

Founders Neighbors

December 2010

A Newsletter for the Founders Village Residents



Welcome New Homeowners!

Cary Selvidge & Jen Noel
181 Lockwood Street

David Wade
17 S. Quicksilver Avenue

Nicholas & Kaylen Grimm
245 Dunhill Street

Steven Smith
5272 Suffolk Avenue

Steven & Adrienne Ferradino
4583 Bennington Avenue

Dennis & Katherine Royston
675 Bishop Pine Way

James & Sharon Decker
1255 N. Heritage Avenue

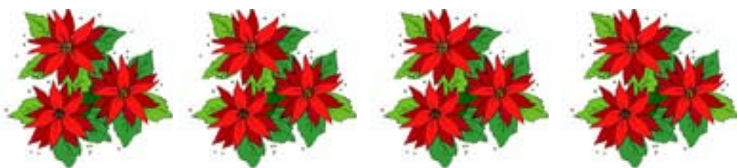
Jeremy & Jennifer Geiser
5825 E. Monument Drive

Joseph Eidel
425 S. Lindsey Street

Joseph & Mary Linnemayer
671 Pitkin Way

Christopher Halley
1393 N. Heritage Avenue

Eugene McComas
472 S. Lindsey Street



Rock the Arts

—by Julie Holladay

This year I am putting on an event entitled “Rock the Arts” through the Douglas County School District. This 2011 Regional Art Show is scheduled for February 15th-22nd at the Outlets at Castle Rock. We are looking for local businesses to support this endeavor and recognize art students in Castle Rock area. My National Honor Art Society club members will also be offering free art lessons to kids over that weekend, to bring in local families to view the artwork.

The Outlets at Castle Rock is also holding their annual Presidents Day Sale that weekend.

The Legend of the Poinsettia

In Mexico, poinsettia plants grow wild. There is a charming legend dating back several centuries that explains the presence of this red and green plant and why it blossoms each year during the Christmas season.

One Christmas Eve, a small girl named Pepita traveled to church empty handed, as she had no gift to give the Christ Child. Her cousin Pedro, who was walking with her, told her that the best gift she could give was a humble one, as long as it was given in love. So, as she walked, Pepita gathered some weeds she found along the roadside and fashioned them into a small bouquet. Although she finally had a gift, she still felt saddened by the shabbiness of it. When she finally entered the church and approached the altar, she was surprised by a miracle. The weeds had blossomed into brilliant red flowers! From that day on, these bright red flowers were called Flores de Noche Buena, or Flowers of the Holy Night. Today, we call this plant the poinsettia.

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Founders Village Master Association

Board of Directors

District 1: Nate Ormond

District 2: Jody Murphy

District 3: John Mullans

District 4: Vacant

District 5: Andrea Bollman

District 6: Kenneth Lee

District 7: Phia Gannett

Community Website:

www.foundersneighbors.com

*To locate your District Representative
please go to our website.

Member Notification Information

Community Legal Name:

Founders Village Master Association, Inc.

Date Declaration Recorded: August 12, 1985

Fiscal Year: January - December

Assessment: \$103.50 (billed quarterly)

Assessment Includes: Community Center, Pool,
Social Activities, Covenant Enforcement, Trash
Disposal, Newsletter

Community Representative:

Mark L. Eames, PCAM

(PCMS Management Company)

7000 S. Yosemite Street, Suite 150

Englewood, CO 80112

303-224-0004 Office

303-224-0002 Fax

corpoffice@pcms.net

Documents: The Master Declaration Of Covenants
and Residential Improvement Guidelines can be
viewed at the Founders Village website at
www.foundersneighbors.com. See forms located in
the columns on the left.

Founders Village Recycle/Trash Schedule 2010

December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Recycling weeks are highlighted. If your pickup day falls on or after
a holiday your pickup will be delayed one day for that week.

If the holiday falls on Saturday or Sunday, your services will not
be delayed. Please be sure to have your recycling bin at the curb
by 7:00 am.

Suburban Waste Services observes the following holidays: New
Year's, Memorial Day, Fourth of July, Labor Day, Thanksgiving
and Christmas Day.

Please call our customer service center at 303-683-8887 for any
questions or issues.



191 University Blvd. Ste #532 • Denver, CO 80206
303-653-7412

To place a display ad:

(business card or larger)

Please contact Kerri Watts at

kerri@porchlink.com

for rates and information.

For articles and content:

inquires@pcms.net

Sparkling House! Reasonable Rates!

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Marina Reyes

720-253-8373

Holiday Decor with Safety in Mind

Do you wonder how you're going to safely decorate for the upcoming holidays with small children in your home? Here are some kid-friendly ideas to help you create a festive home during this special season.

- Put away the glass baubles and expensive Nativity sets. There will be time to enjoy those again later - when your precious little ones are older. For now, focus on materials that are child-tough; wood and fabric are good choices. There are some beautiful wooden Nativities available. Or fill a wicker basket with holiday-colored wooden balls.
- Stuffed fabric shapes can also fit beautifully into a holiday decor yet stand up to busy little hands. Think stars, balls, candy canes, and bells. Add bits of ribbon for interest, sewing on securely. An artificial tabletop tree with only fabric balls can be great distraction (with supervision) from other more fragile decor.
- You can still indulge in those lovely swags, wreaths and stained glass beauties. Just think 'up' and put those more fragile items high above your children's reach.
- Dress up existing baskets with holiday liners and bows.
- Create a holiday zoo. Use stuffed animals, clothed in festive finery and holiday bows or hats. A wooden train will complete the look. Check all items for small pieces that might come off and cause choking.
- Set up a lovely holiday 'tea party' on a coffee or end table. Use an ornate plastic tea set that you won't mind picking up again and again!
- A darling collection of holiday-dressed bears perched on colorful miniature chairs makes happy barrier to packages beneath the tree. It's not foolproof, of course, but the bears may slow curious toddlers and give you more time to reach those little hands before they can reach the packages!

Holiday decorating with little ones in the house doesn't have to mean forgoing a festive home OR saying "no, don't touch" all the time. With some simple adjustments your home can be a joyful and lovely place to teach your small children the extraordinary meaning of this enduring season.

Call Today for a FREE Estimate
303-761-7620

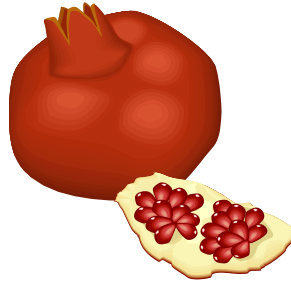
Professional House Cleaning Service

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Residential • Offices
Works Independently

Elsa Marquez
303-761-7620

Pomegranates

Pomegranates may help to reverse the progression of artery plaque buildup and help curb hardening of the arteries by reducing blood vessel damage. Because pomegranates are high in antioxidants, they not only help protect against heart disease but other disease processes in the body, such as cancer. Other nutrients found in pomegranates include Vitamin C, potassium, and pantothenic acid (Vitamin B5).



How to Eat a Pomegranate

1. Cut out the protrusion from the flower-end of the pomegranate, leaving about a two-inch hole in the top.
2. Starting from the edges of the hole, score the rind around the fruit, dividing it into several pieces.
3. Pull the fruit open.
4. Separate the seeds and enjoy!



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Phone: 303-902-6750 • Email: mcqueen56@live.com
Visit our website: <http://awesomeplayhouses.com>

Garden Tips for November

- Cut back perennials with a sharp, clean pair of pruners. Remove and discard all diseased foliage to prevent spreading the disease. Do not prune spring-flowering shrubs, such as forsythia and lilac, or you will lose the spring blooms.
- Place a 2"-3" layer of mulch around base of plants, trees, and shrubs to retain moisture, insulate from freezing, and prevent heaving of soil.
- Shred leaves and use as mulch in perennial beds. Or bag them up and let them decompose naturally into leaf mulch - a wonderful spring organic boost for your garden. Email me for directions on how to make leaf mulch - it's easy!
- Around Thanksgiving, wrap the trunk of newly planted and young trees with tree wrap to prevent winter sun scald damage. Secure wrap at bottom of tree and wind it upwards to the first branch. Be sure to remove tree wrap around April 1st. (Remember: "Thanks to Fools.")
- To prevent snow damage on evergreens like junipers or arborvitae, tie the branches in a spiral with twine, starting at the bottom and working upwards. This prevents heavy snow from splitting and breaking the branches. Remove twine in early spring.
- Plan ahead - dig a hole in early November if purchasing and planting a live Christmas tree. The ground may be too frozen in December. Cover the hole with plywood to prevent accidents. Email me for proper tree planting directions.
- Clean and store lawn tools. Now is a good time to have your lawn mower serviced and the blades sharpened to avoid the spring rush.
- Blow out sprinkler systems and winterize your irrigation system.
- Buy spring bulbs now to force or 'coax' into blooms later. Paperwhites and amaryllis bulbs are easy to force a bloom and bring a touch of spring during the cold winter months.
- Winter watering of trees, shrubs, and lawns is very important in our dry, windy climate. Deep water trees and shrubs once or twice a month as needed, based on precipitation received, when the temperature is over 40°F.

For more information and garden tips, contact Julie Pfankuch, a Master Gardener and owner of "The Garden Helper" at 303-840-2580 or MyGardenHelper@aol.com.

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Founders Village Master Association

Official Website: <http://FoundersNeighbors.com>

Check us out!! Search "Founders Village"



<http://Twitter.com/FoundersVillage>

<http://www.Facebook.com/FoundersVillage>



2010 Holiday Lighting Contest

1st Prize - \$100

2nd Prize - \$75

3rd Prize - \$50



December 11
Adult
Christmas Party

December 4
Stories with Santa!



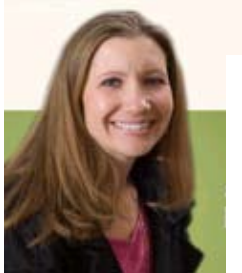
Neighborhood Vendors

The Founders Village Master Homeowner Association would like to invite anyone in the Founders Village/Castle Rock area with a skill or service to add their listing for FREE on the website's Vendor Page. Contact James Fletcher, 303-224-0004 x105.

Join our E-News Alert!

Interested in getting community announcements fast? Sign up for our E-News Alerts! Simply send an email to corpoffice@pcms.net and request to be added to the Founders e-mail distribution list. You will **ONLY** receive announcements effecting Founders Village and our official monthly newsletter. Your email address is **NEVER** shared.

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Founders Neighbors Teen Services

Key: B= babysitting (* = Red Cross Certified) P= petsitting
H= housesitting L= lawn mowing, chores

Aimee Alumbaugh	303-663-8421	B*,H
Brooke Alumbaugh	303-663-8421	B*
Maddison Amiot	720-733-1654	B*
Victoria Amiot	720-733-1654	B*
Jenny Berson	303-814-1535	P
Petra Dobat	719-648-8635	B,P
Amber Dorr	720-733-8324	B*,H,P,C
Kaitlyn Goligoski	303-814-3188	B*,P
Ostyn Goligoski	303-814-3188	B*, P,C
Alex Heintzelman	303-814-2002	L,P
Casey Helget	303-483-5299	P,C,L
Luke Helget	303-483-5299	P,C,L
Cade Hintze	303-663-5960	P,H,L,C
Ashley King	303-660-0681	P,H,C
Brandon King	303-660-0681	P,H,L
Alyssa Lang	720-733-8691	B*
Kayla McNeil	303-660-8204	B,H,P
Traci Middleider	303-814-7705	B*
Daniel Rudolph	303-882-8473	P,H,L
Cody Staroscik	303-814-0021	P,H,L
Peyton Staroscik	303-814-0021	B*,P
Jonathan Wade	303-660-5423	B*,P
Christianna Wahl	303-306-8117	B,P

To add your name to Teen Services please contact
support@pcms.net

Give your name, street, telephone and the services you provide.

Ridge House Activities

PREREGISTRATION:

Preregistration is required for all programs unless it is a drop-in program. You must preregister by the Wednesday prior to scheduled class.

POWER PUMP:

Preregistration is required. Min. of 5 participants. For Early Risers! Class is designed to work your whole body using barbells with adjustable weights. The focus is on strengthening, defining & toning muscles.

Class Dates: Thursdays
 Class Time: 6:15 - 7:15 am
 Class Fee: \$20 FVHOA Residents, \$30 Guests – 4 WEEKS

PILATES:

Preregistration is required. Min. of 6 participants. This class helps improve posture while increasing strength and flexibility. Breathing techniques, balance and relaxation are emphasized.

Class Dates: Tuesdays or Thursdays
 Class Time: 9:30-10:30 am
 Class Fee: \$20 FVHOA Members – 4 WEEKS
 \$30 FVHOA Guests

FREE CHILD CARE AVAILABLE DURING CLASS

ZUMBA! NEW CLASS

Preregistration is required. Min. of 6 participants. Zumba is a Latin inspired, dance fitness class that incorporates Latin & International music and dance movements. It combines fast & slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blend of cardio & muscle toning.

Class Dates: Tuesdays
 Class Time: 9:30 -10:30 am
 Class Fee: \$20 Residents; \$32 Guests; 4 weeks

NEW CLASS OPPORTUNITY – ALL FOUNDERS RESIDENTS ARE WELCOME TO GO TO CRYSTAL VALLEY RANCH FOR ZUMBA ON THURSDAY EVENINGS AT 6:30 P.M. AND PAY RESIDENT RATES.

YOGA:

Preregistration is required. Min. of 5 participants.

Class Dates: Wednesdays
 Class Time: 9:30 -10:30 am
 Class Fee: \$20 Residents; \$30 Guests; 4 weeks

NEW CLASS OPPORTUNITY – ALL FOUNDERS RESIDENTS ARE WELCOME TO GO TO CRYSTAL VALLEY RANCH FOR YOGA ON TUESDAY MORNINGS AT 9:15-10:15 A.M. OR WEDNESDAY EVENINGS AT 6:30 P.M. AND PAY RESIDENT RATES. STARTING IN JANUARY.

KIDS CLUB:

Ages 2 & potty trained–10 yrs: Kids club is a fun & safe place to drop your child off while you take some time to run errands, shop, work, or just relax. We will engage your children in variety of ways with exciting crafts, a walk to the park, games, stories, snack & free play. You need to bring a sack lunch for your child to eat.

Class Dates: Monday & Thursday
 Class Time: 9:30 am-10:30 am; Amazing Kids 10:30 am - 12:30 pm (3 hours total time)
 Class Fee: \$15/child for 1x/week
 \$25/Child for 2x/week Resident *Sibling discounts

MONTHLY EVENTS:

Preregister by calling the Wednesday prior at The Ridge House 720-733-2778.

DECEMBER 4TH – STORIES WITH SANTA AND MRS CLAUS. SANTA WILL HAVE A REINDEER OR TWO HERE TO VISIT AS WELL. DEC 4TH 6:00 P.M.-8:00 P.M.

DECEMBER 11TH – CHRISTMAS PARTY FOR ADULTS. COME AND JOIN US FOR CHEESE, WINE & BEER, BACKGROUND MUSIC AND HOLIDAY FESTIVITIES.

PLEASE RSVP TO 720-733-2778 BY DECEMBER 8TH.

ACC Meeting 12/1 (Wed) 5:00 p.m. - All submittals must be in the Saturday prior to the meeting at noon. There is a drop box located outside of the Ridge House for your convenience and is checked each day we are open. Please call if you have any questions.

Kids Night Out: December 17th (Fri)– Get that last minute holiday shopping done while we entertain your children. Come and drop your children off with us while you take an evening out for yourself. 5:30-9:30 p.m. \$15/1st child resident, \$17/non-resident \$10/ each additional child – Dinner included. Must preregister by the Wednesday prior.

To Place a Classified Ad:

Please contact
 Kerri Watts
 kerri@porchlink.com
 303-653-7412

Advertising deadline is
 the 20th of the preceding month

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DECEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Open 4pm-8pm ACC MEETING 5PM	PILATES 9:30-10:30 Child watch ZUMBA AT CVR 6:30	3	4 Open 9am-1pm STORIES WITH SANTA & MRS. CLAUS 6PM-8PM
5	6 Open 9:30-12 Kids Club 9:30-12:30 Preregistration req'd	7 Power Pump 615AM-715AM ZUMBA 9:30-10:30 Child watch	8 Open 4pm-8pm	9 PILATES 9:30-10:30 Child watch ZUMBA AT CVR 6:30 Enclave Meeting at Ridge House 6pm	10	11 Open 9am-1pm ADULT XMAS WINE AND CHEESE 7-10PM
12	13 Open 9:30-12 Kids Club 9:30-12:30 Preregistration req'd	14 Power Pump 615AM-715AM ZUMBA 9:30-10:30 Child watch	15 Open 4pm-8pm	16 PILATES 9:30-10:30 Child watch ZUMBA AT CVR 6:30 Document review meeting At Ridge House 6PM	17 Kid's Night Out 5:30-9:30 Pre-reg. req'd	18 Open 9am-1pm
19	20 Open 9:30-12 Kids Club 9:30-12:30 Preregistration req'd	21	22 Open 4pm-8pm	23 CLOSED FOR CHRISTMAS BREAK	24 CLOSED FOR CHRISTMAS BREAK	25 CLOSED FOR CHRISTMAS BREAK
26 CLOSED FOR CHRISTMAS BREAK	27 Open 9:30-12 Kids Club 9:30-12:30 Preregistration req'd	28	29	30	31	