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National Western Stock Show & Rodeo

January 10-25, 2026

Each winter, nearly 700,000 people visit the National Western Stock Show, an extravaganza of about 30 rodeos, 11 horse shows, and countless other attractions just a couple of miles from the heart of Denver. For so many visitors from the increasingly urbanized West, the Stock Show offers a rare window into Western tradition and the incredible importance that agriculture and ranching industries have made to revolutionize our daily lives.

For many other visitors, the National Western Stock Show is a pilgrimage, a gathering of the extended family that sustains and defines the West. Since the first Stock Show in 1906, it has been a place where generations of farmers and ranchers – people whose hard work feeds the rest of us – spend time reuniting with old friends, learning about new approaches and techniques in agriculture and ranching, and doing some business, year after year.

The 12-12-12 Rule

The 12-12-12 rule is a simple decluttering method where you find 12 items to throw away, 12 to donate, and 12 to relocate to their proper homes. This approach helps tackle clutter in a manageable way by providing clear goals, and it can be used to refresh a specific area, like a closet or cabinet, or adapted to larger spaces. How to use the 12-12-12 rule:

- Pick 12 to throw away: Find items that are broken, expired, or no longer useful.
- Pick 12 to donate: Select things you no longer need but are in good condition and could benefit someone else, like gently used clothes, books, or toys.
- Pick 12 to relocate: Find misplaced items that belong in another room and return them to their proper place.

Fitness Goals: Setting Up For A Successful Resolution

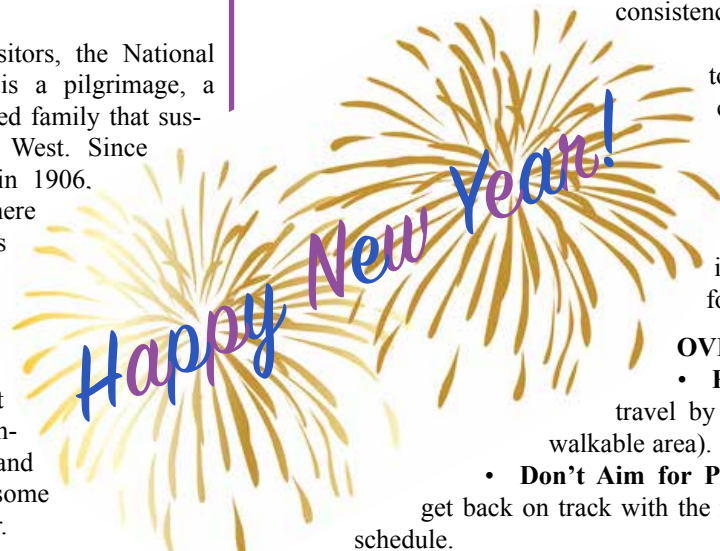
- **Be Specific & Realistic:** Instead of “get fit,” aim for “walk 15 mins, 3x/week”.
- **Start Small:** Build momentum with achievable mini-goals, like “exercise snacks” throughout the day (stairs, jumping jacks).
- **Find Your Fun:** Choose activities you genuinely enjoy (dancing, hiking, sports) to make it sustainable.
- **Schedule It:** Block out workout times in your calendar like important meetings.

STAYING MOTIVATED

- **Get a Buddy:** An accountability partner or group provides support and consistency.
 - **Track Progress:** Monitor small wins to build confidence and see how far you’ve come.
 - **Reward Yourself:** Celebrate milestones with non-food rewards like new gear or a spa day.
 - **Fuel Your Body:** Ensure you’re eating well and staying hydrated, and don’t forget sleep and rest days.

OVERCOMING OBSTACLES

- **Plan for Setbacks:** Prepare for illness or travel by having backup plans (e.g., hotel gym, walkable area).
- **Don’t Aim for Perfection:** If you miss a workout, just get back on track with the next one; consistency is key, not a rigid schedule.
- **Focus on Enjoyment:** If exercise feels like a chore, you’re more likely to quit; find joy in the process.



No Spend January

“No Spend January” is a popular financial challenge to cut all non-essential spending for the entire month following the holiday season. The goal is to reset spending habits, save money (often hundreds or thousands of dollars), and focus on essential purchases only.

HOW IT WORKS

The basic principle is to distinguish between “needs” and “wants” and only spend money on necessities.

Essentials (Allowed Spending):

- Rent/mortgage and utilities (electricity, water, etc.)
- Groceries (often with an emphasis on using existing pantry staples)
- Medications and essential toiletries (e.g., body wash, soap)
- Gas for essential travel/commuting
- Paying off existing bills and debt

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No Spend January, *continued from front page*

Non-Essentials (Forbidden Spending):

- Dining out or ordering takeout
- Coffee shops
- New clothing, makeup, or non-essential household decor. Entertainment expenses like movie tickets, concerts, or new books
- Online shopping
- New subscriptions or non-essential services

TIPS FOR SUCCESS

- Set Clear Goals: Define your “why” (e.g., building an emergency fund, saving for a vacation, paying off debt) to stay motivated.
- Plan Ahead: Create a budget for essentials and make a meal plan using food you already have.
- Remove Temptations: Unsubscribe from marketing emails, delete shopping apps, and consider removing saved credit card information from online retailers to add a barrier to impulse buys.
- Find Free Activities: Combat boredom by finding free things to do, such as visiting local libraries or museums, hiking, or playing board games.
- Track Progress: Monitor your savings to see the tangible results, which can provide a significant boost in motivation.
- The main takeaway is that “No Spend January” is flexible; you set your own realistic rules to challenge yourself and build healthier, more intentional spending habits for the rest of the year.

Where To Ice Skate Around Denver This Winter

DENVER:

McGregor Skate Ice Rink, 1901 Wazee St., Denver

Nov. 28 to Jan. 25. The only option to skate downtown this year is at the McGregor Square plaza, near Coors Field. Admission is \$15 for adults and \$9 for children, including skate rentals.

LAKWOOD:

The Rink at Belmar, 439 S. Teller St, Lakewood

Nov. 21 to Jan. 4. The Rink at Belmar is in Lakewood’s shopping district. Admission is \$12 for adults and \$10 for kids, including skate rentals. There also are winter wagon rides around Belmar, which depart from the plaza where the rink is located. “Drinks Around the Rink” will offer beverages for sale from Great Divide Brewery & Roadhouse, Little India, Tstreet and Wasabi Sushi Bar. The rink opens at 4 p.m. on weekdays and noon on Saturday and Sunday. Closing times vary and can be found on their website.

EVERGREEN:

Evergreen Lake, 29612 Upper Bear Creek Rd., Evergreen

Evergreen Parks and Recreation is offering ice skating and other winter activities at Evergreen Lake. It costs \$15 per person, or \$20 with skate rental. Children 4 and under are free, or rent the whole rink for \$150 per hour. Annual passes cost \$200. The rinks may close due to weather.

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Dutch Creek

Board of Directors and Officers of the Master Association

Vacant (2026) – President

Kendra Conrad (2028) – Treasurer

Jason Fish (2027)

Jason Flynn (2028)

Kyle McBride (2028)

Jason Rogers (2026)

John Wilber (2027)

Eileen Parker (non-voting volunteer) – Secretary

Architectural Control Committee: Vacant

Greenbelt / Landscape Manager: Craig Pedersen

Pool Manager: Jason Fish

Pool & Courts Proximity Key: Jason Flynn

Tennis Court & Multi-Sport/Basketball Court: Jason Rogers

Website: Jason Rogers

We need volunteers!

Please contact us if you are interested in helping with DCV HOA.

Want to submit something for the newsletter?

Articles are due on or before the second Thursday of the month.

Email articles to info@dutchcreekhoa.com.

Articles are subject to approval by the BoD.

This Space Intentionally Left Blank for Teen Services

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
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Classified ads are \$3.00/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.

Where To Skate, *continued from page 2*

ARVADA: Skating in the Square, Olde Town Square at 57th and Olde Wadsworth Blvd., Nov. 26 to Jan. 29.

PARKER: Parker Ice Trail at Discovery Park, 20115 E. Mainstreet, Parker, Nov. 28 to Feb. 28.

AURORA: The Pond at Southlands, 6100 S. Main St., Nov. 7 to March 1.

—<https://denverite.com>

National Clean Off Your Desk Day

January 13 is an opportunity to begin your new year with a clean and organized workspace. Whether your desk is in a private or shared office, cubicle, home or a make-shift desk on the counter, having your workspace uncluttered and organized will help you work more efficiently. A clean workspace improves productivity and inspires us, too. It often gives us a sense of serenity.

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Kiwanis Club of Columbine

Welcome to the New Year – A good time to make new friends and to help make the world a better place by volunteering.

Our regular service projects continue, including: Salvation Army Bell Ringing. Thank you for those that donated to our “Ding-a’Lings”, provided a smile, and a few cups of coffee. This is being written before the final tally, I anticipate that we will have raised \$18,000 for the Salvation Army. We had a successful blood drive.

Our ongoing events – we can always use help.

- Sheridan Food Bank: Providing food to about 150 families each week Every Thursday.
- Project C.U.R.E.: Sorting and preparing medical supplies for those in need
- Meals on Wheels: Delivering meals Monday through Friday with our volunteer team
- Working with local schools
- Social Events: all welcome

If you’re looking for hands-on service opportunities or want to meet active community members, join us! Details on upcoming projects and events are shared in our weekly newsletter – email info@columbinekiwanis.org to subscribe. Visit columbinekiwanis.org or come for a free breakfast at our weekly meeting every Wednesday at 7 a.m. at 4Gs Restaurant, 5950 S Platte Canyon Rd, Littleton.

The Kiwanis Club of Columbine is a volunteer-led organization of 70 members dedicated to improving the lives of children and families through more than fifty active projects and support for over twenty community organizations each year. All are welcome – no membership required to participate. Join us for service, friendship, and fun as we make a positive impact together.

January looks forward to the new year and back to the old year. He sees past and future. – M.L. Stedman



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Robyn Wise
Class of 2007 (Alumni, Parent & Staff)

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