera system for the RV Lot as well as Parking Structures 1–4. He had talked to a firm that provides an ongoing monitoring service (the equipment is leased) that allows them to not only view activity as it occurs, but to also contact security and/or the police department. Howell and Security Chief Dan Renauer thought that such a system might be



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That Was...

a more cost-efficient option than security fencing around the parking structures. It could provide better security. Howell plans to gather more information and contact additional firms that provide such monitoring security.

...

Security Chief Dan Renauer plans to have snake training for all HG Security Officers. Meanwhile, he cautions all residents that if you see a snake, DO NOT TOUCH IT! Call Security. There is a snake hook in each Security vehicle.



On a daily walk, resident Bonnie Williams, B232, encountered and photographed a snake (right). She did not touch it.

...

United States deaths in past conflicts or pandemics, compared to COVID-19 (as of June 23, 2021).

No. Died	Year	Event	Source
602,523	2020-21	COVID-19	Johns Hopkins U.
675,000	1918	H1N1 virus	cdc.gov
~655,000	1865	Civil War	wikipedia.org
419,400	1945	WW2	wikipedia.org

{Editor's note: These numbers represent the total deaths during the conflict: combat deaths and other causes.}

...

Senator Michael Bennet, Congressman Jason Crow and Aurora Mayor Mike Coffman were among the dignitaries who attended the Colorado Remembers event at the Colorado Freedom Memorial to honor those who made the ultimate sacrifice for the United States. Rick and Diane Crandall, Colorado Freedom Memorial Foundation founders, organize this annual event, with assistance from many volunteers.

Newly unveiled this year was a memorial statue for Gold Star Families (families who mourn a relative who died while serving in the military). Right: Bennet and Crow placed a wreath at the memorial.



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Karaoke Club

On May 21, the Karaoke Club took over the Clubhouse parking lot to have its monthly gathering.

Volunteer singers chose their songs and demonstrated their skill at interpreting the lyrics, which they did not have to memorize. Such a deal! The added space left plenty of room for dancers, if so inclined.

With the Clubhouse re-opening, plans are to resume indoor events in June.



Photos by
Janis Farrell



With music by the Cliff Spratt Band, the HG Clubhouse announced its re-opening on June 4 with an Ice Cream Social. Residents were invited to participate in the festivities, review which classes were resuming, and enjoy an ice cream bar. Are we having fun yet?



Photos by Janis Farrell



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Wolves at the door in Yellowstone

On a tour several years ago, a man whose last name was Wolfe, told me of a call he received one night while he was sitting at home. The conversation went as follows:

Phone rings —

Mr. Wolfe: "Hello?"

Caller: "Is this Mr. Wolfe?"

"Yes, it is."

Caller: "You're gonna PAY for what you did to Red Riding Hood!" Call disconnects

For hundreds of years in many parts of the world, the wolf has lived with a really bad reputation. In fairy tales, plays, movies and stories handed down for years, the poor, bedraggled wolf has been condemned, politicized, hunted and brought nearly to extinction. Many other animals have faced a similar fate, but none to the degree of the *Canis lupus*.

The poor wolf has gotten such a bad reputation it seems hard to imagine he will get a full pardon. For example:

- Little Red Riding Hood
 - A wolf in sheep's clothing
 - The Three Little Pigs
 - The Boy Who Cried Wolf
 - The Big Bad Wolf
 - Werewolves (think of the scene in Young Frankenstein!)
 - Cartoon wolf in a zoot suit standing on a corner whistling at the girls.
- Poor wolf.*

•••

Last month, I wrote that in this last article on Yellowstone National Park

(YNP), I would describe the huge impact that reintroducing this animal has done for the park.

Without wolves



Above:
Wolf portrait taken from a vehicle in a pull-out at Yellowstone National Park, NPS/Jacob W. Frank Nov 2017
Right: Wolf Watchers at Slough Creek, Yellowstone National Park. NPS/Jim Peaco, March 2005

in YNP, there were multiple consequences that were destructive to the ecosystem. As a top predator, wolves are one of Yellowstone's linchpins, holding together the delicate balance of predator and prey. Their removal in the early 20th century disrupted food webs and set off something called a "trophic cascade," in which the wolves' natural prey (in this case, elk) multiplied, all the while consuming increasing amounts of foliage.

The phenomenon occurred again in reverse when the wolves were reintroduced and the natural balance was restored. (earthjustice.org)

The millions of annual visitors to Yellowstone are interested in at least one of the two main attractions: the thermal pools and geysers, and the wildlife.

Last year, over 4 million visitors came just to get a glimpse of a wolf. These visitors needed lodging, food, drink, and they bought souvenirs. YNP is open year-round, allowing wolf viewing during the winter when the wolves are most active.

Last year alone, it was estimated that \$35 million was spent by wolf watchers. Surrounding communities reported that \$315 million was spent by park visitors. This summer should be a record setter now that people are getting out and getting on the road. Sadly, if you have not made reservations for this summer, you may be out of luck finding lodging.

Let's look deeper into the lives of

these fascinating animals.

There is so much information available and so many

studies on wolves that I can only highlight some main points that you may find interesting.

To begin, wolves, in one shape or another, have been around for literally several million years. It has been proven that Native American Indians domesticated wolves. Most scientists agree modern dogs all have wolves as their ancestors. So keep an eye on "Fluffy" if you don't feed her the food she demands!

- Wolves are the largest of the Canid genus. They generally weigh between 60 and 100 pounds (27–45 kg). The closest relative, the coyote, is a runt by comparison at 20–30 pounds (9–13 kg).

- In YNP, wolves at the northern end of the park are larger due to there being more prey in winter, which is their prime hunting season.

- Wolves are built to travel! They can run fast and cover great distances. Remember the female found on I-70 near Downieville several years back? She was a Yellowstone-tagged wolf. The distance from YNP point to point was around 700 miles!

- The colors of wolves include grey (most common), tan, brown, white (rare) and black (also rare).

- Their sense of smell is many times more acute than that of dogs or humans.

- Their night vision is very acute. It's been proven they can and do distinguish the colors red and yellow. Red for blood and yellow for scent markings.

- Wolves have all four tastes: sweet, sour, bitter and acidic.

- They can suffer from several diseases, which can exact huge popula-

See *YNP Wolves...* page 30



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Park...from page 17

her to HG. Friends from square dancing are enthusiastic about the community, sharing it with Darlene. She liked the condos, grounds, activities and the energy she felt when she visited. She moved to HG in 2017. Once settled, she volunteered at the Clubhouse Reception Desk to meet people and learn about HG activities.

Together with Jerry, she joined HG Optimists whose projects bring her face to face with people. Their favorite project is helping Sixth Avenue

Elementary School students with reading, book purchases, and pen pals.

Two years ago the school held, for the first time, a summer camp weekend for fifth graders. Most of the kids had never slept overnight away from their parents. Darlene chaired a "Night at the Races" fundraiser to cover costs for camp.

Shortly after moving to HG, she formed a ukulele group.

"It's the easiest instrument to learn," she says of the four stringed instrument, "you don't have to have

a lot of musicality. You do have to be willing to sing," and quickly adds, "I can't sing worth a damn." (Singing helps you keep rhythm.)

Looking to what's ahead, Darlene is happy to be here and involved in this community.

"I want to continue to play lots of cards, play lots of games. I love having people over at my house."

In parting, she muses: "How many people would come if I just had a game night?"

— Dala Giffin

YNP Wolves...from page 27

tion losses in packs.

- Wolves suffer different injuries from fighting within the pack or other wolf packs, from elk, moose, bison and bears.

- The life span of a YNP wolf is only 3.4 years. Captive wolves, however, can live as long as 13–14 years.

- The worst enemy of the wolf is man.
- Average pack size is 4–7 members. However, this may vary by different areas.

- Pack boundaries are tightly controlled by pack members. Wolves are extremely territorial and will fight to the death to control the area.

- Breeding occurs only once a year, between February and March. Gestation takes 59 to 63 days. The pups, numbering from 4–5, are born between late March and May. As with coyotes, external stressors affect wolf pack litters. The birth of pups is a celebration for the entire pack. The pups grow quickly.

Until they reach the age of 5-8 weeks, wolf pups are fed by adults. Pups lick the mouths of the adult that brings food to encourage the production of a hormone called prolactin that helps the adult regurgitate food to feed the pups. Pups are then moved from the den to a place called the rendezvous site where they watch and play. They are never out of sight of an adult — not necessarily a parent. Family structure is very strong in the pack!



Left: Gibbon wolf pack (9 wolves) pauses in the snowy landscape, NPS/Doug Smith, March 2007

- At 12 weeks, pups accompany adult wolves on hunting trips.

- Between 7–8 months, as winter weather sets in, the pups actively begin hunting.

[A side bar. I took a class on wolves at

Yellowstone Institute some years ago in August and, among other things, was able to see pups in a rendezvous site from one of the first packs in YNP after wolves were reestablished. The Slough Creek pack — the most well-known and now long gone — was a special treat to see.]

There are so many more facts about the wolf, but I am sure I have run out of room. Thanks for reading.

As a final note, while writing this story (June 9), I read an article stating that there is a litter of gray wolf pups in Northern Colorado, at an undisclosed site, which are being monitored by Colorado Parks and Wildlife. If interested, I can get the information to you.

— Denise McCammon
B242



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Letters

Heather 'n Yon

The Optimist Club and the HG Ladies Golf Club will be sponsoring a Root Beer Float and Bake Sale, a fundraising event on Friday, July 9 at the Golf Course Pavilion, to benefit Junior Golf.

Baked goodies will be available starting at 7 am. Root Beer floats will be served at 9 am. The event will end at 1 pm.

The sponsoring groups are asking for a \$3 donation for the floats. Baked goods will be priced individually.

Please consider coming to the Golf Course to find something yummy to enjoy while supporting Colorado's junior golfers!

**Jennifer Price
CP1**

Heather 'n Yon

July is here and the days are long and hot. Fireworks abound and we are all getting out more. If you are tired of the heat, try something new. Come join us in Sandberg Auditorium to sing. It is a cool, late afternoon spot. All you need is a desire to sing and a willingness to learn songs. We are a friendly group who love to sing.

We are losing our accompanist/director. We will miss Oralene Winchell. She is going home to Nebraska where she grew up. She has been such a good director and friend to all of us. The group is searching for a new accompanist. If you wish, you can leave the directing up to another volunteer singer. That would be fine.

Call President Thomas Kappel, 720-377-5756. Make sure to leave a voice message, so he can call you back.

We hope to find a new accompanist soon so that we might have a

holiday program. Basically, we run on donations and dues. All newcomers are welcome.

We sing Thursdays, 4:45–5:55 pm, Sandberg Auditorium. As things become more normal, we are hoping to get a two hour time slot again. Please consider joining us as we begin a new page in the life of the Noteables.

Best wishes to Oralene and her husband, Jim. We love you and miss you already.

**Mary Fran Kappel
B219**

Heather 'n Yon welcomes letters concerned with community issues. Letters must be signed, dated and include the writer's address and phone number. Letters may be edited for clarity. The HGA Board requires that letters do not exceed 300 words. Letters will not be run from the same individual in successive months. Writers may publish only 4 letters per year, but not in consecutive months.

Residents celebrate granddaughter's milestone

Rocky Vista University College of Osteopathic Medicine (RVUCOM) is pleased to announce the graduation of Lisa Kingsley (right) of Littleton, Colorado.

Dr. Kingsley is one of 154 RVUCOM graduates who received a Doctor of Osteopathic Medicine (DO) degree during the University's commencement ceremony on Saturday, May 15th. She will complete her Family Medicine residency at HCA HealthONE in Lone Tree, Colorado.

Dr. Kingsley is the daughter of David and Laura Rocchio and the granddaughter of Bob and Lynn Burke, B250 (Heather Gardens). She is a graduate of Chatfield Senior High School. She attended the University of Denver and earned a Bachelor of Science degree in Biology and a Professional Science Masters degree in Biomedical Sciences.

Congratulations to Lisa and her family!



When accompanying her dog, Nugget, on his constitutional near their home adjacent to the Cherry Creek wildlife area, Mary Stephens, B233, was struck by the stare-down that developed between Nugget and the deer who had wandered close to the fence (left and above).



Left: Many HG residents shared photos of the Great Blue Heron that has been "fishing" at various HG lakes. This photo by Joan Obeslo, B210, shows this magnificent bird against a dark background that lets his coloring stand out.

JULY CALENDAR

Thu 1	Fun Gals Golf (every Thursday) TOPS (every Thursday) Fruit Shak (every Thursday) Pickleball (every Thursday) Bunko HG Writers Club (every Thursday) Bridge (every Thursday) Ping Pong (every Thursday) Tennis Club (every Thursday) NoteAbles Mixed Chorus (every Thursday) Kiwanis Club of Aurora CP4 Social Men's 9-Ball Billiards (every Thursday)	Golf Course Blue Spruce Room Clubhouse Parking Lot Tennis Courts Blue Spruce Room Mountainview Room Skyview Room Game Room Tennis Courts Sandberg Auditorium Skyview Room Rendezvous Billiards Room	8:12 am 8:30–9:30 am 9 am–5 pm 8 am–noon 1–3:30 pm 1–4 pm 1–4 pm 2–3 pm 4–6 pm 4:45–6 pm 5 pm 5 pm 6–7:30 pm
Fri 2	4th of July Holiday — Management Office closed HG Men's Golf Scoring (every Friday) Tennis Club (every Friday) Men with Purpose Men's Poker HG Indivisible 500 Club (every Friday) Pickleball (every Friday)	Golf Pro Shop Patio Tennis Courts Mountainview Room Mountainview Room Rendezvous Restaurant Skyview Room Tennis Courts	8 am–1 pm 8–10 am 10–11 am 11:30 am–5 pm 1–2 pm 1–4 pm 4–6 pm
Sat 3	Tennis Club (every Saturday) Mexican Train Dominoes (every Saturday) Ping Pong (every Saturday) Pickleball (every Saturday)	Tennis Courts Skyview Room Game Room Tennis Courts	8–10 am noon–4 pm 2–3 pm 4–6 pm
Sun 4	Fruit Shak (every Sunday) Pickleball (every Sunday)	Clubhouse Parking Lot Tennis Courts	9 am–5 pm 8 am–noon
Mon 5	4th of July Holiday — Management Office closed; Clubhouse open 7 am–8 pm Tennis Club (every Monday) VNA Senior Wellness Clinics Men's Bridge (every Monday) Mah Jongg Book Club Pickleball (every Monday) Pinochle (every Monday)	Tennis Courts Blue Spruce Room Skyview Room Sunburst Café Mountainview Room Tennis Courts Mountainview Room	8–10 am 8:30 am–12:30 pm 11:30 am–2:30 pm 12:30–4 pm 1–3 pm 4–6 pm 6:30–7:45 pm
Tue 6	Fun Gals Golf (every Tuesday) Pickleball (every Tuesday)	Golf Course Tennis Courts	8 am 8 am–noon

Advertised Activities and Seminars

Mon, July 13 Bayer Ear Clinic (every Monday, by appointment), Arts & Crafts Room, 9 am–noon (see ad, p. 55)
Fri, July 23 Vintage Theatre, *Five Guys Named Moe* (see ad, p. 22)

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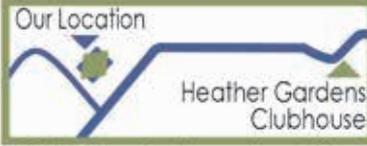
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Tue 6 (cont'd)	Hand and Foot (every Tuesday) Mah Jongg (every Tuesday) Ping Pong (every Tuesday) Tennis Club (every Tuesday)	Mountainview Room Skyview Room Game Room Tennis Courts	12:30–4 pm 1–4 pm 2–3 pm 4–6 pm
Wed 7	HG Ladies Golf Club Scoring (every Wednesday) <i>Meet with General Manager Jon Rea</i> Tennis Club (every Wednesday) HG ACBL Duplicate Bridge (every Wednesday) CP1 Happy Hour Pickleball (every Wednesday)	Game Room Zoom meeting Tennis Courts Blue Spruce Room CP1 cul-de-sac Tennis Courts	7 am–1 pm 8–9 am 8–10 am 1 pm 4 pm 4–6 pm
Thu 8	Green Team RV Lot Club	Blue Spruce Room Picnic Pavilion	noon–2 pm 5 pm
Fri 9	HG Optimist Club Rootbeer Floats, Bake Sale Birding and Nature Club Karaoke Club	Golf Course Patio Mountainview Room Aspen/Blue Spruce Rooms	9–1 pm 10 am 5–7:45 pm
Mon 12	Mah Jongg Canasta	Blue Spruce Room Aspen Room	12:30–4 pm 1–4 pm
Tue 13	Billiard Club Co-ed 8-Ball (every Tuesday)	Billiards Room	5:30–7:30 pm
Wed 14	<i>Clubhouse Event: Cuba</i> Aviation Club	Sandberg Auditorium Aspen Room	2 pm 6:30–8 pm
Thu 15	<i>Clubhouse Event: Mobile Food Pantry</i> <i>Clubhouse Event: St. Petersburg, Russia</i> HG Indivisible Bunko Kiwanis Club of Aurora <i>ARO Meeting</i>	B250 Parking Lot Sandberg Auditorium Rendezvous Restaurant Blue Spruce Room Skyview Room Sandberg Auditorium	10 am–noon 1 pm 1–2 pm 1–3:30 pm 5 pm 6:30 pm
Fri 16	Men with a Purpose HG Indivisible <i>Clubhouse Event: Introducing Starry Internet</i>	Mountainview Room Rendezvous Restaurant Sandberg Auditorium	10 am 1–2 pm 5–7 pm
Sat 17	Wine and Cheese Social Club Saturday Night Entertainment	Aspen/Blue Spruce Room Rendezvous Restaurant	3–5 pm 6–9 pm
Mon 19	VNA Senior Wellness Clinics Mah Jongg HG Photo Club	Blue Spruce Room Sunburst Café Blue Spruce Room	8:30 am–12:30 pm 12:30–4 pm 3 pm
Wed 21	<i>Clubhouse Event: Frauds and Scams</i> <i>Resident Open Forum</i> CP1 Happy Hour Tennis Club Social/Meeting CP3 Social	Sandberg Auditorium Zoom meeting CP1 cul-de-sac Rendezvous Restaurant CP3 cul-de-sac	1 pm 3 pm 4 pm 4 pm 5:30 pm
Fri 23	HG Indivisible <i>Clubhouse Event: HG Artists Show</i>	Zoom Sandberg Auditorium	1 pm 1–4 pm
Mon 26	Mah Jongg	Blue Spruce Room	12:30–4 pm

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Mon 26	Low Vision Support Group	Mountainview Room	1:30–2:30 pm
Tue 27	HG Republican Club HG Democratic Club	Aspen/Blue Spruce Room Blue Spruce Room; Zoom	1–2:30 pm 4–5:30 pm
Wed 28	Resident Orientation Caregiver's Support Group	Zoom meeting Aspen Room	10 am 2–4 pm

Bible Study (Interdenominational) on every Wednesday, 9–10 am, Aspen Room (women); Blue Spruce Room (men). For information, call Joyce Smith, 918-586-2954. Men will continue to share on Meet.Google both on Wednesday morning and Saturday morning, <https://meet.google.com/vpk-rgxi-fja>.

Six Stone Jars Catholic Bible Study. For information, call Eric Cline, 720-839-4289, or email clinecellars57@yahoo.com.

Bible Study (women) meet every Thursday in the Mountainview Room, 9:30–11 am. (On July 1, start time is 10 am.) We are studying Ray Vander Laan's *Clash of the Kingdoms (Ceasar's Kingdom and God's Kingdom)*, about Paul in Philippi and Thessalonica. Call Carolyn Morris, 303-885-7807, to join us.

Catholic Mass St Michael's Catholic Mass will not be resuming Saturday mass at HG until September 2021. Residents will be notified.

Chapel (Interdenominational Church Service) 11 am Sunday, Sandberg Auditorium. Pastor Bill Cheyne. We will continue the service on ZOOM for those who are unable to attend in person. Email Carolyn Morris for the link, motoringmorris@gmail.com.

- **Sunday Bible Study:** 10 am, Mountainview Room. Leader: Pastor Bill Cheyne.
- **Coffee Time:** 3rd Sunday, prior to Chapel Service

Heather 'n Yon Deadline - 7/16

• **Monthly Meetings** • **Boards and Committees** *Listed meetings will be via Zoom until further notice*

- Public Relations – 10 am Tue, July 6
- Personnel Policy – 10 am Fri, July 9
- Property Policy – 9:30 am Mon, July 12
- Campus Tech – 9:30 am Tue, July 13
- Golf – 1 pm Tue, July 13
- Clubhouse/Restaurant – 3 pm Tue, July 13
- Foundation – 1 pm Wed, July 14
- ACC – 3 pm Thu, July 15
- Budget & Finance – 10 am Mon, July 19
- HGA Board – 1 pm Tue, July 20**
- Long Range Planning – 9 am Wed, July 21
- Resident Open Forum – 3 pm Wed, July 21
- HGMD Board – 1 pm Thu, July 22**
- Maintenance – 10 am Tue, July 27
- Resident Orientation – 10 am Wed, July 28

FYI

VNA Senior Wellness Clinics

Charges: Toenail Cutting (includes blood pressure) \$45 (1st visit, 1 hour), \$40 (returning client); Fingernail trim \$15. If you cannot keep your appointment, please cancel or you will be charged \$5. Have exact cash amount or checks, made out to "VNA." The clinic has no change. Call VNA, 845-418-4006

Schedule:

- Monday, July 5, 8:30 am–12:30 pm, Blue Spruce Room
- Monday, July 19, 8:30 am–12:30 pm, Blue Spruce Room

Vintage Theatre

Five Guys Named Moe by Clarke Peters

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Colonial Williamsburg Foundation

Join the Colonial Williamsburg (CW) Foundation for US: Past, Present, Future, an online national conversation that explores the vital intersections of current events, our shared history, and the enduring promises of America.

The program features CW Conversations — discussions that allow for more in-depth examinations of critical topics facing our country. These conversations highlight the relevance of our 18th-century story to today's world and emphasize the importance of history and civic engagement in our shared community.

US: Past, Present, Future supports the Foundation's educational mission by presenting relevant, inclusive, and compelling

educational experiences that engage audiences in thought-provoking dialogue.

A full list of US: Past, Present, Future events is below. Additional information and background reading can be found at: www.colonialwilliamsburg.org/learn/us-series/

- July 17 at 4 pm – CW Conversation: Nation Builders
- Aug. 21 at 4 pm – CW Conversation: Business and Politics
- Sept. 18 at 4 pm – CW Conversation: Education
- Oct. 16 at 4 pm – Cornerstone Event: Are Our Founding Ideals Achievable?
- Nov. 20 at 4 pm – CW Conversation: American Indian Heritage Month

Farmers Markets

Cherry Creek: Saturdays
May 1–Oct. 30, 9 am–2 pm
Cherry Creek Shopping Center. 1st Ave. and University Blvd. (Free parking/rain or shine)

Cherry Creek:
Wednesdays June 16–Sept. 29, 9 am–1 pm
Cherry Creek Shopping Center. 1st Ave. and University Blvd. (Free parking/rain or shine)

South Pearl Street, 1300–1800 S. Pearl St.
Sundays: May 9–Nov. 9 am–1 pm

•••

See FYI...page 59

HG Gathers Again! — Often Outdoors



Above: B235 had a concert on its parking slab on June 17. Photos by Janis Farrell



Left and below: B220 combined its monthly social in its front driveway with celebrating Marie Moll's 94th birthday (left). Marie has resided in the building for 22 years. Residents shared snacks, conversation and sang "Happy Birthday" to Marie. Photos by David Worden, B220.



Above: Millie Orendorff celebrated her 100th birthday in June with North Townhome neighbors. Dale Blaha, Iris Luckel and husband, Don, on June 10. "She shared the happy event along with many other friends," according to neighbor Wendy Pfaffhausen, who photographed the festivities.

Below: Alert and ambulatory with a walker, Essie Faris turned 100 on May 29, 2021. Essie was profiled in the June 2012 issue of Heather 'n Yon for parachuting when she was 91 and lived in B211. Son Peter and his wife, Charlotte, took Essie to Rosie's Diner for a birthday lunch. She selected a favorite dish, liver and onions. Currently living in St. Andrews Village, Charlotte reports that she never drank or cussed, living a healthy life. She takes no medicine. Photo by Charlotte Faris.





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13961 E. Marina Dr. #305 - \$297,000

2br /2ba – 1290 sq.ft. Atrium A Dr. #305 – Beautiful home! Stainless steel appliances, new counters and sinks, new tile floors and new carpet. Spacious master w/walk-in closet & private bath. Silk shade blinds. Enclosed lanai overlooks quiet courtyard.



13609 E. Cornell Ave. #204 - \$375,000

3br /3ba – 2130 sq. ft. Alpha AE – Beautiful home in a perfect location over golf course, pond & clubhouse. Custom office. Remodeled kitchen w/slab granite counters, Cherry cabinets & breakfast bar. 2 master suites. Wood floors.



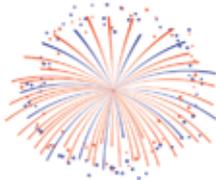
14315 E. Marina Dr. #A - \$445,000

3br /3ba – 1176 sq.ft. Patio Home – Beautiful home! Gorgeous remodeled kitchen w/granite counters, cherry cabinets, canned lights & breakfast bar. Remodeled bath. Finished basement w/wet bar & sauna. Newer windows & sliding door.

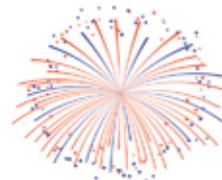
SOLD – 13931 E. Marina Dr. #406

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Pilates class: Baryshnikov, U.S. Olympians and YOU

What do Mikhail Baryshnikov, George Balanchine and US Olympians have in common — and how can it benefit YOU?

A commonality is the usage of the trusted and time-tested Pilates method for lengthening muscles, building balance and developing core strength — attributes that are good, not just for athletes, but for senior citizens who want to keep their bodies upright and mobile.

So, where do you find Pilates? Right here at HG. Based on the original Pilates technique developed and implemented by Joseph Pilates during World War 1, the Pilates classes at HG are among the most popular of the classes offered.

As reported by the Pilates Foundation, Joseph Pilates was born near Dusseldorf, Germany, in 1883. He was a frail child who suffered from asthma, rickets and rheumatic fever. His drive and determination to overcome those ailments led him to become a competent gymnast, diver and skier.

In 1912, Pilates lived in England, working as a circus performer, boxer and self-defense instructor. During the latter part of the War, he served as an orderly in a hospital on the Isle of Man where he worked with patients unable to walk. He attached bed springs to the hospital beds to help support the patients' limbs. It was a precursor to developing the Pilates method of body conditioning.

By the early 1920s, Pilates had emigrated to the U.S. with his wife, Clara, where together they further developed the technique and taught it in their body-conditioning gym in New York City. They opened their studio

right next to the New York City Ballet. Dancers quickly became devotees.

Baryshnikov, Balanchine and Martha Graham often sent their dancers to see Pilates for injury rehabilitation.

As the story goes, Clara was the nurturing, hands-on instructor in the gym, who was instrumental in tailoring the method to the individual. Joseph was the aloof and brilliant creator, focused on refining and improving the technique. Additionally, Clara trained the teachers, dubbed the Pilates Elders, who would spread the discipline of Pilates around the world.

A dynamic personality and imposing figure, often wearing his exercise shorts everywhere, even on the streets of New York City, Joseph Pilates lived until his mid-80s. He had a fondness for cigars and parties.

Today, Pilates is practiced by the USA Cycling Team, USA Triathlon, and USA Track and Field athletes. It is commonly used by elite level equestrians and dancers. More than nine million amateur health enthusiasts worldwide include Pilates in their workout regimen.

The HG Pilates classes are taught by Patti MacIntire, an A.C.E. (American Council on Exercise)

Certified Group Trainer and A.C.E. Certified Senior Fitness Specialist.

Students do the routines to music on exercise mats. Like Clara Pilates, MacIntire tailors the techniques to the individual. Unlike the old “go for the burn” in the Jane Fonda days, MacIntire’s mantra is “if it hurts, don’t do it.”

“The heart of Pilates is developing core strength and the breathing method,” noted MacIntire, who receives rave reviews from students, and has been a fitness teacher at HG for 21 years.

“Some people don’t know what the core is. It’s that band of muscles running across your body that keeps you from falling. It keeps your back straighter so you don’t hunch forward and become stooped.”

Joseph Pilates recognized that people generally breathe shallowly, bringing air only into the top portion of the lungs. Pilates breathing or lateral, intercostal breathing is a special breathing technique which allows students to contract the abs throughout an exercise. It is a deep inhale through the nose, directing the breath into the sides of the ribs and then exhaling fully through the mouth, to close the rib cage down.

Additionally, Pilates increases range of motion, while lengthening muscles.

“The majority of us use only about 50 percent of our muscle capacity. Elongating the muscles protects the joints, so if someone takes a tumble, they are less likely to be injured,” MacIntire explained.

“People often don’t recognize what a short range of motion they have until they experience how much better they can move after an hour of our Pilates class,” MacIntire noted. Some of

See *Pilates...* page 48



Above: In Pilates class, (from left) Linda Champ, CP4; Susan Clarendon, B243; and Sherry Giles, B244; exhibit different acceptable forms for the plank pose.

Clubs and Organizations

TOPS

Coronavirus 19, have you heard of it? It is the weight gain during the shutdown. Maybe you decided to put away those comfortable clothes, and get ready to fit into those dress-up clothes again. Thinking of saving pajamas for bedtime only? Or just want a new beginning of healthy eating and losing weight.

TOPS (Take Off Pounds Sensibly) is back meeting in the Clubhouse. Every Thursday morning, we meet in the Blue Spruce Room, 8:30-9:30 am.

With a sense of teamwork, we encourage each other to eat healthy, lose the unwanted pounds, and have fun along the way. Both men and women are welcome. For information, contact Bernie Radakovits, 720-397-1388.

HG Writers Club

Whether you're just beginning to put pen to paper or you are a published author, we invite you to join us for a time of education, fellowship and inspiration. New members are always welcome.

We meet 1-4 pm every Thursday in a Clubhouse room. Contact Joanne Brand, 303-750-9722, for further information.

The NoteAbles Mixed Chorus

NoteAbles mixed chorus meets Thursdays at 4:45 pm in Sandberg Auditorium. You have a place in the choir: bring your enthusiasm and help us carry our songs to the HG community.

CP4

Starting July 1, CP4 will have its monthly get-together 5 pm on the first Thursday of each month, in Rendezvous. Call Beverly Nelson if you plan to attend.

Men with Purpose

A group of men, with diversified backgrounds, gather to discuss timely topics regarding healthy aging and purposeful retirement. Books and articles relating to these topics are discussed by group members.

Leadership is shared. Men With Purpose meets the first and third Fridays of each month, 10-11 am, in the Skyview Room. For further information,

contact Gene Dawson, 720-535-9672.

Heather Gardens Indivisible

The purpose of HG Indivisible is to protect and preserve our democracy by empowering active citizens to take actions that will impact public policy. We are nonpartisan and inclusive – more issue-oriented than candidate-oriented.

We are starting in-person lunches, meeting on the first and third Friday of the month. We will meet at Rendezvous at 1 pm to discuss issues, books, ideas.

You don't have to be a resident of HG. And you don't have to order lunch, but it's a good way to support our local restaurant.

The Zoom meeting will be on the fourth Friday of the month at 1 pm. The link is sent out with the agenda. Be sure you are on Linda's email list to receive notice of changes or additional opportunities. Information: Linda Champ, 720-252-7324, lindachamp91@gmail.com. – Linda Champ

CP1

CP1 is holding its happy hours outdoors this summer. We gather in small groups the first and third Wednesdays of each month at 4 pm. We ask that people bring their own favorite drink, a folding chair and a mask. We will occasionally provide a treat, such as tacos in a bag or ice cream. We also might retreat back to Zoom gatherings, when the weather is not agreeable.

The Green Team

The Green Team meets the second Thursday each month, noon-2 pm, in the Blue Spruce Room. All are welcome to join us on July 8. For information, Wendy Pfaffhausen, 303-587-9797.

If you have seen women picking through bins, rest assured they are not homeless bag ladies. They are members of The Green Team checking out the Puppy Poop Bins. This is not an attractive job or something they expected when signing up to join the club; instead, it has become a necessity.

Why, you ask? The Puppy Poop

Program (PPP) was established to keep our grounds clean and as a recycling project. Yes, recycling. The designated bins are only for dog excrement and the compostable bags used to pick it up. Once a week, they are emptied. Everything is sent to a local processing company that turns it into fertilizer for flower gardens.

So you can understand why candy wrappers, plastic bottles, Styrofoam, and discarded Happy Meals should not be thrown into these specific bins. We need everyone's help with this.

If you see someone placing trash in them, please mention this cautionary note. If you could help spread the word, it would be greatly appreciated.

Have you moved into HG recently, and do you have a dog? Signing up for PPP is an easy way to contribute to our community environment. The compostable bags are free! Please call Janet, 720-774-3368.

RV Lot Club

Our club is open to all who RV, not just those who rent space in the HG RV lot. At our meetings, we share information and experience about RV-ing. We lobby to improve conditions in the RV storage lot. We also anticipate having social, travel and camping activities.

Weather permitting, we meet the second Thursday of each month, 5-6 pm, in the Picnic Pavilion north of the Clubhouse tennis courts. For additional information, please contact Forrest McClure, 720-979-4707, or Paul Spoutz, 303-564-1877. Happy trails and safe travels!

HG Optimist Club

The Optimist Club will sponsor its annual Root Beer Float Fund Raiser, 9 am-1 pm Friday, July 9, on the HG Golf Course patio (outside the Pro Show). Proceeds support Junior Golf. Winners of local tournaments go to Florida, to compete in the national tournament hosted by Optimist International Youth Programs.

A donation of \$3 per float is requested. Tickets can be purchased in advance by calling 303-850-9831.

Birding and Nature Club

The HG Birding and Nature Club will meet in person on the second Friday of each month at 10 am in the Mountainview Room. Outings will be planned that incorporate, not only

bird watching, but also geocaching, jogging, hiking, and biking.

If you are interested in any of these hobbies/activities, please contact Karen Gold, ksb5x5@hotmail.com, or 712-301-2284. We will add you to the email group, so you can join us on outings.

Karaoke Club

We meet on the second Friday of every month in the Aspen/Blue Spruce Room, 5–7 pm. Now that most COVID restrictions have been lifted, our pot-luck buffet table will be returning as well. Contact Paul Spoutz for more information, 303-564-1877.

HG Aviation Club

The club will start in-person meetings in July, after a year of emails. Note a new starting time of 6:30 pm, due to the Clubhouse's new closing time of 8 pm. We will still meet on the second Wednesday of



the month (July 14), Aspen Room.

This month's program will be on the Navy's Blue Angels precision flying team. The Blue Angels are coming to Colorado Oct. 16–17, at the Great Colorado Airshow, Loveland Airport. – Rudy Morris, HG Aviation Club, 303-506-8070

Wine & Cheese Social Club

We meet on the third Saturday of every month, 3–5 pm, Aspen/Blue Spruce Room. Bring a beverage and snack to share. Entertainment is provided. For more information, Debbie Brooks, 303-923-3809.

Photo Club

The Photo Club gathers on the third Monday, 3 pm, Aspen Room. Keep using your camera. – Anne Gillis, Anne@hummelgillis898.com, 303-751-3030.

CP3

Once again, food trucks are being scheduled on the third Wednesday. Flyers or email notices will let you know. – Robin O'Meara

SRA

The Seville Recreational Association meets the fourth Monday of

every month, 10 am, in a different Seville building each month. For information: Byron Macdonald, B232, 303-745-2521.

Low Vision Support Group

We meet the fourth Monday of each month, 1:30–2:30 pm, in the Mountainview Room. Call Marsha Bengen, 720-535-5224, for information or questions.

HG Republicans

Choices versus control: We believe that any choice that takes away another person's choice is an un-American choice.

Join our growing group of concerned Americans who are working in Colorado to bring about change. We are excited and hopeful — looking for motivated HG seniors who are determined to not be silent.

Our club is choosing to not be silent, but to learn how to stand up to bad choices being made around us, because it's the right thing to do. If we don't, who will?

Aurora Mayor Mike Coffman spent an enlightening week in various metro Denver shelters and encampments, posing as a "homeless veteran." He experienced first-hand the issues/situations involved. Come to hear his stories and his plan for the Aurora homeless.

General Meeting

1–2:30 pm Tuesday July 27,
Topic: Homeless Shelters versus Encampments — What I learned.
Aspen/Blue Spruce Room
or Zoom link (see below)

Please call or email to register to

attend. Seating is limited.

You can join the club for only \$15/year. We have a membership packet waiting for you. If you want to attend and are not a member, we welcome you! A donation of \$5 is appreciated — it helps cover advertising costs.

For more information or the Zoom Link, send email to: hgrclub@gmail.com, or call, 720-500-4047.

HG Democratic Club

The club meets the fourth Tuesday of each month. Our next meeting will be 4–5:30 pm Tuesday, July 27, in the Blue Spruce Room. Our speaker will be County Commissioner Nancy Jackson.

Please note: our August meeting will be on Aug. 31 (the fifth Tuesday), and will be our annual potluck picnic in the Picnic Pavilion. – Marty Karnopp, Chair, mjkarnopp@gmail.com, 303-353-9640.

Caregivers Support Group

This group meets on the last Wednesday of the month, 2–4 pm, in the Aspen Room. All caregivers are welcome. For more information, call Nancy Fuhr, 303-337-4890.

OPOCS Singles Club

Pinochle and bridge groups are meeting again. We are working on getting social gatherings going. GET YOUR SHOTS! For reservations, call JoAnn Cunningham, 303-751-5195, or Kay Robertson, 303-400-8358. – JoAnn Cunningham

HG Grief Support

We will begin our next sessions on Tuesday, Aug. 3, 4:15–6 pm in the Clubhouse. This group helps those who have lost a loved one. We have a structured eight-week program, combining an educational and supportive approach in how to cope and

live with your loss.

You must register in advance. For information and registration, please call Joanne Brand, 303-750-9722. Please leave a message if no answer — or call again.



Above: HG Photo Club resumed in-person meetings in May. Their photo montage that runs in *Rendezvous Restaurant* is always fun to see.



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Brad C.

a week ago-

Renewal by Anderson is truly a top-shelf company. From the first consultation at our house, through the installation, everything was done in a very professional way. After looking at several options, their windows are by far superior to the competitions.



Pam R.

a month ago-

Exceptional windows. You close them and you hear nothing from outside. Andersen's customer service is also superior, from their sales team to the office staff to the installer. My house was as clean after installation as it was before. This is the second time I have replaced windows with Andersen windows. They are well worth the investment and the experience is seamless from beginning to end. I highly recommend them!



Allison L.

a month ago-

We needed new windows, ours were over 30 years old, you could feel the cold and hear the traffic. So thankful we called Renewal by Anderson and that they assigned the BEST installers to our home!! From the salesman, to the guy that measured our windows, the scheduler, to the installers, we have beautiful new windows and the entire process was seamless!



Darren O.

3 weeks ago

The installers were very professional, very polite and integrity. They arrived almost to the minute they promised to star work. When they left the cleaned up like there was never anyone there. I would highly recommend.



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Sports and Recreation

Bunko

Bunko meets the first and third Thursdays each month, 1–3:30 pm. We gather in the Blue Spruce Room at 12:45 pm, and start play at 1 pm. For more information, Debbie Brooks, 303-923-3809.

Thursday Open Bridge Club

We play every Thursday, 1–4 pm, now in the Skyview Room. No need for reservations: all bridge players welcome for casual, social play. Information: Joanne Turner, 719-641-3644.

Men's Golf Club

The Men's Golf Club plays Friday mornings. Call the Pro Shop for tee times and membership information.

Tournament Results May 21

A Flight

- 1st Bob Bengen
- 2nd Dan Wallace
- 3rd Eli Henri, Gary Hill

B Flight

- 1st Brian Bucenec
- 2nd Jess Deal
- 3rd Jon Freyer

C Flight

- 1st Rob Ledford
- 2nd Glenn Riggs
- 3rd Tom Kappell

D Flight

- 1st Frank Leydens
- 2nd Phillip Corliss
- 3rd William Dearing

E Flight

- 1st Blair Kittleson
- 2nd Dave Walstrom
- 3rd Larry Maitland

May 28

A Flight

- 1st Gene Barth
- 2nd Phil Marquis
- 3rd Gary Hill

B Flight

- 1st Jess Deal
- 2nd Richard Tomasic
- 3rd Dick Baker, Mike Meagher, Brian Bucenec

C Flight

- 1st Matt Dunne
- 2nd Henry Ulibarri
- 3rd Mike Steffens

D Flight

- 1st Frank Leydens
- 2nd George Brown
- 3rd Bob McElfresh

E Flight

- 1st Bill Riley
- 2nd George Madonna
- 3rd Larry Maitland

. 4

A Flight

- 1st Gary Hill
- 2nd Phil Marquis
- 3rd Eli Henri

B Flight

- 1st Jess Deal
- 2nd Charles Marlow
- 3rd Mike Meagher

C Flight

- 1st Vinny Rozanskas
- 2nd Glenn Riggs
- 3rd Bob McElfresh

D Flight

- 1st Larry Maitland
- 2nd Mike Brown
- 3rd Ben Chavez

E Flight

- 1st Bob Streno
- 2nd Stan Washburn
- 3rd Mike Connolly

. 11

A Flight

- 1st Chris Hughes
- 2nd Jerry Joy
- 3rd Gene Barth

B Flight

- 1st Don Batson
- 2nd Bob Riley
- 3rd Charles Marlow

C Flight

- 1st Tony Maestas
- 2nd Larry Domer
- 3rd Bob McElfresh

D Flight

- 1st William Dearing
- 2nd Mike Corcoran
- 3rd Al Reasoner

E Flight

- 1st John Guise
- 2nd Bob Streno
- 3rd Paul Spoutz

500 Club

We want you! Do you like to play cards with a fun, easy-going group of people? Then you must join us for 500. We play at 1 pm every Friday in the Skyview Room. Don't know the game? It's easy to learn, and we are happy to teach. See you Friday! – Linda Serio, 303-368-8123.

Mexican Train Dominoes

We play noon–4 pm every Saturday, in the Skyview Room. Games

start at noon and at 2 pm. – Donna Hudziak, 303-833-3115.

Tennis Club

Club members play Monday, Wednesday, and Friday, 8–10 am. We play 4–6 pm Tuesdays and Thursdays. (You should verify that someone is playing on Tuesday or Thursday). We welcome all levels of players, and offer three free lessons.

We meet the third Wednesday of the month, 4 pm, in Rendezvous Restaurant, for social time. With questions: Wendy Pfaffhausen, 303-587-9797. Hope to see you on the courts.

Men's Bridge

This group meets every Monday, 11:30 am–2:30 pm, in the Skyview Room. Questions: Maris Kuga, 720-748-0590.

Monday Mah Jongg

We meet 12:30–4 pm every Monday, Blue Spruce Room or the Sunburst Café. We play for a maximum of \$3, so bring your coins.

All players are welcome, but you must have the latest Mah Jongg League card. If you are just curious about the game, feel free to drop by to observe. For information: Bobbie, 720-708-6738.

Ping Pong

Fun and free, great exercise. Come join us in playing ping-pong doubles, 2 pm Mondays, Tuesdays, Thursdays and Saturdays in the Game Room. Beginners may meet on Fridays at 2 pm, but you must call Bob Schlageter, 303-751-2205, to make arrangements, and you will need to bring someone to play with. See you there. – B. Schlageter

Fun (Gals) Golf

Our starting tee times on Tuesdays begin at 8, 8:12, and 8:24 am, and on Thursdays we play at 8:12, 8:24, and 8:36 am. Fun Golf will be canceled due to league tournaments on Tuesday, July 13 or 20, and Aug. 3.

You must call or visit HG Golf Pro Shop to sign up for each day and time you wish to play. Call 303-751-2390: when the message starts — press 1; when they answer, specify you would like to play "Fun Golf," and sign-up for the day(s) and time(s) you wish to play.

Masks are only required in

and around the Pro Shop by those who are not yet fully vaccinated for COVID-19. Masks are optional for those who have been fully vaccinated, and signed the HG release form. The release form is available at the Pro Shop. This policy may change.

If you have further questions, please contact Linda Hileman, via email at Lshileman1958@gmail.com, or 303-514-5379. Please leave a voice mail or send a text. (I won't answer calls from numbers I don't recognize.)

Hand and Foot

Hand and Foot is a card game that is fun, and easy to learn. We meet every Tuesday, 12:30–4 pm, Mountainview Room. Call Kevin Keator with questions: 303-699-4641.

Pickleball

It's a little like tennis, ping-pong, racquetball, and badminton — all mixed together. It's a lot of fun, and great exercise too. We welcome Pickleball players at all skill levels.

Beginner? We are happy to help you learn to play this game we enjoy so much. Sign up and give it a try! It is the fastest growing sport in North America!

Pickleball shares the HG Tennis Courts with the Tennis Club. We play Pickleball on Tuesday, Thursday and Sunday, 9 am–noon, and Monday, Wednesday, Friday and Saturday, 4–6 pm. We just added playing on Saturday morning, while the tennis club might be playing on the west court.

Phil Hughes, phdenver@comcast.net, is constantly sending out emails to the Pickleball list of play-

ers for any time changes, based on weather and to make sure there are enough people planning to play.

Since we have Pickleball players at all skill levels, our players have been able to choose playing “gentle” Pickleball with players of a similar skill level on one court, and more “competitive” (advanced) Pickleball on another court. Of course, everyone is welcome to play on any of the courts where they feel comfortable.

For more information, visit: <https://plaidflannel.com/pickleball>. If you want to learn about Pickleball at HG, call Rosalie, 303-751-1226. To get on the Pickleball roster, and be notified of any time or location changes, due to weather, email Phil Hughes: phdenver@comcast.net.

Tuesday Mah Jongg

We meet 1–4 pm every Tuesday, Skyview Room. All players are welcome. Please have the latest Mah Jongg League card. Social game: we do not play for money, only glory.

Never played Mah Jongg? Come and observe, to see if you wish to learn. Free lessons can be arranged. Call Laurie, 720-210-8033, or Bobbie, 520-743-6849, for information.

Billiard Club

The club will resume Tuesday evenings Co-ed 8-Ball tournaments at 5 pm July 13. We will begin playing at 5:30, as we have to be finished by 7:30 pm. New players are always

welcome.

We play Co-ed 8-Ball on Tuesdays. A Men's group plays 9-Ball on Thursdays. Please contact Rita Cusack, 720-535-8637, or Connie Burns, 303-695-0766.

Ladies Golf Club

There are four signs that we are getting close to normal on the Golf Course and at our board meetings: you may now remove pins on the green. There are rakes in the sand hazards. It is very hot. You may attend board meetings. The next meeting will be at 1 pm Wednesday, July 28. There is seating for 46

President Gould reminds all golfers to keep up with the group ahead, play ready golf, print your name when signing up, and keep accurate, legible scorecards. Play of the Day has also been reinstated

Welcome to new members Priscilla Reichle, Donna French, Lucy Adler, Maureen McBride, Linda Fondacaro, Lynn Perry, Donna Lynch, Cindy Sturm, Sharon Weiss, Ellen Allie, Judy Joyce, and Ann Agee. We are pleased to have them join us.

All women who are interested, regardless of skill level, are invited to join. Membership applications are on the website, and available at the Pro Shop. The HGLGC website (www.heathergardensladiesgolfclub.com) has current club information and tournament scores.

On Friday July 9, 9 am–1 pm, the club will hold a bake sale, on the Golf Course patio. The bake sale supports the annual Optimist Club Root Beer Float Fund Raiser, which raises money to send local junior golfers to Florida to compete in the national tournament hosted by Optimist International Youth Programs.

The Battle of the Gardens Tournament with Windsor Gardens will be held Tuesdays, July 13 and 20.

Golf Trivia: according to the Danish Golf Union, an estimated 300 million golf balls are lost or discarded in the U.S. every year. Scientists say balls take 100–1,000 years to decompose, presenting a major environmental risk to the planet.

Tournament Results May 19 Flight A

1st Nancy Bonniwell, Dee Moore
2nd Beulah Gould, Glenda Pitts

See Sports...page 46



Above: This turtle dug a spot near the 4th green on the HG Golf Course to lay its eggs.

Left: The Fun Gals Golf gathered for a photo in May, when the golfing season resumed. Photos by Anne Hummel-Gillis



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ACTIVE - TH Over Looking 2nd Fairway \$489,900

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ACTIVE- Rare 4 Patio Home on Golf Course \$499,900

Just steps to the CH. Beautifully updated. Remod kit nwr cabs, island w/ strg, granite/SS appl. Vtld ceilings, gas frpl, neutral palate, Master suite, fin bsmt, 2 car att gar.

ACTIVE- Seville A Gorgeous Private View \$275,000

Sharp updated 1092 Sq Ft 2bd 2 ba, updt kit & baths, granite, SS appl, encl lanai, w/d, strg lkr, gar prkg space

U/C- Seville A Wild Life Views *250,000

Updt 2 bd 2 ba, new ss appl/pt, in unit lndry, gar prkg.

SOLD- TOP \$\$ Somerset A GC View \$277,900

Beautifully remod 2 bd 2 ba w/updt cabs, granite, plank flrs, remod baths, gl encl lanai, w/d, gar prkg sp.

SOLD- TOP \$\$ Somerset A SW Mt Views \$277,000

Beautifully updated 2 bd 2 ba, 1200 sq ft, remod kit, updt baths, new crpt/pt, full gl encl lanai, grt gar prkg space.

SOLD- TOP \$\$ Somerset A Mt Views \$270,000
Remod 1200 sq ft 2 bd 2 ba, gl encl lanai, updt kit/bths, Mt view, newer cabs, granite, plank flrs, SS appl, w/d/, gar prkg.

SOLD- Top \$\$ Atrium Exec 3 Bed /3 Bath \$395,000
Newly Updt 2310 Sq Ft Penthouse, 3 bd 3 ba, new plank flrs/SS appl/pt, gl encl lanai, w/d, 2 strg lkrs, 2 prkg spaces.

SOLD- TOP \$\$ Ranch Villa-In-Law Suite \$615,000
Looks & feels like a model. Stunning 3 Bd 2 ba in Parker. Elegant grey tones. Gourmet kit, fin bsmt, 2 car gar.

SOLD- TOP \$\$ TH Lone Tree Beauty \$528,000*
Gorgeous remodeled 4 bed Tuscan style TH in the heart of Lonetree. finished bsmt guest bed/ba, 2 car gar

U/C -TOP \$\$ Highlands Ranch Prime Locat \$521,000
Lovely updated 3 bed 4 bath w/ gas fireplace, finished basement w/ bath, huge yard, AC, 2 car att garage.

SOLD- TOP \$\$ Aurora Ranch 9 Contracts \$426,000
Newly Updt 2600+ sq ft Ranch 5 Bed (1Non-conform)

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◆ **Rental needed 1st floor unit 2 bd 1-2 bath up to \$1500**

◆ **Brought Buyer for 14001 E. Marina Drive #503**

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It is not our intention to solicit other agents listings.

Sports...from page 43

Flight B

- 1st Karen Bentley, Linda Hileman
- 2nd Barbara Tucker
- 3rd Mary Ann Morris, Judith Nelson, Sandra Sweeney

Flight C

- 1st Betty Parko
- 2nd Cindy Koch
- 3rd Florence Madonna, Sharla Sheeks

Flight D

- 1st Susan Craig, Anne Gillis
- 2nd Jan Eller, Adele Grasse, Kathy Liss

Tournament Results May 26

Flight A

- 1st Sara Stoner
- 2nd Glenda Pitts, Charlane Pluchek
- 4th Beulah Gould

Flight B

- 1st Barbara Tucker
- 2nd Barbara McShane, Judy Nelson
- 4th Karen Bentley

Flight C

- 1st Sharla Sheeks
- 2nd Barbara Gierscher

- 3rd Carol Strickland
- 4th Trudy Marquardt

Flight D

- 1st Anne Gillis
- 2nd Susan Craig, Kathy Liss
- 4th Suzi Stolte, Eileen Umhoefer

Tournament Results June 2

Flight A

- 1st Margie Francone
- 2nd Joyce Laffea
- 3rd Debbie Madril
- 4th Nancy Bonniwell, Dee Moore, Susan Brennan

Flight B

- 1st Judy Brehmer, Bonnie McMullen
- 3rd Rosalie Einspahr, Judy Nelson

Flight C

- 1st Cindy Koch, Gina Studer
- 3rd Mary Frevert, Trudy Marquardt

Flight D

- 1st Anne Gillis
- 2nd Susan Craig
- 3rd Sheryl Menger
- 4th Joyce Angel, Jan Eller

Tournament Results June 9

Flight A

- 1st Sharon Sweeney
- 2nd Beulah Gould, Sara Stoner
- 4th Susan Brennan

Flight B

- 1st Sandra Sweeney
- 2nd Donna French, JoAnn Sterling
- 4th Barbara McShane

Flight C

- 1st Sharla Sheeks
- 2nd Florence Madonna
- 3rd Connie Burns
- 4th Betty Parko

Flight D

- 1st Gwen Alexander, Adele Grasse
- 2nd Norma Gunderson, Lisa Matthews, Sheryl Menger
- Gwen Alexander

HG ACBL Duplicate Bridge

We play at 1 pm in the Blue Spruce room each Wednesday. Pre-registration is required by email to merrilyv@sonic.net, or calling me at 720-282-3199. Please note if you require a North/South seating.

Masks are required, and no food or drink is available. You must have a waiver form at the Clubhouse Reception Desk on file. For partnership information, call Linda Harder, 303-369-2032. - Merrily VanZevern, Director

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983 area code for Denver metro area

Starting on April 12, 2022, telephone customers in the 303/720 area code overlay region who request new service, an additional line, or to move their service may be assigned the new 983 area code. The 303/720 overlay region services the Denver Metropolitan Area. The current 303/720 area codes are projected to run out of available phone numbers by the fourth quarter of 2022. The new area code is projected to last approximately 25 years.

The 303 Numbering Plan Area (NPA) was the original NPA that served the entire state of Colorado and was implemented in 1947. In 1988, the 719 NPA was created when the 303 NPA underwent a geographic split. In 1995, the 303 NPA was split again, creating the 970 NPA. In 1998, the 720 NPA was implemented as an overlay over the 303 NPA.

On May 21, 2021, the Colorado Public Utilities Commission approved an implementation schedule for the 983 area code. The new area code will not be assigned for use until the current area codes have been exhausted.

The following are key facts about the 983 area code overlay:

- All current customers will keep their existing phone numbers and area codes.
- The price of a call, coverage area, or other rates and services will not change.
- What is a local call now will remain a local call.
- Customers in the overlay region will continue to dial 10 digits for local calls within and between the overlay area codes, and 1+10 digits for long distance calls and operator assisted calls.
- Customers can still dial just three digits to reach 911, as well as 211, 311, 411, 511, 611, 711 or 811, if those are currently available in their community.

The implementation plan for the new area code will occur over a nine-month period, including telecommunications network preparation and direct customer education campaigns by service providers.

– **Public Utilities Commission**

DORA.Colorado.PUC@public.govdelivery.com

Pilates...from page 37

her students report they have been able to cancel shoulder surgery after improving their range of motion.

Class member Susan Clarendon, B243, has rheumatoid arthritis and before Pilates, “I was getting less and less able to move around,” she stated. Now, after around six years of Pilates at HG, “I can walk a couple miles per day. My hands aren’t so frozen. And in general, my physical condition is so much improved.”

Another long-term student, Shelley Tuteur, CP2, has had three back surgeries, “but because of how I have strengthened my core, it has helped strengthen my back. Additionally, she has a torn rotator cuff.

“When I went to see the orthopedic surgeon, he told me, ‘Whatever you do, don’t stop doing your Pilates.’”



For Sherry Giles, B244, the number one benefit of Pilates at HG is that “I was very hunched over when I began the class six years ago. I’ve improved a great deal and my back is so much straighter. I can’t imagine a time when I would stop taking Pilates.”

And then there is 90-year-old Pat Bilbia. Yes, that’s right, 90 years. Upon meeting her, you would think she is 20 years younger. Why? She walks straight and strong and moves with the grace of a person who has no nagging stiffness or pain.

In actuality, she has had two spinal fusions, a heart attack and open heart surgery.

“I knew I needed to build up my body strength and balance, so I joined Patti’s class. It took me two years to get to the advanced Pilates moves and to get the breathing down,” said Bilbia, B250.

She has taken the class since she was 75, and at age 80, she backpacked Europe for one month with her daughter, visiting France,

Left: Pat Bilbia, B250, has improved her energy and stamina through Pilates, despite several challenging health issues.

Germany, Austria and Switzerland. Now, at 90, she still does the advanced Pilates in MacIntire’s class, regularly enjoys paddle boarding at Cherry Creek Reservoir (requires good balance), and is on the number one rated HG bowling team.

“Even with spinal fusion and open heart surgery, I’m able to do all this, because of my Pilates class and Patti’s caring approach to her students. She makes the class personal and individualized. Pilates has given me core strength so that I can have more muscle tone and body balance. If I am having trouble sleeping at night, I just do some Pilates breathing for a few minutes, and I’m asleep.”

Even the family members take note. MacIntire recalls that the husband of one of her students thanked her, saying that his wife leaves home bent over, but when she comes back after Pilates, she is walking tall and in a good mood.

For more information on classes available at the HG Clubhouse, contact 303-751-1811 or www.HeatherGardens.org/classes-schedule.

**Patricia McLaughlin
B215**

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B220 had its first social gathering in more than a year on May 27. The quarterly meeting was combined with a ribbon cutting for new benches on the island just beyond the driveway to the buildings front door. Participants order boxed dinners from

Famous Dave's BBQ (right).



Photos by Dave Worden, B220.



B220 celebrated with music and door prizes.



With Memorial Day weekend coming, B220 adorned the entryway and benches (below) with American flags. Who said that quarterly business meetings had to be boring?



On May 19, CP3 had its monthly social in its cul-de-sac, with an Italian Gelato truck providing the treats. Photos by Robin O' Meara



B223 celebrated its resident artists by having an art show on June 18

Creations included baked items (from a retired professional baker), greeting cards, fiber art, jewelry, quilts, paintings, photos, wood carvings, and wood art (intarsia).



Above: José Hanania stands by his oil paintings.

Below: Organizer Anita Huddleston shared her photography.



Left: Bonnie Kovatch created this edible orchid. She also baked many of the cookies available.



Left: Bill Reddick's carved train and car were popular. Lee Mead's carved leather handbags were unique.



Right: Deb Parker demonstrated her card designing technique.



Above: Susan Momsen has made several dolls



Above: Beverly Brock made this quilt for her grandson's graduation. Above right: Kay Smith crafted this quilt and others.



Photos by Anne Hummel-Gillis



Right: Marie Connolly did the wood intarsia.

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HG Clubhouse Events

Phone 303-751-1811, x5
Clubhouse Manager Linda Aluise
Assistant Clubhouse Manager Tamara Rutz

***The Clubhouse is Open!
No reservation needed!***

Clubhouse Hours:

Monday-Saturday: 7 am–8 pm

Sunday: 8 am–6 pm

Swimming Pool Hours:

Indoor Pool: Mon–Sat 7 am–7:30 pm

Sun 8 am–5:30 pm

Lap lanes available when swim classes are in session

Outdoor Pool: Mon–Sat 8 am–7:30 pm

Sunday 8 am–5:30 pm

Family Swim Time: Tu, Th, Su 11 am–1 pm

(outdoor pool only for family swim time)

On the 4th of July, Clubhouse hours will be 8 am–4 pm

Clubhouse will be open for normal activities.

Family Swim All Day!

•••

Active Minds: Cuba — Past, Present and Future

Wednesday, July 14, 2 pm, Sandberg Auditorium

FREE: Reservation required, 303-751-1811, x5.

With U.S. policy toward Cuba currently at a potential inflection point, join ActiveMinds for a past, present and future look at our communist neighbor to the south. We will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantanamo Bay and current implications of the change in U.S. policy.

Mobile Food Pantry

Thursday, July 15, 10 am–noon, Parking Lot B250

In response to COVID-19, the city of Aurora, in partnership with SECORCares, is working to launch a mobile food pantry for seniors. No cost for the food. Sample food may include but is not limited to: rice, beans or pasta, cereal/oatmeal, various canned items, fresh produce, dairy, eggs, and protein. *Food will be modified to accommodate senior needs as best as possible i.e., low sodium, low fat, softer foods. Questions? Call 303-739-7281

St. Petersburg, Russia, with Kathleen Arnold

Thursday, July 15, 1 pm, Sandberg Auditorium

FREE: Reservation required, 303-751-1811, x5.

From the marshlands on the Baltic Sea, Peter the Great built a new modernized Western city that would

Fruit Shak is back!

The farmer's market Fruit Shak is back in the Clubhouse parking lot on Thursdays and Sundays, 9–5 pm. Get your fresh fruit and vegetables from local farmers

become Russia's center of culture and his "Window on the West." Presented by Kathleen Arnold. Sponsored by Cherry Creek Retirement Village.

Cutting the Cable Cord — Introducing Starry

Friday, July 16, 5–7 pm, Sandberg Auditorium

Have you been trying to cut the cable cord, but all the options make it impossible to easily unbundle? Do you want to save money on your internet without compromising quality?

The HG community now has the solution: Starry Internet. With Starry, you'll never have to worry about surprise price increases, confusing packages, or slow speeds at peak usage times of the day.

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Have more questions before making the switch? The representatives from Starry will be serving sweet treats while giving a "Cord Cutting" presentation. They will be available to answer all questions. Because of the size of the HG community, Starry is working quickly to outfit all of the buildings with their service. To see if Starry is available in your building, visit starry.com/hg

Fraud and Scams

Wednesday, July 21, 1 pm, Sandberg Auditorium

FREE: Reservation requested, 303-751-1811, x5.

It happens to the best of us! Fraud does not discriminate. Cyber attacks and fraudulent events are the results of human error and behavior that leads to falling victim to fraud. Presented by Jamie E. Sorrells, Director of Consumer Fraud Protection, Office of the District Attorney, 18th Judicial District.

Resident Art Show

Friday, July 23, 1–4 pm Sandberg Auditorium

There is lots of talent in HG! Besides the musical talent we've seen, there are also many artists. If you are an artist and you would like to display, contact Clubhouse Manager Linda Aluise, at the Clubhouse. This event is not designed to sell items. It gives artists a chance to display their artwork.

Trips

The Clubhouse is working on offering multiple trips soon! The first trip went to a Rockies baseball game in June (last month). Cheryl Greenman is working to schedule some other summer trips — one to Manitou Springs for the new Cog Railway. The charter bus companies are just as excited to be taking trips.

RTD SeniorRide trips are on hold until September.

Cheryl continues to investigate when Blackhawk casinos and bus companies will resume gambling day trips.

Flea Market

Friday and Saturday, Aug. 13, 14, 3 am–3 pm

Applications are available for the HG Flea Market. One man's trash is another man's treasure. Fee for the Flea Market covers advertising and promotions.

Rendezvous offers Saturday Night Entertainment

Starting July 17, 6–9 pm, Rendezvous welcomes back Bryce and Cyndi to entertain diners and dancers. The following week will be Sazon with Norma Tell. Each night has a cover charge. See the Rendezvous for more information.

American Legion Flag donation

The HG American Legion has gone through some transitions over the years. Recently, they came to the hard decision to discontinue the HG Chapter. They had some funds left. The Commander decided to purchase flags for the Clubhouse. Each room in the Clubhouse is now adorned with a new flag pole and flags.

Catholic Services

Catholic mass services will resume services at HG in September 2021. *Word & Song* books are available in the Clubhouse front entrance.

VNA Senior Wellness Clinics

The Visiting Nurse Association (VNA) has resumed appointments at the Clubhouse on the first and third Monday of the month, 8:30 am–12:30 pm. You must make an appointment by calling, 845-418-4006. Arrive 10 minutes prior to your appointment.



The HG Clubhouse Welcomes You Back

The staff remains cautiously optimistic that HG will continue moving forward at its current pace towards reinstating all amenities and activities. This group of employees is excited that another summer has begun — it is always a pleasant and rewarding season!



The staff is here to assist you with all your needs. Some of the amenities in the clubhouse include two swimming pools, a fitness center, art classes, billiards, woodshop, and library. Also returning are clubs, concerts, and special events — look for information on an art show, comedy show, dances, and flea market. Stay tuned! — Story and photos by Judy Kim, Communication Coordinator



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Overheard @ HG

After the renovation: 8 things I learned

by Mary Hafka

I'm coming down the home stretch of renovations (RENOs) performed on my house. The process held many lessons in patience and humility. Here is what I have learned:

1) There's never a good time to settle on fixtures. For example: I bought a satin-nickel-finish showerhead, possessing all the bells and whistles for a luxurious experience. It was a bit on the pricey side, but I figured, hey! You only renovate once. (I hope this is true.)

I found the identical one, a month later, at Costco. Much better price, but I'd already installed the expensive one.

2) Selecting items that are pretty, but not very practical, can cause grief. Case in point: the bathmat I bought at a home-decor store looked wonderful — shiny, gray surface, textured like river pebbles. I quickly discovered, though, that the pebbly surface became more slippery — not less — when it was wet. Slick, moss-covered rocks couldn't have created a worse surface, having less traction, than this bathmat.

The suction cups on its bottom didn't stick either. The mat once slid a good six inches across the bathtub floor, while I was standing on it. My impression — that bathmats are supposed to make the surface less hazardous — was permanently dashed.

I went to Walmart and bought myself a replacement bathmat, a plain, white rubber version that actually wasn't a death trap. I'm going to frame the pretty bathmat, and use it as a wall hanging, or something.

3) There's never a good time to settle on fixtures, part 2. Once you've installed any fixture, you soon will find another you like better. I recently saw an ad for a showerhead that has a sound system installed. You can dance vigorously while taking a shower. Possibly not a good idea,

based on my bathmat experience. If I tried dancing up a storm in the shower, my neighbors probably would have to call 911 for me.

4) Rule of 20 (or 30 or 40): Each thing a renovator tears out generates another tearing out. If you remove a wall, you also will have to tear out the ceiling in the next room, because the ceiling in the next room is lower than the ceiling in an adjacent room, and who wants a step-down ceiling in what (due to the wall being removed) has become the same room?

Plus, if you remove a wall, there inevitably will be a light switch on it. The electrical has to be relocated, too.

5) Construction projects can come alive, and take on a life of their own. A person would have had to been involved from its inception with my project to build a decorative railing around my staircase to understand how I wound up ordering custom metal-sculpted panels from an artist in Idaho, who I didn't know. I wanted him to create a Colorado-themed motif that I hadn't visualized at the project's outset. One thing just led to another.

And don't even get me started on why I bought a hand-made hall tree from a Colorado carpenter, with metal-sculpted accents, to complement the staircase. It just seemed like the thing to do.

6) Learning to communicate with your artisans is very important. I've gotten much better at this over the months. I used to try to engage in a spirited exchange of ideas over the finer points of home decor and my preferred styles.

Now I know better. If the carpenter tells me this is the type of hinge I should use, I nod wisely, and write a check. If the tiling expert suggests that it's better to lay tiles in this direction than that, I nod solemnly,

and write a check. If the electrician suggests an alternate light fixture — one that goes inside the shower, for example — that is less likely to electrocute a showering person, than the fixture I picked out, I return the fixture I bought to Amazon, and write a check to the new vendor.

7) Unrequited love: don't fall in love with a tile ('cause they'll break you every time, while getting broken themselves [I think that's a country song]). This isn't actually my story: a friend found an iridescent white-glass tile that picked up many colors, which she had to have for her kitchen backsplash. She bought out the Home Depot in Denver, and had to journey on to Broomfield, to assemble enough tiles to complete the wall. She had to go back to Broomfield because the tile was so delicate, there was a lot of spoilage. She bought out all the glass tile in the Broomfield Home Depot, but high spoilage continued to plague. She wound up having to drive to Home Depot in Louisville to get one last box of tile to finish her kitchen.

She later remarked it would have been more economical to paper the kitchen wall in five-dollar bills. I think her estimate was conservative.

8) This construction project is never going to get done. Each enhancement and improvement generates a new necessity.

If the day ever does dawn when the improvements to the house finally wind down, it's still just the beginning. Now every wall needs to be painted, to do justice to the improvements. Some of the furniture looks shabby, and ought to be replaced.

And sprucing up the inside of the house just generates the inevitability of noticing the shortcomings of my home's outdoors. My lanai certainly could use a custom-fitted pergola, with a hanging swing and roll-down shades.

Remember the good, old days when all I would do is lounge around the outdoor swimming pool in the summer? I do. Ah, the folly of senior-youth. Those were the days, my friend, those were the days. (I think that's a country song.)

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