



NEWS

APRIL 2014

EDITION 149





AN AGE-RESTRICTED COMMUNITY

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HERITAGE EAGLE BEND NEWS

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Deadline for submission of articles is the 8th of each month.

For information on advertising:

Contact Wendy Stofa at 720.235.1831

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Heritage Eagle Bend is a covenant controlled community.
Almost all changes to the exterior of your home and property
require pre approval. Please refer to the regulations and
application form on the HEB website, or at the
clubhouse welcome desk.

There are specific rules for use of the clubhouse, pool, tennis
courts and other amenities. These are found on the Heritage
Eagle Bend website and at the clubhouse welcome desk.

HERITAGE EAGLE BEND CLUBHOUSE

303-693-7788 fax 720-870-5905

www.heritageeaglebend.com

WELCOME DESK

Ext. 120

welcomedesk@heritageeaglebend.com
The Welcome Desk is open daily from 7am-7pm

The operational hours at the Welcome Desk provide an excellent
opportunity to ensure you do not miss out on purchasing tickets
for the variety of fun events carried out at the
Clubhouse, as well as the opportunity to sign-up for
the many Landscaping Services available.

The Gatehouse is manned daily from 7 am - 9 pm

Eagles Nest Restaurant
Reservations

Welcome Desk 303-693-7788 ext. 120

Seasonal Hours of Operation

Bar Opens 8:00 am Daily

Monday
All Day Menu 11-8 pm

Tuesday-Saturday
Lunch Service 11 am
Dinner Service 5 pm - 8 pm

Sunday Brunch 10-1 pm
Sunday Menu 1-6 pm

Pool Hours

6:00 am - 9:00 pm Daily

Pool Hours for Guests 19 and Under

Monday, Tuesday, Wednesday 2:00 pm - 5:00 pm
Thursday 2:00 pm - 9:00 pm
Friday and Saturday 2:00 pm - 5:00 pm
Sunday 2:00 pm - 7:00 pm

Snack bar in the Eagles Nest Restaurant is always open
when the golf course is open.



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VISION STATEMENT

HERITAGE EAGLE BEND will be recognized as a premier age-restricted community in Colorado.

MISSION

Preserve and enhance the value of our community by operating and maintaining our common elements and offering services to standards that support our vision.

UPCOMING MEETINGS

Board of Directors Meeting

Thursday, April 24th at 2:00 pm

Architectural Advisory Committee

Monday, April 21st at 4:30 pm

Emergency Preparedness Committee

Thursday, April 3rd, 2014 at 6:30 pm

Facilities & Grounds Committee

Wednesday, April 2nd at 4:00 pm

Finance Advisory Committee

Thursday, April 17th at 2:00 pm

Golf Committee

Wednesday, April 16th at 2:00 pm

Legal & Compliance Committee

Wednesday, April 16th at 2:30 pm

If you change your meeting time and date, be sure to notify Anne Kelly-Main at akellymain@heritageeaglebend.com

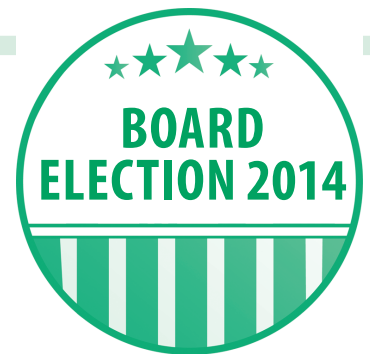
*Notices presented in this publication are intended for legal and informational purposes and cannot be used as a platform for particular religious, political or philosophical points of view.

Management reserves the right to make editorial decisions on content.

Inclusion of any advertisement in this magazine shall not be deemed to be an endorsement of the advertiser by the Master Association.

2014 MASTER HOA ELECTION SCHEDULE

FRIDAY, APRIL 4-15	Electronic Voting (e-ballot sent to you via email from VOTE-NOW)
THURS., APRIL 3, 6:30pm	General Candidate forum in the clubhouse
THURS., APRIL 10, 6:30pm	General Candidate forum in the clubhouse
TUESDAY, APRIL 15	Election Day - Results published
THURSDAY, MAY 1	New Board of Directors term begins



For updates and additional information, visit the Heritage Eagle Bend website at www.heritageeaglebend.com. If you would like to receive the Friday eblasts, please email your email address to akellymain@heritageeaglebend.com.

www.heritageeaglebend.com

Letter from the Board President *by Bill Carel*

As I write this I am drowsing on a red eye flight after spending 3 weeks in Maui, nothing like a few weeks in the sun and heat this time of year to lift your spirits.

In the February NEWS issue there was an article on page 4 asking for volunteers for the Treasurer position on the Board. My e-mail address was incorrect so if you sent me your application please resend it to the address listed on page 2. The Treasurer's position is one of the most important positions on the Board and we need a person with a strong financial and accounting background. Our current Treasurer, Bob Holtschlag has done an outstanding job of implementing better and more timely reports, giving expert advice to the Board and our management company, making the transition smooth from the old management company to OB Sports and has been involved in moving our accounting from Quickbooks to Peachtree. He has taken the steps to insure that his replacement can assume the position quickly and not have to spend near the time he did when he assumed the position. He will be a hard man to replace but I am sure that there is at least one person in HEB who is up to the challenge. You do not have to run for election, if you have the desire and background the Board can appoint you to the position.

The Eagles Nest is now open for service. There was a slight delay in completing construction and getting approvals from the city of Aurora. Problems started with not having correct engineering drawings, changes previously being made that did not comply with code, a leaking water line in the fire sprinkler system and changes that had to be made to bring some things up to code before getting City approval.

Elsewhere in this publication is an article concerning an update on "Executing the Vision". It contains an update on some very important information about a project currently being studied

in committee. Since I have been out of touch the last three weeks I cannot comment on the current status but ask that you look it up and read it.

The election for the Board of Directors is scheduled in early April. There is a bio of those candidates that have applied for consideration elsewhere in the NEWS. There is a "Candidates Form" scheduled for April 3rd and April 10th. I would urge you to review these bios and to come to the forums to better enable you to make a decision on the candidates of your choice. There are 3 open positions and all 3 positions are for a 3 year term. Election of Board members is the only voting process not done through your delegate, to vote you must do it yourself. Serious thought should be given to all candidates since the term is for 3 years.

As we move into spring it is time to start thinking about yard work. As part of this process I would ask you to check your trees that run between the streets and sidewalks. These trees should be trimmed back so that there is sufficient clearance to allow walkers to pass without fear of injury. I am not sure what the exact clearance should be but have been informed that notice will be sent out to all residents in April.

Finally, for those of you who have concerns about crossing Gartrell while walking, there is a tunnel under Gartrell on the South side of Heritage Parkway. This tunnel is for pedestrian use as well as for golf cart use. The fact that this tunnel exists is one of the reasons we are unable to have a traffic light installed at the intersection. If you want to cross Gartrell this is the safest way and place to do it. It might be an extra 50 yards or so to use it but one of the main reasons people walk is to get some exercise.

Traditions Talking *by Steve Hungerford, President*

COME MEET THE MAYOR!

Aurora Mayor Steve Hogan will be attending our April 15th Quarterly meeting. At the time of this article being written (Early March), his topic is yet to be determined. Aurora is Colorado's third largest city and always has many newsworthy events taking place. Some of the current topics being reported include the potential of becoming a city and a county (like Denver & Broomfield), the possibility of having a strong-mayor form of governance (like Denver), the release of convicted criminals due to lack of jail staffing in Adams county, the construction of the mega Gaylord hotel near DIA and countless others not making the media's list. All HEB residents are welcome to attend and the mayor will be open to taking questions from the audience. Please mark April 15th at 5:30 PM on your calendars; it will be a chance to hear directly from the top city leader how he sees our community and the greater community outside our fence lines.

For those who are unfamiliar with Mayor Hogan's resume, I have included a copy of his Bio below for your reading.

Steve Hogan was elected to his first term as mayor of Aurora in 2011, after serving as an at-large Aurora City Council Member for 24 years in six non-consecutive full terms over thirty years, ending in 2009. Hogan also served one term as a Colorado State Representative from House District 40.

continued on page 5



Traditions Talking by *Steve Hungerford, President*

COME MEET THE MAYOR! *continued from page 4*

Throughout his time in Aurora, Hogan has focused his efforts on promoting strong economic development, job creation, regional cooperation, and protecting community assets including Buckley Air Force Base and the Anschutz Medical Campus and Fitzsimons Life Science District. He has played a leadership role in several significant areas including city budgeting, air quality, water management, transportation, local business interests, and urban renewal. Hogan has devoted his career to making Aurora a better place to live, work and raise a family.

Hogan holds a bachelor's degree in History and Political Science from the University of Denver. Prior to serving as mayor, Hogan was a public transportation executive, working as the Executive Director of the E-470 Public Highway Authority and the Northwest Parkway Authority, and a small business owner. Hogan was a frequent speaker on innovative transportation financing to national and international public and private groups.

Hogan is currently a member of the U.S. Conference of Mayors, and the Aurora Chamber of Commerce, where he served as Co-Chair Public Issues Committee. He presently sits on the Fitzsimons Redevelopment Authority Board of Directors, the Board of Directors of the Aurora Economic Development Council, and the Board for Directors for the Adams County Economic Development Council, the Visit Aurora Board of Directors and the Aurora Mental Health Board.

As an Aurora City Council member, Hogan has served as chair on the policy committees of Management & Finance Committee, Public & Intergovernmental Relations Committee, Planning, Economic Development & Redevelopment Committee and the Transportation & Airports Committee. He has also served on the Public Safety Committee and the Water Committee.

Hogan, a member of the 2013 Who's Who in America, was also honored by the Aurora Chamber of Commerce as 2013 Man of the Year Award and Lifetime Achievement Award recipient by the University of Denver Arts, Humanities & Social Sciences Alumni.

Hogan, an Aurora resident since 1971, is married to Becky Hogan.

SUMMARY TREASURER'S REPORT--JANUARY 2014 (UNAUDITED)

	Operations		Reserve (Replacement)		Property and Capital Improvements		Total	
	Actual	Budgeted	Actual	Budgeted	Actual	Budgeted	Actual	Budgeted
MONTH OF JANUARY AND YTD								
Revenue:								
HOA Assessments	\$ 268,710	\$ 268,796	\$ 82,194	\$ 82,194	\$ 21,630	\$ 21,630	\$ 372,534	\$ 372,620
Interest income	11	-	6	-	3	-	19	-
Golf	3,972	2,000	-	-	-	-	3,972	2,000
Food & Beverage	15,612	14,000	-	-	-	-	15,612	14,000
Subtotal	288,304	284,796	82,200	82,194	21,633	21,630	392,136	388,620
Cost of Sales:								
Golf (material cost)	2,152	1,507	-	-	-	-	2,152	1,507
Food & Beverage (consumables)	4,588	4,590	-	-	-	-	4,588	4,590
Subtotal	6,740	6,097	-	-	-	-	6,740	6,097
Gross Profit	281,564	278,699	82,200	82,194	21,633	21,630	385,396	382,523
All Payroll and Benefits	150,700	165,020	-	-	-	-	150,700	165,020
All Other Expenses--Note 1	121,420	144,263	-	-	-	-	121,420	144,263
Net income (loss)	\$ 9,444	\$ (30,584)	\$ 82,200	\$ 82,194	\$ 21,633	\$ 21,630	\$ 113,276	\$ 73,240

Note 1--Expenditures related to the Drainage Matter are not included in operating results for 2014 or 2013.

	Jan 1, 2014	Jan 31, 2014	Jan 31, 2013
Cash Balances:			
Operating:			
Available and unrestricted	\$ 715,544	\$ 728,156	\$ 530,225
Due to other funds	5,400	6,180	-
Contingency	177,915	177,915	100,468
Working Capital	150,028	150,030	150,016
Total Operating Cash	1,048,887	1,062,281	780,709
Drainage	310,428	300,228	565,728
Capital Improvement	290,613	312,245	119,347
Reserve (including CD's of \$300,000 in 2014 and 2013)	931,212	1,013,412	749,840
Total Cash	\$ 2,581,140	\$ 2,688,166	\$ 2,215,624

Village Voice by Valerie Ness

As a member of your Villages Board I maintain a website for the Villages with articles and information that you or a new resident might find of value. It also has a place where someone can email questions or comments. This is one I received last month: from “William” (no last name or address) “driveway is never cleared. remains iced over for days. sidewalk between residence and postal boxes remains iced over for weeks.”

After a big sigh I asked myself, “OK, so what am I supposed to do about it?” I don’t know who you are or where you are, but there is a **HOTLINE: 303-343-4011** where you report it just as you would any other request for maintenance services. That way people that can help will be notified and problems addressed. But as mentioned several times in this space you must remember the HOA snow removal is NOT responsible for ICE: You are responsible for ICE. If you have ICE you should consider buying an Ice Melt product and using it! Folks we live in Colorado, it gets cold, ICE is an issue, please learn how best to deal with it.

Another element of the cold is ICE buildup in gutter downspouts. If you’re having this problem please call the HOTLINE mentioned above as damage to gutters is something your HOA will attend to.

Your Board has presented an option that will require your vote, and you will receive a letter about it soon. Both the Master Association and the Traditions Association require a NEW home owner to pay three months of HOA dues in advance with their new home purchase. Currently the Villages require

two months pre-payment, but the ballot you will get is to vote on changing that to THREE months of pre-payments in keeping with the Master and Traditions Associations. Please note: this does not affect any current home owners, only those who are considering buying a home within HEB.

FINALLY: I have had the thrill recently of receiving letters from our Association Management Company saying my HOA dues are late and I now owe extra penalties. Well, it seems that what really happened was somewhere between my bank and that Management Company. But several folks have had variations on this problem. Perhaps they have their bank pay these dues BUT didn’t tell the bank the **amount** had changed or that the **address** where the fees were to be sent had changed. If you are having your HOA dues automatically deducted from your accounts PLEASE check today that you’ve authorized the correct amount and are using the right address (on your payment coupon books) so that you will avoid penalty fees.

Waste Connections
will pick up bulk items.

Call them at
303.288.2100
to inquire.

Reprise of Bullfeathers! by Ellen Pesavento

In last month’s issue, we showed all of you a picture of the original cast of BullFeathers performed in 2004. Did you recognize any of the cast members in that photo? Hopefully you decided that you want to be a part of the reprisal that we will be doing on September 28, 29, and 30 this year. Our own HEB resident Suzie Wright has written that musical and will again be directing.

This show is an upbeat, fun country western musical comedy with many different parts. So if you want to act, sing, dance a little, tell a few jokes or a combination of any of these, come to our auditions that will be held on Tuesday, May 6 in the Craft Room from 6:30 to 8:30 pm. We will also hold auditions on Wednesday afternoon, May 7 in the Windom Room between 1:00 and 3:00 and on Thursday night, May 8 in the Windom Room from 6:30 to 8:00. You will be auditioning in front of Suzie and her production team. We are asking anyone who wants to sing to please bring with you a country western song. You can sing it a cappella style or bring a karaoke cd version of your song. Call-backs will take place the following week and you will be notified.



Ya’ll come down and see us now. We’ll be looking for ya!

Executing the Vision

by Bunky Lundberg, Bob Holtschlag, Steve Hungerford, Gene Blum

March was a very exciting month for our team as we presented our proposals for capital improvements to the Board of Directors and the community at the HEBMA board meeting on March 27th! In April we will continue to communicate these plans to as many residents as possible for feedback prior to the BOD voting to proceed on finalizing the proposals at its April 24th meeting.

As this article is being written (in early March), we have finalized concepts and secured picture board renderings for changes to the clubhouse. These are on display in the lobby of the clubhouse for your viewing. Please come by for a look and then share your thoughts with the BOD members. Board approval will not occur until each project has been described in detail, costs determined based on competitive bids, and payoff/payback on investment quantified. In addition, each project will be subjected to the same rigorous review and approval process as for all capital expenditures.

By the time you read this article, we hope to have firmer cost estimates, by project, by the end of April. Rest assured, HEB will not impose a special assessment nor take on bank or other external debt to fund any of these projects.

The core objectives that our team used to determine these projects included:

- The Vision 2020 elements highlighted in the March HEB newsletter
 - » Sports facilities
 - » Clubhouse repurpose / expansion
 - » Trails
 - » Restaurant separation
- Overall community aesthetics / activities that enhance the lifestyle of current residents and attract new residents to HEB
- Maintain a competitive market for home resale

Sport Facilities:

We are doubling our pickle ball capacity by striping a second court in anticipation of explosive growth in the sport at HEB. When completed, we will have eight courts equipped for play versus the present four.

We plan to build a new, stand-alone fitness center to replace the current workout room and locker areas. It will contain not just strength and cardiovascular training machines, but also provide space for activities such as Yoga, Jazzercise, Spin classes, Tai Chi, Step classes and others. This will free up space in the clubhouse currently used for these activities. The new fitness center will be a clear demonstration of a similar commitment to the active adult lifestyle being marketed by our new neighbors to the south.

Clubhouse repurpose / expansion:

The Eagle's Nest restaurant will be expanded to the west. The new design will enclose the current center section of the patio area, including the existing fireplace. This will add significant seating capacity to attract more residents for a dining experience and neighbors from nearby communities. We will capitalize upon our new kitchen upgrades to be able to simultaneously serve both the Eagle's Nest restaurant and an event in the Antero Room. The expansion should provide our new executive chef, Aaron Schultz, with the means to achieve higher F&B revenue goals.

In addition to enclosing a portion of the patio, a new patio area will be built on top of the restaurant expansion. This incredible venue from its higher level will enhance the already spectacular westerly views currently enjoyed on lovely Colorado days and evenings. It will provide another F&B revenue source and should be an attractive selling point to prospective homeowners considering a move to HEB. The upper deck will be accessed from the lower level patio by both an elevator and stairs.

Trails:

This objective is not as clear cut as the others. We are studying the marking of trails throughout each of the three residential areas of HEB; HEB North, east side of Gartrell, and west side of Gartrell. Clearly, we see this objective needing further study and development, but it will continue to have a high priority in future plans. We would also be designing and publishing trail maps to identify various walking scenarios throughout HEB.

Restaurant separation:

With the increased seating area in the Eagle's Nest, a half wall will be installed across from the bar to create a separate cocktail area. While not a different room, it will create a distinct division between dining and casual conversations over drinks with friends.

Summary:

Vision 2020 participants sent a clear message as to their desires for maintaining their property values and enhancing the lifestyles that each of us worked so hard to attain in our retirement years. A fact of life is that, someday, each of us (or our beneficiaries) will sell our homes. When that day comes, we want to maximize our return on investment. In the meantime, we will continue to have access to a wonderful dining experience, a round of golf on a championship course, a fitness area to help us "stay young," and enjoy the other wonderful events and benefits of residing in Heritage Eagle Bend - our home!

***New Residents are required
to register at the Admin Office with
Wendy Stofa***

Bill Carel

Please give me the opportunity to continue what we started for HEB by voting for me for your Board of Directors. As President I am proud to have contributed to the great progress and the improving trends being experienced by HEB.

In 2013 HEB experienced positive cash flow in its operations for the second year. OB Sports is now functioning as our General Manager and their 2014 budget has golf and restaurant operations breaking-even with revenue growth. HEB residents are experiencing improved quality of services and expenses are more effectively managed. We are engaged in a reserve study analysis to strengthen the reserve fund and addressing capital improvements to keep HEB up-to-date and to provide services and amenities necessary for residents and home values. We have resolved the issues noted in the last 2 audits prepared by an outside auditing firm.

My beliefs are simple and effective: identify the problems and opportunities, evaluate alternatives, decide the best alternative and promptly implement the necessary programs and actions. I am a firm believer in setting clear objectives and holding myself accountable. I believe the Board should make things happen and not just let things happen.

I have 35 years of professional experience in the chemical industry in sales and senior management. During my first year on the Board I served as assistant treasurer. Prior to serving on your Board I was on the Finance and Golf Committees.

Please support me in continuing the programs that have brought HEB successes and improving trends.



Marylou “Bunky” Lundberg

I am seeking a second term on the Heritage Eagle Bend Board of Directors. I joined the board nearly a year ago and found myself involved in an exciting time in our community’s history. I want to see through the potential awaiting us. My experience as a director this year is extremely valuable.

My priorities have not changed. They remain a commitment to the importance of maintaining our home values, the clubhouse, the golf course, and the beautiful landscaping of HEB. Volunteerism including committees, the Delegate System, and lifestyle needs remain at the top of my list. One of the most necessary elements of success in anything is looking toward the future. I am committed to a strategic plan, incorporating what we learned through Vision 2020 and beyond.

The systems used to run this community are maturing. Working with our general manager and community manager has proven that we now have the “know-how” we have long been seeking, ensuring that HEB will continue to grow and thrive. In this year alone our financial systems are in better condition than they have ever been, thanks in large part to our volunteer treasurer and also the accounting staff. And that doesn’t even speak to the bottom line, healthier than it has ever been.

I have spent the last nineteen years running a company leading people and businesses from chaos to calm. I would like to continue to use these skills by serving again as a member of the HEB Board of Directors.



John Donnellon

Served as a Maintenance Volunteer for HEB and I am currently a Delegate for District #23

I am a past HOA Board president at Town Park in Albuquerque, New Mexico. Retired military (enlisted & officer)

It is time to get back to work to represent this GREAT community.



Fred Calhoun

Hello to all in our HEB community,

My interest in a HEB Board position is desire and challenge to serve my community and represent residents with vision to enhance our premier, age restricted, active adult community. I have pride in what is established at HEB, and appreciation for the quality of our lifestyle. Our interests are diverse and changing in maintaining an active lifestyle, in lifelong activities, in a social setting, with quality amenities.



I have a Bachelor's degree in Education and a Master's in Administration. The majority of my career has been administration in large learning environments. I offer principle centered beliefs, insightful thought, problem-solving/conflict resolution skills, and comprehensive management, supervision, leadership experience. I have been a planner, manager, supervisor, evaluator, team builder, facilitator, and consultant. I offer experience in professional ethics, safety/security, facilities, budgeting, human resources, committee facilitation, inventory, marketing, event planning, and community partnerships. Along with my belief in lifelong learning and service, I am also comfortable in leadership roles.

I'd apply my skills in alignment of operational standards and fiscal accountability in the development of consistent, quality, HEB practices and services. It is my desire we maintain high operational standards, continue to implement improvement and accountability processes, further develop action plans for enhancing property value while holding down HOA fees, and ensure there is something for everyone in promoting lifelong activities and stewardship of quality amenities in our outstanding community. Peggy and I celebrate our 12th year living in HEB and look forward to the future.

Fred Calhoun

Pam Earnest

Being a Director on the Master Association Board of HEB has been a privilege and a great experience. I would like to serve a second term on the HEB Board.

HEB is a wonderful place to live, but there are challenges in the upcoming years. The litigation with Lennar is ongoing. There will be a competitive adult community built nearby. HEB has concerns which must be protected in both cases. It's essential that the outcome with Lennar represent the best interest of HEB. The agreement with Rocking Horse need to not only reflect good neighbor policies but protect the investments and desirability of HEB. Our golf course, restaurant, and properties must remain a great example of active adult living, preserved property values, and acceptable dues. My objective will be to see that these goals become reality and our interest preserved. My Board experience will be valuable in achieving these results.



Vision 20/20 is an important project which communicated the desires of residents. The recent increase in reserve funds will provide income to make these desires a reality. An effective plan of action needs to be initiated and acted upon.

We have an excellent Management Team in OB. As a Board Member I would review current policies to insure that OB Management the most productive, cost effective and efficient management tools.

I am asking for your vote. I have extensive business experience and I will work to maintain and improve our amenities, keeping dues under control, while representing the best interest of everyone living in HEB.



DON'T FORGET TO VOTE!



THANK YOU!

FRIENDS OF HEB ANNUAL GARAGE SALE IS SATURDAY, MAY 17th

Remember to save your “stuff” and donate it to the annual HEB Garage Sale that will be held on May 17.

Donations can be dropped off at the clubhouse on Thursday and Friday, May 15 and 16 where volunteers

will take them and set them up for sale. There will be many departments from which to shop including toys, household items, art work, jewelry, seasonal items and much more.

If you have large items and would like to have them picked up on Thursday, May 15, please call Jean Wentling at 303-690-3644. All large items to be picked up **must be on ground floor.**



HERITAGE VOICES PREPARE FOR SPRING CONCERT

Once again, the Heritage Voices are getting ready to entertain our community with the upcoming spring concert to be held on June 1, 2, and 4. This season the director, John Roznick, has chosen selections from Broadway musicals and some of Hollywood’s best movie music. We will also be singing several songs from the Beatle Era in celebration of their 50th anniversary of coming to America.

So get out your calendars and pencil in the Heritage Voices Concert on June 1, 2 and 4. As always, we love to sing for our community, and we look forward to seeing our friends and neighbors in the audience.

FREE MOVIE

Friday, April 25th 1pm
in the Shavano Room

This is a repeat showing of an award winning documentary film about the looting of European Art during World War II, and its partial return to its rightful owners.

In light of the popularity of the film “The Monuments Men” you might be interested in seeing the rest of the story.

Please sign up at the Welcome Desk - 303.693.7788



BECOMING THE BEST YOU

Please join us on **WEDNESDAY, APRIL 2ND** from 1 to 2:30 pm in the Craft Room for Becoming the Best You.

This month’s speaker will be Cindy Charlton. She is an accomplished and powerful speaker bringing her message of hope and inspiration to people of all ages. Her own experiences of loss have allowed her the vision to see and understand how precious and valuable every moment of living is. Cindy considers herself to be a survivor, living through a traumatic illness, which took three of her limbs.

She beats the odds, escaping with her life, when no one thought she would live.

Everyone is invited to hear Cindy’s story and message; hope you will join us.

**Alzheimer's Disease
Afternoon of Information**

**Topic: The Basics:
Memory Loss, Dementia and Alzheimer's**
Date: Wednesday, April 23
Time: 4:00 pm
Location: HEB Clubhouse Antero Room
Speaker: Rand Frederic

This educational seminar, presented by Rand Frederic, speaker from the Alzheimer's Association of Colorado and a resident of HEB, will give us some basics of understanding memory loss, dementia, and Alzheimer's. Learn the differences between Alzheimer's, other dementias, and normal memory loss due to aging. Rand will also give us information about the Alzheimer's disease process, and the programs offered by the Colorado Chapter of the Alzheimer's Association for both the person with Alzheimer's and the caregiver.

GAMBLING DATES

MARDI GRAS CASINO - \$10

Includes \$10 food voucher, \$5 player credit,
plus a candy bar!

Dates: May 15th, August 21st,
September 18 and October 16, 2014

DEADWOOD TRIP

June 9th – June 12th, 2014 (openings)

CRIPPLE CREEK – OVERNIGHT

July 24-25, 2014

\$55

Limit of 22 people

CONTACT Mona Miller at 303-617-4539
for information!



Summer Fashion Show Coming
by *Suzanne Vaughan, President*

After a long cold winter, everyone is ready to celebrate spring and summer and begin wearing some new, colorful summer clothes. We have scheduled a lovely fashion show and luncheon for all our lady residents on Tuesday, May 20 at 11:30 in the Antero Room. Three of our Southlands fashion stores will be here at HEB to present all the latest fashions we will be wearing this coming summer. Those stores are Chico's, ColdWater Creek, and DressBarn with Charming Charlies providing the accessories. Our own HEB ladies will be doing the modeling for us.

Tickets for this popular event go on sale May 1 and the ticket price is \$17 inclusive. We will be served a mixed green salad with marinated chicken, cranberries, goat cheese, tomatoes, candied walnuts and red wine vinaigrette dressing. Dessert will be ice cream. So get your friends, family members and neighbors together and reserve your table soon. This event was sold out last year and we had a waiting list for tickets.

Cheri Thomas modeling an outfit during the 2013 fashion show.



Texas Hold Em
All Welcome! 5pm :: \$25

- APRIL 30
- MAY 28
- JUNE 25
- JULY 30
- AUGUST 27
- SEPTEMBER 24
- OCTOBER 29
- NOVEMBER 19
- DECEMBER 17

Ed Criss 303-400-0347
Jim Martindale 720-876-0569
Mona Miller 303-617-4539

9 Health Fair at HEB

AWARENESS + PARTICIPATION = PREVENTION

The Heritage Eagle Bend 9 Health Fair is scheduled for Sunday morning May 4th 2014 at the Clubhouse from 7:00am to 12:00pm.

If you want free medical screenings such as Blood Pressure, Vision Healthcare, Hearing, Lung Function, Sleep Apnea, Dental and Skin exams plan to attend the 9 Health Fair.

Again there will be some low cost blood screenings such as Blood Chemistry, Blood sugar, PSA (for Men), Vitamin D and Colorectal Cancer Kits available.

No identification is required, but you must be 18 years old to participate. Online registration will again be available. Plan to attend and bring a friend along.

Carolyn North and Phyllis Matthews are co-coordinators for the Medical Volunteers. If you have an interest as a Medical Volunteer, please contact Carolyn at (720)870-8989 or Phyllis Matthews at (303)761-7812.

Inez Wilson and Sharon Anderson are the co-coordinators for the Non-Medical Volunteers. You can reach Inez Wilson at (303)766-8520 and Sharon Anderson at (303)284-2816.

Watch for updates in the HEB Newsletter

Carolyn North - *Medical/Site Coordinator*

Friends of HEB

The Friends of HEB will be hosting the 9Health Fair on Sunday, May 4, 2014, from 7:00 AM to 12:00 PM. It will be the twelfth year we have hosted this event at our Clubhouse. We again expect over 600 folks in our area to take advantage of the many health screenings that will be available. Co-coordinators for the medical volunteers are Carolyn North, (720)870-8989 and Phyllis Mathews, (303)761-7812. The co-coordinators for non-medical volunteers are Inez Wilson, (303)766-8520 and Sharon Anderson, (303)284-2816. If you would like to help in either area please contact one of them.

The Friends of HEB are receiving requests for projects to support, that will serve and benefit the whole community. Request forms are available at the Welcome Desk. Your request must be complete with all details. Forms can be turned in at the Welcome Desk.

Numbers to remember for the loan of medical or children's' equipment:

Tom Ledgerwood – (303)861-0880

Margie Tobin –(720)875-0172

and Fran Kreuger –(720)328-3080

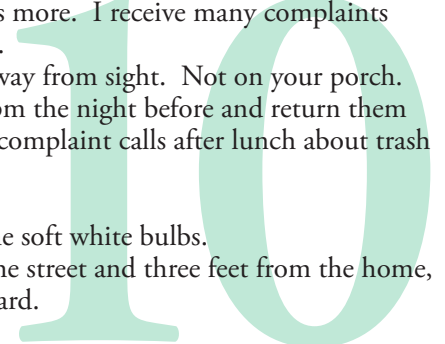
Top 10 List For HOA Problems For Heritage Eagle Bend!

by Wendy Stofa - Assistant Community Manager

Like David Letterman's Top 10 list, we have the Top 10 problems of the Heritage Eagle Bend HOA.

If everyone could help to eliminate these issues, wouldn't life be grand!

1. **Loose Dogs** – Unlawful in HEB and in Aurora. Your dog should never be out of your home and not on a leash.
2. **Dog Waste** not being cleaned up by owner in your yard, on walks etc. Yuck!
3. **People parking overnight in the streets** – never allowed.
4. **RV's illegally parked at your home or at HEB Clubhouse** (48 hour limit in front of your home and at Clubhouse parking lot.) Also, location of RV parked in the Clubhouse Parking Lot. Needs to be parallel to the golf course and not in front of the homes.
5. **Un-submitted Architectural Improvements** (call me with any improvement questions first! Fines for home projects not approved are high!)
6. **Lawn Art in yards not approved.** All décor in your yard must be approved. This includes statues, figurines, windmills, fountains, baskets, trellises, mirror balls, wagons, gardens, fencing, bird baths, banners, weathervanes, flags, plastic decorations and anything else that you have added to the original landscape. Less is more. I receive many complaints regarding this and we will be sending out letters to residents who haven't submitted.
7. **Trash, trash, trash, trash, trash oh my!** Trash cans must be stored in your garage away from sight. Not on your porch. Not on the side of your garage. And please try and put them out no earlier than 5pm the night before and return them to the garage as soon as possible following pick up. On Wednesdays I start getting complaint calls after lunch about trash cans out already for the following day's pick up.
8. **Noise!** Barking dogs. Noisy wind chimes. Mowing too early. Etc.
9. **People using the wrong light bulbs** in their lampposts and on garage. Please use the soft white bulbs.
10. **Inappropriately placed signs.** One Real Estate sign only - needs to be parallel to the street and three feet from the home, not down by the street. Also Contractors can not place promotional signs in your yard.



Thanks for helping to make HEB a great community!

- Art Club**
For everyone interested in creating arts and crafts. Meets four times a month. Please send an email to hebartclub@gmail.com for meeting times, dates and activities.
- Alzheimer Resource/Support Group**
3rd Monday, 4:00 pm - 5:00 pm **Windom Room**. A support group for caregivers and relatives of loved ones with Alzheimer's living in HEB. Call Sue Owsley at 720-533-9595 for information/resources.
- Bible Study 1st & 3rd Tuesdays, 7:00 pm**
- Ladies Bible Study 1st & 3rd Thursdays.**
Meeting time is 10:00 - 11:30am. We study the scriptures and discuss. A great way to meet your neighbors.
Any Questions: Call Jeanine MacDougall at 303.537.5336
- Book Club 3rd Thursday, 7:00 pm**
Men and women who like a variety of genre are welcome to join in our book discussions!
- Busy Bloomers Garden Club meets the 3rd Monday of each month at the HEB Clubhouse**
The Busy Bloomers Garden Club is a resource of information, increasing the knowledge of its members on outdoor and indoor horticulture in Colorado. The members plan and implement tours, speakers, fundraisers and projects to benefit its members and the Heritage Eagle Bend community. The Busy Bloomers Garden Club is affiliated with the CO Federation of Garden Clubs. *For additional information, please contact Pat Goodman at (303)400-4741 or by email at patsygood@msn.com*
- Car Club 2nd Saturday, 9 am at the Clubhouse**
Informal meeting of guys and girls who enjoy seeing and discussing the cars of our youth. Organizers of the Heb Summer Car Show. No dues. No rules. Just Fun.
- Duplicate Bridge Every Wednesday, 5:45 pm - 9:00 pm**
Fee: \$2 per person for prizes and supplies. Reservations are required!
Carol Finnin 303-400-6016. Janet Dean, 303-693-3144.
- Eagle Bend Community Church Every Sunday, 10:00 am**
- Ladies' Bridge Mondays, 12:30 pm - 3:30 pm**
\$1 for prizes. Please call first. We have six tables of regular players and always need substitutes. Samie Quick, 303-699-0840.
- Relax and Laugh Bridge Tuesdays, 9:00 am to 11:00 am - No fees**
This non-competitive bridge group is for those who want to get back to a really fun, thinking game. For more info call Kathy Taylor, 720-205-2920, Carrie Sharp, 720-479-8414, or Gloria Sankel, 720-870-7776.
- Partner Bridge Thursday, 9:00 am - noon**
Fee \$1 per person for prizes. Sign up in the Partner Bridge Notebook in the lobby by noon Wednesday. Kathy Taylor, 720-205-2920 or Betty Lewis, 303-972-3851.
- Mexican Train Dominoes Every Thursday, 6:00 pm**
Questions; call Lois Keller 720-870-5733.
- Poker Every Tuesday, 6:00 pm Ladies' Poker Every Tuesday, 12:30 pm**
- Mah Jong Wednesdays, 6:00 pm - 9:00 pm**
Fun, sociable Mah Jong evening for those familiar with the game. To get on our email contact list, call Doris Robbins, 303-617-7963 or Judi Braunstein, 303-537-4172.
- Decorative Painting First and Third Wednesdays, 9:00 am to 12:00 pm**
No month fee. Patterns are used to complete a variety of projects, including some seasonal, home or gifts, on paper, wood, metal and glass. To register and for more information, please call instructor Karon Sorenson, 303-617-3490.
- Mah Jong Fridays, 1:00 pm - 3:00 pm** This is a "just for fun" group that has all levels of players. Judy Johnson 303-777-8540.
- Singles Club Second Thursday, 4:45 pm** Join the EB singles group for friendship, social activities, and support. Visit our website for a list of activities. www.eaglebendsingles.com. Questions call Jackie Yanker, 303-275-9674
- Gentle Yoga Mondays & Wednesdays, 9:30 am - 10:30 am**
\$11 per class. First class FREE! This multi-level class will utilize movement, stretches and breath to enhance flexibility, strength, balance, coordination and greatly aids in reducing stress. Angie Cassola, 303-693-2411.
- Jazzercise Tuesday/Thursday, 5:30 pm - 6:30 pm**
Saturdays, 8:30 am - 9:45 am Get a well-rounded workout which includes aerobics, strength and flexibility components. Each class includes a warm-up, 30 minutes of low-impact aerobics, muscle toning, strengthening using weights and full body stretching. Bring a mat if you have one.
- Watercolor Classes Thursdays, 12:30 pm - 3:30 pm**
Paul, 303-870-5586, pvj7676@comcast.net.
- Losing a Loved One Support Group 2nd Tuesday, 4 pm - 5:30 pm**
Windom Room. Judy Gillum 303-690-0229.
- Pinocle Club Days: 2nd & 4th Wednesdays, 12:30 am - 3:30 pm**
Questions, Call Barbara Pedersen, 303-690-3451
Come Join Us. If you haven't played, we will teach you!
- Group Strength Training Tuesdays/Thursdays, 7:00 am**
Join certified personal trainers for a group fitness class.
Mondays/Wednesday, 5:30 pm - 6:30 pm
Learn a variety of exercises using machines and free weights that will help improve muscle strength and flexibility. Price is \$64-\$72 per month (based on number of classes held per month) Stacy Montgomery, 303-898-5945.
- Men's Billiards Open Pool every Monday evening at 6:00 pm and every Thursday at 1:00 pm.** Everyone welcome.
- Women's Billiards Open play Mondays at 1:00 pm**
Everyone Welcome! If you have questions, please contact:
Rose Marie Duran 303-693-7832 Email: rm.duran@comcast.net
- HEB Cribbage Club** New date and new time!
2nd & 4th Tuesdays, 3:00 pm - 5:00 pm.
We meet in the Eagle's Nest. New players are welcome and encouraged. No experience required. Drop in participation and no signup required. No need to bring your own board or cards. For more information, contact Larry Place 303-617-5419 or email to lj_place@msn.com
- Women's Canasta 2nd & 4th Thursday, 12:30 pm - 3:30 pm**
Traditional and "Hand and Foot." Please call Bonnie Shapiro, 303-693-1212 to sign up.
- Crazy Quilters 3rd Saturday, 10:00 am - 5:00 pm**
We always welcome new residents. We will be meeting on the 3rd Saturday of each month from 10 am to 5 pm in the HEB Clubhouse Craft Room. Phyllis Miller, 303-374-9705, e-mail pjeans3@comcast.net.
- Genealogy 3rd Thursday, 1:00 pm - 4:00 pm - Humboldt Room**
"To forget one's ancestors is to be a brook without a source, a tree without a root." - Old Chinese saying -
We welcome beginning to advanced family researchers to our fun, informal group. We have great speakers and share many, helpful tips to aid you in finding your great-greats! Questions? Sherrill Kerbaugh 720-870-2343 or John Holthaus 303-680-1265.
- Knit 'n Stitch Every Wednesday 9:30 am**
HEB residents who love to knit, crochet or stitch get together at the clubhouse for friendship and for charity projects. Members are happy to teach each other different techniques and share expertise. If you are a beginner or advanced and are interested in joining our fun group, please contact Jinny Daniel at jinrich@comcast.net or 303-386-4269.
- Photo Club 3rd Monday, 7:00 pm**
Our photography club provides information for all levels. We "focus" on digital techniques and help you to learn to get the final product you want. Just come to the meeting, or for more information, call Roy Messmore, 720-842-1933 or email rocker123@q.com
- Pickleball Club Saturdays & Sundays, 1:00 pm - 3:00 pm (weather permitting) Active Season April - October**
Please join us for one of the fastest growing sports in the country. Pickleball is a mixture of tennis & ping pong. We welcome all skill levels. We will teach you if you haven't played. We have extra paddles as well. We are playing on our newly painted 4 courts situated on Tennis Court #4. Questions? Please call Ron or Joyce Riedesel, 303-693-7667, or email us at riedesel@yahoo.com

CLUBS and GROUPS *(continued from page 13)*

Heritage Gun Club 1st Saturday, 9:00 am

Join us to help promote and encourage understanding in safe use, maintenance practices, and training regarding firearms. We provide informative training programs for all levels of expertise. We conduct field trips to local ranges for competitions. Contact Carol Ambrose, 303-680-3144 or Teri Chavez, vice president, 303-435-2288 for further information.

Co-Ed Walking Club Monday - Friday, 8:00 am

Join us every Monday-Friday at 8:00am at the clubhouse for a great walk. If you want to get exercise and make new friends, you will enjoy this group. We walk 45-60 minutes each day and we love to try different trails. Contact Char Hostetler (303-779-4509) if you have any questions.

Water Volleyball Thursday 12:00 - 2:00pm

Steve 303-526-5177 sjacquinn@comcast.net

Yoga with Len: Beginner - Intermediate

Tues. and Thurs. 9:30 - 11am in the Craft Room.

Wednesdays 6:00 - 7:30pm in the Craft Room. \$10.

Len Brady, 303-807-5985 lbradyyoga@gmail.com

Your Support Group 1st Wednesday of each month, 4:30pm - 6:00pm

in the Windom Room. Your Support Group is for men and women facing Health Challenges and Caregivers. Call Peg Crandall, 303-766-1670 for more information.

The Chavurah

The HEB Chavurah invites you to get acquainted with our Circle of Friends, a Jewish-oriented social group here at HEB. The word Chavurah means group of friends in Hebrew. We welcome anyone interested in traditional and social Jewish activities. We meet monthly in a member's home (a different home every month.)

Among our activities during the past year were a Chanukah potluck party, a Passover Seder, Sabbath dinners, various social get togethers, an annual summer picnic, and tours of various places of interest. We also lend support to our members when they need care and comfort in difficult situations such as illness and/or the loss of a loved one.

If you are new to HEB and/or if you have been procrastinating about joining our Chavurah, please contact one of the people listed below.

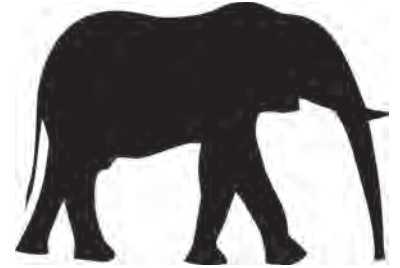
President, Steve Braunstein, 303-537-4172

Vice President, Gordy Landsman, 303-953-0745

Photo Club by Joe Bacheller

HEB Photo Club meeting, Monday, April 21st at 7:00 PM in the Humboldt Room

Do you like to travel to exotic places? Like the African Continent? We are in for a real treat!! Local photographer and noted artist Bruce Norman will be presenting a slide show with music including the PEOPLE, SCENERY, and ANIMALS of EAST AFRICA. The photos were taken in Tanzania, including the Ngorongoro Crater, a visit to a Maasai village, and the Serengeti. Bruce is a member of the Parker Artists Guild and will bring a unique perspective to us through this presentation. Following his program we take a short break then we enjoy photos submitted by HEB Photo Club members and guests. A PHOTO REVIEW session is conducted using these photos to help all of us become better photographers. Please join us for this fun evening at the HEB Clubhouse.



Red Hatters by Kathi Baerns

We have a very active Red Hat Society Group, officially chartered as The Red Hot Momma's here at Eagle Bend. We meet for lunch, fun and conversation on the 2nd Friday of each month. We keep a sign up book in the library, where you can see what's to eat and where our next lunch will be held. We do "in-house" events - through the Eagle's Nest - including a special Christmas program with a local grade school choir entertaining and a fun Fashion Show and sale with items from the Assistance League of Denver's Consignment Shop and a Pajama Party Brunch, where we show dvd's of I Love Lucy or other 50's TV. - We also do a few "outhouse" events where we take a trip to someplace special in the area, some close and some a day trip. A few of our past "outhouse" events have been to The Brown Palace and The Molly Brown House for High Tea, tour and lunch at the Celestial Seasonings near Boulder, and a bus trip to Manitou Springs - through the Garden of the Gods - then lunch at the Cliff House and shopping.

Everyone is welcome to join our group for any or all events throughout the year. You just need to sign up in the book in the library by the 2nd Monday of the month. Some event will require a pre-payment which you will give to the attendant at the front desk. Wearing a Red Hat and Purple clothing (pink and lavender, if you're under 50) is suggested but definitely not required. If you would like more information, please contact the "Queen Mum" Kathi Baerns. kathibaer@gmail.com or 303-263-6931.

Get a Jump Start on Spring! *Busy Bloomers*

If you're like most gardeners around HEB, you are having serious cabin fever. So plant some seeds indoors and get a jump start on Spring! Few gardening projects are as rewarding as raising your own baby plants.

1. If you have old seeds, test their viability by soaking them in water for a few hours. Living seeds will sink to the bottom while dead ones will float.
2. Plastic pots or containers are preferable to clay because they retain moisture. Yogurt and margarine tubs are great but poke holes in the bottom for drainage!
3. Sanitize containers by soaking in a 10% bleach solution for 15 minutes and let air dry.
4. Fill containers to within 3/4 inch of the top with special seed-starting medium, NOT regular potting soil! This is available at any garden center.
5. Place seeds on top of soil and tamp down with a pestle or the bottom of a glass to make sure they are in good contact with soil.
6. Sprinkle soil over seeds to the depth stipulated on package. Some seeds require light to germinate, so do not cover with soil. Just make sure they are tamped down well.
7. Place plastic wrap over the pot or flat to keep moisture level constant and create a "mini greenhouse." If you need to water, place the entire pot or flat in a basin or tub with 2 to 3 inches of warm water and allow the planting medium to wick moisture from the bottom. Then remove! If just the surface has dried, spritz with a spray bottle.
8. Most seeds require temperatures of 65°-75°F to germinate, so place accordingly.
9. As soon as the seeds germinate, remove the plastic wrap.
10. Most seedlings will grow best with 12-16 hours of sunlight each day. Place seed containers in a sunny, south-facing window and give the container a quarter turn each day to prevent seedlings from developing weak stems. Also, gently brush the palm of your hand over the tops of the seedlings to encourage strong stem growth!
11. After the shoot emerges and then the true leaves form, weekly half-strength fertilization will be required.
12. Before planting seedlings outdoors, they need to be hardened off to direct sunlight and fluctuating temperatures. Do this over a five-day period by placing them in direct sunlight during the morning only of the first day, then increasing time outside by an hour each day until seedlings are vigorous enough to be transplanted.

Learn lots more about Colorado gardening with the Busy Bloomers Garden Club! We meet the third Monday morning of each month, 10 A.M. in the Craft Room. In February we all attended the Colorado Garden Show. In March, we enjoyed a demonstration on outdoor planters by Luan Akins of Tagawa's. In April we'll be carpooling to Celestial Seasonings in Boulder. (This meeting will begin at 9:30.) and...we always enjoy a fun lunch at area restaurants following our activity or field trip.

Springtime OLLI News *by Kay Hayes*

Bring lifelong learners and avid gardeners together and what do you get? Bloom with OLLI. The "Bloom" was held March 3rd as the OLLI spring term preview in partnership with the Busy Bloomer Garden Club. The Busy Bloomer's provided cheerful centerpieces and gardening information for the enthusiastic crowd. The spring OLLI courses, currently in session, were introduced while participants enjoyed desserts. Thanks to Jane Harris, Pat Goodman and their committee (Suzy Barrett, Ordis Charchenko, Donna Depperschmidt, Gayle Orr, and Verna Schubert) for putting together such a fun and informative event.

I'd like to thank both the winter and spring term OLLI facilitators for donating their time, talents and so much energy to their programs. Winter term: Tom Brennan, John Buck, Debby Chapin, Toni Smythe, Jackie Swensson, Irene Warning, Ty Webb and Earlane Worel. Spring term: John Buck, Peg Crandall, Michael Jacobs, Marty Sinnott, Harvey Solomon, Harvey Stein, John Tesmer, George Wagner, Diane Woods and SCUBA/Snorkel instructors from Underwater Phantaseas.

Do you see the theme here? Lifelong learning is a vibrant and growing program because HEB residents volunteer to lead classes. We'd love to have you join our team. If you have an idea for a course please contact me (Kay Hayes, kay.hayes@comcast.net or 720-381-953) and I'll get you in touch with the group that can help plan your course. Courses can be one time for two hours or up to eight weeks, two hours per week. Our next session will begin in September, 2014. Course proposals will be reviewed and approved by mid-July so don't wait to present your ideas.

Cultural Club / Passport to the Arts

No membership required, just sign up for events in the cultural book in the library upcoming events:

Opera on the Big Screen,
Greenwood Plaza Theater on Arapahoe
La Boheme April 5, 10:55 am OR April 9 6:30 pm
\$22.00 Info in Cubbies in Library
DCPA:
ONCE, Buell Theater, May 14, 7pm \$58.75pp

Are You Single???? *by Jackie Yanker, HEB Singles President*

Where did February and March go??? If your days and weeks seem long, why not try out our EB Singles at HEB?? There is always something going on and people to do things with. February we had numerous happy hours, we went to Breckenridge to see the snow sculptures, we had a couple of wine and painting sessions at our resident artist's home, Lee Marks, we went bowling and we eagerly awaited the reopening of the Eagles Nest! March has also been busy with movies, dinner at Pappadeux and happy hours. So why not come to one of our meetings or activities and give us a chance!

Our group meets at the clubhouse on the second Thursday of every month at 4:40pm. This gives us time to sign up for activities, dinners, cultural activities etc. before a short meeting. Many of us go into the Eagles Nest after the meeting for dinner and to socialize and get to know one another a little bit better.

Our purpose is to promote camaraderie and participation in social events both here and in local venues.

We have some exciting and fun activities planned for the coming year and we hope you will consider attending a meeting, particularly if you've come in the past and haven't been in a while.

Hope to see you at our next meeting!

Thanks in advance for your support of our April 11 Blood Drive!

by Clinton Smythe

Congratulations to 2 Gallon donor Jim Padrick, and 1 Gallon donors Maralyn Heckman, David Risley, Richard Rexroat and Curtis Roesler! Sincere appreciation to all our donors from Bonfils and me for your most generous Gifts of Life! Please call the Welcome Desk (303-693-7788) to sign up for our April 11 drive, and please remember to call me (303-501-7444) rather than Bonfils to cancel your appointment if for any reason you are unable to donate.

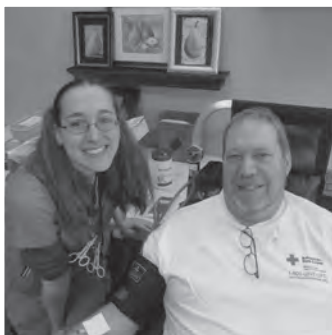
There will be another drawing for a lucky donor who will receive dinner-for-two at The Eagles Nest!



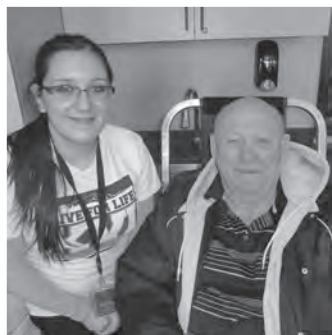
Jim Padrick - 2 Gallons



Maralyn Heckman - 1 Gallon



David Risley - 1 Gallon



Richard Rexroat - 1 Gallon



Curtis Roesler - 1 Gallon

Friends of HEB *by Kathy Taylor*

The Friends of HEB is an organization whose mission is to support the needs of the HEB Community. Membership is open to all residents of HEB. Monthly meetings are held on the 3rd Wednesday at 9:30am, in the Humbolt Room in the Clubhouse. The activities of the Friends of HEB are:

1. To provide occasional meals in times of need, contact Susie Dalton at 720-851-9445 or Amy Decolati at 303-790-1888.
2. To conduct a Community Garage Sale – May 17, 2014.
3. To sponsor the 9Health Fair – May 3 & 4, 2014
4. To provide medical equipment for loan within our community, contact Tom Ledgerwood at 303-861-0880 or Margie Tobin at 720-875-0172.
5. To provide children’s’ equipment, contact Fran Kruger at 720-328-3080.
6. To sponsor the Support Group, contact Peg Crandall at 303-766-1670 and Losing a Loved One, contact Judy Gillum at 303-690-0229.

You are invited to look us up at HeritageEagleBend.com under Clubs and Organizations. Our by-laws and minutes of the latest meetings are available there. Please join us at our next meeting.

*The Friends of HEB meet on the third Wednesday morning at 9:30am, at the Clubhouse.
If you live at HEB, you are welcome to join us.*

A New HEB Support Group has Formed:

LOSING A LOVED ONE
A time to share, to listen, to offer comfort, hope and renewal.

Please join us on the second Tuesday of the month from 4-5:30 pm. In the Windom Room

For more information contact Judy Gillum (303) 690-0229 or email her letsdodesign@aol.com
Sponsored by The Friends of HEB

LADIES BIBLE STUDY

Meets every first and third Thursday of the month at the Clubhouse

MEETING TIME IS 10-11:30 AM

We study the scriptures and discuss.

A great way to meet your neighbors!

Any Questions: Jeanine MacDougall - 303.537.5336

HEB Car Club

The next meeting of the HEB Car Club is Saturday, April 12 at 9:00 at the Clubhouse. Pictured is Bruce Simners 1953 MGTD, a trophy winner at the 2012 HEB Car Show. Check future newsletters for the date of this year’s car show and parade through both east and west sides of our community.

EVERYONE IS WELCOME at this FREE event in June.



Arapahoe County assists seniors with transportation.

Please call
FIRST RIDE
720.540.5566

SUNDAY, APRIL 20

Easter Brunch and Eggstravaganza

We will begin the day with an Eggstravaganza!

Open for all children at 10:00am.

Please have children bring their Easter Basket for the Big Hunt!

MAKE YOUR RESERVATIONS TODAY to enjoy a spectacular Easter Brunch. We will begin the day with an Easter Egg Hunt for all the children at 10:00 a.m.

EASTER CHAMPAGNE BRUNCH

APRIL 20TH 2014

10:30 am - 2:30pm

WHOLE & SLICED FRESH FRUIT DISPLAY

SHELLFISH COCKTAIL

SHRIMP COCKTAIL, GREEN LIP MUSSELS, OYSTERS

ASSORTED BREAKFAST BREADS & PASTRIES

WHIPPED HONEY BUTTER

COLD SMOKED SALMON TRAY

BASIL CREAM CHEESE, LEMON, RED ONION RELISH, CAPERS, & TOMATO CONCASSE

CHOPPED ICEBERG SALAD

BACON, HARD BOILED EGG, TOMATO, CUCUMBER, CARROT, SMOKED CHEDDAR CHEESE

ITALIAN PASTA SALAD

ARTICHOKE HEARTS, KALAMATA OLIVES, SUN-DRIED TOMATOES, BELL PEPPERS, ONIONS

GRILLED CHICKEN

W/ WILTED SPINACH, CREAMY MUSHROOM SAUCE & PARMESAN

ROASTED GARLIC MASH

BROCCOLI CROWNS

W/ SHARP WHITE CHEDDAR SAUCE

BACON & SAUSAGE LINKS

BELGIAN WAFFLES

MIXED BERRIES, WHIP CREAM, HONEY BUTTER, MAPLE SYRUP

THREE CHEESE SCRAMBLED EGGS

OMELETS MADE TO ORDER

CARVED PRIME RIB W/ CREAMED HORSERADISH

CARVED GLAZED HAM W/ PINEAPPLE COMPOTE

BANANA'S FOSTER

ASSORTED PIES & CAKES

COOKIES & BROWNIES

CHICKEN TENDERS & FRENCH FRIES

BUNNY ICE CARVING W/ COLORED EGGS



Severe Weather Workshop Be a Force for Safety - April 14th @ 6:30pm

by Marilu Trainor - HEB Emergency Preparedness Committee

Here are some weather facts to ponder:

- » Each year, hundreds of people in this country are killed or seriously injured by all types of extreme weather, despite advance warning.
- » Tornadoes could and have happened throughout Colorado. In fact, in June, 2009, an F-1 tornado touched down just three miles from Heritage Eagle Bend and caused significant damage at the Southlands Mall.
- » According to the National Weather Service, in 2012, there were more than 450 fatalities and nearly 2,600 injuries due to extreme weather, like tornadoes, hurricanes, floods, extreme heat, and wildfires.

The HEB Emergency Preparedness Committee is sponsoring its third Severe Weather Awareness Workshop on April 14. The program is being co-sponsored this year by the HEB Osher Lifelong Learning Institute Auxiliary as part of their lifestyle skills programs. The 2014 weather seminar coincides with Severe Weather Awareness Week in Colorado, April 13-19.

All HEB residents are invited to attend the program that will be held from 6:30 – 8 p.m. in the Antero Room. Seating is limited to 250 people and tickets are being distributed on a first-come, first served basis. Each homeowner may pick up four tickets each. You can pick up your free tickets at the HEB welcome Desk. If your schedule changes, please return the unused tickets as this event is sure to fill up rapidly. The program will be suitable for all ages.

Speakers for this workshop include Bob Gleason, Warning Coordination Meteorologist at the National Weather Service in Boulder; Dr. Josh Wurman, director, Colorado’s Center for Severe Weather Research in Boulder; and Mike Nelson, Chief Meteorologist, ABC, The Denver Channel 7. The EPC and OLLI have also invited representatives from other local organizations involved in emergency management activities to set up displays as part of the program.

The workshop is called “Be a Force for Safety” and the speakers will help the audience understand their risks for severe weather in Colorado, especially tornadoes, and will talk about how to take action to protect your life and your home when severe weather threatens your safety. Dr. Wurman will discuss the latest tornado research and share his experiences as a storm chaser.

“Because severe weather occurs in nearly every corner of our land, Americans must know how to take simple steps to prepare for emergencies in their homes, businesses, and communities. The EPC will have a sample emergency kit for you to view,” said Bob Fanning, EPC co-chair.

Kay Hayes, OLLI Director, said, “The HEB OLLI Auxiliary is pleased to be a co-sponsor of this important event. The chance to learn more about how to prepare for weather emergencies fits nicely with OLLI’s efforts to provide meaningful learning opportunities for HEB residents.”

Architectural Submittals

by Wendy Stofa – Assistant Community Manager

Please submit Architectural Submittals at the Administration Office if at all possible. A Plot Plan is required. These can be obtained from the City of Aurora and not submitting with one could delay your approval. Please provide all details in your submittal. Professional drawings, sample colors, color pictures, anything that could assist the committee in more easily understanding your project. Regulations are available at the Receptionist Desk at the Admin Office if you need to review what is and is not allowed. A contractor can not submit for you without your original initials and signature on the HEB form. Patio, deck, landscape and fencing projects specifically need as much detail as possible. Be sure to use a contractor that has worked in HEB and understands our guidelines. Using the City of Aurora Water Conservation Department to assist with your landscaping project can assure you that you or your landscaping person understands what is allowed particularly if you are changing your treescape. Please call me with any questions. Thank you.

THE FIRST SUNSHINE

by John Buck

At first sunshine

Evening ebbs into dawn
 A ray glows
 A dew applauds
 and
 Morning's prism is born

Leaves shimmer in their mother's hand
 as flowers stretch below
 and
 melodies mingle
 with the tones of meadows

A child awakens
 and
 all is well.

The first sunshine,
 my aria.



Now Open

Southlands Mall Postal Unit
6100 S. Main Street, Unit 102
Between Mt. Fuji and McCabes

720.274.5333

HEB Tennis Club News *by Don Bevis*
Tennis People



Carol Lawson

Carol Lawson
Birthplace – England
Education – Cardiff and Keele University located near the quaintly named town of Newcastle-under-Lyme
Employment – Trainer for Consortium for Children in California and Caseworker for Adoptions Options of Colorado.

Retired? – in 2012 as Executive Director of Adoption Options.
Came to Colorado – from England because she was offered the job she just retired from.

Played Tennis Since – 11 years of age but took it up in earnest in 1993 when she came to the US.

Other Sports and Activities – travel, golf, walking, reading and Jazzercise

Something about you that people might be surprised to know about you – “I still take all my notes in shorthand!!” (Ed. Note- We have not been able to confirm that Carol loves her black & white TV and plays tennis with a Bancroft wood racket)

Just for fun – Jumbled word. Rearrange the letters below to form a common word:
 AUBOGLE (*Answer below. No peeking*)

HEB Tennis Club Team Interclub Opportunities

If you are new to the community or have played some tennis previously, there may be a place for you here within HEB. Contact Dick Ebdon, HEB's USTA Coordinator- 720-328-1561. Carrie Sharp handles women's interclub- 720-479-8414. There are opportunities for 40 & Over and 65 & Over Leagues.

Important Dates

HEB Tennis Club General Meeting – HEB Clubhouse, Monday April 14 at 700PM. Your chance to give feedback and help make HEB tennis fun for all.

Mixer and East vs. West- Some good-natured competition between those East and West of Gartrell Road. Sunday June 15. Sign up on the bulletin board inside next to the golf shop or call Carrie Sharp at 720-479-8414 or John Posluszny at 303-971-0540. Balls, snacks and drinks provided.

Fall Mixer – Sunday September 7.

Tennis Dues

We ask players to contribute \$10.00 to mixers, equipment and overall betterment of the tennis experience. Send or deliver check made out to “HEB Tennis Club” to Bill Brown, 8193 S. Winnipeg Circle, 80016.

Jumbled Word (Above)

Happy April Fool's Day – no common word can be formed from these letters

Eagle Bend Golf Association

The Eagle Bend Golf Association (EBGA) is open to couples, i.e. husband and wife, man/woman teams, all homeowners and/or residents residing within the boundaries of Heritage Eagle Bend and have a current USGA Handicap Index. We promote a series of golf events that will provide a maximum opportunity for ALL residents to participate.

Our schedule of events for 2014:

Sunday, May 18: Spring Mixer – Dinner following event.

Sunday, June 22: Swingers Event – Dinner following event.

Sunday, July 20: EBGA Couples Club Championship – Dinner following event.

Sunday, August 10: Summer Mixer. Dinner following event.

Sunday, September 14: Chapman Format. Dinner following event.

The membership fee is \$5.00 This fee is payable at registration.

A USGA Handicap is required to play in these events. The cost is \$35.00 and can be arranged through the Pro Shop.

For the purpose of Tournament play, handicaps will be capped at 40. For example, if you have a handicap higher than 40, you will play down to 40.

Ladies will play from the green tee boxes. Men will have the option to play the white or gold tee boxes based on the rule of 83, i.e. age + handicap must equal 83 in order to play the white tee boxes. Appropriate handicap adjustment will apply.



Golf Season is Back!

HEB Women's 18-Hole Golf Association

by Linda Jeannelle

Kick Off To Golf was a great success! We have added many new members. We want to invite all new members to a social at Jackie De glee's house on April 8 at 5:00. Appetizers and wine will be provided. April weather can be dicey, but our league will begin with Tuesday Fun Days before actual tournament rounds begin in May. Our Spring luncheon will be held on our first regular play day May 6. We look forward to another season filled with great golf and good times with old and new friends.

Ladies' 18-Hole Golf League

by Suzanne Vaughan, President

The Golf Kick-Off night on March 5th gave us the opportunity to sign up for league play this coming season. It was fun to see our returning members and welcome some new players for this coming year. For those of you who weren't there to sign up, you can still do so by contacting Gayle Meissner at 303-649-9549 or email her at gkmeissner@comcast.net. She will see that you get the sign up form. We would love to have any of you who like to golf for fun, improve your skills, and socialize with a great group of ladies. Our league is a non-competitive league. We do play by the rules of golf, as best we know them, and have established handicaps. Our league play begins on Tuesday, May 6th.

If the weather cooperates, we will have a fun day scheduled for Tuesday, April 22nd. Be sure to mark your calendars for our Spring Luncheon on Tuesday April 29, 2014. We look forward to seeing you then.

If you would like to try out our league, we are offering an opportunity for you to play with us on Tuesday, April 22nd (weather permitting). If you are interested, find our binder in the golf pro shop (labeled Non-Competitive League) and find the sign-up sheet for April 22nd. Sign your name on that date and you will be paired with golfers from our league who can answer your questions and help you meet others. We would love to have you join us. Here's to warmer weather, greener fairways, and good times with friends.

E.B. Ladies 9-Hole Golf League (and Exchange) by Mary Galvin - President

Yippee! Spring is officially here!

We had a great turnout for the HEB golf “kick-off” in March. It was great seeing many of our members from last season, and are happy to welcome several new members to our 2014 league. If you were not able to attend the kick-off, there is still time to send in your registration. Additionally, prior to the beginning of the regular season – Thursday, May 1st, we will have some limited scheduled pre-season play on April 10th, 17th and 24th. Both Members and ladies interested in learning more about our league will be able to sign up in the Golf Shop by the beginning of April.

Our Ladies 9-hole League members are made up of ladies of all ages and levels of golf. We do play by USGA rules. We must play out all holes and record our actual score. Our Pro will then adjust our scores according to each of our handicaps. This requires all members to have a current Ghin, or if you have not played in a while, we will assign you a temporary number. You will then be able to work towards your true handicap. This lets all of us play and compete in our weekly games right from the first day. Each week, we have 2 or 3 different flights, so you are only competing for prizes against other ladies that play at your same level. Weekly prizes are awarded for both low Gross and low Net scores in each flight, plus there is an additional weekly fun game, for each flight. Last season, 80% of our members won prize

money! If you are not sure how this works, please feel free to contact one of the Board members or the Golf Shop.

In addition to our regular weekly golf play, we have fun “Exchange Days” throughout the season, at Meadow Hills, Spring Valley, Aurora Hills, Red Hawk Ridge, Lone Tree and finish the season here at HEB. This includes 9-holes of friendly golf with ladies from these other courses, followed by a meal, fun and plenty of laughs.

If you would like us to email you a copy of the membership registration, please contact Ann Jordre at ann.jordre@gmail.com. She will be happy to email you an electronic form. You may also contact me (see contact info below). Additional paper copies are also available at the Golf Shop.

Mark your calendars!

Our regular season starts Thursday, May 1st with a shotgun start, followed by a luncheon. If you have not already done so, please contact us for details, or review the information in our book in the Golf Shop. There are also some “Ladies 9-Hole League” brochures available with additional dates and events.

Let’s play some golf!

If you have any questions, please feel free to contact me. Mary Galvin: 303.807.3699 or mgalvin1954@aol.com Or Jack Allen, along with other Golf Shop Staff at 303.400.6700

The Eagle Bend Golf Association (EBGA) Spring Mixer is fast approaching!

The Eagle Bend Golf Association (EBGA) is open to all homeowners and/or residents residing within the boundaries of Heritage Eagle Bend and has a current USGA Handicap Index. We promote a series of golf events that will provide a maximum opportunity for ALL residents to participate. This includes EVERYONE in the community including single residents. We will find you a golfing partner if you need one.

This is a **reminder** that our first event, The Spring Mixer, is scheduled for Sunday, May 18 and we are looking forward to having all of our past members and new members participate. It will be a fun day of golf followed by a delicious dinner and camaraderie.

If you were unable to attend the March 5 Sign-Up evening, your \$5 membership fee can be paid when you register to play the day of the event.

- WHO:** Residents of HEB
- WHAT:** The HEB Spring Mixer – come and make new friends, see old friends
- WHEN:** Sunday, May 18
- WHY:** Meet some new friends, see some old friends, and enjoy some social golf



Ladies will play from the green tee boxes. Men will have the option to play the white or gold tee boxes based on the rule of 83, i.e. age + handicap must equal at least 83 in order to play the white tee boxes. Appropriate handicap adjustment will apply.

HEB Men's Golf Association *by Larry Place*

The start of the 2014 MGA season is fast approaching. Hopefully by the time you read this, the snow will be gone and everyone will have had a chance to dust off the clubs and flex those muscles and joints again.

The MGA Spring luncheon on April 30th will feature a Herb Roasted Prime Rib Carving Station. Also on the menu will be salad, rolls, garlic mashed potatoes, baked beans, cheesecake with raspberry coulis, and coffee, ice tea, and soda. All of this is provided at no additional cost and is included in your 2014 membership dues.

The OB staff has created a series of luncheon menus for the MGA. They will include hamburgers, BBQ pulled pork, hot dogs and chili, tacos, penne pasta, and fried chicken. Luncheons will include sides, dessert, and ice tea and lemonade.

Have you ever had a good round and lost due to a scorecard playoff? This year it will not happen. The prize money for ties will be divided amongst those tied. For example, if 2 players tie for second, the second and third place money will be added up and then divided evenly between those two players.

There is still time to sign up for the season if you have not had a chance to do so. Go to the pro shop to fill out an application and pay your dues.

- The "social" membership is for players that anticipate playing 9 times or less. It costs \$111 plus \$8 each time you play.
- The "eagle" membership is a one-time fee of \$181 and no extra charge every week.
- If you are totally new to the club and can't decide if you want to join a bunch of guys having fun on the golf course, we have a two-week introductory offer. You can play on 4/16 and 4/23 for free and then decide to join or not.
- For membership, you receive a GHIN handicap, 2 luncheons, free beer at 7 different events, trophies and weekly prizes, and 23 different events starting 4/16 and ending with the HEB CUP on 9/26-9/27.

This year, you can choose to play whichever teebox you prefer - green, white, gold, or blue.

- The pro shop will adjust each player's handicap to the teebox they are choosing to keep the competition fair for everyone.
- For payout purposes, all players will be put in equal size flights with the same amount of prize money and same number of winners in each flight.

The HEB Cup will be a match play event like the Ryder Cup. Qualifying points will be given each week for participating and more points will be given if you play well.

- Players from each tee box will be able to qualify for the event.
- The first week to earn Cup points is 5/1.

To sign up for events, go to the pro shop before 5pm on the Sunday before the event. For the first event, the deadline is 5:00pm on 4/13.

The first 4 events will have announcements starting at 8:15 with the first teeshot being hit at 8:30.

- The first two events are scrambles to help you get to know people and just have fun.
- The third event will be a 4 person best ball with the spring luncheon and membership meeting afterwards.

We have more information, including the 2014 weekly schedule, on the HEB website. Go to www.heritageeaglebend.org. Hold your mouse over "golf" and then click on Men's Golf Association.

If you have questions, call me at 303-570-5639 or send an email to hebmga@gmail.com.

HEB Pickleball Club News *by Ron Riedesel*

The Denver Post Fitness Section featured an article on pickleball in the Denver Area on February 18th entitled "The pickleball explosion". Pickleball is exploding in popularity in Colorado and across the country. There are more than 30 facilities from Erie to Parker. The USA Pickleball Association estimates that more than 150,000 people are playing nationwide. The sport holds appeal from a fitness perspective and a social one. Pickleball works areas that few other sports do - agility, balance, and reaction time - without excessive wear-and-tear. For tennis and racquetball lovers who can no longer play due to physical limitations, pickleball can be a great option, too. Tennis players who have worn out their rotator cuffs and knees can play pickleball because the court is smaller and you rarely have to do an overhead. You can let the ball bounce. (Courtesy Denver Post February 18, 2014)

If the above sounds interesting to you, please join us this Spring starting in April. We play every weekend from 1-3 PM weather permitting. We plan on scheduling some weekday days as well as some summer evenings this coming season. We now have 4 courts on Tennis Court #4 as well as extra balls and paddles. We will also have a beginner's clinic every weekend for you to learn. Our HEB Pickleball Club will also schedule some Happy Hour and Potlucks through the year. A great place to meet your neighbors and meet new people. Please join us!

Check out our listing under CLUBS and GROUPS each month for more information. As I said last month, hope to see you this Spring on the Pickleball Courts! Pickleball Rocks!

The Golfer's Corner by Brian Bonos - PGA, Head Golf Professional

Golf is in FULL SWING now that the weather has started to improve and temperatures are increasing. We had a great turnout at last month's Golf Kick-off night. We saw a lot of new faces. I hope to see all of you on the golf course or driving range this year.

As we start to knock off the winter rust off of our golf swing, the golf shop is providing many opportunities to get you ready for this golf season.

GOLF 101

This is for beginning golfers only. A clinic series and league that will get you comfortable with the golf course and golf swing. \$30 per session includes greens fee, cart fee, and lesson. Please visit the golf shop for more information.

GET GOLF READY

This is a package of clinics that you choose the clinic type that you need. Clinics include "putt like crazy," "around the green," "bunkers, not so scary," "full swing fundamentals," and "100 yards and in." Get Golf Ready is five clinics for \$75 or \$20 per clinic if you just want to sign up for one. Please visit the golf shop for more information.

PRIVATE INSTRUCTION

All the professionals in the golf shop will teach lessons individually or with a group of your choice.

Brian Bonos, PGA Head Golf Professional

Dillon Joslyn, PGA First Assistant Golf Professional

Jack Allen, Assistant Golf Professional

FAMILY TEES

We have 5 official sets of tees on the golf course. The front tee box can be intimidating for some. On all par 4's and par 5's we have 200, 150, and 100 yard markers in the middle of the fairway. These markers will be used for golfers that want to have a fun experience of golf without have to hack their way down the fairway. These markers will be used as the family tees. We will have scorecards available for these family tees in the golf shop.

A few FREE golf tips for you before you play golf. Make sure your private golf cart has been properly charged before you play for the first time. This way we do not have to come and pick you up on the golf course. When playing golf in the wind, swing easier than you normally would to insure good contact. You will hit more consistent shots and have more fun!!

Heritage Eagle Bend was awarded
"Best of" Denver area golf courses
in multiple categories in
Public/Resort classification.

FIRST PLACE

Best Course for Seniors

Best Ego Booster (easy)

SECOND PLACE

Best Course for Women

Best Conditions

THIRD PLACE

Best Practice Facility

As owners and members you should be very proud of these awards, I know I am proud to work at a facility that has these awards!!

As a staff, we will do everything in our power to maintain the high standard that we have set for ourselves.

As always let us know how we can make Heritage Eagle Bend a better place to live and play!!

See you at the Club!!

BLOOM WITH OLLI



"Poker Pals" - just a group of gals that play Texas Hold'em



ELVIS DANCE

HEB Friends of the Library Featured Artist by Audrey Ledgerwood

Rita Summers is our Friends of the Library Featured Artist for the Month of April. Please view her artwork on the upper shelves of the west wall of the HEB Library.

.....
Rita's story...

Although three of my great grandparents homesteaded in Colorado, and I consider Colorado home, I was born many, many years ago in New Mexico.

As a little girl, I learned to draw by only drawing horses. Later I branched out a bit but painting was not my main focus until recently. I attended the University of Alabama, University of Colorado and Denver University but didn't know what I wanted to be when I grew up until I was about 40. That was when I got a camera and lens long enough to capture the birds and animals that I loved. I knew I would paint them sometime in the future.

Wildlife photography has taken me, along with my husband, Charlie, to some of the most beautiful, remote places on earth and I consider myself lucky to be doing work that I love. I photograph wildlife for the pure joy of it. The picture of me is taken in the Smithsonian Museum where one of my photos was hanging.

About ten years ago, I started taking watercolor classes from Pam Hostetler in Parker. It was the perfect time and the



Rita Summers

perfect teacher for me. She gives me freedom to choose my subjects and develop my style. I have years of wildlife photos to use as reference, so my paintings are mostly wildlife. I still photograph and lead safaris to Africa, so I will never run out of reference material.

We moved to HEB in 2009 and have enjoyed the friendliness and activities in the community.

.....
So please enjoy Rita's wonderful paintings in the HEB Library.

We are always looking for HEB Artists who would like to show their work in the Library. If you are interested, please contact Audrey Ledgerwood, alwood2@gmail.com, 303.861.0880. We would like to feature as many of our talented artists as possible in the upcoming months.

Fire Safety

Unattended cooking is the leading cause of home fires in the United States, according to the National Fire Protection Association. When cooking for guests, don't let yourself be distracted. Keep an eye on those pots.

Smoking is another leading cause of home fire deaths. If you smoke, smoke outside. Keep a small bucket of water outside and drop cigarette butts in directly. If you or your guests smoke indoors, provide plenty of large, deep, sturdy ashtrays and check them frequently. Douse cigarette butts with water before discarding them in the trash where they can smolder and cause a fire. After a party, always check on, between and under upholstery and cushions and inside trash cans for cigarette butts that may be smoldering. Keep matches and lighters up high, out of sight and reach of children (preferably in a locked cabinet). When smokers visit your home, ask them to keep their smoking materials with them so young children do not touch them.

And, don't forget to let your guests know what your fire escape plan is.

For more information on fire safety, visit www.nfpa.org

Eagle Book Club: Contacts: Bernadette & Jim Shook 303-600-9003

Meets the third Thursday of the month, 7 p.m. at the Heritage Eagle Bend Library. Men and women who like a variety of genre are invited to join in book discussions. All are welcome.

2014

April 17 The Lacuna by *Barbara Kingsolver*. Harrison Shepherd is the product of a divorced American father and a Mexican mother. After getting kicked out of his American military academy, Harrison spends his formative years in Mexico in the 1930s in the household of Diego Rivera with his wife, Frida Kahlo; and their houseguest, Leon Trotsky, who is hiding from Soviet assassins. After Trotsky is assassinated, Harrison returns to the U.S., settling down in Asheville, N.C., where he becomes an author and is later investigated as a possible subversive. This novel reaches its emotional peak when Harrison wittily defends himself before the House Un-American Activities Committee (on the panel is a young Dick Nixon). Fiction.

May 15 Bless Me Ultima by *Rudolfo Anaya*. Stories filled with wonder and the haunting beauty of his culture have helped make Rudolfo Anaya the father of Chicano literature in English, and his tales fairly shimmer with the lyric richness of his prose. Antonio Marez is six years old when Ultima comes to stay with his family in New Mexico. She is a curandera, one who cures with herbs and magic. Under her wise wing, Tony will test the bonds that tie him to his people, and discover himself in the pagan past, in his father's wisdom, and in his mother's Catholicism. And at each life turn there is Ultima, who delivered Tony into the world – and will nurture the birth of his soul. Fiction.

June 19 The Rembrandt Affair by *Daniel Silva*. Gabriel Allon, spy, assassin and art-restoring protagonist returns in a fresh and thrilling international adventure. When an art restorer friend is killed and the Rembrandt painting he was working on stolen, Allon is lured out of retirement to investigate the crime. What makes the book special is that Silva uses this straightforward device as a springboard to explore issues ranging from the value of art - - both fiscal and emotional - - to international financial scams to global politics, all without ever letting the tension lag. The prose is exceptional, the research impeccable, and the characters compelling. Fiction.

July 17 The Shadow of the Wind by *Carlos Ruiz Zafon*. In post-World War II Barcelona, young Daniel is taken by his bookseller father to the Cemetery of Forgotten Books, a massive sanctuary where books are guarded from oblivion. Told to choose one book to protect, he selects The Shadow of the Wind, by Julian Carax. He reads it, loves it, and soon learns it is both very valuable and very much in danger because someone is determinedly burning every copy of every book written by the obscure Carax. It's big, chock-full of unusual characters, and strong in its sense of place. Daniel's initiation into the mysteries of adulthood is given the same weight as the mystery of the book-burner. And the setting--Spain under Franco--injects an air of sobriety into the plot. Fiction.

For reading ahead for 2014:

August 21

Sailor on Horseback by Irving Stone *Biographical Novel*.

September 18

The Kitchen House by Kathleen Grissom. *Fiction*

October 16

Behind the Beautiful Forevers: Life, Death and Hope in Mumbai Undercity by Katherine Boo. *Non-Fiction*

November 20

Dreams of Joy:

A Novel

by Lisa See. *Fiction*.



2014 RESIDENT GUEST PASS

Have you collected your 2014 Resident Guest Pass?

The 2014 Resident Guest Pass is available at the Welcome Desk.

**The Pool Hours for Guests 19 and Under:
Monday, Tuesday, Wednesday - 2:00pm-5:00pm
Thursday - 2:00pm-9:00pm
Friday and Saturday - 2:00pm-5:00pm
Sunday - 2:00pm-7:00pm**

Assisted Living

Parker Assisted Living by Morning Star.....303-805-0818
*Now this is living. Assisted Living. Memory Care. Respite Care. Day Program.
 18900 East Mainstreet Parker*

Automobile

Dick Franks720-273-5699
*Dick Franks Sells Cars in HEB, all makes & models, specializes in BMW &
 Mercedes-Benz. Call-720-273-5699 or email me at Richardfranks163@gmail.com*

Accounting and Tax Services

**Patty Montoya, CPA, Montoya & Co., P.C.,
 Certified Public Accountants**.....303-437-8340
*Full service CPA firm with over 30 years experience providing accounting, bookkeep-
 ing and tax services for small businesses (S Corporation, C Corporation, LLC, LLP)
 and individuals. HEB resident – pmontoya@montoyacopc.com.*

Barber

Roosters Men's Grooming Center303-955-4183
*Full service Barber Shop offering precision haircuts, hot towel shaves, and more. Located at 24300 E Smoky Hill
 Rd. at Eagle's Nest Village Ctr. Mention our HEB Club Cut and receive our Signature haircut at a special price!*

Concrete

Leonard Concrete.....303-919-4145
*Driveways, Patios, and Walkways, Senior Discounts, References Available
 Call Bob Falco, Estimator, HEB Resident*

Dentists

Southlands Dental, Dr. Looze.....720-886-0606
*Everyone deserves to be pampered. We look forward to taking great Care of you.
 We listen to your individual needs and treat you with the respect you deserve.*
Twin Aspen Dental Center (HEB Resident).....303-841-7466
*Dr. Larry O'Neill is celebrating 40 years in dentistry! Come join our
 family at the premier dental provider for your neighborhood.*
Richard J. Wallace, D.D.S......303-690-7778
*5280 Top Dentist. Passionate about excellence in dentistry and patient care.
 Located 4 miles from HEB on Smoky Hill Road.*

Electrical

Ken Westra.....720-870-5660
HEB resident. Reliable with reasonable rates for your electrical needs.

Financial/Investments

Randy James (HEB Resident).....303-933-9697
*Investment Advisor Representative. Call for investment newsletter. Securities
 offered through Cantella & Co. Inc. Member FINRA/SIPC.*
Mark E. Massa, Universal Lending Corporation.....303-680-7931
*Purchase or Refinance – Free, No Obligation Consultation – 20 years Experience
 HEB Resident – mmassa@ulc.com*
Paula Lueske, New York Life.....303-868-2307
*Providing financial planning including estate conservation, college funding, mortgage pro-
 tection, and retirement funding. Contact us for free newsletters! New York Life Insurance
 Company: The Company You keep. plueske@ft.newyorklife.com. HEB resident references
 available.*

Golf

Golf Carts of Colorado, Tom Coker.....303-400-9594
New/Used Car Sales & Golf Car Accessories
“Club Doctor Jim”, Jim Shook.....303-600-9003
*Building custom golf clubs to fit your swing and size (men, women & juniors).
 Repairing damaged clubs & shafts, including replacing old, worn grips.*

Handy Man Services/General Contractor

Licensed General Contractor: John Lewis, JW Contractor.303-886-6304
*Interior remodeling, Exterior and Interior house painting, decks, patios,
 storage systems and much more. HEB reference upon request.*

Handy Man Services/General Contractor

Jack of all Trades, Aaron Cain.....303-885-9425
*Lamp Post repair, Snow Removal, Lawn care, Painting, Decks and Patio repair,
 Laminate/Wood flooring. No Job too Small some too Big. Free Estimates.*

Hair Care

Hair Styling Connections.....303-841-5333
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Waste-Free Yards Keeps Pets Healthy

American pet owners collectively spend tens of millions of dollars every year on veterinary care and over-the-counter medicines for their furry loved ones. But what many don't realize is that many pet illnesses can be avoided by simply keeping the backyard clear of pet waste.

Dog waste is more than just a smelly and unsightly mess. It's also a breeding ground for infection—especially in dog parks and other areas where dogs frequently gather. Bacteria, worms and other parasites thrive in the waste until it's cleaned up or washed into the water supply. Giardia, ringworm, roundworm and E. coli are examples of such inhabitants, all of which are commonly found in dog feces and are easily transferable upon contact.

When pets become sick, contagions are often times passed through their deposits into their own yard. The longer infected dog waste stays on the ground, the greater a contamination becomes. And when this waste is not picked up, pets have a high risk of catching the infection over and over again.

Roundworm, for example, is one of the most common parasites found in dog waste and it can remain infectious in contaminated soil and water for years.

The best thing pet owners can do to help keep their four-legged friends healthy and safe is to pick up after them and to do so in a timely manner. Those who don't have enough time to deal with the mess themselves—or simply don't want to—should consider hiring a local pet waste removal service.

It is unlawful to have dogs off leash in HEB and please pick up dog waste in your yard and when walking around HEB.



Any services derived from this magazine are at the sole discretion of the purchaser.



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What's Happening . . . Happy New Year—2014

The snow that fell in our neighborhood during early December was certainly beautiful and worked well to get many of us in the holiday spirit. Along with the beautiful snowfalls came extremely frigid temperatures for our area for a sustained number of days. For about a week we experienced temperatures well below freezing with extended periods below zero. While we stayed warm and comfortable in our homes, our landscaping, however, was subjected to extreme winter conditions from a strong and lengthy arctic cold front.

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Lots of things can occur beneath the cover of snow that stays around. If the snow stays for an extended period of time, our lawns could experience snow molds. Snow molds occur underneath the snow cover. Some molds only grow when the ground is between 32 and 60 degrees. But another may thrive until the ground reaches about 45 degrees.

Voles are especially active when there is good snow cover on the ground. With many of our homes in close proximity to the golf course, some of us may begin to see tunnels developing in the snow. Voles thrive in wet and moist areas and reproduce frequently with 10—12 babies. If you see tunnels developing in your yard, you can break up the snow in those areas which may discourage the infestation or call us to come take a look.

Since we don't now how long our snow cover will last, be aware that if we get a warming period with dry winds we will also need to monitor the lawn for dryness. We love the beauty of Colorado, but our weather extremes, with changes often happening quickly, can cause problems. Call us if you have any concerns and we wish good things for you and your family in 2013.

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YOUR COMMUNITY **ER**



Because emergencies can't wait, we're here for *Heritage Eagle Bend Residents - 24/7.*

Emergencies happen in a single moment. From chest pain to broken bones, trust your neighborhood ER for immediate care. For residents of Heritage Eagle Bend, that emergency room is now Saddle Rock ER. With average wait times of less than 10 minutes to see a board certified doctor, you and your family can be treated as quickly as possible. Care you can trust, for all of life's unexpected moments.



Saddle Rock ER is a full-service emergency room, bringing The Medical Center of Aurora's award-winning emergency medical care even closer to home. Accepting walk-in patients and those arriving by ambulance, our staff is at-the-ready for life's unexpected moments.

- Conveniently located at E-470 and Gartrell Road
- Board certified emergency medicine physicians and specially trained nurses available 24/7
- Supported by The Medical Center of Aurora's Level II Trauma Center and Rocky Mountain Hospital for Children Pediatric ER
- Full service ER with digital imaging, CT scanning, laboratory, blood bank and diagnostics
- HealthONE Telemedicine site for Stroke and Behavioral Health
- AirLife helipad for rapid transport of the most critical patients to ICU, Cath lab or Trauma Center

**CLOSER
FASTER**

**YOUR NEW
COMMUNITY**



Saddle Rock ER

A Campus of
The Medical Center of Aurora

CONTACT INFORMATION



DISTRICT	DELEGATE NAME	PHONE	EMAIL
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36	Carol Mongar		loracam48@msn.com
37	Jane Harris	720-328-5762	jgh847@hotmail.com

Traditions Board Contact Information (for emergencies only)

Traditions Hotline:	303.343.4011
Traditions Snowline:	303.343.3063
Steve Hungerford, President:	303.888.9884
Pete Smit, Vice President:	303.771.1083
Thom Dorr, Secretary/Treasurer:	303.349.6924
Joel Glenn, Director:	303.680.2230
Paul Johnson, Director:	303.248.3673

Please be sure to notify the Welcome Desk of any changes to your contact information

Village Board Contact Information (for emergencies only)

Village Homeowner Issues	303-343-4011
Jeff Uscier, President	303-680-9858
Sharon Robinson, Secretary.....	303-693-2739
Terry Murphy-Lewis, Treasurer	303-256-0233
Gene Mueller, Vice President.....	303-400-6252
Valerie Ness, Director/Communication.....	303-362-4613

**Hotline Number
Traditions &
Village
303.343.4011**

Heritage Eagle Bend Master Association, Inc.

23155 East Heritage Parkway

Aurora, CO 80016

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UPCOMING EVENTS

Events

APRIL

Tuesday, April 1 Prime of Your Life 5pm
Friday, April 11 Blood Drive 7am
Friday, April 14 Severe Weather Workshop 6:30pm
Sunday, April 20 Easter Egg Hunt 10:00am
Sunday, April 20 Easter Brunch 10:30am
Wednesday, April 23 Alzheimer's Disease Afternoon of Information 4pm
Friday, April 25 FREE Movie "The Rape of Europa" 1 pm

MAY

Sunday, May 4 9 Health Fair 7:00am - 12:00pm
Saturday, May 10 "Whirlwind" Exercise for
HEB Emergency Preparedness Committee 8am
Saturday, May 17 HEB Community Garage Sale

Watch for more details in future news magazines, eblasts and on the website at www.heritageeaglebend.com