

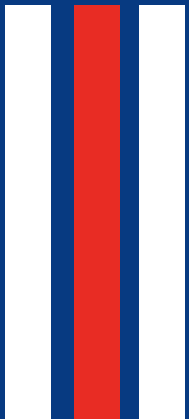


# NEWS

HOA OF THE YEAR 2023  
*CAI Rocky Mountain Chapter*



ELECTION ISSUE  
ELECTION ISSUE  
ELECTION ISSUE



*by Jane Rereich*





## Events at Your Clubhouse

Here in your magnificent Clubhouse, you'll find over 37,000 square feet of flexible 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:** Rex Gambrell, 303-913-4912  
 Rexgambrell@comcast.net  
**Vice President,** Steve Krebsbach, 303-748-1886  
 Hebstevek@gmail.com  
**Secretary:** Arleen Sandberg, 970-471-6222  
 arleensandberg56@gmail.com  
**Treasurer:** Rick Matteson, 720-955-7757  
 Ramattesonheb@gmail.com  
**Director:** Chuck Cullens, 303-472-6584  
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**Director:** Steve Gallagher, 732-598-5507  
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 JW Wyatt@heritageeaglebend.com  
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 AGulley@heritageeaglebend.com  
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## 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

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### CLUBHOUSE

ph 303-693-7788 fax 720-235-1803  
[www.heritageeaglebend.com](http://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

Tuesday – Saturday 7:00am – 9:00pm

Sunday – Monday 7:00am – 8:00pm

#### Administrative Office Hours

Monday – Friday 8:00 am – 4:30 pm

### EAGLE'S NEST HOURS

#### Breakfast:

Tuesday – Saturday 8:00 am – 11:00 am

Sunday 8:00 am – 12:00 pm

#### Lunch:

Tuesday – Saturday 11:00 am – 4:00 pm

Sunday 12:00 pm – 2:00 pm

#### Dinner:

Tuesday – Saturday 4:30 pm – 8:00 pm

#### Bar:

Tuesday – Saturday 8:00 am – 9:00 pm

Sunday 8:00 am – 4:00 pm

### MSI

Contact Kristen at

KKennedy@msiho.com or 720-974-4189

for Ledgers or Billing info (statements)

or at [www.msihoa.com](http://www.msihoa.com) to request a status letter if you are selling your home.



## IN THIS ISSUE

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### 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 2025



Landscape Services will be 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

Please contact the  
Landscaping Department  
720-235-1852  
or  
turf@heritageeaglebend.com

## UPCOMING MEETINGS

### Architectural Advisory Committee

Monday, April 21st, at 2:00 pm

### Facilities & Grounds Committee

Thursday, April 10th, at 3:00 pm

### Financial Advisory Committee

Thursday, April 17th, at 2:00 pm

### Golf Advisory Committee

Thursday, April 10th, at 9:00 am

### Legal & Compliance Committee

Wednesday, April 16th, at 2:30 pm

### Master Board Meeting

Thursday, April 24th, at 2:00 pm

### Master Board Work Session

Wednesday, April 9th, 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 Rex Gambrell,  
President of Master Board

Election season at HEB is upon us and sometimes that can be confusing because voting overlaps for the Master Board of Directors and for Delegates.



Voting for Board members takes place April 7th through April 18th and is done electronically using Vote-Now. Residents will receive an email invitation in their designated email account, along with a link to [www.vote-now.com](http://www.vote-now.com)'s secure site and an embedded personal registration code. Paper ballots will be mailed to voters who have not registered to vote electronically or who don't have an email address on file.

You can find biographical information for the two Board candidates elsewhere in this magazine. Current Board Member Arleen Sandberg is seeking re-election. The second candidate is Debbie Strine, who currently is a member of the Golf Advisory Committee.

Voting for Delegates takes place April 1-18 and is done using paper ballots. Completed ballots should be returned directly to your current Delegate. Ballots and instructions probably have already been distributed by your Delegate; if you haven't received this, please contact your Delegate. Their names and contact information are listed on the inside back cover of this magazine.

*Thank you all for taking the time to submit your ballots for both the Master Board and Delegate Elections.*



## General Manager's Message by Gene Blum

It's always exciting to say, "Golf is BACK!" It was fantastic to reconnect with everyone at our Back to Golf Night in the ballroom this March. Residents were eager to sign up for their favorite leagues, catch up with friends, and share a few laughs over drinks. With warmer weather on the way, we can't wait to see you all out on the fairways! If you're new to the community and haven't yet played a round of golf at the club, I highly recommend reaching out to our golf professionals to set up tee times at the discounted resident rate and enjoy other great perks.



Looking ahead, April brings our much-anticipated Easter Brunch and Egg Hunt on April 20th. It was amazing to see reservations fill up so quickly when they opened in March! This event always sells out, so be sure to secure your spot before it's too late.

As the temperatures rise, you'll notice an increase in events at the clubhouse. One of our biggest occasions is the Mother's Day Brunch on May 11th, which is sure to sell out, so don't wait too long to book your reservation. And as we approach the end of May, we'll kick off the outdoor pool season with two exciting events: drinks with a DJ at the Pool on Friday, May 23rd, and our Memorial Day Celebration on Monday, May 26th, featuring a poolside buffet, specialty drinks, and more great music.

Soon, our teams will be out planting beautiful flowers and plants around the clubhouse and community. Each year, they come up with new designs, and I'm looking forward to seeing what they have in store for us this time. They'll get started right after Mother's Day, as we never know when a surprise April snowstorm might make an appearance—got to love our unpredictable weather! If you're a snowbird returning for the season, we're so glad to see you back.

**HERE'S TO A WONDERFUL SPRING AHEAD!**

## 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

# Election Announcement

Two candidates will be elected.  
There are two candidates for two – three year terms.

## 2025 Master HOA Election Schedule

### April 7th – April 18th • Electronic Voting

An E-Ballot will be sent to you via email from VOTE-NOW if you have an email on file.

Ballots received by mail must be returned immediately to VOTE-NOW to make the April 18th mail deadline to be counted.

### Friday, April 18th at 12:00 noon MDT

Voting closed. Electronic Votes must be received by then, as well as mailed in votes.

### April 24, 2025

New Board of Directors terms begin

**WATCH YOUR EMAIL  
FOR YOUR BALLOT  
FROM  
VOTE NOW!**



**NO EMAIL?  
WATCH  
YOUR MAILBOX!**

**CONTACT JILLIAN WYATT,  
COMMUNITY MANAGER**

**AT**

**JWYATT@HERITAGEEAGLEBEND.COM**

**720.235.1831**

**WITH QUESTIONS**

**THANK YOU!**



## ★ MASTER BOARD ELECTION ★

### ARLEEN SANDBERG

It has been a privilege to serve you on the HEBMA Board of Directors for the past three years. I am seeking your support for a second term as a continuation of my commitment to serving this wonderful community that I love.



My husband and I moved to HEB in May 2013, when I accepted a position with the Arapahoe County District Attorney—dedicated solely to work with the prosecution team for the Aurora Theater Shooting case. After that case was finished, I accepted a position at the Arapahoe Justice Center, running the District Attorney Victim/Witness room.

My work experience includes working for 31 years in the Eagle County District Attorney's Office where I worked as a legal assistant, paralegal, victim advocate, and for the last 12 years as part of the administration staff. I then went on and worked 10 years for the Arapahoe County District Attorney's Office.

I gained valuable experience when I served for eleven years on the Western Eagle County Ambulance District Board of Directors. During my tenure with that board, I worked on and reviewed budgets, dealt with personnel issues, legal issues, and acquisition of property for new facilities. We also held regular meetings with the community to discuss and answer questions.

During my retirement I have enjoyed joining clubs, making more friends, and participating in activities available in our amazing community.

I would be grateful for your support and ask for your vote for me to continue to serve this community on the HEB Master Board of Directors. Thank you!

### DEBBIE STRINE

Debbie Strine is running for the HEBMA Board of Directors as a continuation of her desire to serve this wonderful community. Debbie and her husband Bob have lived in HEB since September 2005. She has been involved and has enjoyed the community from the very start.



Community Involvement Includes:

- Golf Advisory Committee Member 2022-Present
- WGA Chair 2023-2024
- WGA Social Chair 2021-2022
- Attended countless community events

While golf is her main hobby, she will not hesitate to help others in need and will donate her time to various charitable causes.

Debbie has created lifelong friendships in HEB. This includes her neighbors, golf partners, co-committee members and several staff members within the HEB Community. Her grandson Noah works part time on the grounds crew while he still attends high school, and she couldn't be prouder to have him as part of the HEB community.

Debbie and Bob have two, now-grown children, Jennifer (San Diego, CA) and Kaytie (local in Aurora), and are expecting their 8th grandchild this summer! Debbie loves to spend her time golfing, traveling (mostly - don't you dare ask her to go on a cruise!) and spending time with her kids and grandkids. She and Bob travel several times per year to see the California grandkids compete in sports and to also get their much-needed Vitamin Sea. When not traveling, golfing or spending time with friends and grandkids, you can find Debbie and Bob watching golf and pretending like their dog, Driver, isn't spoiled rotten.

Debbie looks forward to continuing to serve the community and would be grateful for your support by voting for her in the upcoming election.

**TWO CANDIDATES WILL BE ELECTED**  
**THERE ARE TWO 3-YEAR TERMS.**  
**YOU WILL VOTE FOR 2 PEOPLE.**

IF YOUR EMAIL ADDRESS HAS CHANGED SINCE THE LAST MASTER BOARD ELECTION, PLEASE CONTACT THE ADMINISTRATION BUILDING AT 720-235-1888 OR EMAIL JEN BRUNING AT [JBRUNING@HERITAGEEAGLEBEND.COM](mailto:jbruning@heritageeaglebend.com)



## SUMMARY TREASURER'S REPORT • FEBRUARY 2025

### 2025 OPERATIONS INCOME STATEMENT--UNAUDITED HERITAGE EAGLE BEND

	Feb-25	Feb-25			Year to Date		
		2025 Actual	2025 Budget	2024 Actual	2025 Actual	2025 Budget	2024 Actual
<b>Revenues:</b>							
Cash and Investments	Golf	\$ 22,010	\$ 14,102	\$ 30,901	\$ 29,890	\$ 19,195	\$ 34,606
	Food and beverage	177,723	136,157	139,370	263,119	232,740	224,066
	HOA	307,135	313,440	312,271	615,355	625,481	627,041
	<b>Total revenues</b>	<b>506,868</b>	<b>463,699</b>	<b>482,542</b>	<b>908,364</b>	<b>877,416</b>	<b>885,713</b>
							-
<b>Cost of Sales:</b>							
	Food and beverage	48,656	49,251	50,110	83,551	84,805	85,322
	Golf shop	747	999	683	1,329	1,966	3,437
<b>Payroll and Benefits</b>		<b>308,971</b>	<b>343,923</b>	<b>314,725</b>	<b>622,878</b>	<b>686,406</b>	<b>596,464</b>
<b>Other Operating Expenses</b>		<b>166,523</b>	<b>200,851</b>	<b>183,520</b>	<b>334,480</b>	<b>385,700</b>	<b>342,787</b>
<b>Total Expenses</b>		<b>524,897</b>	<b>595,023</b>	<b>549,037</b>	<b>1,042,239</b>	<b>1,158,877</b>	<b>1,028,011</b>
<b>Net Operating Income (Loss)</b>		<b>\$ (18,028)</b>	<b>\$ (131,324)</b>	<b>\$ (66,495)</b>	<b>\$ (133,875)</b>	<b>\$ (281,461)</b>	<b>\$ (142,298)</b>

### CASH FLOW AND BALANCES--UNAUDITED

Heritage Eagle Bend Master Association  
Feb-25

	Unrestricted and Available	Contingency (Restricted)	Litigation Settlement Fund	Improvement Fund	Reserve Fund	Total
Cash and Investments January 1, 2025	1,098,732	834,274	854,722	507,316	4,830,165	8,125,210
<b>Sources and (Uses) of Cash:</b>						
Excess(Deficiency) of Revenues Over Expenses	(133,875)	4,127	7,798	46,870	580,300	505,221
Non-Cash Charges to Income		322	240	122	3,110	3,794
Change in Working Capital	360,915	-	-	8,976	-	369,891
Capital Expenditures					(83,001)	(83,001)
Repayment of Inter-Fund Loans:						
Principal		12,873	16,406	(44,423)	15,144	-
Interest		150	191	(518)	177	-
Capital Contribution--Operations to Reserve				-		-
Homeowner Contributed Capital	-	-	-	11,072		11,072
<b>Net Increase (Decrease) in Cash and Investments</b>	<b>227,040</b>	<b>17,472</b>	<b>24,636</b>	<b>22,099</b>	<b>515,729</b>	<b>806,976</b>
Cash and Investments 2/28/2025	1,325,772	851,746	879,358	529,415	5,345,894	8,932,186

### Village Voice by Marie Welch

**VIVA - Volunteer In the Village Association.** We have a group of volunteers that work during the landscaping season, to help with landscaping issues. If you need landscaping help, please call the hotline and make a request. Also, we are always looking for volunteers, and any amount of volunteer time is appreciated. If you are interested, please call Marcia Johnson at 303-949-1404

**Outside Lighting:** The following information will clarify who is responsible for outside lighting in the Villages. Front door lights and porch lights are the responsibility of the homeowner. If you have a bulb out in the two lights outside your garage, please call the Welcome Desk at 303.693.7788. They will let the volunteer Lamplighters know, and they will replace burned out bulbs. However, if there is a sensor that needs to be replaced, that will be the responsibility of the homeowner. Additionally, if your property has one of the free-standing lampposts that line many of the main roads, those lights are also the responsibility of the homeowner. Many of these are unfortunately rusting out at the bottom. There are a few handymen in the newsletter who may be able to repair these as needed.

The winter season is officially over but that doesn't mean the snow is. If you notice damage to your property from the effects of winter, please call the hotline. Depending on the damage, we will be able to let you know if it is the responsibility of the HOA, VIVA or yours to fix. Damage done to downspouts during a snow push must be reported within 24-48 hours for them to be fixed by the contractor. Rocks and grass have been moved by the winter pushes. If you are able to pick up the rocks and return them to any rock area, it will be appreciated.

**Hotline Number**  
**303.343.4011**

**QUARTERLY MEETING**  
**APRIL 28<sup>TH</sup> 2025**  
**AT 5:00 PM**  
**IN THE CLUBHOUSE**



TRADITIONS TALKING BY TRADITIONS EAGLE BEND BOARD MEMBERS

As we start a new year of reporting financials there is not much to report during the first month of the year. Our 2025 budget is set and as of now we have no unanticipated expenditures in our operations or our reserve accounts. The 2024 results are currently being audited and should be available by the end of March.

PAINT

As we eagerly anticipate the arrival of spring, the contractor is set, and homes in districts 20 and 22—on Heritage Pkwy, Winnipeg Cir., and Alder Dr.—will soon be showing off their beautiful new shades!

Scheduled painting projects will start as soon as weather permits. We'll keep you updated on the timeline and any necessary arrangements to ensure a smooth process for all residents. Stay tuned for more details and feel free to reach out with any questions or concerns.

IRRIGATION

Spring is just around the corner, and we will be charging our water systems in late April. The irrigation season will start shortly thereafter depending on the amount of moisture we receive during April and May. This year will be a larger challenge as the city of Aurora Water Department has increased the rates 10% from last year. The Water Department has the stance that we are in a drought and will continue to keep pressure on us to reduce the use of water. The TEB Board would like to assure you that we are working on how to keep our community green as possible while complying with city requirements.

SAVE WATER - SAVE YOUR MONEY - SAVE THE PLANET

The City of Aurora continues to promote water conservation and the transition of residential lawns and plantings to species that are appropriate to the semi-arid climate in Colorado. They are providing subtle motivation to homeowners through ever increasing costs for water through the Aurora Water utility (10 % increase is year alone). This year, Aurora Water (AuroraWater.org) is reminding homeowners that Watering between 10 a.m. and 6 p.m. is prohibited May 1 through Sept 30. Watering more than three days per week is prohibited year-round.

QUARTERLY TRADITIONS HOA MEETING

Don't miss the next Quarter Traditions HOA meeting April 14th in the Antero Room. Attendees at the January meeting reported that they were younger, better looking and more informed at the end of the January 2024 session.

INCOME STATEMENTS  
JANUARY YEAR TO DATE

	Operations			Reserves		
	Actual 2025	Budget 2025	Actual 2024	Actual 2025	Budget 2025	Actual 2024
Total Revenues	\$ 59,194	\$ 59,334	\$ 56,407	\$ 24,154	\$ 26,373	\$ 22,422
Total Expenses	54,276	53,107	51,500	3,209	709	709
Net Income	\$ 4,918	\$ 6,227	\$ 4,906	\$ 20,945	\$ 25,664	\$ 21,713
Checking Account - US Bank		\$ 71,939	0.00%			
Working Capital Bank Balance and Yield		\$ 62,691	0.81%			
Reserve Fund Bank Balance and Performance		\$ 1,022,266	3.79%			

**NEXT MEETING**  
**APRIL 14<sup>TH</sup> 2025**  
**AT 5:30 PM**  
**IN THE ANTERO ROOM**

**Traditions Hotline**  
**303.343.4011**

AAC Requests –  
Information to Provide  
for a Complete Application  
for Review:

If you are considering submitting for an exterior improvement, we have provided a sample below to adapt to any project you may be submitting for. Please email [hebaac@heritageeaglebend.com](mailto:hebaac@heritageeaglebend.com) for Plot Plans and AAC forms OR they can be found at [www.heritageeaglebend.com](http://www.heritageeaglebend.com) website after logging in, select HOA select Committee Reports, select Architectural Submittals/AAC, select Architectural Submittal Form.

For a landscape request,  
you'll submit the following:

- AAC forms
  - including signatures from neighbors, at least 1-2 must sign (emails from neighbors acknowledging the project can be included with the forms and information)
  - initial all areas on the forms (no check marks)
  - include details of project
- Plot Plan
  - drawing on location of requested improvements
- Photo(s) of existing areas you wish to change
  - Additional information such as: Size, dimensions, accurate drawing of changes, plants, materials, etc.
- Any additional information helpful to the AAC in their review process



Please send all of this to [hebaac@heritageeaglebend.com](mailto:hebaac@heritageeaglebend.com) or drop off at the Admin Building M-F between 9 am – 4 pm

**DID YOU KNOW?**

*As Spring approaches, here are several reminders!*

We are seeing vehicles left on streets at night. Please remember that vehicles need to be in garages at night (or on driveways if you live in a single family home or Traditions).

If someone has passed or you have married or changed your name, please email JWyatt@heritageeaglebend.com or drop off the documentation to the Clubhouse or Admin Building M-F 9 am – 4 pm, for our records.

We continue to have complaints regarding dog waste, dogs off leashes etc. Remember we are in the City of Aurora and follow their rules with regard to number of dogs, dog breeds, dogs off leashes, immediately picking up after your dog, etc.

Additionally, trash should be put out after 5 pm on Wednesday for pick-up on Thursday. Also, please do not leave your cans at the top of your driveway.

Also, only those with driver's licenses can drive a golf cart. Please do not let your grandchildren drive your cart. It is dangerous to them and to our Residents. We wouldn't want someone to get injured.

When it comes to RV's, they can only be parked in front of your home for 48 hours. At that time, they can be moved, with a permit from the Welcome Desk, to the Clubhouse Parking Lot for another 48 hours. At that time, they no longer can be stored in the Community.

Remember there is no parking in the drives of the Village units. These are Fire Lanes. All Village residents must keep their vehicles in their garages. Also, Visitor lots are for visitors and not resident overflow.

Lastly, please be sure to get a log-in to the Resident Only side of the website. You will be able to view Financials, Audits, Policies, Agendas, Minutes, Charters, and Community Forms etc. Contact Jeff Lambert at JLambert@heritageeaglebend.com

**THANK YOU  
FOR ASSISTING US!**

**MAILBOXES**

At recent Board meetings questions were brought up about installing secured mailboxes. Below is some helpful information about the neighborhood mailboxes, house numbers and post color. We thank those who are helping keep this community looking great by keeping their mailboxes looking nice and maintained.

**Mailboxes:**

To repaint or touch up paint please use Rustoleum paint in the color Hunter Green. Or replacement mailboxes can be purchased at Home Depot, Ace Hardware and Amazon as follows:

**Gibraltar Industries:**

Solar E1100G00 Elite Premium Green Steel Std Size

**Secured Mailboxes:**

If you are interested in installing a secured mailbox, AAC (Architectural Advisory Committee) forms will be required for review before installation. Please contact the Administration Building for AAC Forms along with information on previously approved examples of secured mailboxes.

**Mailbox Posts:**

The stain for the mailbox posts is a Sherwin Williams stain called "SW 3512 Cider Mill"

**House Numbers for Mailboxes:**

Mailboxes must have the home address in 1 ½ to 2 inches high white reflective vinyl numbers attached to the FRONT lid.

*Thank you helping keep this neighborhood looking great!*

**GATE CODE CHANGE:  
APRIL 7, 2025**

We will be sending out the new gate code to the Delegates who will then send it out to the residents in their District. If you do not know who your Delegate is, or have not heard from them by April 7th, please contact Jennifer at JBruning@heritageeaglebend.com or 720-235-1827.

As a reminder, please do not give this code out to other than family or friends.

If you have a delivery coming, please instruct them to look up your last name, find the code and call you directly from the HEB gate / interphone system. You will press "9" on your phone to open the gate. This only works when they call you from the HEB interphone system. It does not work from cell phone to cell phone.

*Thank You!*





## Aquacise

**Monday, Wednesday, Friday • 10:15 am - 11:15 am**

A vigorous but fun class that uses weights to exercise and strengthens your core, joints and muscles. Weights are provided at the pool. Class is held in the outdoor pool after Memorial Day. Call Linda Rydberg with questions 303-770-6939

**Monday - Friday • 7:30 am**

The early bird gets the pool. Join us for an early morning class Monday-Friday At 7:30 AM - 9:00 AM. Class includes full-body stretches followed by low-impact body exercise conditioning and cardio movement. Free swimmers are welcome in the adjacent lanes. HEB resident Stu Joyce leads sessions.

**Monday, Wednesday and Friday • 9:00 am - 10:00 am**

Come join the fun and get a full body aerobic workout at the same time, including new noodle exercises! Our three leaders- Barb Osborn, Susan Havel & Rita Stansberry welcome you! For more info on class or our monthly breakfast contact Rita @ 720-220-4688

## AquaFit

**Tuesday and Thursday 9:00 am - 10:00 am** led by Kathy Thompson

This class spends 20-30 minutes of aerobic activity and 20 minutes of body toning. The last 10 minutes are dedicated to cool down, while allowing you to move at your own pace. Kathy Thompson, a AEA Certified Water Fitness Instructor provides music to the classes, as well as mixing up the workouts. This class works in both the shallow and deep end of the pool.

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

**Beginning Line Dance NEW TIME! Wednesdays, 11:30 - 12:30**

All levels welcome! \$6 per class. First visit FREE.

Contact Jenny Moss at jjenmoss@comcast.net

**Bridge - Duplicate Wednesdays, 5:30 pm**

Meet in the Clubhouse. Contact John Poslusznny

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

**Bridge - Ladies' Monday, 12:30 pm to 3:30 pm**

\$1 for prizes. Please call first. We have five tables of regular players and always need substitute. Alice Smith, 303-400-0615 or Carol Larsen, 303-519-5671

**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 information call Linda Rodewald, 303-840-1952 or

Julie Berg, 858-216-5302

**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 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 - October with a Spring and Fall Session. There are leagues for singles, pairs, men, women, and mixed. All skill levels welcome. For more information, please contact Sharon Armstrong at 303-947-3222 or sharonarmstrong82@comcast.net

**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, Antero Room**

In this class you will rock, pony, samba, and boogie to great music for an energizing 45 minutes! Uncomplicated footwork and simple choreography will encourage everyone to move to the music at your own level. \$6 drop in. Contact Jenny for more info at jjenmoss@comcast.net.

## Canasta-Hand and Foot

**1st and 3rd Thursday every month 1:00 - 4:00 pm**

**1:00pm - 4:00pm at the HEB Clubhouse.** Easy card game to learn, drop ins welcome. For more info contact Melissa Bryson 303-952-9249

## Church - Eagle Bend Community

**Every Sunday at the Clubhouse, 10:00 am**

Call Bruce Minor, Pastor, 303-504-3531

**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 pm**

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

## Deep Water

**Monday, Wednesday, Friday 8:00 am**

Full-body, zero-impact, aerobics/strengthening workout.

Classes take place in the deep end of the indoor pool. Taught by Kathy Thompson, AEA Certified Water Fitness Instructor.

## Garden Club

**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

**Genealogy Club 2nd Monday of the month (except June, July & August), 10 a.m. to Noon at the HEB Clubhouse**

The Genealogy Club offers residents an opportunity to further their understanding of genealogy and family history research through education, mentoring, discussion, and preservation. There are no dues but if there is an outside speaker, a speaker fee will be charged at the door. If you have any questions, please contact us at [hebgenealogyclub@gmail.com](mailto:hebgenealogyclub@gmail.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! All skill levels from novice to advanced. See our website for current playtimes, weather permitting year round. For more information, contact Brenda Waterhouse at [bwaterh19@gmail.com](mailto:bwaterh19@gmail.com)

## Parkinson's Support Group

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

Please pass the word that this group is for anyone with Parkinsons, any and all care partners and support friends and family. Our goal is to reach out to the community to help all of the above to better understand and support our Parkinsons community. For more information contact Larry and Mary Lou Cotter - 303-680-8344 [ldcotter@comcast.net](mailto:ldcotter@comcast.net)

**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 Joani Cravens at [jolycravens@gmail.com](mailto:jolycravens@gmail.com) or 720-837-4036

**Strength Training Tuesdays and Thursdays 4:30pm to 5:30pm and/or Wednesdays 6am and Saturdays 7am.**

New Directions Personal Training offers group strength training classes at HEB, in the fitness area. Please call or email Stacy Montgomery at 303-898-5945 or [stacy@newdirectionspt.com](mailto:stacy@newdirectionspt.com) for more information.

## Tennis Club

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

**Women** - drop in doubles for all levels Mondays 9-11 am. Call for current times as they change by the seasons. See emails and gazebo bulletin board for mixers & interclub play. Contact David Peck at 913-579-3218 or Karen Wadleigh at 719-233-9325 for more info.

## Wanderlust HEB Travel Club

**April 17th, 2025, 5-6 pm in the Library.** ALL HEB residents

are WELCOME to attend! March was fun and exciting with more new members once again. Please bring three destination ideas you are interested in for future group trips. For those who wish to stay, we will share dinner in the Shavano Room after the meeting. ALL WELCOME!

Contact John Krueger for questions. 303-204-2739

**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

Larry Greenberg, [larryhardwk@yahoo.com](mailto:larryhardwk@yahoo.com) , (303) 594-5466

John Wright, [jkanga10@msn.com](mailto:jkanga10@msn.com) , (720) 323-5176

Tom Cooper, [tomcoop417@gmail.com](mailto:tomcoop417@gmail.com) , (714) 401-6426

## 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](mailto:sahutch@me.com)

## 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

### April 17, 2025 The Elephant Whisperer

by Lawrence Anthony *Memoir*

Set against the background of life on an African Game Reserve is a heartwarming, exciting, funny, and sometimes sad memoir of Anthony's experiences with these huge yet sympathetic creatures.

### May 15, 2025 Go as a River

by Shelley Read *Historical Fiction*

Inspired by true events surrounding the destruction of the town of Lola and the damming of the Gunnison River in southwest Colorado, is a story of deeply held love in the midst of hardship, loss and finding courage, resilience and finally home.

### June 19, 2025 The Women

by Kristen Hannah *Historical Fiction*

This is the story of one woman, Frances McGrath, who joins the Army Nurse Corps during the Vietnam war. The book shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten.

### July 17, 2025 Brunelleschi's Dome

by Ross King *History*

This true story recounts how one Renaissance genius bent men, materials, and the very forces of nature to construct the dome over the Cathedral of Santa Maria in Florence, Italy in 1418.

### August 21, 2025 The Warmth of Other Suns

by Isabel Wilkerson *Non-Fiction*

This beautifully written masterwork chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life.

### September 18, 2025 The Splendid and the Vile

by Erik Larson *Biography*

This story is an intimate chronicle of Winston Churchill and London during the Blitz. It is an inspiring portrait of courage, leadership and political brinkmanship in a time of unprecedented crisis

### October 16, 2025 Never Let Me Go

by Kazuo Ishiguro *Science Fiction*

While attending a pleasant English boarding school in the city of Hailsham, Kathy and her friends, Ruth and Tommy, leave the safe grounds of the school to discover the mysterious happenings in the town.

## A DAY AT BLACK HAWK

If you haven't joined our HEB friends on the HEB Express to Black Hawk you are missing out on a day of fun and friendships. A Black Hawk trip is scheduled each month throughout the year. The HEB Express drops us off at the front door of Bally's Casino to begin our day of fun.



Those of us who have been long time Black Hawk, have become special friends. We come from all parts of our Heritage Eagle Bend Community. Our day is filled with casinos, food, exploring Black Hawk and adventure along the scenic bus drive to this mountain town. Our trip includes Bus Bingo in route to our destination.

You can bring your friends, family, and neighbors or join others on the bus and make new friends. All this packed into a \$30 per person fee and a 9:00am-4:30pm day. What a bargain. Registration is required no less than one week in advance of the travel date. There are no refunds if cancelation is made within 7 days of the trip date. Be sure to mark your calendars and join us for the day.

### 2025 BLACK HAWK TRIP SCHEDULE

APRIL 17  
JULY 24  
OCTOBER 23

MAY 29  
AUGUST 28  
NOVEMBER 20

JUNE 26  
SEPTEMBER 25  
DECEMBER 18

To sign up, contact Syble Revard by email [syblejane2@gmail.com](mailto:syblejane2@gmail.com), or phone or text 303-917-4095.

## Car Club

The April meeting of the Car Club will be at the Classic Car Show on April 26th. We will meet at the clubhouse at 8:00 am and caravan over to the Parker location. We need at least 20 cars to receive \$200 for our car club. The HEB Car Show will be June 7th from 9:00 – 11:30 in the clubhouse parking lot. Staging of cars will be from 8:30-9:00. We will have door prizes throughout the morning. Fire those engines at 11:20, awards at 11:25 and parade at 11:30. This year we are inviting the Hilltop Car Club to join us at our show. See you on April 26th at 8:00 am.





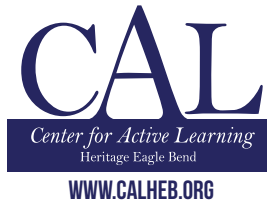
## All Systems Go by Sheryl Hutchings, Chair and Publicity Lead

'All systems go' seems to be the appropriate way to describe the CAL program as winter ends and spring ushers in warmer times and a coming summer vacation. The 2025 Winter/Spring semester term is wrapping up nicely and plans for the 2026 Fall semester term are ready to launch.

Thirteen to fifteen courses are on the books for the Fall semester. Those include some offsite opportunities that will feature outdoor hikes and home tours. Kickoff for the Fall semester will be August 21, 2025, and courses will be available to preview two weeks prior to that date at the CourseStorm website. They will also be listed on CAL's website, calheb.org. Pop-ups may pop up in May, June, or July, but none are currently on tap at this point.

Speaking of that website, it may be unavailable for viewing during May and June as it undergoes some reconstruction. Any CAL news during that time will be posted in this newsletter, in weekly eBlasts, or through CourseStorm emails.

The good news at this time is that an increase in the cost of taking a CAL class will not be happening in 2026. The bad news is that volunteers are still needed to serve on the Lead Team, especially a Curriculum Lead and a Distance Learning Coordinator. Please contact any member of the Lead Team if you or anybody you know might be willing to step up to serve. Contact information for all Lead Team members is available on the CAL website, calheb.org.



## 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

## HEB Authors by Carol Pike

We are lucky to have many talented people here at Heritage Eagle Bend and that includes several published authors. A recent display near the library featured some of these authors.

Ron Adams is the author of *The Inner Path: Calmness, Compassion & Conversation in Turbulent Times*. Ron brings a lifetime of work and research at the intersection of spirituality and culture.

Judith Briles, author of over 45 books, including *The Secret Journey* which is one of a best-selling series of fantasy books. She is also a publishing and book marketing expert.

William De Hay's past lives include being a naval intelligence officer, an attorney, and an aerospace engineer. He then became a writer and wrote a novel called *A Different War* a series that takes place after WW1.

Conner Shepherd's background includes being a college professor, a Grand Junction mayor and a manager of local governments. He has written *Try Walking Backward* a fascinating account that traces the path of three immigrant families from Germany, Denmark and Poland to Nebraska.

Stu Joyce is a retired Navy officer who also served in the Air Force. He has the right expertise and background to write *Dark Horse Chronicles*, a thriller set in the Viet Nam era.

Pauline Lussenhop has written a children's book, *The Boy at Wells-Next-the-Sea*. She is a member of a Castle Rock storytelling group and every Monday tells a story to a fifth grade class.

Nancy Tisue is passionate about family history and decided to publish a time capsule from the late 1800's. *Grandmother's Nuggets* is a compilation of her Grandmother's collected newspaper articles showing the wisdom and humor from that era.

Liz Wallace wrote *Extraordinary Places* which is about places in her home country of England and has written several books about places in the US. For two years, Elizabeth participated in a monthly, hour-long, live radio program, The Origin of Everyday Sayings.

*Should you want to purchase one of these books, most are available on Amazon.*

Carol Pike



## HEBGC Genealogy Club News!!

by Cindy Born-Mylo

Our April 14 meeting will be held at the Parker Family History Center in Parker, Colorado. The volunteers at the Family History Center will show us how to use the Family History Center's resources and also be available to answer questions. Most of us have used [familysearch.org](http://familysearch.org) for our research and the Family History Center is an extension of that website, however, they also have access to databases only available at a Family History Center.

Space is limited so if you would like to attend, please RSVP to us as soon as possible at [hebgenealogyclub@gmail.com](mailto:hebgenealogyclub@gmail.com). There is no cost for this meeting.



### SAVE THE DATE

Our May meeting will be held at the Central Denver Public Library downtown Denver.

If there are any questions, please contact Cindy Born-Mylo at [hebgenealogyclub@gmail.com](mailto:hebgenealogyclub@gmail.com).

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.

## PASSPORT FOR THE ARTS

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

### 2025 Dates

The Book of Mormon • May 18th - 2:00 pm  
\$110.00 - Money Due by April 1st

Juliet • June 8th - 2:00 pm  
\$99.00 - Money Due by April 25th

Mamma Mia • June 29th - 2:00 pm  
\$99.00 - Money Due by May 10th

Some Like It Hot • July 13th - 2:00 pm  
\$89.10 - Money Due by June 1st

Moulin Rouge • August 10th - 2:00 pm  
\$99.00 Money Due by July 1st

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](mailto:donna.Musciano@gmail.com)

303.570.4287

## HEB Garden Club

The Busy Bloomers Garden Club is back from the winter break. In February 30 members gathered to make birdseed wreaths. Everyone left with 2 to 3 mini wreaths to hang outside for the returning birds. This cute little Downy Woodpecker is enjoying one of the wreaths!

In April we will be taking a field trip to Fantasy Orchids in Louisville. Fantasy Orchids is a family run business that began in 1989 as a backyard greenhouse. They have around 65,000 orchids in their greenhouse at various stages of growing and hundreds of orchids blooming year round. You can see their orchids

at Tagawa, Nicks and at the Orchid Show at the Denver



Botanical Gardens. Fantasy Orchids is the only greenhouse to specialize in orchids in Colorado. They have a trade in policy where you may bring them an out-of-flower "healthy" orchid and trade it in for 20% off an equivalent new blooming plant. They even provide Orchid Plant Boarding! Come with questions. We will have a brief introduction to Fantasy Orchids when we arrive then we may browse their greenhouses and if you want, find a plant that speaks to you!



In May, we will be making flower arrangements for a local assisted living facility here at HEB. It will also be the time to renew your membership with Busy Bloomers. The membership fee will be \$20.

The Leadership Team has a great lineup of classes and fieldtrips for 2025. Come and join us on the 3rd Monday of each month, February through December!

For any questions please contact [maryellencomeau@aol.com](mailto:maryellencomeau@aol.com)



## Billiard's Club News

by Marty Patten

As we continue to trudge through Winter and dream of playing golf or pickle ball, why not come join us in playing pool on Monday and Thursday afternoons in the HEB Billiards room? Get out of the house and come join us. Current Billiards Club members continue to play pool every week, so come on over!! We would really like to expand our membership and start having various competitions again. Please join us in 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.

## Chair Aerobics by Kathy Thompson

While the pool is closed Chair Aerobics will be offered in the Antero Room starting Monday, February 17-April 18. M/W is from 8:30-9:30, T/Th/F is from 9-9:45 am.

Please bring your own hand weights. Recommended 1-5 lbs. Whatever you feel comfortable lifting a few times. This is an aerobic class you will get your heart rates up. It is also a stand/sit class. Some things we will be standing and walking, but you can also do the same exercises sitting. M/W class will be slightly different from T/Th/F's class. I hope you'll come and give it a try. Friends and neighbors are welcome.

We will not have class on April 4 and 15. The Antero room is being used by another organization.

*I look forward to seeing you!*

Kathy Thompson, 224-848-1842  
Retired Physical Education Teacher and Arthritis  
Foundation Exercise Program Leader



## 2025 TEXAS HOLD'EM April 2 and April 16 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.

**Remember 1st and 3rd Wednesdays**

Dates for the  
2025 year are:

April 2 and 16  
May 7 and 21  
June 4 and 18  
July 2 and 16  
August 6 and 20

September 3 and 17  
October 1 and 15  
November 5 and 19  
December 3 and 17

Looking forward to enjoying the evening. Any questions, you can email or call.

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

## HEB Artists Keep Finding Hope and Inspiration All Around *by Sheryl Hutchings*

Spring is a time for hope and inspiration, so, once again, those are the themes guiding the creations of Art Club members this month. We hope you too will feel hopeful and inspired by our artistic endeavors.

**"Dancing in My Mother's Garden"**

*pastel on pastel mat by Sharon Gregory*

**"Full Moon"** *metallic watercolor by Sue Ficca*

**"Up to the Cabin"** *watercolor by Pat Powell*

**"Southwest Sunshine and Shadows"**

*watercolor by Sheryl Hutchings*

**"Always Together"** *watercolor by Elaine Tsumura*

**"Dreaming"** *watercolor by Carol Taylor*

**"Botanic Gardens Delight"**

*watercolor and pen & ink by Christina Davis*

**"Stopping for a Break"** *watercolor by Karen Sorensen*

**"Fancy Fins"** *watercolor by Roxanne O'Rourke*

**"Miss Daisy and the Bachelor"** *watercolor by Alaine Lessing*

**"Hope: Buds to Blossoms"** *acrylic by Rosemary Melnick*



Always Together



Dancing in My Mother's Garden



Dreaming



Botanic Gardens Delight



Stopping for a Break



Southwest Sunshine and Shadows



Fancy Fins



Full Moon



Miss Daisy and the Bachelor

**"HAPPINESS IS NOT  
SOMETHING READY-MADE.  
IT COMES FROM  
YOUR OWN ACTIONS."**

~ DALAI LAMA

\*If you are new to HEB and have questions about the HEB Art Club, please contact Sheryl Hutchings via at [sahutch@me.com](mailto:sahutch@me.com), and she will send you a general information document that explains everything you might want to know.



Hope: Buds to Blossoms



Up to the Cabin



## THANK YOU TO OUR DONORS!

Imagine, a big snow storm is predicted for tomorrow and wouldn't it be tempting to stay tucked in at home? But you've made an appointment to donate blood. What do our donors do? **THEY SHOW UP!** Our porters were there setting up the space, the Vitalant staff was there, our donors were there, and away we go, restocking our local blood supply. On Friday, February 21st, we hosted another super successful community blood drive. In more than 12 years of community blood drives, we have never cancelled a drive. What an amazing record.

Please congratulate your friends, neighbors and staff for achieving the following milestones:

*James David Allison – 11 gallons*

*Donna Musciano – 4 gallons*

*John Vanness – 1 gallon*

Our next blood drive is scheduled for Friday, **May 30, 2025**. Many of our snow birds will be back by then, so we hope you'll support our spring drive.

The need for life-saving blood never stops. There's no substitute for this golden gift of a donor's blood. You are making a difference in someone's life.

**Notice:** there are very few reasons for deferring a willing donor, but please be aware that if you've had a dental **CLEANING** within the past 48 hours, you will be deferred. This does not apply to extractions or fillings – just cleanings.

### Have questions?

Contact June Goddard at [junegoddardcolorado@gmail.com](mailto:junegoddardcolorado@gmail.com). It's not too early to schedule an appointment.



James David Allison – 11 gallons



Donna Musciano – 4 gallons



John Vanness – 1 gallon

## Fun and Friendship with EB Singles *by Joani Cravens*

February brought more winter weather, but EB Singles continued having fun with First Friday Lunch, Birthday Bash, and our new activity Bunco on the fourth Thursday of the month.

Our February dinner meeting included Valentine Bingo with 3 of the participants winning prizes. One gentleman honored the "Galentines" with a toast and received great applause from everyone.

We are looking forward to The Fashions by Vicky fashion show on April 15. Tickets for the luncheon and fashion show will be on sale until April 10 at the welcome desk in the Clubhouse.

The regular monthly meeting takes place on the second Thursday of the month usually at 4:30 in the clubhouse. Please contact Joani Cravens at [jolycravens@gmail.com](mailto:jolycravens@gmail.com) for more information.



Valentine Bingo



Color and Chat

*If you're interested in knowing more about EB Singles, please contact Joani Cravens at [jolycravens@gmail.com](mailto:jolycravens@gmail.com)*



## Wednesday Nine and Dine (aka W9D) *by Lynn Nelson*

Our goal is to have a fun, lighthearted 9-hole golf scramble every other week. This is a great way to meet new neighbors, get together with old friends, play a little golf, and converse over dinner and a beverage afterwards.

### *Here are the details for our 2025 season:*

- We will play every other week and will rotate between the front 9 and back 9. Please see attached schedule for dates.
- An invitation will go out a week prior to play through Golf Genius, which will include the buffet menu and price.
- Each time you sign up to play, you must also send a "Message to the Manager" stating if you are or are not getting the buffet for that night. Please remember to do this every time you sign up to play.
- If you are not currently on the Golf Genius app for W9D, please send your name, email address, and phone number to Jason Franke or Lynn Nelson requesting to be included on the emails for our group.
- Deadline to sign up for play and buffet is 5:00 pm on the Monday before that Wednesday's play.
- Assigned foursomes will be sent out from the Golf Shop on the day of play before check-in time for that week. You will be with your playing partner each week (unless you're signing up as a single), but your twosome will be with a different twosome most of the time in order to play with different people.
- Check-in will begin at 4:00 pm on the day of play on the patio outside the Golf Shop. We will collect \$3 per person for those who wish to be included in the prizes and drawings for that night. You can win only once on a given night and you must be present and have contributed \$3 to win a prize.

Lynn and Hal Nelson will continue to run the group this year, but the Golf Shop will help administer weekly operations. Please reach out with any questions.

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

Jason Franke: [jfranke@heritageeaglebend.com](mailto:jfranke@heritageeaglebend.com) • Golf Shop: 303-400-6700

## 2025 WEDNESDAY 9 & DINE

DATE	TIME / NINE
May 7th	5:00pm SG • Front 9
May 21st	5:00pm SG • Back 9
June 11th	5:00pm SG • Front 9
June 25th	5:00pm SG • Back 9
July 9th	5:00pm SG • Front 9
July 23rd	5:00pm SG • Back 9
August 6th	5:00pm SG • Front 9
August 20th	5:00pm SG • Back 9
Sept 3rd	5:00pm SG • Front 9
Sept 17th	4:30pm SG • Back 9

## Flexible and Casual Monday Men's Golf *by Larry Place*

Let's get it started! Monday Men's Golf is an HEB tradition since the 2000s. Are new newly retired, a new resident, someone looking to meet new golfing friends, or someone looking to play a flexible, friendly and casual round of golf with your current buddies? This could be the group for you. This group can be a great way to meet new friends, neighbors, other golfers you do not normally play with, or form a foursome with your current golfing friends.

No need to play every week. No fees to be on the email list. You can pick whether you want to play in the early morning one week and in the late morning another week depending on your schedule. You can pick to play with some of your buddies or pick to meet new residents or a combination. You can sit down for a drink and/or a meal in the Eagle's Nest after your round. You only pay for applicable greens fees and cart fees on weeks when you decide to play.

All I need from you is your name, email address, preferred tees, and either your GHIN handicap or an average score and I will pair you up with players of similar ability who are playing

on the same tees. If your ability goes up or down or you want to change tees during the season, let me know and I can change your preferences.

In 2025, the pro shop has scheduled us to play from March 17th through October 20th weather permitting. We average between 50 and 96 players per week depending on the time of year and the weather. Tee times vary from 7:30 through 10:57 depending on the time of year plus 4 noon shotgun starts scheduled due to course maintenance. I will send out an email to the email list 10 days prior to the date of play and after responses have been gathered, I will send out the tee sheet 5-6 days before the date of play. The player then just needs to show up, pay applicable cart and greens fees, play golf, and have fun.

If you would like to become part of the email list of about 200 residents, you can send your name, tee box preference, and handicap or average score to [hebmmg@gmail.com](mailto:hebmmg@gmail.com) or call me at 303-570-5639.

*The MGA Leadership Group looks forward to seeing everyone on April 9 for our post hibernation Spring Meeting and luncheon.*





## HEB Pickleball Club Season 2025 is Starting

**From each corner of our club here is  
news of things to come --**

**Leadership Corner** – The next HEB Pickleball season is right around the corner! This season, we aim to emphasize connectedness within our community and ensure that all players, especially newcomers, feel welcomed and supported. Our goal is to foster a sense of community and collaboration, enhancing the overall experience for everyone involved. By promoting connections both on and off the court, we believe we can create a more vibrant and engaging environment for all participants.

As we embark on this new season, we encourage you to participate in events, share your ideas, and connect with fellow players. Together, we can make this season not only competitive but also a celebration of camaraderie and sportsmanship.

We look forward to your active participation and contributions to this exciting initiative. Should you have any questions or suggestions, please feel free to reach out to any of our board members.

Let's make the 2025 season a memorable one! – Brenda Waterhouse, Chair

**Tournament Corner** – There will be 3 HEB Tournaments this year! – Milissa McCarthy, Vice Chair

May – “Level” Round Robin  
July – “Mixed Level” Round Robin  
Sept – Tournament of Champions for all Levels  
Specific dates and more details are coming soon!

**Training Corner** -- Boot Camps will be an indoor orientation session followed by 4 on court sessions over a 2 1/2 week period weather permitting. The number of Boot Camps will be determined by how many individuals are interested. Sessions will consist of 12 players. Clinic sessions will be held every week for the 2.5 players led by Kevin Paddock. Terry Kasper will hold advanced skills clinics for 3.0 players. Specialty clinics will also be offered, covering only one skill per session open to any level. Specific dates and more details are coming soon! – Terry Kasper, Member-at-Large

**Social Corner** -- Cannot wait for a year filled with Fun, Fotos, & Friends! - Nikki Rainbolt, Lead

## Tuesday Ladies 9/18 League *by Liz Folk*

### THE SEASON BEGINS!

**I**t was great seeing so many past members and new faces at the Tuesday Ladies 9/18 League table at Back to Golf Night. We hope our past members will be joining us again this year along with the ladies we met for the first time at Back to Golf Night. Need more information about the League? Email Pam Finch at [pam.finch51@gmail.com](mailto:pam.finch51@gmail.com)

Registration is continuing. If you have not sent in your registration form and payment, go to the link below to download the form and send in with your payment of \$100 (*League fee - \$50 and GHIN fee - \$50*). Past members may use this link to update any demographic information that has changed from last year.

[www.golfgenius.com/ggid/2025hebl918](http://www.golfgenius.com/ggid/2025hebl918)

The Spring Brunch and Meet & Greet is Tuesday, April 29 at 10 AM in the Windom and Pikes Peak Rooms. A breakfast buffet will be served followed by our Meet & Greet. Breakfast buffet tickets may be purchased via cash, check or credit card at the Welcome Desk for \$28 beginning Tuesday, April 1. Tickets will be available for purchase through Monday, April 21.

#### Breakfast Buffet

Fresh Fruit and Berry Display  
Scrambled Eggs (with shredded cheddar cheese)  
Honey Cured Bacon • Breakfast Potatoes  
Assorted Mini Muffins  
Beverage Bar: Orange Juice, Coffee, Hot Tea, Water

Opening day is Tuesday, May 6 with an 8:30 AM shotgun start. Email invitations will be sent out on Tuesday, April 29. This will be your invitation to sign up for either 18 hole play or 9 hole play for May 6. We look forward to seeing our returning members and welcome new members to the Tuesday Ladies 9/18 League.



*(Note: March Newsletter referred to Spring Brunch and "Annual Meeting". It is Spring Brunch and "Meet & Greet")*

## Golf Shop Corner

*by Jason Franke, PGA Director of Golf*

**G**olf is in FULL SWING now that the weather has started to improve and temperatures are increasing. We are ready to ramp up our league and group play for the season! If you are interested in joining any of those groups, please visit our Golf League & Group Information webpage on the Resident website.

As we start to knock the winter rust off, here's a few FREE golf tips for you before you play golf!

- Make sure your private golf cart has been properly charged before you play for the first time. This way we do not have to come and pick you up on the golf course!
- When playing golf in the wind, swing easier than you normally would to ensure good contact. You will hit more consistent shots and have more fun!
- Our golf muscles have been dormant during the winter, so make sure you stretch properly before you head back out on the course. Injuries early in the season can put a damper on your return.

Mark Your Calendars...

- Green Aeration – March 31 & April 1 – Course Closed
- Get Golf Ready Clinics – start in April!
- 2025 Golden Eagle Classic (Men's Member-Guest) – July 17-19
- 2025 HEBGC Club Championships (Men's & Women's) – August 2 & 3
- 2025 Diamond Eagle Classic (Women's Member-Guest) – August 14 & 15

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).

## 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!**



## Men's Golf Association *by Mike McTigue*

Let's get it started! The Spring business meeting and Prime Rib Luncheon are scheduled for Wednesday, April 9, starting at 12:00 PM in the Antero Room. Bring a hearty appetite. Complimentary beer, house wine, and soft drinks (limit of 2) will be provided as part of the "after golf warm-up practice session" for the season opener on April 16. Also please remember that your MGA dues pay for a couple of liquid refreshments after each weekly golf round.

Our first event will be a 2 Best Balls of 4 - using a Modified Stableford scoring system. This is a warm up event, so there will be no prize money, and the teams will be Pro Shop assigned.

There are 21 other events scheduled this season, weather permitting.

### *They include:*

- 5 - PYOP-2 (pick your own partner for your 2-man team)
- 1 - PYOP-4 for the Presidents revenge on April 17
- 8 - Mixed tee events (gold, white, green)
- 4 - Stroke Play events (Stroke Play Challenge for participating members)
- 2 - Green tee only events

As of February 28, we have 48 Full members and 1 Social member signed up for this year, and 3 new members to the MGA. We are on track to have 150+ members this year. Don't forget to go on-line or visit the Pro Shop to register and pay your 2025 MGA dues. Also please remember that sign-ups for the Stroke Play Challenge are being taken on-line or in the Pro Shop. The cost is \$20. We have 39 guys signed up already.

Please contact Mike McTigue or Tracy Weathers if you want to sign up for the Heritage Cup against Todd Creek on Tuesday, May 27 (at HEB) and Thursday, May 29 (at HTC). This event is only for MGA members and you must be available and willing to play both days.

*The MGA Leadership Group looks forward to seeing everyone on April 9 for our post hibernation Spring Meeting and luncheon.*

## Tennis Club *by David Peck*

Due to the mild Colorado weather the HEB tennis club has been able to stay active this winter playing when we could. Now that April has arrived we will be playing on our regular scheduled days again. Monday mornings the women will play, Tuesday and Saturday mornings the intermediates will play and Thursday mornings will be our round robin play. We hope to resume our mixed doubles on Sunday evenings as well. Times will be adjusted according to the weather. In addition, games will be organized by various members as weather permits. Our snowbirds will be returning soon so hopefully we will have a full complement of players. The courts are busy! We also have a ball machine available to all paid members. See me about access to the machine. Our club dues are \$10 cash which can be provided to any board member or the money can be left at the front desk in an envelope with your name on it.

The wind screens will be coming down soon providing us some protection from the wind. If you want to join us on these great tennis courts please contact me with any questions

David Peck • 913-579-3218

## Bocce Ball *by Cathy Murtha*

We had our 2025 Spring Bocce Event to start off this year's Bocce season. With all the

laughter and smiling faces it appeared everyone enjoyed themselves. We were treated to a delicious Backyard BBQ buffet and participated in a game of Trivia as well as an end of the night raffle. Prizes in the form of free Bocce league play and other unique gifts were given to the winners. We even sang our Bocce song (That's a Bocce) as written by Steve Smith, who many have enjoyed his musical performances here at HEB.

Did someone mention registration? In case you haven't heard registration will be held on April 23rd at 9:00 a.m. and again at 6:00 p.m., in the HEB Clubhouse. At this time we will be providing you with the updated rules for play. If you are unable to attend registration on the 23rd, there will be a box on Sharon Armstrong's front porch your use. The box will be placed Friday, April 18th and will be removed on Saturday, April 26th, with her address at 8226 S. Tempe Court. Each



player may sign up for two leagues, the registration is \$10.00 per person, per league. After registration is completed and the leagues are set up, there may be some availability for you to play in a third league. This Spring we will have a New Players League for those who haven't played Bocce. We go over the rules, tricks and tips and within a couple of weeks you will be playing 3 games each Monday night. We will again offer a Friday Drop-In play league, which is free of charge. It is a great opportunity to make up games or just come down to Bocce Blvd and play three games, no strings attached.

**The Spring League will start on May 11th and will end on July 17th.**

***Just remember – LIFE IS GREAT — BOCCE MAKES IT BETTER!***

*If you would like to reserve the Bocce courts during off league play, please contact Mary Jo Collins at [big\\_strong\\_woman@yahoo.com](mailto:big_strong_woman@yahoo.com) or 303-810-1725 and she will help you.*

*Please contact Sharon Armstrong with questions or comments at 303-947-3222 or email at [sharonarmstrong82@comcast.net](mailto:sharonarmstrong82@comcast.net)*

## Ladies 9 Hole *by Karen Watson*

What a great night at “Back to Golf”; we added new members to our roster and reconnected with friends. If you missed “Back to Golf”, but still want to play on Thursday morning with our 9 hole ladies’ group it’s not too late. Just contact our membership coordinator: Chris Holiday at 330-321-5922 or [clrh68@gmail.com](mailto:clrh68@gmail.com), she will be happy to get you registered. We will assign you a buddy so you become acquainted with our course, league, local rules and she will introduce you to other members.

Our 25th season opens on Thursday, May 8th. We have scheduled our golf days with different organized games each Thursday. The Opening Day Scramble/Social will be on May 15th with breakfast/brunch following. There are 17 play days which include the Opening Day Scramble/Social, Closing Day Scramble/Social and Friendship Day. Additionally, there are six golf exchange days on the calendar; we will golf with five other courses. Our own exchange will be on August 7th here at HEB. We are continuing our three post-season play days in October. You can find our calendar on Golf Genius.

The League’s Mission is to “Promote a relaxed and supportive environment for all members regardless of skill level, encouraging friendly competition while strengthening friendships and individual golf skills.”

**SOMETIMES, MY BEST SHOTS ARE:  
THE PRACTICE SWING AND THE GIMME PUTT!**



## Thursday Morning Ladies Golf Group *by Cynthia Hungerford*

Ladies, are you looking for an easy way to get a Thursday morning tee time? Well, look no further than the Thursday Morning Ladies Group!

This is a group that’s perfect for the lady golfers who live in HEB and are looking for a fun, fast friendly round of golf with other HEB gals. You can build your own foursome to play with your friends or join others who want to meet new friends.

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 members are under no obligation to play each week. You don’t need a GHIN, just tell us your average 18-hole score when you join.** 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). Once your request is received, you will get a confirmation email in response. Looking forward to seeing you out on the links!

## Women’s Golf Association *by Lori Schmidt*

Well, we are ready for the season and the Back to Golf Night was a success, but we are always open to having new friends join the WGA! Here is a little bit of information about our league if you are considering joining.

The Heritage Eagle Bend Women’s Golf Association (HEBWGA) was formed in 2001 by five ladies. The league has grown over the years and has an active membership of ladies who enjoy playing competitive golf. Any woman who is a homeowner or renter and has an established maximum handicap index of 40.4 or lower, is encouraged to join the WGA League. Additionally, women players who do not currently have a handicap index are welcome to join the WGA as long as they establish a handicap of 40.4 or lower by May 15, 2025.

The HEBWGA plays a weekly fun game on Tuesday of each week from May through September. The cost to join the league is \$185.00 which includes your ghin membership. We pride ourselves on being competitive but also being a fun and friendly league where many friendships are made.



## Eagle Bend Golf Association (EBGA)

Get ready for the EBGA Sunday events. The EBGA is open to all residents and maintain a current GHIN handicap index. Five fun events are played once a month on Sundays from May thru September. Events are structured with foursomes consisting of two couples per team and are followed by an optional meal where the scores and winners are announced. The pro shop establishes the pairings and flights for each event based on the player's GHIN handicap.

**THE FIRST EVENT IS COMING SOON  
ON SUNDAY, MAY 18TH AT 1 PM**

This is a great opportunity for HEB residents to participate in a fun series of couples golfing events and socialize with other players. The EBGA guidelines are:

- All players must have a current USGA Handicap Index capped at 40.4.
- Couples are one male and one female golfer.
- Ladies play from the green tees, men from gold or white.
- The one time annual EBGA fee is \$15/person - cash only please.
- Back to Golf Night signup, or pay at the first event you play.

There is a \$7.00 per person event fee (cash only). \$5 is allocated for team prize money which is awarded as Pro Shop credits. \$2 is for cash payouts on closest to the pin and longest putt for the winning male and female player.

Please contact the Pro Shop or Jason with any questions and remember to get your proof of cart insurance into the Pro Shop to use your own cart.

### THE 2025 TOURNAMENT DATES

*Add them to your calendar!*

May 18th, 1pm • June 22nd, 8am • July 27th, 8am  
August 24th, 8am • September 28th, 8am

### Committee Members

Ann Gallagher  
(732) 580-5591  
Jim Folk  
(301) 437-2100  
Gail Inderwish  
(303) 653-3721  
Larry Comstock  
(720) 733-8100  
Marsha Comstock  
(303) 999-1575



*Join us at the*

## AMERICA'S MILITARY HEROES Charity Golf Event

**Monday, August 18, 2025  
Heritage Eagle Bend Golf Course**

*benefiting*

### SEMPER FI & AMERICA'S FUND

**\$200/player**

**Includes: 18 hole scramble, golf cart, light breakfast, on course games including hole-in-one game, "Back Yard BBQ" buffet lunch, awards ceremony, silent auction, reverse raffle, and the opportunity to golf with some local heroes!**

*All net proceeds goes to supporting our Nation's critically wounded, ill, and injured service members, veterans, and military families across all branches of the U.S. Armed Forces.  
Over 34,000 service members served by The Fund.*

**Registration Opens Soon!**

*(Use QR Code to open Website to Register)*



Contact: Liz Folk [lizfolk@gmail.com](mailto:lizfolk@gmail.com) (301-404-2706)  
for information on how you can help to make this charity golf event a success.



## Airport Transportation

**Marsha's DIA Shuttle Service.....303-693-2828**  
For all your DIA transport needs. Door to door.  
Hours of Operation: 24/7. HEB Resident since 2004.

**MGM Airport Transportation.....303-570-1055**  
Door to door curbside pick-up and drop off, 24/7  
HEBG Resident - Mario Musciano • 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.

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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!

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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.

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**5280 Autospa.....720-205-5494**  
Premium automotive detailing services. We are mobile and we come to you. Locally owned and provide quality detailing services at competitive prices. Contact Kris Wronski to schedule your appoint today at 720-205-5494 or [kris@5280autospa.com](mailto:kris@5280autospa.com). [www.5280autospa.com](http://www.5280autospa.com)

## Computer/Technology Consulting

**JWSTECHSERVICES, LLC.....303-746-1366**  
Technology Training and Support: Windows 11, computer, tablet and network setup and support, file transfer, assistance with Word and Excel. See JWSTECHSERVICES.COM for a full list of services, pricing. Secure remote support available for many issues.  
Email: [jim@jwstechservices.com](mailto:jim@jwstechservices.com). (HEB resident since 2004)

**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

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**Douglas County Christian Counseling.....303-840-5139**  
Licensed professional counselors helping people achieve mental health wellness. DCCC has experience working with seniors and accepts Medicare. [dcccgeneral@pepc.org](mailto:dcccgeneral@pepc.org) --- [www.douglascountychristiancounseling.com](http://www.douglascountychristiancounseling.com)

## Dentists

**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 [hrdecking@gmail.com](mailto:hrdecking@gmail.com)

## Dermatologist

**Beyond Skin Dermatology.....720-443-0579**  
Full-service dermatology practice. All major insurance policies accepted. Same day appointments available! Call to make an appointment today. 720-443-0579. 1444 S Potomac St Suite 240 Aurora CO

## 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

**Worldwide Services Inc.....719-440-0245**  
We would like to introduce ourselves as a neighborhood electrical service provider. NO long waiting periods. NO exuberant costs. Please call me at 719-440-0245 or text. Hope to see you soon if needed.  
- ELECTRIC MIKE.

## 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)

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\* 24/7 garage door repair and installation services

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**Quality Fireplace Solutions.....303-946-6535.....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.

## Golf Cart Battery

**Golf Cart Lithium Battery Conversion.....480-695-7778**  
If you're ready to convert your golf cart to lithium batteries, and you purchase the lithium battery, I will install it for you. The combined cost is approx. half of retail.  
Email: [glenn.trice@icloud.com](mailto:glenn.trice@icloud.com)

## Handy Man Services/General Contractor

**Blue Collar Service Pros.....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@bluecollarservicepros.com](mailto:taylor@bluecollarservicepros.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, 26 years with Denver Theatres and Arenas  
Servicing Aurora/Denver [Flashhandy1@comcast.net](mailto:Flashhandy1@comcast.net)

**R Homes Renovations.....303-241-2246**  
Home renovation professionals specializing in kitchen renovations including: cabinets, countertops, & backsplash. Free consultations & estimates. HEB referrals available.  
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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!

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**Homewatch CareGivers**.....303-800-0206  
Locally owned Homecare Agency, we have NO MINIMUMS!! We provide anywhere from 1 hour, once a week to 24 hours, 7 days a week! Our services include companionship, light housekeeping, meal preparation, transportation, med reminders, pet care, post-surgical care/transportation and more! Call us today to schedule a free in-home consultation at 303-800-0206.

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Painting, Window Cleaning, Power Washing, and Decks. Specializing in Individual Room and Bathroom Painting. Detailed and Professional. Friendly and Reliable.

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20 years experience. Many, many references. Reliable. Weekly, bi-monthly, monthly schedules. Affordable. Let me help you keep your home clean.

## HVAC

**Comfort Colorado HVAC and Home Solutions**.....970-405-3315  
Your Comfort is Our First Priority. Offering expert furnace, AC, and heat pump installation, indoor air quality solutions, system performance and system maintenance, water heater install and more. www.comfortcolorado.com

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**Jeff Uscier, Jeff Uscier Agency Inc.**.....303-898-5796  
HEBGC Resident for 21 years. Independent Insurance Agent representing HARTFORD, METLIFE, and SAFECO insurance and authorized to provide AARP Auto and Home insurance for the Hartford. Specializes in HEBGC Real Estate.

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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.

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**Kirch, Rounds, Bowman 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.dwkpc.net

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Interior and Exterior Painting. No job is too small. Experience working in HEB. Contact us for your free estimate. Picassospainting@facebook Picassospainting@outlook.com

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Paint company with more than 15 years of experience in Exterior & Interior painting both commercial and residential. Color & Quality in every service!! Other services include drywall repair and tub resurfacing!

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Medicare Advantage, Medigap / Supplemental, Drug & Dental plans. Are you turning 65, need to change plans, or just have Medicare questions? Plans with UnitedHealth Care, Humana, Kaiser, WellCare, Delta. Call or e-mail: Steve@svcinsurance.com

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Interior painting and cabinet painting experts. FREE yearly touchup program, a Lifetime Warranty on most services, and free color design. We've proudly served homeowners HEB since the beginning. We are locally owned, not a franchise, by owners Nick and Katherine May. Helping you LOVE your home!

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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: lynns.helping.hands4u@gmail.com

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Residential plumbing services, including water heater replacements, gas line services, sump pumps, toilet replacements and more. Licensed and Insured. Service fee waived for a limited time - be sure to mention HEB. www.altitudefixit.com

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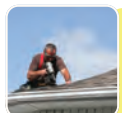
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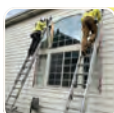
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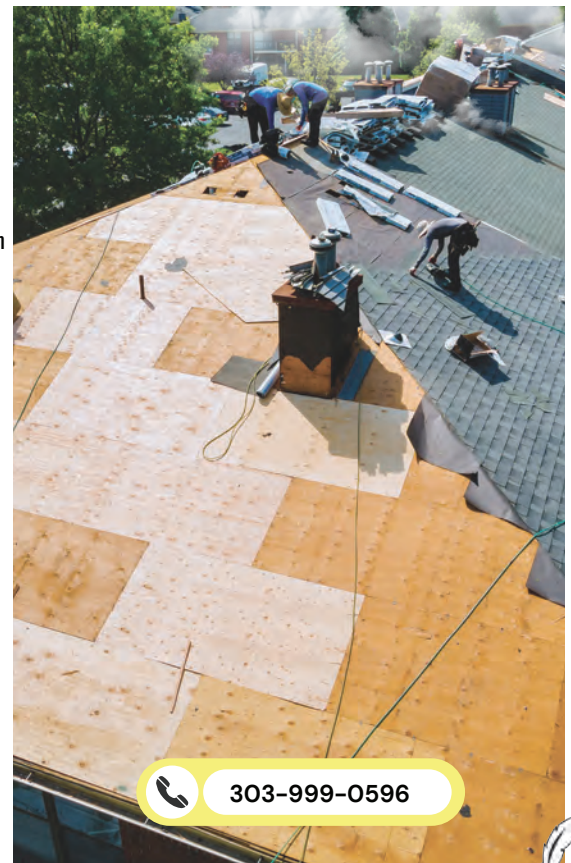
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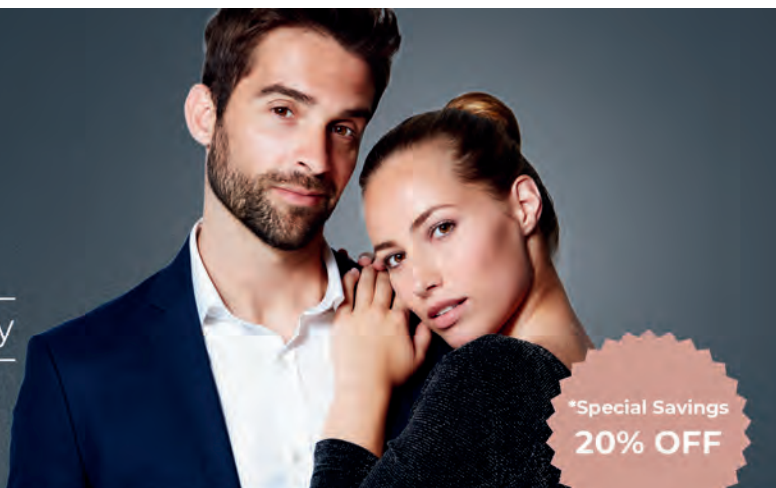
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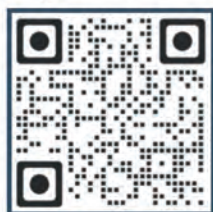
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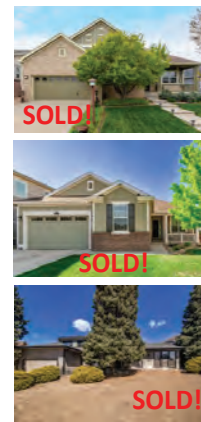





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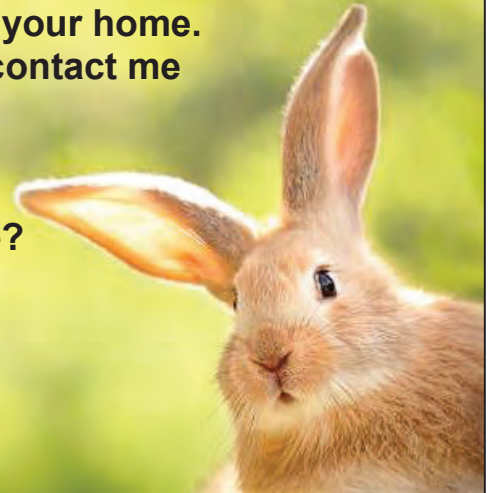


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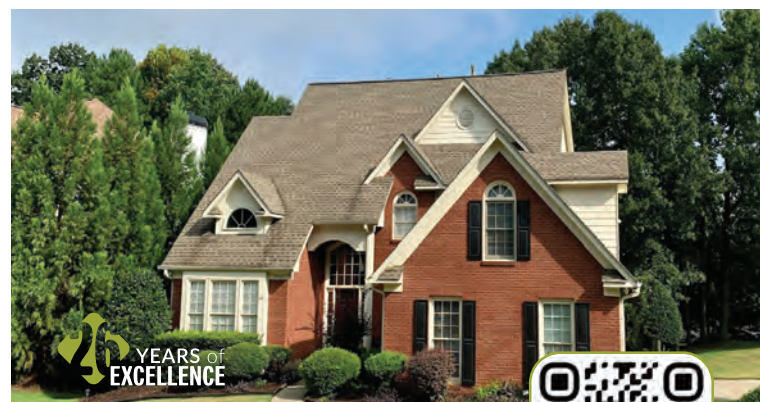



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## Traditions Board Contact Information (for emergencies only)

<b>Traditions Hotline:</b>	<b>303.343.4011</b>	
Bob Janky, <i>President, Irrigation</i>	303-564-1104	bobjanky4@gmail.com
Don Rowlands, <i>V.P., Snow</i>	720-638-8643	drowlands2@yahoo.com
Joe Parsons, <i>Treasurer</i>	925-548-4436	attjfp@gmail.com
Bryan Campbell, <i>Secretary &amp; Backup</i>	303-618-5551	itsyflorence@comcast.net
Ed Doherty, <i>Landscaping</i>	303-548-7037	ed.doherty@comcast.net
Debra Schaefer, <i>Painting</i>	303-641-9739	wditot@comcast.net
Annette McCreadie, <i>Director, Roofs &amp; Gutters</i>	813-508-0999	annettem@kw.com

Please be sure to notify the Admin Bldg  
by contacting Alison Gulley at  
[AGulley@heritageeaglebend.com](mailto:AGulley@heritageeaglebend.com) or  
720-235-1827  
for any changes to  
your contact information

## Village Board Contact Information (for emergencies only)

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Myrla Marshall	815-545-2793	myrlamarshall@gmail.com
Becky Hollenshead	510-541-3095	ggmom013@aol.com
Marcia Johnson	303-949-1404	marciamay1949@gmail.com
David Risley	607-725-7205	rupertrisley03@outlook.com
Dwight Ballard	303-668-3095	deballard2@gmail.com

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