

The Southwind Times

The Official Publication of the Southwind Civic Association

Mailing Address: 710 E. Geddes Ave. • Centennial, Colorado 80122 • Email: Southwindcivic@gmail.com • 706-662-2167

April 2024 Vol. 09 No. 04 • Circulation: 360

Calendar of Events:

- Independence Day Parade, July 4
- Neighborhood Garage Sale, July 12 & 13
- National Night Out, Aug 6 (Mark Hopkins Park)
- Halloween Cider, Oct 31

Attention Walkers!

We are looking for someone to take over a newsletter delivery route. You don't have to interact with anyone. Once a month you drop off newsletters, it's as easy as that. Your route would be in the neighborhood, and you would deliver between 23-25 houses. It's a quick process usually about 30 to 45 minutes and it would be a great contribution to your neighborhood. Please reach out to Victoria Hank via text or call at 706-662-2167.

Thank you to all of our snow angels for helping our neighbors shovel, plow, and dig the snow out, away, and off after the big snowstorm in March. To see neighbors helping neighbors in such need, should make all of us proud to live where we live!

Volunteer Appreciation Month!

April is volunteer appreciation month and I'd like to take a moment to acknowledge the time and energy the following individuals have volunteered to make our neighborhood events and newsletters happen.

- | | |
|-----------------------|------------------------|
| Mary Schultz | Luca Rodriguez |
| Diane RaPue | Paul Schwarzweller |
| Shirely Nixon | Libby Malone |
| Mary Elizabeth Vernon | Ava Bokody |
| Alice Walter | Andy Bokody |
| Martin Petters | Annelise Blomdal |
| Chad Larrabee | Cynthia Schallenmuller |
| Wendell Nixon | Pete Cooney |
| Robin Schulz | Amber Daniels |

Thank you to all of our volunteers for helping make our neighbor amazing!

Southwind Civic Association Meeting

April 17, 2024
Please RSVP to Mary Schulz
if you plan to attend, 303-797-2775.

Spring! Time to Clean!

Here are a few tips on de-cluttering and simplifying.

Start small and finish – setting small, achievable goals will give you a chance to experience accomplishment and not become overwhelmed; don't stop until you complete the task; resist distractions.

When in doubt, toss it out – if you really need something, you know that you need it; if you have to think about it, chances are it is unnecessary. Think: when is the last time I used this?

If it's broken, get rid of it – those pens that don't write, that basement microwave that doesn't work, stained old clothes in the back of the closet, last year's calendar, etc. don't deserve a second chance – throw them away.

If you need to keep it, keep one – no, you don't need three blenders or two different Bowflex machines.

If you need to keep it, organize it – figure out a system that will work for you and sort the things you need to keep accordingly. Everything should have a spot. But make sure to leave space open for items you might get in the future.

If you use it regularly, keep it handy – this is where the term "domestic engineer" comes in, figure out a system that works for you and your family and put it into practice.

Declutter – use the "six D" system to cleaning: discard, delegate, do (and do *by when*), date (schedule a time to deal with it), drawer (keep on file) or deter (unsubscribe to those platforms you don't use, magazines you don't read, or even emails that clog your inbox).



Southwind Civic Association Annual Membership Form

Enclosed are my voluntary dues of \$20 for my 2024 Southwind Civic Association membership (Jan-Dec).

Yes, I am interested in helping to support Southwind and continue our many neighborhood activities:

I/we would like to volunteer to help with a Southwind event.

(Each event requires no more than 1-2 hours of your time)

Contact me/us if additional volunteers are needed for any event.

Name(s): _____

Address: _____

Phone: _____ Email: _____

Please complete this form and mail with your check to:
Southwind Civic Association • 710 E. Geddes Ave. • Centennial CO 80122

Make payment via Venmo: Include your name, street address, and phone number along with your payment to @Southwind Civic Association.

Thank you for your continued support of our terrific neighborhood!

Got Help?

Babysitting:

Ella Gomez (CPR Cert. First Aid Cert.): 303-250-1109
Elsa Rodriguez (CPR Cet. First Aid Cert.): 303-868-9671

Yard Work:

Elijah Gomez: 303-250-1109

Does your son or daughter babysit, rack leaves, shovel snow, walk dogs, pet sit, or more?

If you or a family member wants to add their name to the list for neighborhood job opportunities, please contact Victoria via text or call at 706-662-2167.

Southwind Civic Association

710 E. Geddes Ave. • Centennial, Colorado 80122

BOARD OF DIRECTORS:

President: Victoria Hank, 706-662-2167
Treasurer: Mary Schulz, 303-797-2775
Members at Large: Diane RaPue, Shirley Nixon,
..... Mary Elizabeth Vernon, Alice Walter

The *The Southwind Times* is published monthly
by the Southwind Civic Association.

News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **Hank.victoria1@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

Advertise in this Newsletter!

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

**Newsletter Connections: 303-979-7499 or
info@newsletterconnections.com**

To find ad rates and discounts, go to
NewsletterConnections.com or scan QR code.



Selling Colorado One Home at a Time!

Kaeti Bancroft, Broker Owner
BANCROFT PROPERTIES, LLC

bancroff@comcast.net
303.525.2226 - cell
303.794.9191 - office



www.MyFrontRangeProperties.com
7851 S. Elati St. • Suite 101 • Littleton, CO 80120



Want To Grow Your Business This Spring? Advertise in this newsletter!



NEWSLETTER CONNECTIONS

Our May deadline is April 15th.

303-979-7499

info@newsletterconnections.com
NewsletterConnections.com



CLASSIFIEDS: The perfect way to find local professionals to work on your house! You can also find activities, sale items and more!

Find more professionals to suit your needs on our Service Provider Directory at NewsletterConnections.com.

PAINTING Plus + "Quality Workmanship at an Affordable Price". Specializing in Exterior and Interior, Trim and Siding Replacement and Kitchen Cabinet painting, etc. Many Local References Free Estimates. Call Dave @ Home First Painting Co. **303-909-2357** (See us on Nextdoor)

The Family Tree Service- Insured tree removal- Free est.- 10% if you mention this ad- 720-201-7971

Lawn Works, LTD: Lawn-Care & Seeding, Sprinkler-Startups, Coverage & Repair. (720)999-2245

In business 25 years, Quality Fireplace Solutions cleans, repairs and certifies gas fireplaces. Enjoy your fireplace or prepare it for the sale of your home! PH: 303-946-6535

Fernando's - irrigation: 20+ yrs of experience. Quality sprinkler install/repair. 720-935-7517.

AKC REGISTERED LABRADOR PUPPES FOR SALE. To be born mid April, ready fro new homes after June 15, 2024. Call or text 719-349-0679. Farm raised with lots of love!

OB PAINTING. \$350 off exterior/ \$150 off interior. Free Estimates. Rob: 303-908-9063.

A/C Inspection - \$49.99. Emporia Home Services, Your local HVAC Company. 303-909-2018. (parts/addit. labor not included)

Stecki painting. Inter/ext. Jeff 720-331-7025

Haul It 4 Less. All junk removal and hot tubs. Furniture, yard debris, garage, rental & estate clean outs. Peter 303-249-1980. www.haulit4less.com

Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at **303-979-7499** or Info@NewsletterConnections.com to place an ad. To view our display ad prices, visit our website at NewsletterConnections.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th. Residents placing ads to sell household items are not charged a fee.

4 Simple Tricks to Stick to Your Grocery Budget

Courtesy of Budgetmom.com

1. Cook Using Your Leftovers

Cooking with leftovers is a great way to save money and reduce food waste. But just reheating last night's dinner can get boring fast. So, here are some creative ways to transform your leftovers into new meals:

Leftover chicken? Mix it with some curry powder and coconut milk, and you've got an Indian-inspired curry. Or, add some hoisin sauce, ginger, and scallions to your leftover pork, and you've got a tasty Chinese stir-fry. Shred your leftover meat and add it to tortillas to make burritos or enchiladas! Leftover roast beef can be sliced thin and added to a classic French dip sandwich, while leftover grilled vegetables can be blended into a flavorful pesto. For a hearty breakfast, try using leftovers in an omelet or frittata. Diced potatoes, onions, and bacon can be sautéed together, and then mixed with beaten eggs for a savory breakfast dish. Lastly, leftovers can be used to make soups and stews.

2. Shop Your Pantry and Fridge First

Here are some things you can look for in your pantry and fridge before heading to the store: Pasta and Rice; Canned Goods; Frozen Fruits and Vegetables. By shopping your pantry and fridge first, you'll be surprised at how many meals you can make with the ingredients you already have.

3. Meal Plan Your Week Before Going Grocery Shopping

Meal planning is the key to a successful and stress-free grocery shopping experience. Here's how to get started:

- Make a list of meals for the week.
- Check what you already have.
- Check for deals and sales.
- Don't be afraid to repeat meals.

4. Shop In-Season and Shop in Bulk

Shopping in season is a great way to stick to your grocery budget! Not only do seasonal fruits and vegetables cost less, but they also keep your diet varied and have more nutritional value. Buying non-perishable items like grains, pasta, nuts, and spices usually results in a lower per-unit cost, plus you'll have a pantry that's well-stocked for future meals.

Southwind Takes Venmo!

Our Southwind Neighborhood Civic Association is now turning 63! If you're newer to the neighborhood, we want to let you know that our members are volunteers, along with every man and woman who deliver this very newsletter. All volunteer annual membership fees go directly to events only. This means any supplies, food, awards, etc are provided by these funds. These events include the 4th of July Parade, Fun Fest, and Cider at Halloween.

Not only do we have a slip that you can mail cash or check to us, but we now have Venmo! Our Venmo makes it easy to send your \$20 annual payment. Make sure to include your name, street address, and phone number along with your payment to **@Southwind Civic Association**. This is a private account linked directly to Southwind's bank account, and only the Southwind Treasurer will see your information. For further details, please reach out to Victoria Hank, 706-662-2167, Vice President of Southwind Civic Association. Thank you all for your support in our neighborhood!

*Acceptance doesn't mean resignation;
it means understanding that something is what it is
and that there's got to be a way through it.*

-Michael J. Fox



OB PAINTING INC.
CALL ROB : 303-908-9063

\$300 off
Exterior or Interior Painting

10% off
For Payments
In Cash

American family owned.
30 years in business.

Workmans Comp & Liability Insurance
Credit cards accepted

**Multiple Home
Discount**

April Garden Calendar

April is a pivotal month in your garden. While we may still see weather variability between winter and spring, the trend is definitely toward warming. As the ground warms the garden awakens.

Garden cleanup is the first priority.

- Rake leaves and debris from around trees, shrubs and other garden areas.
- If you haven't done so yet, cut back ornamental grasses.
- Prune summer blooming shrubs such as butterfly bush, blue mist spirea, potentilla, and some hydrangeas.
- Remove any broken or damaged branches from trees.

What we've been waiting for – Planting season begins now!

- Plant container or balled and burlapped trees and shrubs from now throughout spring.
- Now is the time to plant bare root roses. Soak roots in water for 12 hours before planting. Vegetables – Early April Outdoors
- Soak parsley seeds 24 hours before planting ¼" deep.
- Dill seeds should be pressed lightly into the soil.
- Peas can be sown as late as mid-April.
- Indoors- Start warm season vegetables from seed like tomatoes and peppers.
- Mid April Outdoors: Plant lettuce, chard, spinach, kale, beets, carrots, radishes and onion sets.
- Indoors - Start seeds of flowers like zinnias and celosia that need four weeks before planting outside. It's not too late to plant Cardinal Seed Vine and Hyacinth Bean Vine indoors; two annual vines that put on a beautiful show mid to late summer.

Other Garden Chores:

- Transplant: When soil has thawed, divide and transplant summer and fall blooming perennials such as sedum Autumn Joy, garden Phlox paniculata, Asters, perennial Dianthus, and Shasta Daisies.
- Roses – Once new growth starts, usually mid-April, slowly remove mulch from around the plants. Prune dead or damaged canes first, then prune all other canes to approximately 1 to 2 feet above ground. As active growth appears, fertilize with a rose food formulation of 9-14-9 which is higher in phosphorus to encourage blooms and strong roots. Do not prune live canes of climbing roses. However, cutting out dead canes is recommended.

Lawn care:

- Core aeration is one of the most beneficial things you can do to maintain a healthy lawn. This is also a good time to do an irrigation audit to make sure your system is working properly.

Weeding:

- As you see weeds pull them out. They are generally small this early and easy to remove.

Wasp control:

- Hang pheromone traps out to capture early emerging yellow-jackets. If you trap a queen early, you prevent a nest. These bright yellow traps are available at both garden centers and big box stores. They will not harm other insects just yellow-jacket wasps.

When you have questions, Colorado State University Extension has research-based answers. Get answers to your horticulture questions by visiting ask.extension.org any time day or night.

–Fredricka Bogardus, Colorado Master Gardener

BOY SCOUTS OF AMERICA
TROOP 873

SHRED EVENT

WHERE & WHEN
APRIL 20, 2024 9AM - 12PM

5601 S BROADWAY BLVD
LITTLETON, CO 80121
SOUTHWEST PARKING LOT

DONATIONS TO THE BOY SCOUTS OF AMERICA TROOP 873
APPRECIATED

SPONSORED BY JAY FINANCIAL
GROUP, INC.
WWW.JAYFINANCIALGROUP.COM
303-260-7494

SHREDDING PROVIDED BY ALL AMERICAN RECORDS MANAGEMENT
[HTTPS://WWW.AARMRECORDS.COM/](https://www.aarmrecords.com/)






JKRoofing.com



Don't Miss Your Insurance Claim Deadline

- Established Roofing and Exteriors Company
- Hail Damage & Insurance Claims
- Windows, Siding, Solar Roof Shingles & Panels

FREE INSPECTIONS

303-425-7531

ROOFING + WINDOWS + SIDING + SOLAR




