



Sanctuary Sentinel

For and About the Sanctuary on the Park Community

August 2009 - Visit our web site at www.demi.com/onthepark/sanctuary.htm

Ad Hoc Bird Committee Laid to Nest...er...Rest

The ad hoc For the Birds Committee, the subject of a lively 40-minute debate at the July meeting of the Sanctuary board of directors about its refusal to report to the board, has been supplanted and the board expects this to end the controversy.

In a post-board-meeting statement, the board said: "Malcolm Jones and Steve Jeffries have both joined the Grounds Committee and their goal is to focus on the wildlife and 'assets' of the Common Area. As always, anyone else who has an interest in joining this area of the Grounds Committee, please contact Joe Dirks." Malcolm and Steve are both past presidents of the association, as is Joe, the Grounds Committee chairman.

The ad hoc committee, comprised of Jim Murlin, Ron Robinson and Carol Race, had assumed responsibility for birdhouses in common areas, but had refused all efforts to report on its activities to the board or acknowledge a need to do so because historically that has not been required. That was the crux of the disagreement at the July 23 meeting of the board and 13 residents who attended.

At first Barbara Sydow, vice president of the board and a member striving to resolve disagreements within the community suggested the board take a laissez faire approach to not interfere with the group. That brought instant objections from Dale Jensen, treasurer, and Harvey Starr, president. Dale said it would be bad precedent "to allow action such as that in common areas when all of us have a stake in them." He said he had no issue with what they're doing; however, "I don't know why we're in this contest of wills."

Harvey said he agreed 1,000%. "All we're asking is the courtesy to come to the board. They can't do things in the common area without board sanction." Barbara said she



felt in the middle of all this, but was tired of the angst in the community.

The debate continued until a straw vote was taken of those present. The result: something like 10-4 in favor of just letting the ad hoc group continue. John Palley proposed a solution: "We don't need a report (of committee activities). We don't need a committee. Why not say we have bird houses in the common area and whoever wants can take care of them," adding later "...as they are today." Not so fast, Harvey said. The

board wants to talk about this again and that's where the matter ended with the board's later statement.

On to other matters, the board approved payments for the past three months. Dale said expenses were running pretty much as budgeted except for water, which at \$1,500 was substantially lower. One of the items is a monthly charge for the discharge of storm water from our privately owned streets. Dale noted municipalities and counties don't pay for runoff water on public streets, so why would our HOA be billed for our streets? A question with an equally logical answer: Cuz.

Dale also said the HOA's reserve-plan update is nearly complete but with a need for one more review by an ad hoc committee of Muriel Leff, Malcolm and Steve. As it stood at the board meeting, this reserve plan called for a \$1,225 monthly addition to reserves. While that potentially could be funded from operating funds it represents the equivalent of \$19 more dues, Dale said. A controversy of yore re-emerged. The reserve plan for replacing the Jordan fence will have two options. One is to replace it with a like fence; the second is to replace it with something more expensive.

How We Sanctuarians Give Our Time as Volunteers

When Colorado's 450 troops of the 157th Artillery who deployed in Operation Iraq Freedom bade farewell to homes, families and friends at the Pepsi Center in July, Joan Liebchen was there to support them as a volunteer with the USO.

When one of his 10 seniors on his weekly Meals on Wheels route needs a hand, Jeff Holmes is there to help. He is a volunteer in this vital Volunteers of America (VOA) program.

When two children, abandoned by their mother and left in the welfare system, need a voice, Judy Coover is there to represent them as their Court Appointed Special Advocate. Judy's a volunteer CASA with Arapahoe County's Advocates for Children.

These three are among a number of Sanctuary on the Park residents who freely commit their time, energy and, not the least, gasoline as volunteers with nonprofit agencies, schools and churches. They're also among 1.3 million Coloradans who volunteer.

Jeff finds it interesting to get to know his seniors, especially their differences in their desire for contact. Inevitably his routine stops on Saturdays evolve into requests for favors such as dropping off prescriptions at a pharmacy. VOA has both deliveries of hot meals and in Jeff's clients a week's supply of frozen meals. He's been delivering meals for the past 12 years.

Joan Liebchen's work with the USO began three years ago. She is a hostess in the lounge at Denver International Airport a minimum of twice monthly, taking the least popular early morning four-hour shift. She makes sure coffee and food are available, checks out cell phones and games, chats, answers question and does what's needed to show appreciation to those in uniform. Joan also helps with other activities such as troop homecoming ceremonies, military appreciation events and retiree information activities. Were that not enough, Joan also volunteers in year-round Eastridge Elementary School in Aurora. Since January 2009, she's been working in a second-grade classroom one morning a week, helping mainly with reading skills. "They need help with everything," Joan said, including the Three R's, following directions and remembering manners, just to mention several.

Judy devotes hours to the two sibling children, whom she's known nine years. "The social services people are so overloaded, these kids need someone who is only following their needs, whatever happens," Judy said. She



Joan Liebchen (right) staffs the USO booth at an event. She volunteers at least twice monthly for the USO.

writes reports for the court, attends court sessions and staffing meetings, and works to solve problems as she learns of them. In her second volunteer "job," Judy volunteers one evening a week at Families First, a residential facility for as many as 12 children who've been removed from their parents' care. She plays with the kids, reads bedtime stories and soothes their worried minds.

Harvey Starr also was a volunteer CASA in Louisville, KY, before coming to Denver.

Joan and Sam Searcy volunteer regularly in programs in their church, Cherry Hills Community Church. Joan volunteers at the church's Inklings Bookstore, and Sam serves on the Permanent Judicial Committee of the Evangelical Presbyterian Church, which is in place to ensure the covenants of the denomination are adhered to by every church in the EPC.

Janet Hanna has served in a variety of volunteer capacities with the Cancer League of Colorado. She is its past president and a board member for over 25 years. The League raises funds to support research, patient care and family programs. Fund-raising activities are the annual 5K run/walk Race for Research in Washington Park, which will be Aug. 23, a golf tournament and annual Spring Benefit, which generates over \$400,000.

Gail Ploen in the past eight years has served on the Arapahoe/Douglas Mental Health Network board of directors in various capacities from committee chairs to vice president. Jeff Ploen in the past has been a youth coach for many years in football, baseball and basketball, and as a volunteer Regis Jesuit High School freshman football coach.

(Continued on Page 3)

'Volunteering Essential Part of Life,' One Resident Believes

(Continued from Page 2)

Malcolm Jones' love of classical music began when he started taking violin lessons in the third grade and ended up being the concertmaster of his high school orchestra. When he moved to Colorado in 1974, he immediately became involved in volunteer work for the then Denver Symphony Orchestra. He became President of the men's support group called MODS (Men's Organization of the Denver Symphony), which then morphed into Ensemble when it allowed women to join the group. When the Denver Symphony reorganized as the Colorado Symphony Orchestra, Malcolm was one of the founding members of a vastly enlarged support group called the Colorado Symphony League.

He's also actively involved in many capacities at his local church. "Volunteering is an essential part of my life because it gives me the opportunity to help organizations that I value and enjoy," Malcolm said.

Beth Schutt satisfies her need to garden by volunteering to maintain herb and flower beds at Denver's Four Mile Historic Park and in activities of the Denver Botanic Garden Guild, which supports the Garden with its annual holiday sale and work in the gardens. Beth also serves on the Four Mile volunteer council.

Winnie Kortz has always been quite active with the Medical Societies' Alliance groups - both county and state. These groups are comprised of physician wives supporting and providing help as needed in health-care issues in the community. Recently they have provided speakers and videos to several senior, junior and even elementary schools about a "No Tobacco" program, and providing "Baby Think it Over" life-size computerized babies to be used in their health programs.

The other area that Winnie has been active in is P.E.O. (Philanthropic Educational Organization). It is a nationwide group of women who celebrate the advancement of women and their educational pursuits. Colorado alone has 254 chapters. She has served many hours in both groups at the officer and committee level, as well as contributing time and effort in silent auctions, bake sales and garage sales. Note a pattern here. Joan Liebchen, Joan Searcy, Gale and Winnie are members of our Social Committee.

Jim Banman's volunteer efforts include acting as a docent and council member at Four Mile Park, a guide and

There may be other members of our community who volunteer and we'd gladly tell you about their work. If you wish to find a volunteer position, two sources are especially helpful.

They are:

- www.volunteermatch.org
- www.metrovolunteers.org.

newsletter editor at The Wildlife Experience museum and as a guide at the Downtown Denver Aquarium. He has been president and a board member for 35 years of a church-related nonprofit corporation that built and operated a 50-unit low-income apartment complex in Arvada. It was sold last October.

This N' That

Planning Ahead. This isn't exactly an "American Idol" search, but here's your opportunity to serve on the homeowners' association board of directors. The board at its July 23 meeting got a jump on seeking nominees with an invitation to anyone willing to serve. The term of Harvey Starr will expire this year, and the presumptive president just might be Barbara Sydow, now vice president, who will have two years remaining. The third board member is Dale Jensen, who is treasurer. If you are interested, please call Harvey to put your hat in the ring. The election will be at the annual meeting in December.

Let there be light? We have a new street light at Jordan and Arapahoe to brighten our small corner of the universe. When the Shoppes at Arapahoe Commons on the northeast corner was completed, no one remembered the street light which had been removed from its spot in the middle of the turn lane onto Jordan. One of us e-mailed Colorado Department of Transportation, Centennial and Aurora officials to find out who needed to say "oops." Aurora said, yes, we have the money from the developer, but now it's up to Xcel. That was back in January. If only Xcel were that slow in raising its rates.

Reining Cats and Dogs

Our HOA board reminds residents that our community's Declaration requires us to leash our dog when outdoors. You'll find that in Section 6.5 that says, in part:

Pets shall not be permitted to roam free. All dogs and cats whenever outside a Unit shall be confined on a leash which is securely tied or held by a responsible person.

We Love Flowers in Sanctuary on the Park

A walk around our neighborhood in June showed we have thumbs that turn others green with envy. July's heat onslaught withered some of our flowerbeds, but enough remain to show the results of our work on our hands and knees.



Janet Hanna's colorful corner at 14141 E. Maplewood.



These roses are the work of John and Cassie Pazour at 6229 S. Carson.



A Monet garden is at the doorstep of Beverly Benton at 6223 S. Blackhawk (right).

This blast of red (left) is the roses of Carole and Goeff Lane at 6214 S. Blackhawk.



Sprinkler Upgrade Work Begins

Part of Phase One of our community's plan to upgrade our perimeter-area sprinkler system has begun. The Green Plan (TGP), the same company responsible for mowing lawns and scooping snow, will perform the two-week project costing \$12,762.

The work will involve replacing inefficient sprinkler heads with highly efficient heads. The ground-level sprinklers in place consume 40 gallons of water a minute as they irrigate an area some 40 feet from the heads. That's a lot of weeds unnecessarily getting water. The new heads will deliver only 5 gallons a minute to an area just 10 feet from the heads. That'll greatly reduce our community's water bill for these areas. The new heads will rise two feet when they're on so that they're above grass level.

Joe Dirks, chairman, and the members of the Grounds Committee will oversee the progress.

Several other steps also will reduce our water bills. The incoming water line has been reduced from a 3-inch line to a 2-inch line, reducing a flat charge from the Arapahoe County Water and Wastewater Authority from \$800 a month to \$250 a month. This distribution line has been replaced where it enters our property near East Caley and South Carson.

Joe says the perimeter areas where the changes will be made are from the Lamboley home, 6249 S. Carson, south to Caley; from the Hanna home, 14141 E. Maplewood south to the Hill home at 6196 S. Carson; from the Arnold home at 14101 E. Maplewood west to Jordan Road, within the fence running south along Jordan from the Maplewood to the Blackhawk corner and on the south side of Maplewood between the Baker home, 14122 E. Maplewood, and Jordan Road.

With all the rain, the sprinklers have not been necessary yet this summer, Joe said. Only the entrance flowerbeds have needed water so far. The grasses in the perimeter need water only once a month, Joe said.

Another part of the plan not now being implemented would be to replace the existing manual control boxes with high-tech controls that turn off during rains at a cost of \$25,000.



Bruce and Sally Lowdermilk enjoy a night out.

Meet the Lowdermilks

The Sanctuary's newest residents, Bruce and Sally Lowdermilk, are busy settling into their new home at 6107 S Carson St. Many of us have already had an opportunity to meet this vivacious couple who left their unpacked boxes to join us at the July happy hour. They certainly have their priorities in order.

Bruce, a Colorado native, and Sally, a transplant from Omaha, relocated here from all the way down south in Parker. They are quite familiar with this area since their two sons, Brady and Casey, are graduates of Regis Jesuit High School where they both swam competitively. Brady and his wife Kristina have been visiting from southern California with 7-week-old Ben. Casey has joined them all from northern California where he works for a music festival production company. I picture their home bursting at the seams as Brady and Casey reunite with all their friends and family who live in the area, but I know Sally and Bruce love every minute of it.

Sally works from home as an account manager of corporate blood drives for Bonfils Blood Center, and Bruce is with HCC Surety. They're always on the lookout for airfare deals to the West Coast so they can keep in frequent touch with their family in California. They're very pleased with the friendly reception they've received from their Sanctuary neighbors, and they've been quite surprised and delighted to discover that they have lakefront property (on occasion).

By Joan Liebchen

A Day at the Gym with Jim

(Editor's Note: Every once in awhile, most often to fill empty space in this newsletter, your editor vents on something immaterial to almost everyone but himself. Such is the case today. You have been warned.)

Skiing is far less a slippery slope than growing old.

Or so I'm experiencing with each visit to The Trails' torture center. Judy and I dutifully go to the rec center twice a week after dangling before each other every conceivable excuse not to.

More than two years of this trial by tribulation certainly has produced several unremarkable observations about the growth rings of old age.

One is that 90 percent of the people at the rec center simply shouldn't be there. They're too skinny, fit and trim already to spend a precious hour lopping along on an elliptical machine chatting with an equally bulimic neighbor about the pain of hiring nannies. She nods in



"Hey, buddy! Unless you're passing, get out of the left lane!"

understanding. I mean, shouldn't these two be home with the kids? I'm just asking.

As for the other 10 percent made up of us elderly geezers: When and how did this happen? These pot bellies. Come on, guys?

There's this insurance fellow who prattles on about his wisdom with anyone within listening distance. Another brave lad finds himself at home in a roomful of yoga squatters. Every once in awhile, some woebegone drifter will be found in the aqua-cize pool with the huffing-puffing ladies. How could that have happened? The missus talked me into that once. It didn't work. First off, I couldn't see what the instructor was doing without my glasses. Second, I couldn't hear her above the splashing. Third, I couldn't allow the mothering souls next to me to explain each new move to be executed in unison. I left. And good riddance, they sighed.

So there I am now, riding my stationary bike and reading a month-old Newsweek while on the TV Rachael Ray flies through her morning recipe. Does that make any sense to you? To watch brownies being made as you try to work off the one you just ate for breakfast? And watching those skinny-butted 30-somethings clipping off the miles and thrashing through Marine-Corps calisthenics with these huge beach balls under them.

Whoever said gym exercise could be fun? Exercise doesn't run in my family. Back in my day, we got our exercise the way God meant for us to get it. Sitting on the davenport, getting up every once in awhile to rotate the channel selector to one of the 13 channels and moving the rabbit ears whenever a plane crossed paths with the signal. Or cutting grass with a reel lawn mower with a grass catcher. Or even riding a shiftless fat-tire bike around the block with the kids. No helmets or knee pads.

Jack LaLanne has a lot to answer for.¹

¹ If you have to ask who's Jack LaLanne you need to move from Sanctuary on the Park. Okay?

BYOB Parties Continue In August and September

If you missed the community's first BYOB gathering July 8, don't fret. Our busy Social Committee chaired by Joan Liebchen plans two more on Aug. 12 and Sept. 9.

The first attracted 30 folks who brought their own beer, wine or drinks and nibbled away at the delicious finger-food items members of the committee provided.

The first was great fun, a grand way to share summer tales and meet new neighbors.

The committee's next event will be its second Progressive Dinner. The theme this time will be Mediterranean Ports of Call (Spain, Greece and Italy). This one will be a pay-as-you-go event with a per-person estimate of \$20. The date is Oct. 18. Watch for flyers with menu and locations the last week of September.

Committee members are Joan, Winnie Kortz, Anne Nelson, Gail Ploen, Joan Searcy and Barbara Sydow.