

Southmoor Park West

Fall 2020, Issue #9

Caution... reading this newsletter will make you a more informed resident.

HOA/RNO Officers

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Please read the inserts:
Annual Meeting Information
Newsletter Sponsors

Check out “your” website:
www.southmoorparkhoa.org

Low Carb Zucchini Sausage and Egg Breakfast Muffin



Ingredients:

Olive oil
1/2-pound zucchini
1 pinch salt
3 links sausage gluten-free chicken or pork sausage
2 large eggs
1/2 cup shredded cheddar cheese
1/4 teaspoon salt
1/4 medium lemon zest only, optional
1 teaspoon onion powder
1 clove garlic pressed or minced
1 pinch pepper
1/4 cup almond meal
1/4 teaspoon baking powder

1. Preheat the oven to 345°.
2. Prepare the muffin pan. Brush the bottoms and sides of a muffin pan with olive oil. Set aside.
3. Prepare the zucchini. Grate the zucchini into a bowl and sprinkle with a little salt. Mix and set aside for at least 5 minutes, until the water has started to come out.
4. Prepare the sausage. Heat a tablespoon of olive oil in a frying pan and add the sausages. Cook for 6-7 minutes, over medium-high heat, turning over a few times, until they are browned and cooked through. Transfer to a cutting board and chop into small pieces.
5. Prepare the batter. Using your hands, scoop up batches of zucchini and squeeze the juice out. Don't squeeze it so much that you mash it, but remove as much of the fluid as you can. Add the zucchini flesh (not the fluid) to a mixing bowl. Add the rest of the muffin ingredients, including MOST (but not all) of the chopped sausage to the same bowl and mix thoroughly.
6. Bake the muffins. Divide the mixture between the muffin cups – about 2 tablespoons each – making sure the sausage gets distributed evenly. Add 2 pieces of sausage to the top of each muffin, then bake for 22 minutes or until the egg is set.

Southmoor Park 2020 Annual Meeting

October 22nd, 2020 – Virtual Meeting

See the insert to learn about:

- Zoom™ instructions
- New officers
- Proxy voting
- Agenda



Southmoor Park West

"I would like to be remembered as someone who used whatever talent she had to do her work to the very best of her ability."

Ruth Bader Ginsburg

Denver Proposed Zoning Change Update

The Group Living Proposal will soon be headed to City Council for approval or rejection. You can find information from denvergov.org/group_living and/or safeandsounddenver.com. Some details are:

- Homes can have 5 families living together and up to 10 for homes of 2,600 square feet, or more.
- Residential Care facilities with 10 or less are allowed in all single-family neighborhoods.
- Residential Care facilities with 11 to 40 are allowed in homes on lots sizes of 1,200 square feet.
- Community Corrections (non-paroled convicts) will be allowed in all single-family neighborhoods allowing up to 40 convicts per household.

If you have negative (or positive) comments, you should contact City Council and/or zoning below:

Andrew Webb – City Planner & Project Manager

Robin Kniech – City Council at Large Phone 720-337-7712

Deborah Ortega – City Council at Large Phone 720-337-7713

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Let's Get Updated

So many updates... so little time. Fall is a great time to make updates. Winterizing (see article below), time changes on our clocks, our daylight time due to shorter days, and indoor verses outdoor activities. Your RNO would also like to update our Neighborhood Directory. This is a great tool to call neighbors when you need to have immediate contact. We do not sell or distribute this list outside of our neighborhood. You only need to provide the information you are comfortable with. Let's continue this great way to keep in contact. Please send any changes, new inclusions, requests for a list if you are new to karenmcguire@q.com or call her at 720-203-3611.

Election 2020

In case you haven't heard... there is going to be an election this November 3rd. Colorado is a mail-in ballot State so we know how to do this and do it well. You should be receiving your ballots in the mail in October. Most residents have already received their ballot information. Be sure to mail your ballot by October 26th. Denver also has drop-off boxes around the city for voting on election day... and you get a cool sticker that proudly states that you have voted. We encourage everyone to gather candidate information from multiple sources for both State and National candidates. Never give your ballot to anyone that tells you they will take care of it for you. If you need help, call a family member or trusted neighbor/friend. For more information, you can go to the Denver Election website <https://www.denvergov.org/content/denvergov/en/denver-elections-divison.html> or just search on "Denver Votes".

2020 Census Count

The Census count is coming to an end soon but it is not too late to get counted. If you have not been counted, please do so right away. Census results help determine how billions of dollars in federal funding flow into states and communities each year. They also determine how many seats in Congress each state gets. The U.S. Census Bureau is bound by law to protect your answers and keep them strictly confidential. Every employee takes an oath to protect your personal information for life. Visit 2020census.gov to get counted.



Proud Photos

We have changed this section to Proud Photos... not just Pet Pictures. Please send your photos to greyhound3695@comcast.net or karenmcguire@q.com. No names are included unless approved by you.



The McGuire's new Grandbaby



I hate to goat... I mean gloat, but my horns are bigger



Larry, Moe, and Curly



Another beautiful day



Molly at Waterdog Lake



Molly with a stick friend she brought home from the lake



Plato the Plecostomus Jr.



A Mule Couple



A Viking football fan cannot believe their season so far!

Ice cream social

The RNO Board sponsored ice cream social was a big success. This will be an annual event so if you missed it this year, get your taste buds ready for next year's event. We always have non-dairy ice cream options, too.

Annual meeting

The annual meeting has been postponed a couple of times due to the pandemic. We typically like to meet at Thomas Jefferson High School but it will not be available for us this year. So, we are planning a virtual meeting through Zoom™. If you are not familiar or have not used Zoom™ before, it is very easy but it does require a computer or smart phone with internet access. Read our annual meeting insert. You can also practice Zoom™ meetings on-line.

Digital Email Newsletter

If you prefer to get this newsletter by email, then we can make that happen. All we need is for you to email any board member with your name and email address. We **NEVER** share or sell email addresses with anyone.

You can also go to our website southmoorparkhoa.org to read current and past newsletters from the documents page.

Or, we can continue to mail the newsletter to you. We buy recycled paper and envelopes to be environmentally conscience. Our printer is energy and ink efficient. We also have energy efficient newsletter folders, envelope stuffers, and stamp installers...us!

Get ready to Winterize!

The beginning of autumn in many parts of the country spells the time for seasonal transition, moving our entertainment and lifestyle more indoors. Now's the time for homeowners to prep, maintain, and repair in anticipation of cooler temperatures and ultimately... snow and cold.

Home

- Consider booking a tune-up of your furnace system now. Professionals will get busy very soon.
- If you have a wood burning fireplace, have your chimney checked/cleaned by a professional.
- Schedule time to clean and repair your gutters. Use care and a partner if getting on a ladder for this.
- Replace any missing shingles and make sure the flashing on your roof is in good shape.
- Take stock of your outdoor lighting and change bulbs if needed. It will be much easier to change bulbs now rather than when there's ice or snow on the ground.
- Make sure steps and porch handrails are in good working condition and sturdy since you may rely on them more during icy and snowy weather.
- Make repairs to walkways that may become hazardous with winter weather. If you have any vegetation blocking security camera views, trim those back.
- Check the insulation around your pipes, especially in non-heated areas like your crawl space and under sinks. Foam pipe sleeves are easy to install as well as most pipe wraps.
- Use covers on your outdoor spigots, and insulate the space where pipes go through walls.
- Seal up holes in soffits and fascia. Check brick walls for any cracks or major settling of the foundation.

Lawn and Garden

- Pick the last of the garden crops. Create great canning or preserving projects for the fall and winter months, bringing a delicious, just-picked taste to your winter table.
- Rake leaves. Make sure you don't leave wet, soggy piles of whole leaves on the lawn —this can suffocate growth and contribute to an unhealthy lawn.
- Take the time to prune back shrubs and plants... according to the recommendations for each species.
- Do branches or shrubs hang over or touch your roof, gutters, soffits, or sides of your house? You'll want to trim those back in case of high winds, heavy snows, or to keep outside "critters" using them as a way in.
- If you're finished watering your lawn until the spring, be sure to winterize your sprinkler system in preparation for freezes. Cover your sprinkler backflow preventor and any exposed pipes.
- Cool-season lawns (Colorado) should be aerated and overseeded in the fall.
- Fall is a great time to feed your cool-season lawn with winter fertilizer, especially after lawn aeration.
- Prepare your flower beds and garden for winter. This will include cleaning out rotted, dead, and dying plants.
- Prepare your soil for spring, adding nutrients and remove any weeds to slow them down next Spring.
- Prune perennials (plants that will survive winter) and divide and plant bulbs for the following Spring.
- Mulch will help insulate annuals and small trees to keep the ground and roots from fast freezes and thawing.

Car

- Don't forget to have your battery, anti-freeze, belts, and charging system checked. Many auto stores will perform these services for free. Call around to check for costs and if you need to pre-schedule with them.

You

- Make yourself "winterized" by getting plenty of sleep and exercise or walking often. If you have pets, always bring them indoors when the temperatures are cold. Stay away from icy sidewalks when outdoors and be sure to wear warm clothing at all times.

A little work this fall repairing and maintaining your yard and home will result in an abundance of peace of mind later. With preventive maintenance, you will have cut down on the chances of frantically searching for, and waiting for, an emergency furnace repairman or trying to find someone to fix your fallen gutters in freezing weather. Instead, you'll enjoy your warm home and look forward to each season's delights and challenges.