



September 2023 | Edition 261

# NEWS

HOA OF THE YEAR 2021  
*CAI Rocky Mountain Chapter*



*by Joe Bacheller*





## Events at Your Clubhouse

Here in your magnificently remodeled Clubhouse, you'll find over 37,000 square feet of event space. Ready to accommodate everything from weddings, receptions, banquets, family events, conferences, parties and more! Your Clubhouse can host everything from grand to intimate with the exceptional level of service you have come to expect.

Contact Jennifer Stoneking today to plan your next event by emailing or calling!

[jstoneking@heritageeaglebend.com](mailto:jstoneking@heritageeaglebend.com)

720.235.1822







## AN AGE-RESTRICTED COMMUNITY

### MASTER ASSOCIATION BOARD OF DIRECTORS

**President:** Rick Matteson, 720-955-7757

ramattesonheb@gmail.com

**Vice President:** Steve Krebsbach, 303-748-1886

Hebstevek@gmail.com

**Secretary:** Arleen Sandberg, 970-471-6222

sandarl@aol.com

**Treasurer:** Gary Pollard, 719-488-8988

Gary\_pollard@comcast.net

**Director:** Chuck Cullens, 303-472-6584

chuckecm2@gmail.com

**Director:** Rex Gambrell, 303-913-4912

rex@empirerealtyco.com

**Director:** Steve Gallagher, 732-598-5507

Stegsg52@gmail.com

### HERITAGE EAGLE BEND GOLF CLUB STAFF

#### Administrative Office

720-235-1888

**Gene Blum, General Manager**

ext. 121

GBlum@heritageeaglebend.com

**Jillian Wyatt, Community Manager**

ext. 131

JWyatt@heritageeaglebend.com

**Alison Gulley, Administrative Assistant**

ext. 127

AGulley@heritageeaglebend.com

**Lori Mitchell, Controllor**

ext. 124

LMitchell@heritageeaglebend.com

**Breanna Nyman, Staff Accountant**

ext. 125

BNyman@heritageeaglebend.com

#### Clubhouse

303-693-7788

**Jason Franke, Director of Golf**

ext. 113

JFranke@heritageeaglebend.com

**Jennifer Stoneking,**

**Dir of Sales & Catering and Clubhouse Services**

ext. 122

JStoneking@heritageeaglebend.com

**Stevie Davis, Executive Chef**

ext. 144

SDavis@heritageeaglebend.com

**Jeff Lambert, Director of Marketing**

ext. 157

JLambert@heritageeaglebend.com

**Chris Mara, Facility Manager**

ext. 146

CMara@heritageeaglebend.com

#### Landscape

720-235-1852

**Taylor Blair, Administrative Assistant**

ext. 128

TBlair@heritageeaglebend.com

**Marty Savage, Director of Agronomy**

ext. 151

MSavage@heritageeaglebend.com

## HERITAGE EAGLE BEND GOLF CLUB NEWS

is the official publication of Heritage Eagle Bend  
Master Association, Inc. Published 12 times a year.

**Deadline for submission of articles is the 5th of each month.**

Contact Jillian Wyatt at

JWyatt@heritageeaglebend.com or 720-235-1831

All contents copyright Heritage Eagle Bend Master Association, Inc.,  
or other copyright holders.

### CLUBHOUSE

303-693-7788 ph 720-235-1803 fax

www.heritageeaglebend.com

### WELCOME DESK

welcomedesk@heritageeaglebend.com

Welcome Desk 303-693-7788

Ext. 120 and 119

### UPDATED HOURS

#### Welcome Desk Hours

Monday – Sunday 7:00am – 8:00pm

#### Clubhouse Hours

Monday – Saturday 7:00am – 9:00pm

Sunday 7:00am – 8:00pm

#### Administrative Office Hours

Monday – Friday 8:00 am – 4:30 pm

### EAGLE'S NEST HOURS

#### Breakfast:

Monday – Saturday 8:00am – 11:00am

Sunday 8:00am – 12:00pm

#### Lunch:

Monday– Saturday 11:00am – 4:00pm

Sunday 12:00pm – 4:00pm

#### Dinner:

Tuesday – Saturday 4:30pm – 8:00pm

#### Bar:

Tuesday – Saturday 8:00am – 9:00pm

Sunday – Monday 8:00am – 6:00pm

### MSI

Contact Kristen at

KKennedy@msihoa.com or 720-974-4189

for Ledgers or Billing info (statements)

or at www.msihoa.com to request a status letter  
if you are selling your home.



## IN THIS ISSUE

CLUBHOUSE AND STAFF	3
HERITAGE EAGLE BEND GOLF CLUB	4
BOARD ROOM	5
COMMUNITY INFORMATION	9
CLUBS AND GROUPS / SUB-COMMITTEES	11
SPORTS CORNER	17
SERVICE DIRECTORY	22
UPCOMING EVENTS	44

### VISION STATEMENT HERITAGE EAGLE BEND GOLF CLUB

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.

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



## LANDSCAPE SERVICES FOR 2023



Landscape Services are limited  
to the following:

Aerification (Spring & Fall)  
Irrigation System Turn On & Turn Off

Additional Services:  
Leaf clean up (spring & fall),  
shrub pruning/removal,  
putting down mulch  
Holiday lights hanging & take down

Contracts are available at the  
Welcome Desk or by contacting  
720-235-1852 or  
turf@heritageeaglebend.com

## UPCOMING MEETINGS

**Architectural Advisory Committee**  
Monday, September 18th, at 2:00 pm

**Facilities & Grounds Committee**  
Thursday, September 14th, at 3:00 pm

**Financial Advisory Committee**  
Thursday, September 21st, at 2:00 pm

**Golf Committee**  
Thursday, September 14th, at 9:00 am

**Legal & Compliance Committee**  
Wednesday, September 20th, at 2:30 pm

**Master Board Meeting**  
Thursday, September 28th, at 2:00 pm

**Master Board Work Session**  
Wednesday, September 13th, at 2:00 pm

Please check with Jennifer Stoneking at  
JStoneking@heritageeaglebend.com  
or 720-235-1822 for location

If you change your meeting time and date, be sure to notify  
Jillian Wyatt at JWYatt@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.*



## President's Message

by Rick Matteson, President of Master Board

While we still have a good portion of 2023 to enjoy, this is the time of year when the Board of Directors begins preparing for a new year. In September the Board will finalize a proposed 2024 operating budget that we will submit for your ratification. Here are a couple of key dates that I hope you will put on your calendar:



- **Monday, October 2, 2 p.m.:** First Town Hall in the Antero Room to discuss details of proposed budget.
- **Wednesday, October 4, 5:30 p.m.:** Second Town Hall in the Antero Room to discuss details of proposed budget.
- **Thursday, October 5:** Budget materials will be emailed to delegates, who will share with their residents.
- **Thursday, November 2:** Deadline for returning your ballot to your delegate.
- **Tuesday, November 7, 5:30 p.m.:** Budget ratification vote by delegates.

I hope you will attend one of the town halls; it is a good opportunity to learn about HEB's operations along with the budget details and to get answers to any questions you may have. I also hope you will take the opportunity to fill out your ballot and return it to your delegate, so that your personal decision is represented during voting. If you do not personally vote, your delegate will make that decision for you and cast your ballot.

November 7 also is election day throughout Colorado. Voters will be electing Aurora's mayor and city council members and area school board members. There also will be a number of ballot measures to vote on.

We invariably get questions about rules for campaign signs, so here are a couple of reminders:

- At HEB, you can display a maximum of two signs or flags (or one of each, but no more than two in total). That includes an American flag – that counts toward the total of two. That limit is contained in our community's Residential Improvement Guidelines (RIGs), along with details about sizes and placement of signs and flags.
- Colorado law specifically prohibits our Board and management from regulating the content and language on signs. While we hope everyone will exhibit reasonable taste in the language used, that is beyond our control.

If you plan to participate in the election process with signs or flags, please familiarize yourself with section 2.35 of our RIGs, which addresses this subject.

You can find the RIGs on our HEB website. In advance, all of us appreciate your cooperation with the RIGs that have been established by the community.

## General Manager's Message by Gene Blum

I want to thank everyone for the wonderful summer at HEBGC! We had fantastic events and great golf with incredible turnouts. This time of year, please take some time to thank our staff for their phenomenal efforts to make everything so special at the club. From the Clubhouse to the course and everywhere in-between, the community and course have never looked more beautiful, and it is a testament to all the hard work our staff has put in. Seize the opportunity to please thank the crew when you are out and about around the community.



Summer is ending, but that doesn't mean the fun has to end here at HEBGC! On Labor Day this year, we are bringing back the Labor Day Pool Party, featuring a full feast down at the outside pool.

As you know, the outside pool will close for the season after Labor Day, so get your outdoor pool fix in before it's too late. Also be on the lookout for future events to be announced as we head into the fall season. 2024 is getting closer and closer, so now is the time to book your events such as banquets, parties, and gettogethers at the club. Dates into the new year are already filling up, so I would encourage you to contact Jennifer Stoneking to lock in your event dates.

We look forward to wowing your guests with our beautiful Clubhouse, delicious menus, and impeccable service. Last month, we launched all-new lunch and dinner menus in the Eagle's Nest Restaurant. If you haven't been in recently, I invite you to swing by and try some of the new items. They are truly mouthwatering!

As the summer winds down, I look at everything that keeps the club going and I personally want to say an enormous thank you to all of our staff. If you are a new resident of HEBGC, I welcome you to partake in all the great amenities that come with being a member. It is our honor and our privilege to serve you and your guests!

.....  
*Here's to a spectacular  
 changing of the seasons!*  
 .....



## Traditions Talking by Traditions Eagle Bend Board Members

### FINANCIALS

The operating results (subject to audit) for year-to-date June 2023 are complete. The net result is an excess of \$101,689 versus a budgeted surplus of \$21,002. We have lower expenses in communal water, landscape services and snow removal expenses. We are expecting higher expenses over the next few months as we turn on the sprinklers systems. For June 2023 reserve net income shows a surplus of \$12,073 vs budgeted surplus of \$51,912. This underrun in surplus is due to the timing of some expenditures, which should correct itself over the next few months.

### WATER WISE NEWS

Driving the streets of HEB you've noticed many water-wise projects in lawns and treescapes. There are three pre-approved design plans available at the Administration Building if you are interested in water-wise for your property. Three have plans for treescapes and lawns The fourth design is only for treescapes.

Your board, along with extensive help from the Conservation Ad Hoc Committee, is looking into a long-range plan for Traditions' properties. NO money has been set aside. We are taking baby steps in the process which has many requirements and participation from the City of Aurora, HEB Master AND Traditions homeowners that will have to be willing to agree on landscaping options. We will be discussing the financial and esthetic future of TEB, and if it fits into the overall look of HEB.

### LANDSCAPING AND STRUCTURAL TREE TRIMMING

Our landscaper, SaBell's, has been very busy with irrigation issues. As a result, shrub trimming is about 2 months behind schedule. The list of addresses that have trees touching structures has been finalized and ArborScape will begin trimming this fall. Please call the hotline for any questions you may have.

### INCOME STATEMENTS

#### TRADITIONS EAGLE BEND HOMEOWNERS ASSOCIATION, INC. • YTD JULY 2023

	Operations			Reserves		
	Actual 2023	Budget 2023	Actual 2022	Actual 2023	Budget 2023	Actual 2022
Total Revenues	\$ 343,739	\$ 342,528	\$ 319,772	\$ 139,857	\$ 141,156	\$ 134,509
Total Expenses	242,050	321,326	342,146	127,784	89,244	72,075
Excess (Deficiency) of Revenues Over Expenses	\$ 101,689	\$ 21,202	\$ (22,374)	\$ 12,073	\$ 51,912	\$ 62,434

2024 BUDGET AND BUSINESS  
PLAN PRESENTATION  
**SEPTEMBER 19<sup>TH</sup>**  
**2024**  
**AT 5:30 PM**  
IN THE ANTERO ROOM

Traditions Hotline  
303.343.4011

## TRADITIONS BOARD OF DIRECTOR ELECTION CANDIDATES - BIOS

### Bob Janky

I have been a resident of Traditions for 14 years. My involvement with the community includes being the Delegate for District 34 for the last 7 years. I have served on the cost reduction for three years working on the configuration and efficiency of our communal irrigation system.



Last November, I was asked and joined the Board as the Irrigation Statistician to continue how to improve and monitor the operation of the of the System at the Board level.

I have a degree in Business Administration and have owned and operated a Home Medical Equipment Company where I developed the accounting and operations systems. I also have 13 years of experience in Residential Property Management developing budgets, overseeing the daily accounting process and the overall operations of the company.

Serving on the Cost Reduction Committee and the last year serving on the board has given me an overall knowledge of Traditions Programs. I feel my experience in accounting and management is an asset to the Board.

### Annette McCreadie

Here's life in a nutshell....

I grew up in Dayton, Ohio and received a BS in Education from Miami University, going on to teach special education in Ohio and Florida. Next came a Masters in Education from University of Central Florida and then teaching "the new computer technology" to thousands of Traveler's insurance agents in the 1980s.



One of those agents, Bruce McCreadie, is my amazing husband of 37 years! Of course, a few years later in 1989, our twin daughters arrived and there's never been a dull moment since...

After that came the Ph.D. and being the school principal / Director of Education for the Cleo Wallace Center here in Denver.

Then we moved back to Florida where I spent the past 23 years in real estate working closely with hundreds of HOAs and management companies.

Three years ago, we moved back to Colorado! We finally found a home in HEB last spring! After attending the Traditions meeting, I'm ready to step up to the plate on behalf of all of us. Cheers to many wonderful days ahead!



## TRADITIONS BOARD OF DIRECTOR ELECTION

## TRADITIONS BOARD OF DIRECTOR ELECTION CANDIDATES - BIOS

**Debra Schaefer**

Debra Schaefer is a proud Colorado native who has deep roots in her community. After attending the University of Colorado Denver (UCD), where she honed her skills in business, Debra embarked on a fulfilling career dedicated to empowering small business owners. As a legal services provider, she passionately advocates for entrepreneurs, helping them navigate legal complexities and achieve their dreams of success.

Alongside her partner Jerry, Debra enjoys exploring the beautiful Colorado mountains, golf, travel, quiet moments at home, and creating cherished memories together. Debra finds immense joy in her role as a loving mother to two children and a doting grandmother to three grandchildren. Her nurturing nature extends beyond her family as she is actively involved in the community, serving as a dedicated member of the Aurora Chamber of Commerce. Debra's green thumb and love for gardening provide her with therapeutic escape, reflecting her commitment to nurturing growth both personally and within her community.

**Steve Ribbens**

Steve Ribbens moved into the Traditions Community of Heritage Eagle Bend in September, 2022. Steve is married to Bren and they are both very active in the HEB Pickleball Club.

Steve was a teacher and coach at Denver Christian HS before becoming a HS Principal in three different schools. Steve then led Denver Youth for Christ as the Executive Director after which he worked for a few more non-profits as a Development (aka fundraising) professional. In 2007, Steve started his own recruiting company where he specializes in recruiting executives in the oil and gas industry.

Steve has served on the Foundation Board of both Denver Christian and Leman Academy. He also led the Racial Dialogues program at Colorado Community Church which set-up opportunities for people of different cultural backgrounds to engage in conversations about race with each other.

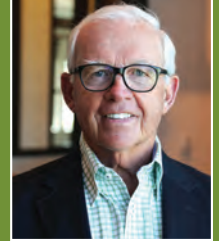
Steve and Bren have three sons and two grandchildren.

**Ed Doherty**

My wife and I have lived in HEB for 8 years now and have come to appreciate the dedication of the board members, district delegates and other volunteers. In addition, we enjoy all of the benefits of living in such a wonderful community.

My background consists of 20 years in Law Enforcement in various local and federal agencies in NYC and Denver, Vice President of Sales of an International Telecommunications company, as well as President of the Littleton Station HOA from its inception until we moved to HEB. My Bachelor of Science is from Columbia.

I feel it is time to step up and contribute some of my skills to the Traditions Board.

**Don Rowlands**

My wife, Karen, and I were lifelong residents of Nebraska until 2018 when we moved to Heritage Eagle Bend to be closer to our daughters, sons-in-law and 4 granddaughters.

I hold a bachelor's degree in business as well as a law degree, both of which were obtained from the University of Nebraska-Lincoln. I was in private practice for 12 years before being appointed a District Judge in 1986. I served in that capacity for 32 years.

While in Nebraska I served as President of the Nebraska District Judges Association, President of the Lincoln County Drug and Alcohol Program, Vice President of the Holy Spirit Parish Council, and a board member of Nebraska Legal Aid.

I currently serve on the Legal and Compliance Committee of HEB and would like to begin serving Traditions as a Board Member.

**Bryan Campbell**

Bryan Campbell recently moved to the HEB Traditions neighborhood and is seeking election to the Board of Directors. He is a lifelong resident of Colorado. He holds graduate degrees in Engineering and Management from the University of Colorado, Boulder. During his 45-year career, Bryan held positions of increasing responsibility and leadership with three of Colorado's largest corporations. He served for two decades in a technical executive role with Hewlett-Packard. Bryan will bring strong leadership, open communications, group facilitation, and compassionate community relationship skills to the Traditions Board. Bryan recently completed a three-year term with the Town of Parker Special Licensing Board, which controls liquor licensing and license enforcement.







## SUMMARY TREASURER'S REPORT • JUNE 2023

## 2023 OPERATIONS INCOME STATEMENT--UNAUDITED

## HERITAGE EAGLE BEND

June

	2023	June	2022	2023	June	2022
	Actual	2023	Actual	Actual	2023	Actual
		Budget			Budget	
<b>Revenues:</b>						
Ca Golf	\$ 343,625	\$ 409,236	\$ 325,413	\$ 913,812	\$ 929,369	\$ 865,516
Food and beverage	226,286	197,481	175,433	1,052,826	876,865	785,472
HOA	294,465	292,058	293,059	1,829,069	1,802,068	1,769,445
<b>Total revenues</b>	<b>864,377</b>	<b>898,775</b>	<b>793,904</b>	<b>3,795,708</b>	<b>3,608,302</b>	<b>3,420,434</b>
<b>Cost of Sales:</b>						
Food and beverage	81,829	70,022	72,864	380,128	314,353	304,220
Golf shop	12,644	10,361	11,206	41,549	41,011	39,760
<b>Payroll and Benefits</b>	<b>374,867</b>	<b>338,183</b>	<b>373,394</b>	<b>1,874,856</b>	<b>1,840,098</b>	<b>1,825,151</b>
<b>Other Operating Expenses</b>	<b>278,547</b>	<b>314,416</b>	<b>325,784</b>	<b>1,536,989</b>	<b>1,599,286</b>	<b>1,474,392</b>
<b>Total Expenses</b>	<b>747,887</b>	<b>732,982</b>	<b>783,248</b>	<b>3,833,522</b>	<b>3,794,748</b>	<b>3,643,522</b>
<b>Net Operating Income (Loss)</b>	<b>\$ 116,489</b>	<b>\$ 165,793</b>	<b>\$ 10,656</b>	<b>\$ (37,814)</b>	<b>\$ (186,446)</b>	<b>\$ (223,088)</b>

Footnote - Audit Adjustments from 2022 made following changes to 2023 YTD Actuals

1. Payroll Adjusting Entry - Moved from 2023 to 2022
2. Operating Expense Adjustment - Moved from 2022 to 2023 then moved to Reserve

## CASH FLOW AND BALANCES--UNAUDITED

## Heritage Eagle Bend Master Association

June

	June					
	Operating Fund	Contingency	Litigation Settlement	Capital	Reserve	Total
	Unrestricted	(Restricted)	Fund	Improvement	Fund	
	and Available			Fund		
Cash and Investments January 1, 2023	906,132	627,630	593,512	325,782	2,160,875	4,613,931
<b>Sources and (Uses) of Cash:</b>						
Excess(Deficiency) of Revenues Over Expenses	(37,814)	7,956	6,792	132,774	987,028	1,096,735
Non-Cash Charges to Income		966	720	366	10,000	12,052
Change in Working Capital	771,432	-	-	(7,800)	-	763,632
Capital Expenditures				-	(136,072)	(136,072)
Repayment of Inter-Fund Loans:						-
Principal		37,229	47,448	(128,476)	43,799	-
Interest		1,840	2,345	(6,348)	2,164	-
Capital Contribution--Operations to Reserve	(56,339)			-	56,339	0
Homeowner Contributed Capital	-	-	-	51,464	-	51,464
<b>Net Increase (Decrease) in Cash and Investments</b>	<b>677,278</b>	<b>47,990</b>	<b>57,305</b>	<b>41,979</b>	<b>963,258</b>	<b>1,787,811</b>
Cash and Investments June 30, 2023	1,583,410	675,620	650,817	367,761	3,124,133	6,401,742

## Village Voice by Myrla Marshall

Hard to believe the summer is ending. We are busy preparing the budget packet that will be mailed in September. If you did not attend the July Quarterly meeting, we will send out the proposed budget which will include an estimated increase for our insurance coverage. As of August 3rd, we are hopeful you will not see an increase in our dues for 2024. BUT, If the estimated insurance increase is significantly lower than the actual, which we will not know until early December, we will have to provide a new budget for a vote, which would likely include an increase.

Our leaf clean up will be in October as that will end our landscaping contract for 2023.

Please plan on attending our October 24th Quarterly meeting. Updates on our landscaping and snow contracts for 2024, will be provided. We will also announce the results of the budget voting.

QUARTER 2 YTD	ACTUALS	BUDGET
TOTAL INCOME	\$307,406	\$307,528
TOTAL EXPENSE	\$271,614	\$334,528
NET INCOME (LOSS)	\$35,792	(\$27,000)
RESERVES	\$432,649	

NEXT QUARTERLY MEETING  
TUESDAY, OCTOBER 24<sup>TH</sup>, 2023 • 5:15 PM

## NOTARY SERVICES

*Did you know the HEB offers notary services?*

We have two notaries available in HEB to help with your notary needs.

**PLEASE CALL TO SCHEDULE AN APPOINTMENT BEFORE COMING IN FOR NOTARY SERVICES.**

If your document requires witnesses, please be sure to bring your own witnesses with you.

To schedule an appointment, please call 720-235-1827 or email [agulley@heritageeaglebend.com](mailto:agulley@heritageeaglebend.com).

## HEB EBLASTS?

ARE YOU SIGNED UP TO RECEIVE EBLASTS FROM HEB?

IF NOT, PLEASE EMAIL JEFF LAMBERT AT [JLAMBERT@HERITAGEEAGLEBEND.COM](mailto:JLAMBERT@HERITAGEEAGLEBEND.COM)

WITH YOUR CHOICE OF PASSWORD AND JEFF WILL GET YOU ALL SET UP, SO YOU WON'T MISS ANY IMPORTANT HEB INFORMATION!

## TRASH / RECYCLE CONTAINER REMINDERS:

Trash and/or recycling containers may be placed outside on the street for pick up after 5:00 pm on the evening before trash and/or recycling is to be picked up. Please do not place containers out earlier than 5:00 pm. Trash and/or recycling containers must be properly stored by the evening of pickup.

Waste Connections is only responsible for picking up contents in the bins only. They will not pick up any bags or trash outside of the containers. Homeowners can request an additional container for \$5.00 per month by calling Waste Connections at 303-288-2100 or can request an additional pick up at \$5.00 per bag (max 40lb). Waste Connections has been picking up items outside the containers in the past as a courtesy but due to staffing shortages and changes to equipment they are now following the guidelines of the contract and picking up only contents within the bin.

For questions or any missed trash / recycling pickup, please contact Waste Connections at 303-288-2100 or report at <https://www.wasteconnections.com/contact-us/#5311>

To get on the Call List for any changes in normal service dates, please also contact them at **303-288-2100.**

Calendars for pick up dates can be found at [www.wasteconnections.com/pickup-schedule/](http://www.wasteconnections.com/pickup-schedule/)

**THANK YOU FOR YOUR HELP!**

**Monday - Saturday POOL HOURS FROM 7:00AM - 9:00PM**

**Sunday POOL HOURS FROM 7:00AM - 8:00PM**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM-8:00AM							
8:00AM-8:55AM	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE		
9:00AM-10:00AM	WATER AEROBICS Paula Peterson	AQUACISE Lynda Shirk	AQUACISE Rita Stansberry	AQUACISE Lynda Shirk	AQUACISE Susan Havel		
10:00AM-10:15AM							
10:15AM-11:30AM	AQUACISE Nancy Zanetti		AQUACISE Joyce Mannix		AQUACISE Susan Hayes		
11:30AM-12:00PM							
12:00PM-12:30PM		WATER		WATER		WATER	
12:30PM-1:00PM		VOLLEYBALL		VOLLEYBALL		VOLLEYBALL	
1:00PM-2:00PM		↓		↓		↓	
2:00PM-3:00PM	KID HOURS	KID HOURS	KID HOURS	KID HOURS		KID HOURS	KID HOURS
3:00PM-4:00PM	↓	↓	↓	↓		↓	↓
4:00PM-5:00PM							
5:00PM-6:00PM							
6:00PM-7:00PM							
7:00PM-8:00PM							
8:00PM-9:00PM							





## Aquacise Monday, Wednesday, Friday 10:15 am - 11:15 am

This is a vigorous but fun class that uses water weights to exercise and strengthen the core as well as every joint and muscle in the body. There is a supply of weights at the pool for you to use. Because of classes back to back in the pool it is easier to come with your suit on rather than trying to change before class. We have class in the outdoor pool after Memorial Day. Call Linda Rydberg with questions 303-770-6939.

**Tuesday and Thursday 9:00 am -10:00 am** led by Lynda Shirk 303-406-8525

## NEW! 8:00 am Aquacise Class

The early bird gets the pool. Please feel to join us for an early session of "Aquacise". Classes are held Monday-Friday at 8:00 – 9:00. We utilize the outdoor pool when it is available. Otherwise, we hold our sessions inside. Classes begin and end with full-body stretching followed by main body exercise consisting of isotonic, isometric, and cardio exercises. Bring your water weights or utilize the clubs. Sessions are led by HEB resident, Stu Joyce.

## Monday, Wednesday and Friday 9:00 -10:00 am

Come join the fun and get a full body aerobic workout at the same time. We've also added some extra noodle exercises to our routine. We have three different leaders - Paula Peterson, Rita Stansberry & Susan Havel. For a little more socializing, we meet for breakfast once a month in the Eagle's Nest. For information call Rita @720-220-4688.

## Art - HEBGC

For anyone interested in creative arts, please contact Sheryl Hutchings, 303-204-4682 or sahutch@me.com

## Beginning Line Dance

**Wednesday, 3:00 pm - 4:00 pm**

\$6 per class. Contact Jenny Moss jjenmoss@comcast.net

## Bridge - Ladies'

**Monday, 12:30 pm to 3:30 pm**

\$1 for prizes. Please call first. We have six tables of regular players and always need substitute. Samie Quick, 303-699-0840

## Bridge - Relax and Laugh

**Tuesday, 8:45 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. We meet each week in our Clubhouse.

For more information call Kathy Taylor, 720-205-2920, Carrie Sharp, 720-479-8414

## Bridge - Partners

**Thursday, 8:45 am - noon**

This club meets each week at the Clubhouse. Each person pays \$1 for that day's prizes. For more information, call or Alice Edwards, 720-299-3803 or Mary Joe Kranz, 720-328-5000

**Bocce** Check the weekly E-Blast for current information on leagues and events. Leagues run from May into October. There is a Spring session and a Fall session. We have leagues for singles, pairs, men, women, and mixed. All skill levels are welcome. Leagues are held Sunday through Friday, AM and PM most days. For information on Bocce, please contact Sharon Armstrong at 303-766-1791 or sharonarmstrong82@comcast.net

## Busy Bloomers Garden Committee

**3rd Monday, 10 am at the HEBGC Clubhouse**

Enjoy gardening in Colorado! Informative, stimulating agenda to benefit members and our HEB community - special guest speakers, unique tours, lively projects, worthwhile fundraisers. Come join us and experience the social fun in gardening! Maryellen Comeau, 630.890.9100

## Car Club 2nd Saturday, 9 am at the Clubhouse

Informal meeting of guys and girls who enjoy seeing and discussing the cars. Organizers of the HEBGC Summer Car Show. No dues. No rules. Just Fun. For more information contact Jerry Stenbakken at 303-862-6201 or Jerome.stenbakken@gmail.com

## Cardio Rock Tuesdays and Thursdays, 10:00 - 10:45 am

If you love to dance and would like to be part of an enjoyable 45 minute group workout session, Jenny Moss, certified fitness instructor, has created a program just for you. In her class you will rock, pony, samba, and boogie to great music for an energizing 45 minutes! You will learn uncomplicated footwork and choreography, and will be encouraged to move at the music at your own level. Come join us in the Antero Room on Tuesdays and Thursdays.

\$6 drop-in. Contact Jenny for more information at jjenmoss@comcast.net.

## Canasta-Hand and Foot

**Every 1st and 3rd Thursday of the Month, 1:00pm - 4:00pm at the HEB Clubhouse**

Easy card game to learn, drop-ins welcome.

For more information, contact Melissa Bryson 303 952-9249

## Church - Eagle Bend Community Every Sunday at the Clubhouse, 10:00am

Call Bruce Minor, Pastor, 303-757-1455

## Crazy Quilters 3rd Saturday, 10:00 am - 3:00 pm

We always welcome new residents. We will be meeting on the 3rd Saturday of each month from 10:00 am to 3:00 pm in the HEBGC Clubhouse Craft Room. Vickie Pervich: 303-771-6342 • vickiepervich@gmail.com

## Cribbage Club Every Tuesday Afternoon

2:30 - 5:00 Both Tournament cribbage and Social cribbage each Tuesday.

\$5 entry fee for prizes for Tournament cribbage. Signup is required.

New players are always welcome. For more information, contact Larry Place at 303-617-5419 or lj\_place@msn.com

## Duplicate Bridge Wednesdays, 5:30 pm

Meet in the Clubhouse. Contact John Posluszny

Cell: 720-454-3969 jpoz4842@msn.com and Janet Cain Cell: 303-929-9088

## Genealogy Club

The HEBGC Genealogy Club offers the Heritage Eagle Bend Community an opportunity to further understand genealogy and genealogical research through education, mentoring, discussion, and preservation. Club meetings are held the 2nd Monday of every month from 10 a.m. to noon at the HEB Clubhouse. There are no dues but if there is an outside speaker, a \$5 per person fee will be charged. If you have any questions, please contact Cindy Born-Mylo at cindybornmylo@msn.com

## Mah Jongg Fridays, 12 noon to 3 pm at the Clubhouse

If you need help, please contact Peggy Calhoun at 303-746-8190

## Pickleball Club (check the HEBGC website under COURT SPORTS)

Please join us for one of the fastest growing sports in the country! Pickleball is a mixture of badminton, table tennis, and tennis. We welcome all skill levels. We have beginning/novice, intermediate, and advanced play. See our website for current play times. We play all year, weather and court conditions permitting. We have 6 standalone courts with permanent nets.

For more information, please contact Brenda Waterhouse @ bwaterh19@gmail.com

## Parkinson's Support Group

**3rd Thursday each month at 11:00 a.m., in the HEB Clubhouse.**

Learn from others diagnosed with PD, and their caregiver.

Contact Bruce Minor (303) 504-0000 bruceminor@eaglebendcc.org

## Pinochle Club 2nd and 4th Wednesday, 12:00 pm - 4:00 pm

Contact Barbara Pedersen, phone 303-690-3451 for more information

## Singles 2nd Thursday, 4:30 pm

The Singles group has a calendar full of fun group activities and outings. We occasionally have speakers at our meetings and host a Spring and Fall Luncheon that includes entertainment. All HEBGC residents are welcome. Please contact Pam Earnest at PEarnest@outlook.com or 303-690-9467

## Strength Training Wednesdays and Fridays 4:00 pm – 5:00 pm,

**Wednesdays 7:00 am – 8:00 am**

New Directions Personal Training offers group strength training classes at HEB. Please call or email Stacy Montgomery at 303-898-5945 or stacy@newdirectionspt.com for more information.

## Tennis Club

**Men** - Drop-in doubles for all levels Tuesday and Saturday mornings.

Call for current times as they change by seasons.

**Women** - Drop-in open doubles for all levels. Mondays 9:00 - 11:00am.

Times change with warmer weather. See emails and gazebo bulletin board for mixers and interclub play information.

*Need more information or have questions?*

Call David Peck at 913-579-3218 or Karen Wadleigh 719-233-9325

## Water Volleyball Tuesday, Thursday and Saturday Noon - 2:00pm

If you're interested in having fun and getting a good workout, then please join us at Water Volleyball. No swimming is required and we welcome all skill levels. For more information, please contact Linda Cooper, 714-337-5920 or Larry Greenberg, 303-594-5466.

## Watercolor and Beyond

**Monday 1:00 pm - 4:00 pm**

For all those interested in painting in watercolor and exploring other media, meets every Monday.

For more information, please contact

Sheryl Hutchings, 303-204-4682 or sahutch@me.com

## CAL Spells Out Its Need for Volunteers *by Sheryl Hutchings, CAL Chair and Publicity Lead*

**T**he Center for Active Learning program here at HEB is a needs-based program. We hope you all get this message loudly and clearly: **YOU CAN'T TAKE CAL FOR GRANTED.** The program cannot exist without dedicated people who are willing to make it happen.

Volunteers are needed in several significant ways. 1. People willing to facilitate classes are **always needed**. 2. People who are willing to serve in flexible and limited curriculum development roles **will be needed** as 2024 approaches. 3. People who are willing to serve on the Lead Team in primary or secondary roles are **often needed** as lead team terms expire.

Please understand **Need #1** first. At this point Fall Term is under way and the Winter Term is all mapped out, so now it is time to cultivate class possibilities for Spring of 2024. CAL needs class facilitators for that and future terms.

**COURSE PROPOSALS FOR THE SPRING 2024 TERM ARE DUE JANUARY 10, 2024**, so if you have a class in mind that you would like to facilitate, please take a minute or two to email Alice Edwards, Curriculum Lead, at [AE5@aol.com](mailto:AE5@aol.com) and introduce yourself and your idea. Alice would love to hear from you. She spends so many hours all year round searching for and recruiting knowledgeable people in our community who are willing to share what they know in a CAL class. You can also visit the CAL website at [calheb.org](http://calheb.org) where you can find a class proposal form that you can download, fill out, and submit.

And what about **Need #2**? CAL is now looking for a few people to work closely with Alice on curriculum development. She reports, "We look for about a dozen classes each of the three terms to be presented by people who live in the community. One of the most fun parts of my job is meeting with people from HEB to find out more about them when they contact me to say that they might have an idea for a class."

If you are someone who loves learning and is interested in meeting people, you might really enjoy working with Alice, so please contact her at [AE5@aol.com](mailto:AE5@aol.com). Alice hopes to develop a small committee of volunteers who would be willing to help with recruiting, work with facilitators as they develop their classes, and complete other curriculum-related tasks.

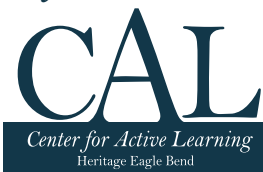
Alice estimates that, working alone, she spends 6 to 8 hours per day almost year-round meeting those goals. That is just too much to ask of any one person, and it is time to get other people involved in curriculum development tasks. Please contact Alice to let her know you would be willing to serve in some capacity. She promises that terms of service would be short and flexible, and she will most likely kiss the ground you walk on if you agree to join her committee.

**And finally, what's up concerning Need #3?** CAL Leadership Team positions are currently for 3-year terms. Those positions are Chair, Publicity Lead, Curriculum Lead, Facilitator Lead, Registrar, Secretary, and Treasurer. Supplemental roles of Audio/Visual Coordinator and Zoom Coordinator are filled for undefined periods of time as those volunteers are willing and able to serve.

Fortunately, some wonderful volunteers have already indicated they are willing to step in to Lead Team roles as the terms of those currently serving expire. Donna Musciano has graciously volunteered to take over for Treasurer Phil Martin who will be stepping aside at the end of his current term in May of 2024. After training with Gary Pollard for the last year or so, Mary Williams will assume the position of Registrar when Gary steps down in May of 2024. Cindy Born-Mylo has volunteered to fill the role of Publicity Lead when Sheryl Hutchings retires in May of 2025.

And finally, in May of 2025, CAL will need to replace Alice Edwards as Curriculum Lead. The Curriculum Lead role is crucial to the success of the CAL program... it is that simple. The CAL program folds up like a cheap tent without a person in that position who is willing to do community outreach almost constantly to find people who will facilitate classes and guide them through the process.

Most of the time people think of CAL as an organization that meets the lifetime learning needs of the HEB community. Residents also need to think of CAL as an organization that has needs of its own, the primary one being residents who are willing to work in leadership or facilitator roles.



### Eagle Book Club Meets the third Thursday of the month at 7 pm in the HEBGC Clubhouse.

Mary Ann Tarr - 720-318-7706 • Mary Jo Kranz - 720-376-8197 • Elaine D'Angelo - 303-794-5622

**September 21, 2023 • American Dirt by Jeanine Cummins**

This Is The Story Of Lydia And Her Son As They Struggle To Escape Cartel Violence In Alcapulco Mexico And Their Journey Towards Safety In The United States. *Fiction*

**October 19, 2023 Klara And The Sun by Kazuo Ishiguro**

Klara And The Sun Is A Thrilling Book That Offers A Look At Our Changing World Through The Eyes Of An Unforgettable Narrator, And One That Explores The Fundamental Question: What Does It Mean To Love? *Science Fiction*

**November 16, 2023**

**Dispatches From Pluto by Richard Grant**

Richard Grant And His Girlfriend On A Journey Of Discovery In The Mississippi Delta. They Discover Many Close, Loving Relationships Between Black And White Families And A Reason For Hope. *Memoir*

**December 21, 2023:**

*No Book Club Meeting*





## HEBGC Genealogy Club News!!

by Cindy Born-Mylo

Our September 11, 2023 program will feature Kellen Dan Cutsforth presenting *Boozers, Brothels, and Bare Knuckle*

*Brawlers: Buffalo Bill's Little Known Business Partner.* This entertaining and informative look at the early days of Buffalo Bill's Wild West Show will provide not only information about Buffalo Bill, but also using primary resources for genealogical research.

Kellen Dane Cutsforth is a professional author, ghostwriter and former Archivist of the Denver Public Library. He has over 20 years of experience as a researcher and lecturer and has published five books and over 40 articles on the history of the Old West. He is a member and columnist for the Western Writers of America's Roundup magazine, and a former president of the Denver Posse of Westerners.

The presentation will be given in person and via zoom. Please contact Cindy Born-Mylo at cindybornmylo@msn.com as soon as possible if you would like to attend. The cost for this lecture is \$5 for either in-person or via zoom.

### SAVE THE DATE:

Our October 9, 2023 program will feature our own Bill Hately presenting *Demystifying DNA*.

The Genealogy Club is open to all HEB residents and meets the 2nd Monday of every month at 10:00 a.m. until noon at the HEB Clubhouse. If there are any questions, please contact Cindy Born-Mylo at cindybornmylo@msn.com .



## DONATE YOUR EYEGLASSES

The Lion's club has been collecting used eyeglasses since 1937. The collected glasses are sent to the Lions Eyeglass Recycling Center for processing. The eyeglasses are sorted to determine those that are usable and unusable and then placed in an inventory for the distribution to optical missions around the world.

Lions also help to minimize landfill waste by supporting precious metal reclamation and scrap processing to damaged glasses that are unusable.

**If you are interested in donating,  
the Airport Lions Club collection box  
is located in the HEB library.**



We will begin having  
Texas Hold'em twice a month.  
1st and 3rd Wednesdays.



## 2023 TEXAS HOLD'EM

September 6 & 20

Time is 6 pm – 9 pm

**BUY IN \$20**

Come a few minutes early to set up. To Rebuy, you must be out of chips. If you come on time, you get an extra chip. Rebuy's until the Break, Around 7:30.

**Dates for the 2023 year are:**

September 6 & 20 • October 4 & 18

November 1 & 15 • December 6 & 20

Looking Forward to enjoying the evening.

Any questions, you can email or call.

Barbara Sachetti  
bbdancers@msn.com  
303-917-4379

Mike Hulan  
Mikehulen@yahoo.com  
303-868-3316



## SHREDDING EVENT

OCTOBER 14TH

AT 9:00AM

AT THE HEBGC

UPPER PARKING LOT

## ARCHITECTURAL IMPROVEMENT PROJECT COMPLETED?

If you have finished your approved project, please email a completed picture to Allison at AGulley@heritageeaglebend.com or drop off a copy to the Welcome Desk or Admin Building Mon – Fri 9 am – 4 pm

There is no need to print off pictures, just contact Allison at AGulley@heritageeaglebend.com and she can make an appointment for you to assist in retrieving the photos from your phone.



## Billiard's Club News *by Marty Patten*

As Summer winds down with hot temperatures, the air conditioning is on and working great in the HEB Clubhouse and Billiards Room! Please consider joining us in playing pool on Monday and Thursday afternoons. Many Billiards Club members continue to play pool every week, so come on over!! Please join us to play, regardless of your skill level. All are welcome!

The regularly scheduled dates and times set for open men's play, for billiards club members, are currently Monday and Thursday afternoons from 1 to 5 pm. We can have 8 or more players at a time in the Billiards Room, so we can have members playing on both pool tables, with 4 at a time playing on each table. We can also schedule additional days and times or even evening times if there is enough interest. If we can get more participation and enough interest, we would again like to host pool tournaments and playoffs.

If you would like to join the Billiards Club, dues are currently \$10/year, but remain suspended for all members until we resume full normal operations. Women are also encouraged to join and in the past there has been a regularly scheduled women's pool playing session on Tuesday afternoons from 2 to 5 pm. It is also possible to set up times for couples play, again if interested.

If you want to join the Billiards Club, or if you have any questions, please contact Marty Patten @ (303) 690-5971. Your feedback on when to schedule reserved times for play is appreciated.

## BLACKHAWK TRIPS FOR 2023

Cost is \$30 for each person.

The bus will be going the 4th Thursday of each month except November and December.

We leave the clubhouse at 9:00 am and leave the Bally Casino at 3:00 pm. The cost for each person is \$30.

The following are our trips for this year:

September 28, October 26,

November 16, and December 21

Next trip will be **September 28th**

Each person receives \$10 in play upon arrival and \$15 food coupon after 50 points of play. Reservations need to be made and paid 7 days or earlier before the trip. No refund in the last 7 days unless the trip is canceled.

Reservations may be paid with cash or check.  
Text or email to Syble Revard 303-917-4095,  
syblejane2@gmail.com,  
for address to send or drop off payment.

## HEBGC Genealogy Club News!! *by Cindy Born-Mylo*

There will not be a Genealogy Club meeting in August but it is a great time for end of summer reading. There are several authors who write genealogy mystery novels where they use genealogy and DNA to solve past mysteries. Some notable authors are Nathan Dylan Goodwin who has two popular series, *The Forensic Genealogist* (uses traditional methods and DNA) and the *Venator Cold Case* series (uses DNA to solve cold cases); Steve Robinson has the *Jefferson Tayte Genealogical Mystery Series*; and M J Lee's *Jayne Sinclair* series. Give one of them a try. See you in September!



### SAVE THE DATE \*\*PROGRAM CHANGE\*\*

Our September 11, 2023 program will now feature Kellen Cutsforth presenting *Boozers, Brothels, and Bare Knuckle Brawlers: Buffalo Bill's Little Known Business Partner*.

The Genealogy Club is open to all HEB residents and meets the 2nd Monday of every month at 10:00 a.m. until noon at the HEB Clubhouse. If there are any questions, please contact Cindy Born-Mylo at cindybornmylo@msn.com

## The Chavurah

The HEBGC Chavurah invites you to join our Circle of Friends, a Jewish-oriented social group here at HEBGC. The word Chavurah is a Hebrew word which means "circle of friends. We welcome anyone interested in participating in traditional and social Jewish activities.

Some of the planned activities are a Chanukah Party, Passover Seder, attend plays, a summer BBQ, and other events which please our members. We also lend support to our members during times when they need care, help, and comfort through difficult times. Currently we meet monthly.

For further information, please contact:  
Jerry Lassow 720-379-7429 Chairperson  
Donna Musciano Vice Chairperson 303-663-7472  
Natalie Lassow Secretary 720-379-7429  
Stan Sachs Treasurer 661-717-6558

**VETERAN'S COFFEE**  
MEETS THE THIRD FRIDAY  
EACH MONTH AT 9 AM  
HUMBOLDT ROOM





### HEB Library Latest

Once upon a time, there were frustrated library volunteers. Even though this story starts like a tale, it is, in fact, a true story. In the past few weeks, several boxes have been dropped off in the library with very little that we can accept. When this happens, one of our volunteers has to pack them up in her car and take them to a donation center. PLEASE remember that because we are limited in space, we can only accept FICTION and BIOGRAPHIES in book form - no tapes, cassettes, videos, or non-fiction(in any form). In addition, we can accept magazines (current issues) and jigsaw puzzles. Be sure to bag puzzles in the box or tape the boxes to secure the pieces. If the puzzle cart is full, please donate puzzles to charity.

Next time you visit the library, check out the "New Releases" books that are located on the right on top of the shelves against the wall/windows. You never know when you might happen upon a current gem!

Please remember to return your books to the HEB library once you have enjoyed them so that other residents can do the same. Thanks for helping keep our library an orderly enjoyable space!



### THANK YOU HEB FOR ANOTHER FABULOUS FOOD DRIVE!

**We donated 108 crates of food and \$1870.00!**



*Pictured from left to right with Little Flower Assistance Center Volunteers: Connie Massa, Amy Knowles and Sue Evans.*

Special thanks to Donna Musciano and Deb Roth (not pictured) and Mark Massa for multiple trips to Little Flower for making this happen.

**See you next August 3rd, 2024!**

### Busy Bloomers Garden Committee



Our July meeting was held at our Clubhouse with Master Gardener Ron Hogan. He gave a talk on insects with several solutions controlling them in our gardens.

Our August meeting was a HEB home tour of some of our residents gardens including the West, East, and North sides. The work and care of these beautiful landscaped gardens of both perennial and annual plants was a total enjoyment to all who attended.

For September we will meet at the Clubhouse to carpool to the Denver Botanical Gardens. We will have a docent guide in the morning with free time for lunch and continuing touring in the afternoon.

*For more information on joining our Club, please contact marycomeau@aol.com*



### PASSPORT FOR THE ARTS IS BACK FOR 2023

Please see listed below some dates and times for upcoming shows:

Annie November 26th 2:00 \$79.20  
Need to sign up by October 9th

Six December 17th 2:00 \$99  
Need to sign up by November 6th

#### 2024 Dates

Message in a Bottle February 25th 2:00 \$74.25  
Need to sign up by January 8th

M.J. April 28th 2:00 \$93.50  
Need to sign up by February 23rd

Company June 2nd 2:00 \$84.15  
Need to sign up by April 5th

Wicked July 28th 2:00 \$108.90  
Need to sign up by June 10th

Please sign up at the Welcome Desk and bring your check at that time made out to DCPA.

Thank you, Donna Musciano  
donna.Musciano@gmail.com  
303.570.4287

**MAH JONGG TOURNAMENT****SEPTEMBER 29, 2023**

11:15 FOR LUNCH/

TOURNAMENT IS NOON-4 PM

**REGISTRATION IS FROM  
SEPTEMBER 19TH - SEPTEMBER 26TH  
at the Welcome Desk**

BRING CASH IN AN ENVELOPE WITH YOUR NAME  
AND PHONE NUMBER ON THE OUTSIDE.  
THEN COMPLETE THE SIGN-UP SHEET AND  
TAKE A TOURNAMENT GUIDELINE SHEET.  
BE SURE TO CHECK WHICH OPTION  
FOR LUNCH YOU WANT,

**LUNCH OPTIONS/\$20****HEB SUMMER SALAD**

Spring mix, grilled chicken, oven roasted grapes,  
shaved radish, goat cheese, candied pecans, and  
carrots. Served with Fruit. Cookie

**OR****HALF CHIPOTLE GRILLED CHICKEN WRAP**

Pico de galo, pepperjack cheese, romaine lettuce,  
sundried tomatoes, Flour tortilla.

Served with Fruit. Cookie

Includes Fountain soda, lemonade, or iced tea

**WE LOOK FORWARD TO SEEING YOU!**

PEGGY CALHOUN 303-746-8190  
and SHARON JENSEN 503-708-6851

**HEBGC Car Club**

Some of our members went the Shelby Museum last week up in Boulder. Feedback was very positive. We certainly recommend checking this museum out.

Our Car Club Meetings are usually held the 2nd Saturday of the month in the HEB Clubhouse.

The best way to be apprised of meeting schedule changes and car club events is to be on our email distribution list. Email your information to [jerome.stenbakken@gmail.com](mailto:jerome.stenbakken@gmail.com) to be added.

*Join Us!***FALL LUNCHEON FOR HERITAGE EAGLE BEND***Sponsored by EB Singles***September 21, 2023, 11:30 AM**

Tickets on sale September 1, 2023

\$30.00—Checks made out to EB Singles

Purchase tickets at HEB Clubhouse Welcome Desk

**Featuring: ERMA BOMBECK: BY YOUR SIDE**

*Find out how Erma got started as a humorist. Chuckle along as she pokes fun at kids, husbands, household appliances and especially herself.*

*Program includes a monologue in character and questions and answers "with Erma" with the scholar/presenter, Susan Marie Frontczak.*





## HEB Artists in the Mood for Another Challenge

by Sheryl Hutchings

**C**apturing a particular mood in a painting is a definite challenge, one that HEB Watercolor and Beyond artists have chosen to embrace. Using suggestive colors and/or subject matter, the artist must try to communicate a particular feeling to viewers of the work. It does not have to be a sad or dark feeling, as in a bad mood. The work might choose to convey happiness or joy or peace or awe or just about any emotion or mood that human beings can experience.

Paintings submitted to meet this challenge do indeed reflect a wide range of moods and feelings. We hope you enjoy how artists in our group have chosen to interpret this month's theme, Moody Moments.

**Roxanne O'Rourke** explained her painting entitled "Soaring With Delight" by saying, "This painting started with a pour of watercolor. I think diagonals add interest to a painting, so tipped my paper to begin my painting. Since it reminded me of sky, a bird was a natural choice. Wouldn't you love to be able to soar in the sky?"

**Elaine Tsumura** painted "Woodland Falls," a watercolor work that conveys a peaceful mood. "Experiencing a peaceful scene of beauty always puts me in a good mood of positivity and optimism," Elaine says.

**Sheryl Hutchings** chose to portray a peaceful mood as well. "Pacifique" is a watercolor portraying a sparkling stream in a little French village she visited in May of 2023. Amidst the hustle and bustle of tourist traffic, Sheryl found a quiet peaceful place to enjoy the beauty of the place and brought the memory home to paint.

**Christina Davis** calls her watercolor "Rooted Radiance." According to Christina, "This painting is my abstracted interpretation of a "Dark Moody Moment," a watercolor painting I saw showing these wonderfully tangled roots and trees."

Of her watercolor work, **Lynn Kowalski** says, "I am calling this picture 'Moody Blues.' I used a variety of just two colors, shades of blue and gray, to create this muted and quiet scene of interesting flowers."

Rather than choosing a moody scene or conveying an emotion by choice of color or subject matter, **Linda Ault** chose to submit a work based on her mood or feeling while painting it. "I was very moody trying so hard to water color correctly. The painting only came together after anguishing about what was wrong and quickly trying to fix the painting's problems. The leaves have too much yellow which make the plant look sick. So thus, this painting is properly titled "Moody."

These works and others will be, as usual, on display in the craft room throughout September. Drop in, take a peek, and experience a mood for yourself.



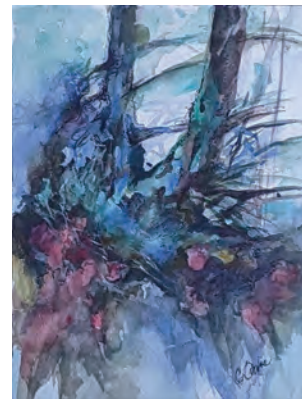
Soaring with Delight



Woodland Falls



Pacifique



Rooted Radiance



Moody Blues



Rooted Radiance

*A true artist is not one who is inspired,  
but one who inspires others.*

*- Salvador Dali*

## Monday Night Fun Group

**M**onday Night Fun Group (MFG) is winding down for our 2023 season, but we always welcome new players any time. We play a 9 hole scramble, and we select one hole each week for an interesting challenge, kind of our way of reminding everyone this is a Fun Golf Group, not competitive. We do have winners, but more of the fun variety.

For all of our new residents to Heritage Eagle Bend (HEB), Monday Night Fun Group starts play at 5:00 pm each Monday evening. We play a 9 hole 4 person team scramble, and have a buffet dinner after. There are no on-going commitments, play when you can, and eat after if you wish. Obviously, you pay for golf and dinner, and some of us have been known to enjoy a cocktail or two. We tack on a \$3 per person fee, to be used for various prizes at the end of the evening. Prizes typically include a random drawing of teams with par and under-par scores, a random drawing of teams over par (there are a lot of us), closest to the pin on a given hole, and longest putt on a selected hole. The remaining funds are used in random drawings for "just because". Chances of winning are pretty good.

Most of us have a great time and enjoy the chance to meet new people and play golf together. Please join our group and take part in the fun.

\*Note: We will not have MFG on 9/4 due to the Labor Day Holiday. Also, there will be no golf on 9/11 due to the aeration of the greens. MFG will resume on 9/18 and 9/26.

Lynn Nelson [lynn\\_nelson712@comcast.net](mailto:lynn_nelson712@comcast.net)  
Hal Nelson [pipernelson@comcast.net](mailto:pipernelson@comcast.net)

## Thank you Monday Night Fun Group from Larry & Marsha Comstock

We wish to extend our appreciation and our sincere thank you to all the participants, helpers, HEB golf staff, Chef and his staff, and all the wait staff for supporting our goal of bringing a fun Monday evening throughout each spring – summer – and fall for the last five (5) years. We have certainly had lots of fun and laughs along the way, and more than anything else, hope we provided a fun evening on some of those otherwise dreary Mondays We have enjoyed each weeks' goofy one hole crazy idea to make golf less competitive and more fun. We enjoyed watching everyone hitting their shots at the same time, especially putting with balls going every which way.

The goal of Monday Night Fun Group (MFG) is to have fun and meet your neighbors in a relaxing and fun environment. Have I said fun yet? We have met life-long friends along the way, and hope many of you can say the same thing.

A special thank you to my bride of a few years who had to do the vast majority of this year's work due to my unavoidable absence. She is special, knows everyone by name, and has done a magnificent job working on meals and getting people matched up.

Finally, we believe you are in great hands with Hal and Lynn Nelson, your new leaders. Now if I could just get them to dress appropriately.

*Marsha and Larry Comstock*

## Thursday Morning Ladies Golf Group

*by Cynthia Hungerford*

Hey Ladies, Spring is right around the corner and soon we'll be hitting the links for the 2023 season!

Have you heard about the Thursday Morning Ladies Group? If not, here's the scoop: This is an opportunity for the lady golfers who live in HEB to get together each week for a fun, fast and friendly round of golf with other HEB gals. It's a great way to play with your friends or meet new players.

We play each Thursday morning from mid-April through late October, depending on the weather. **There are no additional fees, only your green fees are required, and players are under no obligation to play each week.** Tee times are allocated to the group by the Pro Shop and we usually start around 8:00am, depending on the time of year.

An invitation to play is emailed to everyone in the group 10 days prior to the play date. Interested players have 3 days to respond and the pairings are sent out 6 days before the scheduled date. Then all you have to do is show up, pay your green fees, play golf, and have fun!

If you would like to be included on the email list, send your name, phone, and your average 18-hole score (or handicap) to [ThursdayLadiesGroup@gmail.com](mailto:ThursdayLadiesGroup@gmail.com).



## Bocce

by Cathy Murtha

Well, here we are in the swing of the 2023 Fall Bocce Season. It is hard to

believe as it seems like yesterday we were cancelling leagues and scrambling to make up games because Mother Nature rained down upon us. In spite of the challenges the Spring season faced, it will soon be a distant memory.

We were able to get the Mens' and Mixed Pairs tournaments in, as well playing 24 games, the amount of play that is recorded for the standings. After the Mixed Pairs tournament on July 28th, the courts were closed for use and the much needed staining on the pergola and benches was completed.

The 2023 Fall season began on Sunday, August 13th with Mix and Match Team Bocce. This league is still a work in process and was modified to address the concerns of the players who participated in the Spring Team Bocce League. The Leadership Committee works hard to make Bocce a fun experience that is open to all skill levels and abilities. We are experimenting with a mixed singles type of format, with four person teams playing three games each night. Players draw each week for the court and ball color. We have removed the Captain and team requirement, no coaching is allowed, all of which is standard on the other leagues. One thing that remains is cheering! It is encouraged and if you ever need any pointers, reach out to Mary Jo Collins on the Leadership Committee and she will be happy to help! She is the epitome of encouraging others and is fun to compete with!

The Fall season is shortened to 9 weeks and will end on Friday, October 13th. We also started the evening leagues at 5:00 PM, unlike the Spring leagues which started at 6:00 PM. It was agreed that consistency is the better way to go rather than changing the start time mid-season.

As this goes to press, we will have played the Ladies Tournament on Saturday, August 26th. The Men of the Bocce Club sponsored this tournament and they have big shoes to fill as the Women ran a great Men's Tournament last June. Watch your weekly eblast to see the final results and who won!

If you want to reserve the courts during off league times, please contact Mary Jo Collins at [big\\_strong\\_woman@yahoo.com](mailto:big_strong_woman@yahoo.com) or 303-819-1725



## Tennis Club by David Peck

The July and August weather has been great for tennis. Most mornings have been very pleasant, and the evenings have been great. Some rain has interrupted our playing time, but not many. We have moved the morning start times up to 8:30 am and still play mixed doubles at 6pm on Thursdays. The ball machine has been working great. If any member would like to use the machine, please let me know and I will provide the lock codes. Unfortunately, the lights have been out since mid-July. The HEB maintenance team has been working on this problem and currently needs a part. My hope is to have these lights operational soon. They really help during the Thursday evening mixed doubles sessions.

The leadership board met on August 7th. One of the topics discussed was our social event for the club. We have decided to schedule another morning of tennis followed by lunch at the club house. This social event went well last year, so we expect a good turnout again this year. This social event will be on Saturday September 30th. We will start playing tennis at 9 am and meet in the Humboldt room at 11 am and the buffet will start at 11:30am. I will email the lunch cost details to the club members. If you want to be included and are not receiving my emails, please pay the \$10 membership fee and send me your information. All club members will be welcome to play tennis and they can bring their guest to the luncheon. We must have an accurate count in advance of the luncheon. It is great to get the entire tennis club together at one time to play some tennis and enjoy a lunch with their fellow players.

The courts are being used on Monday's, Tuesday's, Wednesday's, Thursday's, and Saturday's. The benches were recently painted, and the courts are in good shape. If anyone has any interest in playing, please contact me by phone or email. We have a good group of players and can always use more.

David Peck • 913-579-3218  
[dpeck2100@gmail.com](mailto:dpeck2100@gmail.com)

**JUST REMEMBER :**  
**LIFE IS GREAT – BOCCE MAKES IT BETTER!**

*Please contact Sharon Armstrong  
with questions or comments  
at 303-766-1791 or  
email at [sharonarmstrong82@comcast.net](mailto:sharonarmstrong82@comcast.net)*

## THANK YOU

TO OUR RESIDENTS AND GUESTS FOR ENSURING THE  
25 MPH SPEED LIMIT IS FOLLOWED.

**SPEED LIMIT IS  
25 MPH**



## Ladies 9-Hole Golf Subcommittee

by Mary Scherr

July and August weather included cold and rain along with the usual heat. This did not discourage the Ladies of the 9-Hole League who continued to play (when not rained out)! In addition to the weekly league play, teams from HEBGC traveled to exchanges at Red Hawk Ridge and Meadow Hills in July.



On August 10, the HEBGC 9-Hole League hosted an exchange with leagues from 5 other courses with a total of 68 players with 18 players from HEB. As in past years, the visiting players were impressed and delighted by our beautiful course and the fun games the committee planned. Thanks to Pam Finch for organizing the registration for all the exchanges and for planning the HEB Exchange. It was great fun! Thanks also to volunteers Marti Waneka, Judy Peck, John Wright, Jeff Holliday, and Jim Folk for their help on Exchange Day.



## Golf Shop Corner

by Jason Franke, PGA Director of Golf

August proved to be a very busy month, starting with another very successful Club Championship! Congratulations to Dan Nimtz and Linda Schippers who claimed the Men's and Ladies Championship! Also, congratulations to our Net Champions Phil Grindrod and Sandi Miyaki. Complete tournament results can be found at [www.golfgenius.com/ggid/2023hebcc](http://www.golfgenius.com/ggid/2023hebcc). Thank you to all our participants!

It's hard to believe it's already September. Our leagues and groups will begin to wrap things up for the season. Green aeration will be Monday and Tuesday, September 11th and 12th, so we'll be closed for those two days for this important process.

If you haven't visited the Golf Shop recently, please stop by to see some of our new merchandise! Remember that HEB residents always get 30% off all apparel, 10% off shoes and 15% off all accessories. Also remember that all credit book accounts need to be spent by the end of the year, so let us know how we can help.

## STAY SAFE AND HEALTHY!

Thank you all for your support of the Heritage Eagle Bend Golf Operations.

If you need anything or have questions or concerns, please contact Jason Franke at (303) 400-6700 or [jfranke@heritageeaglebend.com](mailto:jfranke@heritageeaglebend.com).

And as always, many thanks to the golf shop staff and pros, Craig Hatch and Jason Frank, and to the grounds staff for their help in making this tournament another great success.

Our next and last exchange of the year was Tuesday, August 29th at Lone Tree Golf.

The Ladies' 9-Hole Season will come to an end on Thursday, September 21 with a Closing Day Scramble and Social. Please join us for this end-of-season celebration.

Three "Just for Fun" additional postseason days are on the schedule for our members through October 12th.





## PICKLEBALL

### UPCOMING TOURNAMENTS

**September 22-24 - Friday - Sunday**

#### Tournament of Champions

Mixed Doubles with fixed partners

- Sign-up information and details for each event will be sent out 3 weeks prior to each event.

**October 15 – Sunday**

#### World Series of HEB

- Sign-up information and details for each event will be sent out 3 weeks prior to each event.

For more information regarding the HEBGC Pickleball Club, please contact chairperson, Brenda Waterhouse, [bwaterh19@gmail.com](mailto:bwaterh19@gmail.com).

To find out about lessons and training, contact Member-at-Large, Jim Strouse, [jimelin31@gmail.com](mailto:jimelin31@gmail.com).

HEBGC Resident Website - Use resident login to access Resident Network/Resident Corner/Clubs & Groups/Pickleball for general information — <https://www.heritageeaglebend.com/resident-login/>



**Wednesday, September 27, 2023**

**7:00 pm - 9:00 pm**

### **HEB PICKLEBALL FALL BUSINESS MEETING**

**Antero Room**

It will be a full agenda. A ballot will be sent to all members prior to the meeting.

**Watch for it in your email!**

#### **OPEN BOARD POSITIONS:**

**Chair, Secretary, and Member at Large**

**TEAMWORK**

## EBGA

Here is the date, tee time, game, and meal for our September Event.

September 17th / 1:00 / Step Aside / Prime Rib Dinner  
\$39 pp which includes tax and gratuity.

**MUST** have your dinner reservations in by Thursday for Jennifer and staff to have time to accommodate everyone staying for dinner.

*Besides a Great Dinner we will have the Year end Giveaways!  
(Must be present to Win)*

The EBGA is open to all homeowners who occupy your homes and/or residents of Heritage Eagle Bend. We will provide an opportunity for all residents of HEB to participate in a fun series of couples golfing events.

All participants must have a current USGA Handicap Index. Teams will consist of one male and one female golfer. For all EBGA events handicaps will be capped at 40.4 index. Ladies will play from the green tee boxes. Men will have the option to either play the gold or white tees, (handicaps will be adjusted).

### **\*REMINDER: POST SCORES ON GOLF GENIUS DURING THE EVENT OR YOU ARE NOT ELIGIBLE TO WIN PRIZE MONEY**

Golf Genius is very easy to use and anyone in the Pro Shop or other golfers can assist you in how it works if you are not familiar. You only need to make sure you have a cell phone with you.

Membership fee is \$15/person (\$30 per couple)-cash only please, which covers the admin fee and hole-in-one insurance.

If you were not able to sign up at Back to Golf Night, other options would be to sign up and pay in the Pro Shop or you can pay at the first event you play in. There is a \$5.00 buy in per person at the start of every event.

Please remember to get your proof of cart insurance into the Pro Shop to use your own cart.

*If you have any questions, please contact one of the following committee members:*

David Rose, <i>Chairman</i>	303-946-3615
Howie Zaler, <i>Events Coordinator</i>	303-929-1381
Deb Poole, <i>Treasurer</i>	303-257-7177
Linda Schippers, <i>Tournament Director</i>	303-809-9577
Bill Goeschel, <i>Co Chairman</i>	303-359-0758

## Men's Golf Association

by Larry Cotter MGA Chair

**C**an you believe it's the end of August and most of the season is behind us! We have completed over two thirds of our season. By now, we have played the fun but challenging two week MGA Club Championship and crowned a new MGA Low Gross and Low Net Champion. Unfortunately, since the articles are required a month in advance we have no idea who was able to put together two outstanding rounds.

With only one event left in the Stroke Play Challenge we will soon see who the lucky winners are. This event takes the best three cumulative net scores of the four stroke play events. The results are posted on the MGA Portal so you can see if you need to buckle down for the last event or just enjoy the round and build your bank of HEB CUP Points.

From this point we will have only one new format which is a two man event where you will pick the worst drive for the other twosome to play on eight holes. This event was added at the request of several members last year so we will try it and see if we are all talking to each other after the round.

Remember to be nice to your Leadership Committee and in particular your MGA chairman as he will be putting together the Presidents Revenge which is a fun event coupled with the fall luncheon where we will wrap up the 2023 MGA season.

We have said this before, but be assured that your committee is diligently working to make sure that we have an enjoyable as well as successful season. Your input is always welcomed and taken seriously so if you have anything you would like to share please let a member of the leadership committee know and we will take it under advisement.

With that said the goal of the MGA to leave our course in better shape than we found it. In order to keep our great course in outstanding condition here is the next in our series of monthly challenges.

### MGA CHALLENGE FOR SEPTEMBER

#### RAKE THE BUNKERS

We know it is typically Murphy's Law that no matter where your ball ends up the rake will be on the other side of the bunker. BUT PLEASE take a short walk to get the rake and leave the bunker in a condition you would want it to be in for your shot.

## Women's Golf Association by Sandi Miyaki

### 2023 WGA Member Guest update:

Last year after our Member Guest event, many of our members suggested that instead of handing out all of the proceeds for the tourney to the players, a part of the entry fee would be donated to benefit two local charities. The recipients chosen to receive 50% of the raffle prize fund via cash donations included the South Metro Medical Equipment Loan Closet and Aurora Interfaith Community Services.



September is a month of transitions for the WGA, by now our HEB, and WGA Club major and weekly tournaments are completed. September play is a series of random games. For example on Sept 5th, it's the Cha Cha Cha, followed by One-Two Best Ball, and a Six Shooter, after that we move to the end of season President's Revenge Event. This is just as you might imagine. Our President, Melanie Smith, creative prankster of the day, will design hole-by-hole random challenges. Typically it's a combination of restricting play by club, maybe a short iron for a long hole, or moving a starting tee to an unusual location, etc. Sometimes there are substitute sports, or other random items that are a part of the contest – hockey sticks, or landscaping tools, every hole is a surprise for the players.

The main end of year event is a terrific Fall Luncheon at the Club House, designed and coordinated by Deb Strine working with the Eagles Nest catering team. We are grateful for the support of the HEB Pro Shop, our board members, and all of our members and guest players! Wishing everyone a safe and happy off season!

One quick follow up reminder, all players should continue to post scores through November 15 in our region, and for those who travel to warmer climates, to honor, and record GHIN scores during their in-season play under the warm sun.

## GOLF CART SAFETY REMINDERS

Carts may be operated by anyone sixteen (16) years of age or older, providing that person has a valid driver's license. Please ensure that no one under 16 years of age is operating a golf cart.

Children under six (6) years of age are NOT permitted to ride on carts.

Golfers, please be careful when entering the street from the golf cart paths. Drivers, please look out for golf carts on the streets.

Thank you for your attention to this very important safety matter. Safety is our #1 priority!





## Airport Transportation

**MGM Airport Transportation.....303-570-1055**

Door to door curbside pick-up and drop off. 24/7

HEBGC Resident - Mario Musciano • [mgmairtrans@gmail.com](mailto:mgmairtrans@gmail.com)

Fully Licensed and Insured by the State and DIA State Licensed-PUC LL 01610

Incorporated in 1997, Servicing HEBGC, East Aurora, Parker, Lone Tree, Castle Pines and Castle Rock.

**Marsha's DIA Shuttle Service.....303-693-2828**

For all of your DIA transport needs. Door to door.

Hours of Operation: 24/7. HEB Resident since 2004.

## Air Conditioning

**Patriot Plumbing, Heating, Air Conditioning.....303-647-6791**

24/7 air conditioning, furnace, boiler and heat pump installation, repair and maintenance.

Humidification, dehumidification, air exchangers and more. Schedule at your convenience.

Clean, polite, uniformed technicians. Home of the 100% "You'll Be Thrilled" Guarantee!

## Appliance

**Mr Appliance of Aurora.....303-928-5128**

We Service all Major Kitchen and Laundry Appliances and Brands Washers, Dryers,

Refrigerators, Freezers, Dishwashers, Ovens, Ranges and Microwaves Call or go online to

[www.Mrappliance.com](http://www.Mrappliance.com) to schedule. HEB residents only special \$20 off any service Veterans

receive an additional \$5 off any completed repair.

## Computer/Technology Consulting

**Super Mike's Computer Service.....303-523-2900**

In home technology consulting. Service and repair of computers, networks, and other

technology products. Affordable IT service at your doorstep. Please visit

[www.supermikes.com](http://www.supermikes.com) for more information. HEB references available.

Serving you since 2001.

## Dentists

**Southlands Dental, Dr. Kalra.....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.

**Premier Dental Health at Eagle Bend.....303-617-0303**

22651 E Aurora Pkwy, #A5, Aurora, CO 80016

Affordable dentistry with a smile! Performing all aspects of general dentistry from cleanings

to crowns to implants, even Botox and whitening. Ask your neighbors about us – they're

patients already! Conveniently located by Parkway Bar & Grill.

## Decks

**HR Decking.....303-514-1973**

We offer top of line custom decks, stairs, railings, pergolas and more. HEB Resident references

available. Contact us for your next project at 303-514-1973 or [hridecking@gmail.com](mailto:hridecking@gmail.com)

**Schick Custom Decks.....720-987-2775**

BBB accredited A+ rating, 5 Star Home Advisor Rating, Huge Portfolio

& 100's of References. We do custom decks, staircases, patio covers, pergolas and more!

Find us on [www.schickdecks.com](http://www.schickdecks.com) or contact us by email [billschickcustomdecks@yahoo.com](mailto:billschickcustomdecks@yahoo.com)

## Dryer Vent Cleaning

**LintFree Dryer Vent Cleaning, LLC.....720-951-1834**

Stuart Urban: [Stuart@LintFreeDryerVents.com](mailto:Stuart@LintFreeDryerVents.com)

LintFree is a local business. Stuart has been dryer vent cleaning for over 12 years

and will make sure vents are clean from bottom to top. Friendly and professional,

Stuart will do a great job for you. Call or email for an appointment.

## Electrician

**Patriot Plumbing, Heating, Air Conditioning.....303-647-6791**

24/7 drain clearing services for sinks, toilets, bath tubs and main drain lines.

We can unclog the drain, maybe find a lost piece of jewelry and get things flowing

again! Schedule at your convenience. Clean, polite, uniformed technicians.

Home of the 100% "You'll Be Thrilled" Guarantee!

## Financial Services

**Linda Gardner, Blue Heron Capital, LLC.....720-488-8604**

Host of Weekly Radio Show: Your Money Your Retirement

Saturday at 10 am on 630 KHOW & Sunday at 9 am Freedom 93.7 and 760 AM

Comprehensive Retirement Planning including Income Planning, Tax Strategies,

Investments, Healthcare Planning and Estate Planning

HEB Resident [www.YourMoneyYourRetirement.com](http://www.YourMoneyYourRetirement.com)

## Garage Doors

**Elite Garage Doors.....720-442-8600**

\* 24/7 garage door repair and installation services

## Gas Fireplace Repair

**Quality Fireplace Solutions.....303-946-6535.....[qfireplaces.com](http://qfireplaces.com)**

Call our office now for a full service tune up so that your gas fireplace is ready to use

for the holidays and into the New Year. More than 10 years in HEB and more than

20 years in the gas fireplace service industry. Our techs are Licensed, Insured and

NFI Certified in gas fireplace service and repair.

## General Health

**Therapeutic Bodywork.....720-645-5034**

**Concentric Cultivation Myofascial Release and Wellness Center**

Helping people find relief from pain and return to or maintain an active lifestyle.

Specializing in the powerful John Barnes Myofascial Release Approach. Tai Chi classes

also available. Ask about new client special! [concentric.cultivation@gmail.com](mailto:concentric.cultivation@gmail.com)

## Golf

**"Club Doctor Jim", Jim Shook.....303-803-8993**

Building custom golf clubs to fit your swing and size (men, women & juniors).

Repairing damaged clubs & shafts, including replacing old, worn grips.

[jamesgshook@centurylink.net](mailto:jamesgshook@centurylink.net)

**Mile High Golf Cars....[parkersales@milehighgolfcars.com](mailto:parkersales@milehighgolfcars.com).....303-951-2131**

Servicing HEB for 15 years and going strong. We are here to provide you with exceptional golf

carts, accessories, and service. [parkersales@milehighgolfcars.com](mailto:parkersales@milehighgolfcars.com) [milehighgolfcars.com](http://milehighgolfcars.com)

## Handy Man Services/General Contractor

**Blue Collar Handyman.....720-434-1672**

Irrigation Repair & Diagnostic, Handyman Services, Fence Builds & Repair,

Small Remodeling Projects. 5 star rated Angi Pro Provider. Call or email for a quote today!

[taylor@bluecollarhandyman.com](mailto:taylor@bluecollarhandyman.com)

**H.K. Sutherlin Handyman Services.....720-275-9232**

Minor Electrical/Plumbing, Carpentry, Picture Hanging, Reasonably Priced,

Fully insured with liability and property, 5\* Pro Rating on Nextdoor, Thumbtack,

Googlesearch, 25 years with Denver Theatres and Arenas

Servicing Aurora/Denver

[Flashhandy1@comcast.net](mailto:Flashhandy1@comcast.net)

**RR Roofing and Renovations LLC.....720-291-7225**

John Rooker, [rrrenovations@yahoo.com](mailto:rrrenovations@yahoo.com)

Locally owned & trusted since 1998, quality focused residential construction.

Call us to perform a free pre-claim inspection of your roof. Also see Display Ad

## Heating

**Patriot Plumbing, Heating, Air Conditioning.....303-647-6791**

24/7 furnace, heat pump and air conditioning installation, repair and maintenance.

Humidification, dehumidification, air exchangers and more. Schedule at your convenience.

Clean, polite, uniformed technicians. Home of the

100% "You'll Be Thrilled" Guarantee!

## Healthcare Providers

**Advanced Orthopedics & Sports Medicine Specialists –**

**Division of Orthopedic Centers of Colorado.....303-344-9090**

Located nearby, in the Southlands Mall. We are a specialty based Orthopedic and Sports

Medicine Clinic and have served the Denver area for over 20 years. We specialize in

helping patients BE ACTIVE! Please call or contact us at [info@advancedortho.org](mailto:info@advancedortho.org)

## House Cleaning Services

**Cherry Creek Cleaning, Shay Villa.....303-562-6368**

Eco Friendly – Chemical Free, Dependable, and Trustworthy. Offering professional

house cleaning, carpet cleaning, window cleaning, and Clorox 360 electrostatic disinfectant

spraying. Floor steaming and scrub. Call for a free estimate. 60 + Senior Discount.

**Lupita Valenzuela Cleaning Services.....720-534-9246**

Professional and reliable house cleaning services provided by HEB Residents. We offer weekly,

bi-weekly, and monthly cleaning plans. Give us a call for a free estimate at 720-534-9246.



## Insurance

**Jeff Uscier, Jeff Uscier Agency, Inc.**.....303-680-9858  
Independent Insurance Agent representing HARTFORD, METLIFE and SAFECO insurance and authorized to provide AARP Auto and Home insurance for the Hartford. HEBGC Resident for 19 years.

## Junk Removal

**Jeff's Junk Removal & Hauling** Matt.....720-878-5473  
Email: mrob556@hotmail.com  
An Award-Winning Service Company screened and approved. Convenient, Fast, Courteous, with reasonable fees. We remove unwanted items, furniture, boxes, bags, clothing, anything that fits in our truck. Friendly service with a smile.

## Landscaping

**Cox Professional Landscape Services LLC**.....303-693-6878  
Professional Full-Service Landscape Company. Maintenance & Enhancements. "Whatever it Takes" Please contact us for you landscaping needs today at coxoffice@coxprolandscap.com

**Top Notch Lawn Maintenance LLC**.....720-520-3830  
All your lawn maintenance needs done a notch above the rest. Season packages available for HEBGC starting at \$1250. Call for details or a personalized yard quote.

## Law Office

**Jeffrey H. Katz, P. C., (HEBGC Resident)**.....303-726-3670  
Wills, Trusts, Powers of Attorney, Living Wills, Estate Planning, Business and Corporate law. HEBGC Resident; Available for home visits.

**Kirch Rounds Bowman & Deffenbaugh PC**.....303-671-7726  
Specializing in Wills, Trusts, Power of Attorney, Estate Planning, Elder Law, Real Estate. Over half a century of combined legal experience. Home visits available. www.dvkcpc.net

## LintFree Dryer Vent Cleaning

**LintFree Dryer Vent Cleaning, LLC**.....720-951-1834  
Stuart Urban: Stuart@LintFreeDryerVents.com

## Mortgage

**John Putzstuck Jr.**.....303-391-3182  
Mortgage Originator Bellco Home Loans  
I have 30 years plus experience in the mortgage business. I specialize in reverse mortgage lending. See how I can eliminate your mortgage payment and boost your retirement nest egg in one transaction. Put the equity you have earned to work for you. jputzstuck@bellcohomeloans.com

## Painting

**Picasso's Painting**.....720-322-5860  
Interior and Exterior Painting. No job is too small. Experience working in HEB. Contact us for your free estimate. Picassospainting@facebook Picassospainting@outlook.com

## Pets

**Janus' Doggie Day and Night Care**.....714-783-8727  
I've been a dog owner for over 45 years and have recently retired. I'm available to watch your pup during the day as well as over night in our home here in HEB. We have a small Malipoo Daisy, she's friendly with other dogs and would welcome a playmate. I also do drop ins to walk your dog while you away. Please call or text me at: 714-783-8727 with any questions and if you're interested in booking a drop in or an overnight stay.

## Plant Watering and Dog Walking

**Lynn's Helping Hands**.....818-522-1962  
Watering Plants, Dog Walking, Snowbird House sitting, odd jobs. No Job too small, give me a call. HEB residents, Lynn and David Andrus. Email address: lyms.helping.hands4u@gmail.com

## Plumbing

**Parker Plumbing & Heating, Inc.**.....303-840-2931  
Kevin Bates, Master Plumber, An HEBGC neighbor and local family business since 1992. Providing plumbing service and repair, hot water heaters, remodels, and more.

**Plumbing, Drains, Heating, Air Conditioning**.....303-647-6791  
24/7 plumbing service for your home including water heaters, drain clearing, sump pumps, water softening, new fixture installation and more. Schedule at your convenience. Clean, polite, uniformed technicians. Home of the 100% "You'll Be Thrilled" Guarantee!

## Real Estate

**Rex Gambrell, Empire Realty**.....303-913-4912  
HEB Resident. rex@empirerealtyco.com

**Carrol J Howard**.....303-883-1369  
HEBGC Resident, Managing Broker, McKean Real Estate Inc. cjhoa67@aol.com

**LaVonne Lydin, Lydin Group Realty**.....303-946-7772  
Specializing in HEBGC real estate since 2000!

**Lori Schmidt, Empire Realty**.....(C)701-730-5879  
HEB active resident since 2012 lori@eaglebendrealty.com

**Jeff Skolnick, RE/MAX Masters Millennium**.....303-946-3701  
"Your Trusted Real Estate Advisor" Since 1986  
www.JeffSkolnick.com - Jeff@JeffSkolnick.com  
Specializing in Senior Relocation/Transition

**Fred Smith, Re/Max Masters Millennium**.....303-930-5132  
Your Heritage Eagle Bend Specialist since 2000. "Living and working in HEB"  
www.Fred-Smith.net Has link to HEB inventory. Email.. FredSmith@remax.net

**Jeff Uscier, Workman and Associates**.....303-680-9858  
HEBGC Resident 19 years. Specializing in HEBGC Real Estate.

## Remodeling and Repair

**Mark's Remodeling and Repair**.....720-628-1033  
Complete kitchen and bathroom remodels, basements, wood flooring, light fixtures, hidden wire wall mounted flat panel TVs. HEBGC references available

## Roofing

**AVI Roofing & Gutters**.....303-296-8551  
Family owned & operated, "Your Original Roofing Contractor" Serving the Heritage Eagle Bend community for the past 14 years. Call today for your free estimate.

## Senior Care Consultants

**Answers for Senior Care, Phil & Lily Hotaling**.....303-799-1313  
Providing Geriatric Care services & Housing Referral/placement  
www.answersforseniorcare.com

## Travel

**Mitch Krayton, CTC, Small Ship Cruising Specialist**....303-365-0051  
Cruises for Seniors-Traveling solo, as a couple or with their friends and family. Contact Mitch Krayton, your local small ship cruising specialist. Krayton Travel - Make Memories, Not Regrets™  
Call 303-365-0051 or email: mitch@kraytontravel.com

**Miles of Love Travel - CIA Elite Cruise Counselor**..... 970-396-8253  
Lifetime experience over 100 cruises WITH GROUPS. Ocean and River Specialist. Call today for single, couple, Friends, Family. Also teach and mentor how to "travel for less" worldwide. Ready to book a District, Family or "hobby" group? Call to discuss  
CarolLee Miles (CLMPeace01@gmail.com) Larry Love 303-588-9985

## Windows - Blinds

**Master Blinds Services, LLC**.....303-518-4307  
All Blinds. All shades, Repairs and Sales. We beat any price!  
Ask about HEB discounts! "Servicing Aurora for 26 years"

## Windows - Replacement

**Renewal By Andersen**  
**John Tierney - Senior Project Consultant**.....720-323-1848  
Renewal by Andersen sells, installs and services our patented Fibrex windows and doors resulting in beautiful homes and delighted homeowners. Call for a free quote and window diagnostics today. Mention this ad for an additional 5% off any national promotion.  
See Our Display Ad

**Prestige Products Windows & Siding**.....303-773-0515  
Providing top quality replacement windows & patio doors, excellent installations, and personalized customer service. Since 1993, owners Don & Dustin Samuel have set the bar for home improvement quality & satisfaction.  
NO MONEY DOWN. FREE in-home price quotes.





720.434.1672

TAYLOR@BLUECOLLARHANDYMAN.COM

**BLUE COLLAR  
HANDYMAN**



# MAIL BOX REPAIR & REPLACEMENT

LABOR & MATERIALS INCLUDED

**REPAIR: \$450**

2 NEW MAILBOXES, NEW MOUNTING BRACKET,  
NEW COATED FENCING SCREWS, POST STAINED TO  
COMMUNITY STANDARDS AND GOLD ADDRESS  
NUMBER DECALS

**\*POST AND CROSS MEMBERS MUST BE STURDY**

**REPLACEMENT: \$750**

REMOVAL OF OLD POST, INSTALL NEW CEDAR POST  
WITH CONCRETE AND CEDAR CROSS MEMBERS,  
2 NEW MAILBOXES, REPLACE MOUNTING BRACKET,  
NEW COATED WOOD SCREWS, STAIN POST AND  
CROSS MEMBERS TO COMMUNITY STANDARDS AND  
GOLD ADDRESS NUMBER DECALS

**SPLIT THE COST WITH A NEIGHBOR!**



## Being a member of a Troon club has its benefits

Take advantage of preferred rates at resort  
and daily fee facilities worldwide.  
Scan the QR code below to go to  
TroonAdvantage.com and  
scroll down to  
see clubs to request tee times at.



**TROON/ADVANTAGE**

THE ROYAL KĀ'ANAPALI COURSE





**EAGLE BEND COMMUNITY CHURCH**  
**SUNDAY SERVICE AT 10 AM AT THE CLUBHOUSE**  
 Pastors Bruce Minor and Trent Ballard  
 share preaching duties during the month.

### All Church Bible Study

The All Church Bible Study will continue to meet at 6:30 p.m.  
 on the first and third Mondays at the Minor's home, 22561 E Long Dr.  
 The study, co-led by Pastor Bruce Minor and Pastor Trent Ballard.

Listen to our services at [www.eaglebendchurch.org](http://www.eaglebendchurch.org)  
 Click the media button to find the links.

Visit our Website: <http://eaglebendcc.org/>

Questions?

Call the Church Office to speak with Pastor Bruce Minor  
 or Betty Minor, Church Administrator: 303-757-1455



**CELEBRATING OUR 18<sup>th</sup> YEAR AT HERITAGE EAGLE BEND**

  
**FOREST HILLS**  
 DENTAL CARE

*Voted Top Dentists 2017-2023 by 5280 Magazine!*

**303.840.9557**

**7450 S. GARTRELL RD. #A-9**  
**AURORA, CO 80016**  
 (NEXT TO SUPER TARGET)

[FORESTHILLSDENTALCO.COM](http://FORESTHILLSDENTALCO.COM)

**DISCOUNT PLANS AVAILABLE**



Dr. Tara Huntsman & Dr. Jared Bruggeman





## TANGIBLE WEALTH SOLUTIONS

— CHARACTER, CLASS, INTEGRITY —

- ☐ Do you own rental properties?
- ☐ Want more potential passive income without the headaches?
- ☐ Want to defer capital gains tax?



COMING SOON!

Call us at 720-996-1794 or email us at [info@tangiblewealthsolutions.com](mailto:info@tangiblewealthsolutions.com) for passive investment options that qualify for 1031 Exchanges

-Delaware Statutory Trusts (DST)

[WWW.TANGIBLEWEALTHSOLUTIONS.COM](http://WWW.TANGIBLEWEALTHSOLUTIONS.COM)

Scan me



For more information on Emerson Equity, please visit FINRA's BrokerCheck website. You can also download a copy of Emerson Equity's Customer Relationship Summary to learn more about their role and services. General Disclosure: Not an offer to buy, nor a solicitation to sell securities. All investing involves risk of loss of some or all principal invested. Past performance is not indicative of future results. Speak to your finance and/or tax professional prior to investing. Any information provided is for informational purposes only. Securities through Emerson Equity LLC Member: FINRA/SIPC. Only available in states where Emerson Equity LLC is registered. Emerson Equity LLC is not affiliated with any other entities identified in this communication. Real Estate / 1031 Risk Disclosure: • There is no guarantee that any strategy will be successful or achieve investment objectives; • Potential for property value loss – All real estate investments have the potential to lose value during the life of the investments; • Change of tax status – The income stream and depreciation schedule for any investment property may affect the property owner's income bracket and/or tax status. An unfavorable tax ruling may cancel deferral of capital gains and result in immediate tax liabilities; • Potential for foreclosure – All financed real estate investments have potential for foreclosure; • Illiquidity – These assets are commonly offered through private placement offerings and are illiquid securities. There is no secondary market for these investments; • Reduction or Elimination of Monthly Cash Flow Distributions – Like any investment in real estate, if a property unexpectedly loses tenants or sustains substantial damage, there is potential for suspension of cash flow distributions; • Impact of fees/expenses – Costs associated with the transaction may impact investors' returns and may outweigh the tax benefits. • Stated tax benefits – Any stated tax benefits are not guaranteed and are subject to changes in the tax code. Speak to your tax professional prior to investing.

**YOUR NEIGHBORHOOD  
SMOOTHIE KING  
LOCALLY OWNED/OPERATED**



**YOUR PURPOSE-DRIVEN LIFE STARTS  
HERE**

Own your purpose, find your Smoothie, and  
*Rule The Day.*



SCAN QR CODE TO DOWNLOAD APP

If you would like to  
**ADVERTISE**

in this newsletter, contact Jillian at  
[JWyatt@heritageeaglebend.com](mailto:JWyatt@heritageeaglebend.com) or

**720.235.1831**

### EXTERIOR IMPROVEMENTS

All exterior improvements must be submitted to the AAC and approved prior to any exterior project starting.

For AAC forms and additional information, please

contact JILLIAN WYATT at

[JWyatt@heritageeaglebend.com](mailto:JWyatt@heritageeaglebend.com) or

**720.235.1831**



In honor of Dillon joining our team, we've got specials for Heritage Community!



**DILLON JOSLYN**  
Business Development Officer

## Maximize Your Money

**5.12% APY\*** 11 or 19 Month CD

\*Automatically renews to a 12 month certificate. Minimum balance of \$5,000. APY (Annual Percentage Yield) assumes earned interest remains part of the deposit until maturity. Interest will begin to accrue on the day you purchase your certificate and will compound monthly. A withdrawal of interest before maturity will reduce earnings. Penalty for early withdrawal. APY is accurate as of June 20, 2023.

**4.00% APY\*\*** Money Market

\*\*APY (Annual Percentage Yield). Rates may change after the account is opened. Account requires a balance of \$100,000 to earn 4.00% APY; 3.00% APY on balances \$0.01-24,999.99; 3.25% APY on balances \$25,000.00-49,999.99; 3.50% APY on balances \$50,000.00-99,999.99; 4.00% APY on balances \$100,000.00-499,999.99; 4.07% APY on balances \$500,000.00 on up; \$5,000 minimum balance to open the account. If balance falls below \$5,000, a \$10 service charge will be applied. 6 free withdrawals per month. Fees may reduce earnings. APY is accurate as of June 20, 2023.

**REDSTONE BANK**  
[redstonebank.com](http://redstonebank.com)

**Littleton**  
5350 S. Santa Fe Dr. Suite G  
Littleton, Colorado  
Ph. 303.317.2899

**Centennial**  
15765 East Arapahoe Rd  
Centennial, Colorado  
Ph. 720.880.5000

Member  
**FDIC**

## Calling All Pickleballers!

Get your group together and rent this gorgeous 6BR, 5BA house in Kauai, HI

Contact Daydream Travel for more details!

303-728-9657 or

[greg@daydreamtravelsite.com](mailto:greg@daydreamtravelsite.com)

We also book ocean and river cruises! Call today to see how much you can save on your next cruise \$\$\$!





**PARKER PLUMBING & HEATING, INC.**



**LICENSED  
MASTER PLUMBER**

**303.840.2931**

website: [parkerplumbingandheating.com](http://parkerplumbingandheating.com)

Water Heaters, copper & PEX water lines, gas lines,  
Valves, plumbing fixtures, and plumbing repairs.



GET **HONEST.**  
EXPERIENCED HELP BUYING OR SELLING YOUR HOME.



**REX GAMBRELL**

REAL ESTATE EMPLOYING BROKER

[REX@EMPIREREALTYCO.COM](mailto:REX@EMPIREREALTYCO.COM)  
[WWW.EMPIREREALTYCO.COM](http://WWW.EMPIREREALTYCO.COM)  
303-913-4912



*Clinica de Paraíso*



**Your Healthy New Life Begins Here**



*Specializing in Alternative | Affordable dental & stem cells*

SAVE \$\$\$ Up to 70% on all dental procedures  
Promotion \$15K for full ALL on 4/6 zirconia dental implants



[clinicadeparaiso.com](http://clinicadeparaiso.com) **+1(855)-4GOODLIFE**

## Centura Orthopedics & Spine **Meridian**

Our expert orthopedic physicians provide a wide array of orthopedic services and expert care including joint preservation and replacement (hip, knee and shoulder), spine surgery, sports medicine, general orthopedics, orthopedic trauma, foot and ankle surgery.



**Landon Fine, DO**  
Orthopedic Trauma,  
Shoulder Surgery and  
General Orthopedics



**Derek Johnson, MD**  
Hip and Knee Preservation  
and Replacement and  
Robotic Surgery



**Daniel Kaplan, DO**  
Orthopedic Trauma,  
Primary and Revision Total  
Joint Arthroplasty



**Alex Romero, MD**  
Sports Medicine and  
General Orthopedics



**Scott Stanley, MD**  
Cervical and Spine Surgery

### Accepting New Patients | 303.925.4750

Open Monday - Friday 8:00 am to 5:00 pm | Accepts most insurance plans

9949 S Oswego St, Suite 200 | Parker, CO 80134 | [centura.org](http://centura.org)

Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at 1-303-873-8166 (TTY: 711). Copyright © Centura Health, 2022. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-303-269-4053 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-303-269-4053 (TTY: 711).



**Full-Service  
Move Management**

- Planning
- Sorting
- Decluttering
- Packing
- Moving
- Unpacking

**303.471.7333**



A Move  
Handled with *Care*



**HOWLER  
SERVICES**

(303) 520-9933  
howlerservices.com



ALEC, RYAN AND DREW

Handyman Service.  
Family owned and operated.  
*We do quality work, at a fair price.  
Keep your home maintained  
and fix any repairs.*

**Jan Parrish**

Realtor, GRI, SFR  
10+ Years Experience, HEB Specialist

**Free Aerial Photography  
with Listing!**

**Senior Discount!**



**303.807.3289**  
www.JanParrish.Realtor  
agentjanparrish@gmail.com  
facebook.com/IloveHEB



**Thank  
You  
Heritage  
Eagle Bend**

I held my wedding at Heritage Eagle Bend last month. The day couldn't have been more perfect. Aside from the beautiful venue, Jennifer and her top-notch staff helped make our day AMAZING!

What an EXCEPTIONAL community you all have to call home!

I am also honored to be able to continue to partner with you all to help with any and all of your REAL ESTATE needs.

You may remember me as Stephanie LOW, but I am thrilled to announce my name change to MRS. STEPHANIE BANAHAN !!!!

*~~~~~*

**Stephanie Banahan, Realtor**  
Seniors Real Estate Specialist  
Certified Real Estate Negotiator  
StephanieBProperties@gmail.com



**United Real Estate** | Prestige Denver  
Each Franchise is Independently Owned and Operated





**MURPHY'S HOME SERVICES**  
Maintenance Programs & Handyman Work

**Keith Murphy**

720.224.6677

info@MurphysHS.com

Sign up for our newsletter online at  
www.MurphysHS.com to get  
monthly maintenance schedules and tips.



## MAINTENANCE PROGRAMS

- Catch minor problems before they become major issues
- Protect the value of your home
- Customizable programs
- Monthly, quarterly, semi-annual & annual services available
- Interior and exterior services provided

## ADDITIONAL SERVICES

- General handyman work
- Plumbing
- Electrical
- GutterBrush sales and installation

## WE'RE HEB RESIDENTS WITH GREAT NEIGHBORHOOD REFERRALS

Jeff Zinn

Terry Pierson

Dick and Gale Fischel

WITH THE KIND OF INVESTMENT YOU HAVE IN YOUR HOME, EXPERIENCE DOES COUNT!  
OUR FIRM HAS OVER 25 YEARS EXPERIENCE AS REAL ESTATE BROKERS.

### McKean Real Estate Inc.



**Carol J. Howard**  
Owner - HEBGC Resident  
Mobile: 303.883.1369  
Email: cjhoa67@aol.com



**Meagen Howard Fox**  
Broker - Associate  
Mobile: 720.201.1167  
Email: foxmeagen@yahoo.com

If you would like to  
**ADVERTISE**

in this newsletter, contact Jillian at  
JWyatt@heritageeaglebend.com  
or

**720.235.1831**

## WEBSITE HELP?

DO YOU NEED HELP LOGGING  
INTO THE HEBGC WEBSITE?

PLEASE CONTACT JEFF LAMBERT AT  
JLAMBERT@  
HERITAGEEAGLEBEND.COM

PLEASE MAKE SURE YOU GET  
ON THE LIST FOR WINTER  
SNOW PUSHING CONTRACT SERVICES

*New name, same care and quality you deserve when buying or selling your home here in Heritage Eagle Bend! I have lived in this beautiful community for over 10yrs and I guarantee you will be in good hands with me!*



**Eagle Bend Realty**

*Welcome Home*



23413 S Moraine Pl.

**Lori Schmidt**

Broker

Cell: 701-730-5879



[Lori@eaglebendrealty.com](mailto:Lori@eaglebendrealty.com)



7953 S Addison Way

[www.eaglebendrealty.com](http://www.eaglebendrealty.com)

**Renewal  
by Andersen**



WINDOW REPLACEMENT

My Name is John Tierney and I am a Senior Project Consultant at Renewal By Andersen. My parents live on the 14th hole at Heritage Eagle Bend. In addition to starting on my parents home, my company has done over 75 jobs at HEB. I look forward to making your Window and Door replacement incredible.

Our Patented Fibrex Material is 2.5x stronger than Vinyl

We guarantee Products and Installation

Andersen Windows and Doors has 115 years of experience

We have a 4.9 out of 5 stars on Google

Please Give John Tierney a call Direct

@ 720-323-1848

or [jtierney@renewalcolorado.com](mailto:jtierney@renewalcolorado.com)

Mention this ad and get an additional 5% off any National Promotion



## When comparing Medicare plans, let's make sure the clear winner is **YOU!**

**As a licensed insurance agent, I can help you with:**

- Understanding your Medicare options
- Plan analysis & review
- Continued support & service

Many plans have premiums as low as \$0!

Call, text or email me today to schedule your no-obligation appointment.



**Steve Cox**

Licensed Insurance Agent  
Bridlewood Insurance Services

Work: (303) 579-9466

Home Office: (303) 471-4166

swissgoalie@yahoo.com

## ANTIQUES WANTED

**WE PAY TOP PRICES FOR:**

ORIENTAL PORCELAIN & WORKS OF ART, EUROPEAN WORKS OF ART, PORCELAIN, SILVER, OLD WATCHES, JEWELRY, GLASS, PAINTINGS, COINS, VINTAGE CLOTHING & ACCESSORIES.

**CONTACT US FOR A FREE APPRAISAL**

303.229-5168



**MARTIN KAY**

English antique dealer for over 40 years & former member of the International Society of Appraisers resident of HEB for 17 years.



**TED FULTON**

Author of Garage Sale Gold.  
Former Chief Appraiser for Aspen Auction House.



## SNOWBIRD HOUSE SITTING

by Lynn's Helping Hands (HEB Resident)

### CUSTOMIZE TO YOUR NEEDS

Weekly/Monthly Walk throughs check for the following:  
Leaks, electrical issues, smells, flush toilets and run sink water  
Bring in packages, Sprinkler Blow outs,  
Adjust Thermostats, coordinate repairs

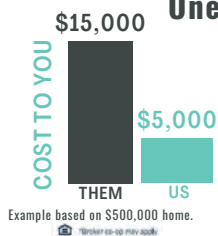
**Lynn & David Andrus**  
**818.522.1962**

lynns.helping.hands4u@gmail.com

**SELL** YOUR HOME FOR ONLY **\$5,000\***

Save Your Money. Preserve Your Equity.

One Local Agent.



**YOU SAVE**  
**\$10,000**  
BASED ON A 3% COMMISSION

**JUSTIN HAWKINS**

**720.507.4303**



Justin@jhawkinshomes.com



**720-520-3830**

Locally owned and operated

Weekly Mowing/ Bi-weekly  
Mowing, Aerations, Fertilizing,  
Spring and Fall Cleanups

Season packages available  
starting at \$1250/ season  
including all mowing, 2 aerations,  
up to 4 fertilizations, and sprinkler  
start up and blow out.

All your lawn maintenance needs  
done a notch above the rest.



Accredited Member of the BBB

**John P. Rooker**  
Owner

Locally owned and trusted since 1998

Quality Focused Residential and Commercial Construction

**RR ROOFING & RENOVATIONS LLC**

Office: 303-248-3706

Cell: 720-291-7225

Fax: 303-248-3823

rrrenovations@yahoo.com

5290 E. Yale Circle, Suite 208

Denver, CO 80222

www.roofbyrr.com





### Fred Smith

Certified Residential Specialist

303-930-5132

www.Fred-Smith.net

FredSmith@Remax.net

"Your Heritage Eagle Bend  
Specialist since 2000"  
Living and working in HEB!

**RE/MAX**  
PROFESSIONALS



#### **For Sale – 23898 E. Phillips Pl. - \$800,000**

4 beds / 3 baths – Beautiful 703 backs to Piney Creek Trail & Ponderosa Preserve! New paint. Spacious living room. 42" Cherry cabinets, granite counters & breakfast bar. Main floor office w/French doors & bay window. Walk-out basement w/large family/rec room, 2 beds & full bath. Expanded deck w/wildlife views. Patio too.



#### **For Sale – 23594 E. Clifton Pl. - \$835,000**

3 beds / 3 baths – 602 w/perfect location on golf course! Harwood floors. Formal dining. Beautiful kitchen w/42" cabinets, granite counters, updated gas stove, & breakfast nook. Main floor office. Finished basement w/family room, 2 beds, bath, & storage. Expanded covered deck w/gas connection & views. Xeriscaped back yard.

**SOLD – 7979 S. Quemoy Way**

**SOLD – 22400 E. Heritage Pkwy.**

**If you are ready for a new home, I can help! Contact me for a tour.**

**Let me know if you would like a complimentary market analysis to see what your home is worth!**



Visit [www.Fred-Smith.net](http://www.Fred-Smith.net) for a complete inventory of Heritage Eagle Bend.

Call me for honesty, integrity and service excellence!

RE/MAX Hall of Fame Award, RE/MAX Lifetime Achievement Award, Top 100 sales producer in the 5-State RE/MAX Mountain Region and ranked among America's Best Real Estate Agents by REAL Trends!



*Do you have concerns, questions, or  
challenges regarding care decisions  
for an aging family member?*



Phil & Lily Hotaling, Co-Owners  
Local Community Members

#### Care Management:

- Assess care needs with family & client
- Introduce options & recommendations
- Assist with decision making
- Coordinate services in and out of home
- Attend appointments
- Communicate with family
- Anticipate changes in care

#### Placement Services

- Meet with families to discuss requirements
- Empower involved family members
- Find appropriate housing options
- Assist family with expert recommendations
- Tour and explain options
- Support transitions

**We have the answers, so  
you are not alone!**

No question too small or too large, we are ready to help:



**(303) 799-1313**

[Phil.Hotaling@answersforseniorcare.com](mailto:Phil.Hotaling@answersforseniorcare.com)

[www.answersforseniorcare.com](http://www.answersforseniorcare.com)



904 on the 5<sup>th</sup> Green - Only 2 days on the market - Listed for \$500,000 - <http://7683SBiloxiWay.com/>  
*HEB: Where the Fun Begins & Doesn't End! Our services include staging, aerial photography & property website*



**LaVonne Lydin & Michelle Lydin Schmeltzer**

**MB Colorado Living Realty, Inc.**

<https://ColoradoLivingRealty.com/>



LaVonne is an HEB Resident Since 2017 & Specializes in HEB Real Estate Since 2000

Mother-Daughter REALTOR® Team Since 2008 – Five Star Award Winners, SMDRA Diamond Circle

LaVonne - Broker/Owner, CRS, MCNE, PSA - 303-946-7772 - [lavonne@coloradolivingrealty.com](mailto:lavonne@coloradolivingrealty.com)

Michelle - CRS, MCNE, PSA, ABR, ePRO - 303-507-9111 - [michelle@coloradolivingrealty.com](mailto:michelle@coloradolivingrealty.com)

## THINKING

*of selling your home?*

## CONTACT ME FOR A FREE HOME VALUATION

*I offer Competitive Brokerage Fees*



## Jeff Skolnick

—Your Professional Real Estate Advisor—

**303-946-3701**

✉ [Jeff@JeffSkolnick.com](mailto:Jeff@JeffSkolnick.com)

🌐 [www.JeffSkolnick.com](http://www.JeffSkolnick.com)





Be a part of an Exclusive Bucket List opportunity

## Insider Cruise Along The Nile with Egyptologist Ramez Salama

November 12 to 21, 2023 | 10 days/9 nights



### Exclusive VIP Access to:

- New Grand Egyptian Museum
- Cairo Grand Bazaar
- Saqqara in Memphis
- Dashour Pyramids
- Pyramids of Giza
- Exclusive Inside the paws of The Great Sphinx
- Temple of Karnak
- Hatsepsut Temple
- Colossi of Memnon
- Exclusive day & night visit to Valley of the Kings including Tomb of Tutankhamen
- Luxor Temple
- Temple of Horus at Edfu
- Kom Ombo Temple
- Island of Philae & Isis Temple
- Abu Simbel Temple
- Luxury Hotels & Cruise Ship

Hurry! Limited to the first **25** people!

### ALL INCLUSIVE\*

\*Includes: hotels, cruise, gratuities, Egypt entry visa, private car transfers, internal Egyptian flights, meals, tours, guides, rides & entry passes. Not included: International flights and travel insurance, both available on request.



Make Memories, Not Regrets™

Offered exclusively by  
Krayton Travel

**(303) 365-0051**

**Call for free brochure**



## 24/7 MGM AIRPORT TRANSPORTATION

*Leave the driving to me...*

SERVICING THE IMMEDIATE AREA SINCE 1997

**Reliable, Personable Door to Door Curbside Service**

**CALL ME! 303.570.1055**  
303.663.7472

**Mario Musciano**  
HEBGC Resident • Owner/Operator  
Licensed & Insured  
mgmairtrans@gmail.com



*Book Your Ride Today!*

## NEED PROJECTS DONE AROUND THE HOUSE?

### HANDYMAN - IRRIGATION - FENCING

IRRIGATION STARTING @ \$149/HR

HANDYMAN STARTING @ \$95/HR + TRIP CHARGE

NOW OFFERING LAMP POST REPLACEMENT!



**720.434.1672**

TAYLOR@BLUECOLLARHANDYMAN.COM

**BLUE COLLAR HANDYMAN**

We're in  
our **30th year**  
as Colorado's Best  
value in replacement  
windows & patio doors!

**No Money Down** means **NO RISK** for YOU and  
ultimate motivation for US to keep our promises!

### Prestige Products WINDOWS & SIDING

- Father/Son Owned/Operated
- BBB A+ Rating - 25+ Years
- Angie's List "A" Rating - 10+ Years
- No Down Pmt\* & No Pressure Process
- NO GIMMICKS (fake discounts, "40% Off", etc)
- Same Master Installers for 8+ Years
- Highest Rated, Best Warranty Replacement Window & Patio Door Products Available
- 30+ HEB Jobs/References



**Don & Dustin Samuel**  
Owners



*The Right Choice For Windows & Siding Since 1993!*

**303.773.0515**

admin@ppiws.com

**www.ppiws.com**

\*Contracts of \$25,000 or more require 10% deposit



**Now offering sessions ALL 5 days a week!  
Spots are filling up fast so call to schedule your  
first FREE session**



## **FUNCTIONAL AGING TRAINING PROGRAM FOR 60+**

**SCHEDULE A FREE SESSION!**  
**(303) 782-9348**

**NEXT TO ACE HARDWARE IN THE  
TARGET SHOPPING CENTER  
7420 S. GARTRELL RD**







**FREE  
ESTIMATES**

## GOOD AS GOLD

***38 Years of Excellence!***

BBB ACCREDITED A+ Rating / 5 Star Home Advisor Rating

Huge Portfolio & 100's of References / Insured

Decks, Patio-Covers, Pergola's, Basements



### HERITAGE RESIDENT REFERENCES:

John & Dolores Ehlers ~ (303) 484-9352

Mark & Joan McGahey ~ (303) 690-2173

Joe & Vicki Mayer ~ (303) 693-8398

Rod Ellis ~ (720) 284-9466

Ted & Becki Gamble ~ (206) 475-0519

**720-987-2775 / [www.SchickDecks.com](http://www.SchickDecks.com)  
[BillSchickCustomDecks@yahoo.com](mailto:BillSchickCustomDecks@yahoo.com)**





ORTHOPEDIC CENTERS OF COLORADO

Advanced Orthopedic &  
Sports Medicine Specialists

We're here to keep you  
**active!**

Say farewell to the scorching heat and welcome the fresh and crisp atmosphere of fall. Reconnect with nature's seasonal wonders and immerse yourself in refreshing outdoor adventures. Whether it's a rejuvenating stroll or an exhilarating bike ride along picturesque trails, autumn offers the perfect backdrop for being active. Should any discomfort or injury try to hold you back, put your trust in OCC – Advanced Orthopedic & Sports Medicine Specialists. Our team of skilled orthopedic experts is dedicated to getting you active again.

## Specialties

Hand and Wrist  
Elbow and Shoulder  
Hip and Knee  
Foot and Ankle  
Total Joint Replacement  
Spine and Neck  
Sports Medicine

Orthopedic Trauma  
Podiatry  
Bone Health  
Physiatry  
Pain Management  
Physical Therapy  
Occupational Therapy

## At the Southlands Mall

📍 6235 S. Main Street, Suite C-101  
☎ (303) 344-9090

Visit [advancedortho.org](http://advancedortho.org) for information.



YOU  
NAME IT

# We Can Do It!



**PLUMBING  
WATER QUALITY  
ELECTRICAL  
HEATING  
A/C**

From providing the most thorough inspections in the business to water heater flushes & complete system installs...

**We can do it!**

**WATER HEATER FLUSH  
& PLUMBING  
SERVICE**

**\$49**

EXTRA CHARGE FOR TANKLESS

**HALO5 WHOLE HOUSE  
WATER FILTRATION  
SYSTEM**

**\$200 OFF**

MAINTENANCE-FREE/WARRANTIED FOR 10 YEARS!



**303-647-6791**

**\$49 FURNACE  
CHECK-UP**

**OR GET FLUSH & CHECK-UP \$89**

CODE: HEBAD - HURRY! ALL OFFERS EXPIRE 10.31.23

PROUDLY SERVING, AND RECOMMENDED BY, HERITAGE EAGLE BEND NEIGHBORS



“...ALWAYS COMMITTED TO OUR CLIENTS.  
WE EDUCATE YOU & PROVIDE OPTIONS SO  
YOU CAN CHOOSE WHAT SUITS YOU BEST.”

**-JAVIER & SARAH HOGGARD  
PATRIOT PROS OWNERS**



**AVIROOFING**  
WeatherSure Systems

**CALL US**  
303-296-8551

Providing  
Roofing, Gutter &  
Maintenance Services

RESIDENTIAL • ROOFING • REPAIRS

[aviroofing.com](http://aviroofing.com)

Call to  
**PROTECT  
YOUR  
FAMILY'S  
FUTURE**



Over half a century  
of combined legal  
**EXPERIENCE**

K R  
B D  
KIRCH ROUNDS BOWMAN  
& DEFFENBAUGH PC  
ATTORNEYS AT LAW

Specializing in:  
Estate Planning, Estate Administration,  
Elder Law, and Trust & Estate Litigation

303.671.7726 Home Visits  
AVAILABLE [www.dwkpc.net](http://www.dwkpc.net)

Located at  
Marketplace Tower II  
3025 S. Parker Road, Suite 820  
Aurora, CO 80014

**BIN BATHERS!**  
Trash Can Cleaning  
**HOW IT WORKS**

**SIGN UP**  
Sign up online, we'll schedule you on  
our route and contact you with your  
cleaning day.

**WE BLAST**  
On cleaning day, we clean your  
stinky bins with 200° water leaving it  
germ and stink free.

**ENJOY**  
Enjoy conveniently cleaned and  
stink free bins.

**WE ALSO OFFER:**

- Junk removal
- Exterior house washing
- Pressure washing
- Window cleaning
- Gutter Clean-outs

Scan to sign  
up today!



**Contact Us: 720-782-6633**  
[Josh.lamb@thebinbathers.com](mailto:Josh.lamb@thebinbathers.com)

**Legacy Detailing and Auto Spa**



**Professional Auto Detailing  
Services!**

Restore that new car luster!!

- Interior Cleaning
- Exterior Buffing and Waxing
- Steam Cleaning
- Ceramic Coating

**Tony Clement**  
720-926-5276  
[Legacydetailingdenver.com](http://Legacydetailingdenver.com)

10 years' experience in the profession





## Jeff Uscier Above All Insurance Group, LLC

*An Independent Insurance Agent*  
HEBGC RESIDENT since 2003

Providing Insurance for  
Auto, Home, Condo, Life Insurance  
and Income Retirement Programs

*Representing:*

Hartford, SAFECO, MetLife, Travelers,  
Hagerty Insurance Company (Classic Cars)

**Call Jeff today for a Quote.**

**303.680.9858**

8224 S. Winnipeg Ct.  
Aurora CO 80016

*If you are thinking of selling your home*  
**CALL ME at 303.680.9858**

Listing your home to the Best Possible Price  
is very important...DON'T price your home too low.

**I can help you price it right!**

*4.3% commission to residents of Heritage Eagle Bend*

**Are you thinking of buying at  
Heritage Eagle Bend? If you are, call me!**

I've lived in this wonderful community since 2003  
and I know it well. I specialize only in the  
Heritage Eagle Bend Community.  
**HEBGC RESIDENT SINCE 2003**

**Jeff Uscier • Realtor**

Office: 303.680.9858 • Fax: 720.870.5447  
email: [uscier@msn.com](mailto:uscier@msn.com)

**WORKMAN  
& ASSOCIATES**  
REAL ESTATE SERVICES



## Exceptional Dentistry for Healthy, Beautiful Smiles

Your smile deserves a highly trained dental team.

At Southlands Dental, we cater to your individual dental needs  
and comfort. We look forward to serving you in a warm, inviting  
atmosphere!

Beautiful, confident smiles begin here!

General Dentistry • Dental Implants • Cosmetic Bonding • Invisalign  
Teeth Whitening • TMJ Treatments • Crowns • Veneers • Dentures • Bridges

**\$49**

Welcome Exam  
includes comprehensive  
exam & x-rays  
new patients only,  
insurance excluded;  
includes all necessary x-rays

**LOVE YOUR  
SMILE?**

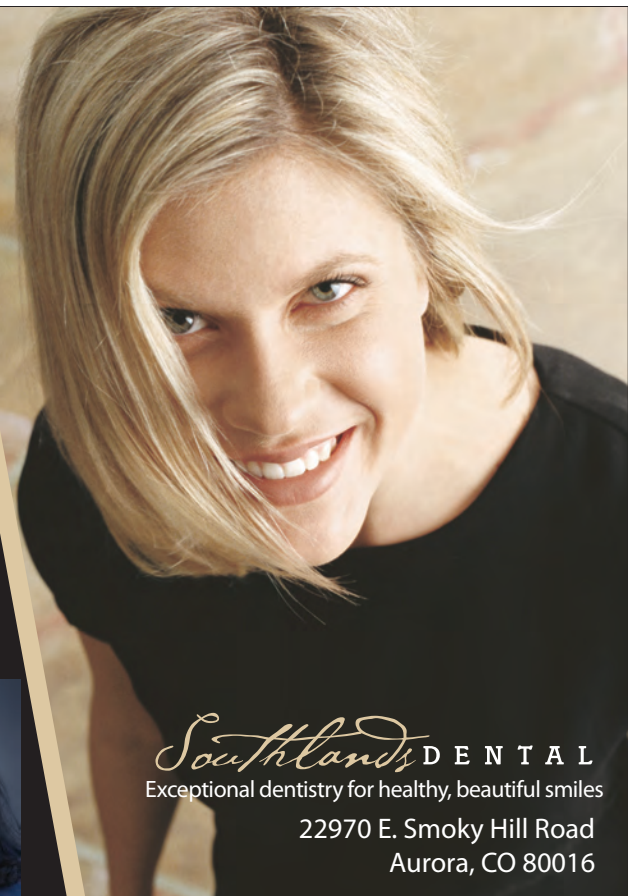
FREE cosmetic  
consultation  
consultation for veneers,  
crowns, implants,  
bonding, or invisalign

**\$100 OFF**

Any treatment of  
\$700 or more  
new patients only,  
insurance excluded

Hurry! Offers Expire in 30 days.

**Call (720) 886-0606 today!**  
[www.southlandsdental.com](http://www.southlandsdental.com)



*Southlands* DENTAL  
Exceptional dentistry for healthy, beautiful smiles  
22970 E. Smoky Hill Road  
Aurora, CO 80016



DISTRICT	DELEGATE NAME	PHONE	EMAIL
1	Roger Harmelink	303-601-5879	rdharmelink@comcast.net
2	Gladys McLean	303-333-1906	gsmclean@comcast.net
3	Valerie Ness	303-362-4613	valerieness@comcast.net
4	Mary Procaccio	303-690-2076	procacme@comcast.net
5	Joan Snihur	315-559-7616	jhsnihur@gmail.com
6	Becky Barnes	325-374-2940	bbarnes903@aol.com
7	Ron Polakowski	303-693-9379	lrpolk@msn.com
8	Donna Musciano	303-570-4287	donna.musciano@gmail.com
9	Jim Wargas	630-788-4400	jwargas2@gmail.com
10	Tom Wilcox	303-862-8491	toriwil@me.com
11	Amy Knowles	860-807-5270	knowdyce715@gmail.com
12	Dan Webster	303-570-6222	dwebs79941@aol.com
13	Diane Pranske	708-528-2952	dpranske@aol.com
14	Phyllis Matthews	303-941-2074	phyllismatthews3@comcast.net
15	Linda McKee	703-716-5654	lindarmckee@gmail.com
16	Diana Renn	303-617-6139	dlrenn333@gmail.com
17	Pat Mernah	303-755-3636	pmernah@gmail.com
18	Diane Woods	303-593-0889	diawoods@comcast.net
19	Clark Sonderby	720-870-2314	sonderby.c.t@comcast.net
20	Patrick Ryan	303-841-6765	patnmaryann@msn.com
21	Gary Carpenter	720-484-5833	HEBDistrict21@comcast.net
22	David Vollmann	303-942-0947	DVollmann57@comcast.net
23	Diane Rae	303-530-4147	jackdianerae@comcast.net
24	Jim Kroll	719-491-3338	krollldhinco@comcast.net
25	Rick Stager	720-413-0468	rps8186@comcast.net
26	Carole Nielsen	303-770-6529	canielsen81@comcast.net
27	Russ Randall	303-766-8662	russ_randall@msn.com
28	David Admire	303-721-6385	dradmire@comcast.net
29	Anita Voss	214-384-3978	amvoss68@gmail.com
30	Bob Holtschlag	303-290-0190	bob.holtschlag@comcast.net
31	David Craven	720-203-3674	dcraven55@gmail.com
32	Gary Mabie	303-617-8287	gjmabie@hotmail.com
33	Deb Roth	303-548-6219	HEB.District.33@gmail.com
34	Bob Janky	303-564-1104	Bobjanky4@gmail.com
35	Bonnie Knowles	303-908-7926	bknowsjoe@comcast.net
36	Barbara Pedersen	303-690-3451	bwpeder@comcast.net
37	Jane Harris	214-923-7596	jgh847@hotmail.com

## Traditions Board Contact Information (for emergencies only)

<b>Traditions Hotline:</b>	<b>303.343.4011</b>	
Jane Harris, President, <i>Irrigation</i>	214.923.7596	jgh847@hotmail.com
John Ehlers, Vice President, <i>Snow</i>	303.484.9352	jodo7875@comcast.net
Joe Parsons, Treasurer, <i>Roofs and Gutters</i>	925.548.4436	attjfp@gmail.com
Carolyn North, Secretary, <i>Back-up</i>	720.870.8989	carolyn7176@comcast.net
Ed Doherty, Director, <i>Landscaping</i>	303.548.7037	Ed.doherty@comcast.net
Bob Janky, Director, <i>Irrigation Stats</i>	303.564.1104	bobjanky4@gmail.com

Please be sure to notify the Admin Bldg  
by contacting Alison Gully at  
AGully@heritageeaglebend.com or  
720-235-1827  
for any changes to  
your contact information

## Village Board Contact Information (for emergencies only)

<b>Village Board Hotline:</b>	<b>303.343.4011</b>	
Myrla Marshall, President	815.545.2793	myrlamarshall@gmail.com
Terry Pearson, Treasurer/Secretary	831-676-7307	terrypvillages@gmail.com
Marcia Johnson, Director	303-949-1404	marciamay1949@gmail.com
David Risley, Director	607-725-7205	rupertrisley03@outlook.com
Dwight Ballard, Director	303-668-3095	deballard2@gmail.com
Pam Brigman, Director	719-531-7131	pam.brigman11@gmail.com

**Hotline Number**  
**Traditions & Village**  
**303.343.4011**



Heritage Eagle Bend Master Association, Inc.  
23155 East Heritage Parkway  
Aurora, CO 80016

PRSR STD  
U.S. POSTAGE  
**PAID**  
DENVER, CO  
PERMIT NO. 1624

POSTMASTER, PLEASE DELIVER BY  
SEPTEMBER 1ST

DATED MATERIAL

SEPTEMBER

September 4    Labor Day Pool Party  
September 26    Trivia

EVENTS WILL BE EBLASTED OUT TO THE COMMUNITY



by Scott Kelly