

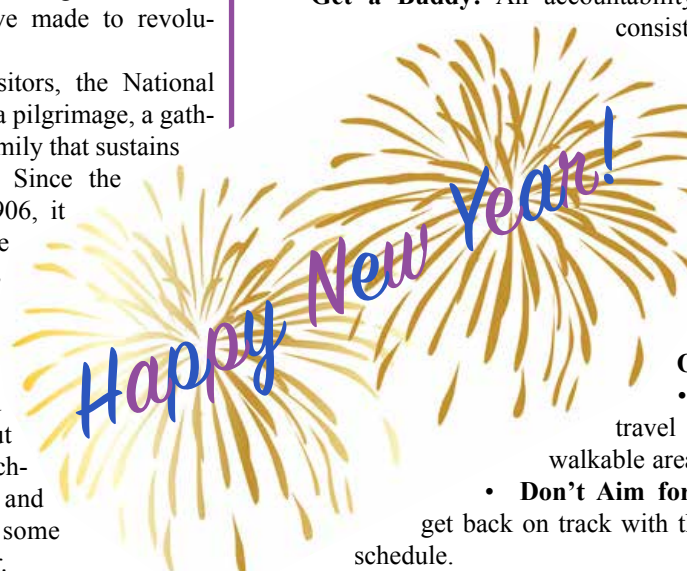


National Western Stock Show & Rodeo

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

Non-Essentials (Forbidden Spending):

- Dining out or ordering takeout
- Coffee shops

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.

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Westgold Meadows Homeowners Association

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Community Manager: Leisa Klinge

Leisa@cpmhoa.com, 719-377-6566

Assistant Community Manager: Joey Kipilo

joey@cpmhoa.com, 719-425-8366

Payment Mail Address

You can mail checks to:

Westgold Meadows HOA
c/o Center Point Management
P.O. Box 98468
Phoenix, AZ 85038-0466

Board Meeting Schedule

Last Tuesday of each month via Zoom


News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to the editor at: wgmboardmember5@gmail.com. All articles must be approved by the editor for publication, or as space permits.

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.




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No Spend January,

continued from front page

- 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.

Denver Art Museum Free Days

Tuesday, January 13
 Tuesday, February 10
 Tuesday, March 10
 Sunday, April 26
 Tuesday, May 12
 Tuesday, June 9
 Tuesday, July 14
 Saturday, August 1
 Saturday, September 12
 Tuesday, October 13
 Saturday, November 7
 Tuesday, December 8



Denver Zoo Free Days

Friday, January 9	Wednesday, November 11
Sunday, January 25	Saturday, November 14
Sunday, February 22	Sunday, November 22
Sunday, April 19	

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.

Availability:

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Winter's Work: Rest, Renewal And Resilience In The Garden

When the garden settles under a blanket of snow, it can feel as though everything is lifeless and still. But in reality, winter is not wasted time; it's a season of rest and recovery. Just like people and animals, plants benefit from downtime, and the cold months are essential for their long-term survival.

In winter, many plants enter a state called dormancy, nature's version of sleep. Dormancy is far from passive; it's an active survival strategy refined over millennia. When temperatures drop and daylight wanes, perennials, shrubs, and trees respond by redirecting their energy from leaves and flowers down into their root systems. This strategically allows plants to conserve resources during harsh conditions while preparing for spring's explosive growth.

Winter does more than recharge individual plants – it also benefits the larger ecosystem. Freezing temperatures naturally suppress pests and diseases, keeping populations in check. Cycles of freezing and thawing help break down leaves and organic matter, thereby enriching the soil. Snow, often called “the poor man's fertilizer,” insulates plant roots, adds moisture and slowly releases nitrogen into the ground as it melts. In this way, the cold season is as much about renewal as it is about rest.

Some plants require a certain amount of cold before they can germinate (a process called cold stratification) or flower.

Many beloved garden plants, from peonies to fruit trees, require a specific number of “chilling hours” below 45°F to break bud properly come spring. Without this cold period, flowering may be sparse or entirely absent. It's nature's quality control mechanism, ensuring plants don't waste energy blooming during unreliable warm spells that could end in frost damage.

Colorado native plants are masters of winter survival. Species like penstemon, blanket flower and pasque flower have evolved alongside our dramatic temperature swings and intense sun exposure. Their dormancy strategies are finely tuned to our semi-arid climate, where winter moisture slowly percolates into the soil while plants rest. By incorporating natives into your garden, you're working with plants that have perfected the art of thriving through Colorado's challenging winters, emerging each spring with a vigor that comes from generations of adaptation.

For those who love their gardens, winter can feel like a long wait. But it's worth remembering that this downtime is essential. Resist the urge to overprotect perennials from the cold; many need the chill. Instead, embrace winter as nature's way of giving your garden a chance to recharge. While the plants are resting, we can do the same – dreaming, planning and preparing for the vibrant burst of life that spring will bring.

— By Pam Rosendal, Colorado Master Gardener

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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.
- Working with local schools

continued on page 6



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Kiwanis, *continued from page 5*

- 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
- 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.

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