



*The monthly newsletter for the residents of Genesee Village*

November 2024

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## What Is Gratitude?

Gratitude is the feeling of appreciation for something or someone that creates long-lasting feelings of positivity. It allows us to recognize the good in our lives and see that sources of goodness are available to us. According to Positive Psychology, gratitude is a selfless act. They state that gratitude's "acts are done unconditionally, to show to people that they are appreciated."

By showing those around us that we appreciate them and what they have done, we are able to form new and stronger social bonds. We can successfully connect to those individuals and allow them to connect with us, creating a better understanding of each other. By forming these bonds, we are able to expand and develop our levels of social wellness, improving our emotional, physical, and mental health.

—<https://www.jcmh.org>



## Ways To Practice Gratitude

- **Journal:** Writing down a few things you are grateful for each day can help you focus on the positive in your life.
- **Express gratitude:** Put your feelings of thanks into words by writing a thank-you note, sending a text, or telling someone in person.
- **Volunteer:** Giving back to those in need can help you reflect on your circumstances and show you all the things that you can be grateful for.
- **Practice gratitude meditation:** Reflect on the things you are grateful for and experience feelings of appreciation.
- **Go for gratitude walks:** Notice and appreciate your natural surroundings.
- **Practice mindfulness:** Being fully present in the moment can improve feelings of gratitude.
- **Share your gratitude:** Reach out to friends you haven't spoken to in a while, or do random acts of kindness.

## November Festivals

### **DENVER FILM FESTIVAL: Fri-Sun, November 1-10, 2024, Denver**

Back for its 47th year, the Denver Film Festival showcases hundreds of full-length films, music videos, and shorts at multiple locations across the city.

### **DENVER VETERANS DAY RUN:**

**Saturday, November 9, 2024, City Park, Denver**

Back for its 16th year, the Denver Veterans Day Run is both an in-person and virtual 5k and 10k event that directly benefits Colorado Vets.

### **GEORGETOWN BIGHORN SHEEP FESTIVAL:**

**Saturday, November 9, 2024, Georgetown**

Home of one of the oldest and largest bighorn herds in the entire state, enjoy wildlife programs, children's activities, hikes, music, crafts, and more at this festival.

### **WARREN MILLER FILM TOUR:**

**Late October through December, 2024,**

**Multiple showings across Colorado**

An annual film tour following skiers and snowboarders as they take on the snow. From backyard hills to mega mountains, this tour kicks off the winter season with a bang.

### **BOTANIC GARDENS BLOSSOMS OF LIGHTS:**

**Fri-Sun, Nov. 20, 2024 – Jan. 12, 2025, Denver**

A stroll through the Denver Botanic Gardens is a delightful way to celebrate the holiday season. The Blossoms of Light extravaganza is a twinkling and breathtaking way to spend a winter evening.

### **DENVER CHRISTMAS SHOW: Fri-Sun, Nov. 22-24, 2024, Denver**

This Christmas-themed event is held at the Colorado Convention Center. Explore the more than 450 and 300 booths, respectively, of arts, crafts, and gifts from local vendors. Santa will be on-site at both locations, so bring the kids.

### **DENVER CHRISTKINDLMARKET:**

**Fri-Sat, November 22-December 23, 2024,**

**Civic Center Park, 101 14th Ave, Denver**

24th year for the month-long Christkindl Market in downtown Denver. Experience old German traditions with authentic cuisine, live music, holiday drinks, and an artisan marketplace.

### **DENVER ARTS WEEK: Fri-Sun, November 1-10, 2024, Denver**

All of Denver comes alive with creativity each November for over eight days as it collectively celebrates the city's creative neighborhoods, museums, galleries, and all-around artistic vibe.

—<https://www.uncovercolorado.com>

# Ready Your Fireplace For Winter



Even if you only occasionally use your fireplace, you should check it annually for damage and hazards. First, inspect the flue for creosote, a flammable by-product of burning wood. Too much accumulation in a flue or chimney can result in a devastating fire. Get your chimney inspected annually for creosote buildup. If you use a fireplace or wood stove frequently, have the flue inspected after each cord of wood burned.

For most people, the best option is to have your entire chimney system inspected by a chimney sweep. Once you know what to look for, you can perform the inspection by shining a bright flashlight up the flue, looking for any deposits approaching 1/8 inch thick. These deposits should be cleaned by an experienced chimney professional.

Additionally, check your chimney for damage or flue blockages. Ensure the flue cap (the screen or baffle covering the top of the chimney) is in place. Birds often nest at the top of unprotected flues, but a chimney cap can prevent this from happening. If you don't have a cap, look up the flue to ensure that there are no obstructions. Inspect brick chimneys for loose or broken joints. If access is a problem, use binoculars. Inside, exercise the damper, which is the metal plate that opens and closes the flue just above the firebox. Move it to the open and closed positions to ensure that it is working properly.

—<https://www.bhg.com>

## Village of Genesee

Property Management: 4 Seasons Management Group

Property Manager: Beau McMahan  
hello@4shoa.com

9351 Grant St., Suite 500, Thornton, CO, 80229  
303-952-4004 • Website: 222.4SHOA.com

### News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **gary@garymanes.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](mailto:info@newsletterconnections.com)



To find ad rates and discounts, go to [NewsletterConnections.com](http://NewsletterConnections.com) or scan QR code.

At Newsletter Connections, we are *Thankful* for our community.

Thank you Editors, residents, contributors and advertisers for making this local neighborhood newsletter a success!

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

Find more professionals to suit your needs on our Service Provider Directory at [NewsletterConnections.com](http://NewsletterConnections.com).

**Local Colorado Beef.** Bulk beef in quarters, halves, wholes. Stock your freezer. Price includes processing and delivery. No hormones, growth enhancers or antibiotics. Call 719-349-0679. [KSayles@plainstel.com](mailto:KSayles@plainstel.com)

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

Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at **303-979-7499** or [info@newsletterconnections.com](mailto:info@newsletterconnections.com) to place an ad. To view our display ad prices, visit our website at [NewsletterConnections.com](http://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 7th. Residents placing ads to sell household items are not charged a fee.

## Home Safety Review

At least once a year, do a top-to-bottom review of your home's safety features. This is also a good time to get the family together for a review of your fire evacuation plan. Use these steps to complete a home safety check:

**Smoke and carbon monoxide detectors:** Replace the batteries in each smoke and carbon monoxide (CO) detector, then vacuum them with a soft brush attachment. Test the detectors by pressing the test button or holding a smoke source (like a blown-out candle) near the unit. If you haven't already, install a smoke detector on every floor of your home, including the basement.

**Fire extinguishers:** Every home should have at least one fire extinguisher rated for all fire types (look for an A-B-C rating on the label). At a minimum, keep one near the kitchen; having one per floor isn't a bad idea. Annually, check the indicator on the pressure gauge to make sure the extinguisher is charged. Make certain that the lock pin is intact and firmly in place, and check that the discharge nozzle is not clogged. Clean the extinguisher and check it for dents, scratches, and corrosion. Replace if the damage seems severe. Note: Fire extinguishers that are more than six years old should be replaced. Mark the date of purchase on the new unit with a permanent marker.

**Fire escape plans:** Every bedroom, including basement bedrooms, should have two exit paths. Make sure windows aren't blocked by furniture or other items. Ideally, each upper-floor bedroom should have a rope ladder near the window for emergency exits. Review what to do in case of fire, and arrange a safe meeting place for everyone away from the house.

**General cleanup:** Rid your home of accumulations of old newspapers and leftover hazardous household chemicals. (Check with your state or local Environmental Protection Agency about the proper way to discard dangerous chemicals.) Store flammable materials and poisons in approved, clearly labeled containers. Keep a clear space around heaters, furnaces, and other heat-producing appliances.

—<https://www.bhg.com>

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## The Denver Dog Fair

November 23-24

In Colorado, our dogs are more than just pets – they are family. The Denver Dog Fair is a family-friendly event making its debut Nov. 23-24 at Arapahoe County Fairgrounds, 25690 E. Quincy Ave., Aurora, Colorado.

Second Paw will host a Doggy Fashion Show on the main stage at 1 p.m. each day of the first ever Denver Dog Fair held this November.

Open 10 a.m. to 5 p.m. both days, family (and dog) activities include a puppy kissing booth and demos on everything from canine tricks to herding and speed. There will be sled dog rides, a dog fashion show and even, a singing Chihuahua. Events take place indoors and outside. There is plenty of parking and a ticket gets you into all events and activities. Kids 5 and under are free; dogs are \$5. The event supports local dog shelters, breed rescues and adoption agencies. Whether you want to adopt a new family member or enjoy a fun-filled day out, you'll be supporting a great cause.

## Kiwanis Club of Columbine

The Kiwanis Club of Columbine is a group of volunteers dedicated to improving the lives of children and families in our community. All are welcome to help on any of our projects or attend any of our social events. With the holiday season approaching, there are a lot of families that won't have a happy holiday season without our help to provide them with food and other assistance. Please come volunteer with us to help serve those in need in our community!

To learn more visit our website at columbinekiwanis.org, or join us for a free breakfast at our weekly meeting any Wednesday at 7 a.m. at 4Gs restaurant, 5950 S Platte Canyon Rd, Littleton. You do not need to join our club to participate. We have a lot of fun, meet new people, and do a lot of good things for our community. For details about a project or social event email kensweet@gmail.com.

## “SPECIALIZING IN THE GENESEE AREA”

**Enjoy your Genesee Village Newsletter!**

**If you have anything to contribute or any questions, please let us know.**

**IF YOU ARE PLANNING ON SELLING YOUR HOME...**

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