

Stratmoor Hills Neighborhood Association

www.stratmoorhills.org

Dear Neighbors,

I have always liked the feel of Spring/Summer beginning. The budding trees, robins, geese overhead and lawns getting green. Also, the feeling of accomplishment when the roses and flowers (hopefully) come alive. Plus, neighbors talking over the fences and in their yards. As a neighborhood, Stratmoor Hills is (to me) an established quiet place to live and play – honestly probably the best place to live in COS. Our calendar has fun events planned for the summer and The BOD can't wait to begin this year's gatherings. Please share your ideas for guest speakers for our General Meetings. Our first General Meeting on April 12, 2017, we will have a Spencer's Lawn and Garden Center expert providing information specific to planting in our area.

Thank you for all the support you provide to our Elementary School and also when asked you always step up in some way for other needs.

Jim Pesicka
President
Stratmoor Hills Neighborhood Association



Upcoming Events:

*General meeting
Elementary school
April 12, 2017 6pm

*2017 Spring
Neighborhood
Cleanup Day - April
22, 2017 - 7 AM until
11 AM or when
dumpsters are full

*Stratmoor Hills
Community Garage
Sales June 10, 2017
- 8 AM until ?

*Stratmoor Hills
Community Picnic on
August 13, 2017 - 11
AM to 3 PM

Q&A with the Stratmoor Water District

Hi Kirk. I hope things are going well for you. It is that time of year again and we are looking for articles for the neighborhood newsletter. I would like to do a "5 Questions with Kirk Medina" article. If you would like to do it, please answer the following questions:

1. What is the overall state of the Stratmoor Hills Water District? **Both the Water and Sanitation Districts are doing very well. The water quality concerns in the Widefield aquifer have certainly had an impact on our operation but plans are in place to restore our groundwater resources prior to our summer demand season. We had to back off on improvement projects in 2016 to build up enough reserves to cover the capital costs of these projects. This year, we anticipate making many improvements to the system, including re-coating the interior of the Water Tower and installing water treatment equipment on at least one of our wells. With treatment, I am confident that our groundwater will serve us well for many years to come.**

2. The Colorado Springs Independent reported that water districts in the area are likely to raise rates this year. Does that include Stratmoor Hills? If so, how high are they expected to rise? **First of all, I would like to remind our customers that we have some of the lowest water rates in the region. (Our sewer rates are about average.) We have been able to keep our rates low because of our ability to utilize our groundwater. Now that our groundwater must be treated, there will be additional capital and operating costs that will affect our budget. The Air Force is helping by including us in their rapid response contract and paying for the installation of one treatment unit. If everything goes well, we may not have to raise rates this year.**

3. The Independent also reported that Stratmoor Hills would soon be getting "granular activated carbon systems." What does this mean? **I like this question because it allows me to**

get a little bit more technical. We will be installing an Ion Exchange treatment unit on well 4. We selected this technology over an Ion Exchange unit, because the vessel will allow us to switch to Ion Exchange at a later date if necessary. With GAC, we will have to monitor our Nitrate levels closely to make sure that they never exceed any regulatory limits.

4. Last year, all residents of Stratmoor Hills were sent water quality notices, alerting them of increased levels of total organic carbon in our water. What is the update on this and are any residents in danger of these high levels? **I appreciate the opportunity to update our customers on this item. The Total Organic Carbon (TOC) levels that spiked following a rain event in 2015 led to the notice in 2016. According to regulators, TOC on its own does not have any negative health effects, but it can lead to an increase in disinfection by-products that can be harmful. We monitored our distribution system closely during this period and saw no increase in disinfection by-products. To correct this problem, the Fountain Valley Authority; of which we are a member, is installing processes at the water treatment plant to reduce the TOC levels. These enhancements should be completed by this summer.**

5. You have been on the job for **almost 2** years now. What has been the most challenging part of your job and the most rewarding? **My other answers have been rather wordy so I will be brief with this one. My biggest challenge was to change the culture of our workforce to become more efficient. I believe that has also been the most rewarding part of my job!**

. Thanks. Dan Beilfuss, VP SHNA Neighborhood Assoc

A THANK YOU TO THE COMMUNITY

A very special THANK YOU to all our friends and neighbors during this difficult time. A huge shout out to our fantastic volunteer fire department. They are always here for all of us! The support we have had from everyone is greatly appreciated. Warm thoughts to all of you.

*Sincerely
Jackie Schimpf and our family*



1974 Where Were You?

Although you wouldn't normally think so, 1974 was an incredible year in American history. While I know that some of you reading this were either too young or not even born yet, I thought it would be fun to go back to when bell bottoms were the norm and visit memory lane. Perhaps this article will inspire a younger neighbor that would like to take us back in time to the year 2000, 2007 or even 2013, or maybe a more experienced reader that would like to tell us how 1963 impacted them. But for now, this article has the 1970s written all over it.

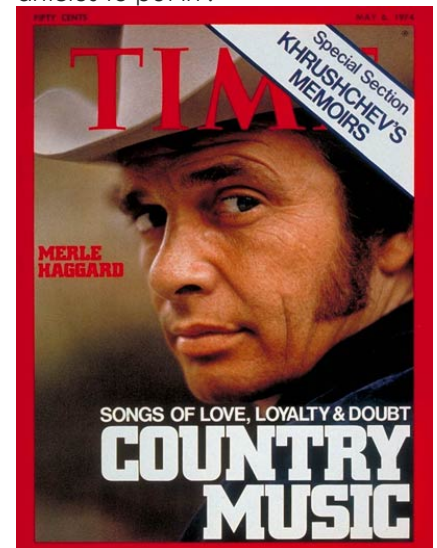
One of the biggest stories of 1974 was the impeachment of President Richard Nixon. Although he later received a "full, free and absolute pardon" from then President Ford, Nixon's departure from the White house was a defining moment in American history. Even though I was young at the time, I remember the impact that it had on our country. The phrase "I am not a crook" is forever forged in our minds. Another important moment in 1974 that had a huge impact on sports and American culture was when Hank Aaron hit his 715th home run, breaking the record of Babe Ruth in 1935. I will never forget watching this historic moment on Monday Night Baseball when Vin Scully called the historic home run. How proud I was that "Hammerin Hank" spent so the newsletter.

many years with the Milwaukee Braves in my home state of Wisconsin.

In my opinion, pop culture was at its peak in 1974. Time has proven that some of the best music and movies ever were produced in 1974. Elton John (at the Broadmoor World Arena on March 16) and Merle Haggard ruled the airwaves. The Eagles were hotter than ever. Colorado's adopted son, John Denver, had probably his best ever song, Annie's Song, debut in 1974. Does anyone remember "Cats in the Cradle?" Anne Murray followed up the hit "I Am Woman" with "You and Me Against the World." Barbara Streisand serenaded us all with "The Way We Were." I could go on and on. Top movies included, but were not limited to, the Godfather part II (the only sequel to ever win best picture at the Oscars), Blazing Saddles and the Towering Inferno. The cost of living is always fun to go back and look at. Gas prices were an incredible 38 cents per gallon. The average income was \$9668. A brand new home cost \$39,000. What really struck me though was that a gallon of milk was \$1.31. I think we still pay only about \$2.00 a gallon at Sam's Club. Good for us, not good for the dairy farmers.

Locally, our little neighborhood association was already in its 7th year, thanks to the dedication of some true trailblazers. Our water and sanitation district was already

18 years old. Area residents shared stories of where they were in their lives in 1974. Sheila Egan, who has lived in Stratmoor Hills for years, was married to a prominent local surgeon and had a brother in Viet Nam. "We did a lot of praying, from what I remember." Her husband, Tom Egan, was a medic in the Air Force and took care of patients that were shot down in Viet Nam. Think MASH, but for the Air Force. Think local unsung hero. SHNA President Jim Pesicka was in the Army and stationed Seoul, South Korea and was the operations Sergeant at the post office. "I remember a lot of racial tension between blacks and whites, but the war was coming to an end so we were all optimistic." Hopefully, you all enjoyed taking a trip down memory lane. As you all know, we are always looking for fun articles to put in !



SHNA, Thrive Church Team Up For Community Clean Up

By Dan Beilfuss



Several volunteer members of the SHNA and Thrive Church on B Street teamed up for a neighborhood community clean up project in late February, concentrating on windblown trash that had accumulated along the fence line just west of the Stratmoor Hills Elementary School. The day was organized by SHNA President Jim Pesicka and John Bowen, senior Pastor at Thrive Church." Both Pesicka and Bowen would like to see the partnership combine forces and resources for future projects. Pesicka and the neighborhood association have already lined up four dumpsters for their annual spring clean-up on April 22, thanks to the county and the generosity of World Poverty Solutions. Other projects are only limited to the imagination, according to Pesicka. "It's amazing what can be done when you combine resources and think outside of the box. This community clean-up day is a perfect example of why I enjoy being a part of the Stramoor Hills Neighborhood Association."

The morning started out with about 8 volunteers, but things quickly changed. Neighbors saw what was happening and soon joined in. Kids came out of the woodwork to help. Some brought their wagons. People that have lived within a square mile of each other, that have never communicated, were suddenly working and laughing together side by side. Bags after bags of trash were being filled. Old mattresses, couches and debris that had been pressed against the fence along the railroad tracks were suddenly gone. Pride swelled as the work was getting done. All told, over 30 people joined forces for 3 hours to make an eyesore suddenly something to be proud of. According to Bowen, the neighborhood was filled with appreciation. "Everyone was very thankful. They could not thank me enough for what we were doing. People that normally do not come out of their homes very much were suddenly coming out and meeting people. Some even asked if there were any future events planned, which was very encouraging

Both Pesicka and Bowen would like to see the partnership combine forces and resources for future projects. Pesicka and the neighborhood association have already lined up four dumpsters for their annual spring clean-up, thanks to the county and the generosity of World Poverty Solutions. Other projects are only limited to the imagination, according to Pesicka. "It's amazing what can be done when you combine resources and think outside of the box. This community clean-up day is a perfect example of why I enjoy being a part of the Stramoor Hills Neighborhood Association."

strength and will fail during a wind storm.

A LETTER FROM A NEIGHBOR

The importance of proper installation techniques.

The front range is prone to sudden and severe hail storms that result in massive damage to roofs and property. The recent wind storm in January, was a shift from the typical type of damage that we normally see. We have repaired minor wind damaged roofs and have had to fully replaced some wind damaged roofs. Thankfully, not one of Impact Roofing's roofs were damaged in the wind storms as we install shingles with a 130-mph wind rating and follow installation guidelines strictly. It is important to note that some of the damaged roofs that we were called to replace were just plain old and they were simply at the end of their life span. Sadly, a lot of the affected roofs would not have been damaged if they were installed properly. Many of the damaged, recently installed roofs that I have had to repair or replace within the last month had the same class of shingles but were not properly installed.

Here are the 3 biggest mistakes I am seeing each week when we repair or replace a roof:

- Installing a roof when it's too cold. If a roof is installed in cold weather (under 40 degrees and not sunny) the seal will not adhere. Some types of shingles (three tabs) can't be installed during winter months at all. This will cause the shingles to not bond to one another and can lift up resulting in torn or damaged shingles. This also allows for melting snow to "wick" underneath the shingles and cause water damage.

- Nailing Patterns. Shingles must be nailed strictly per the manufacturers guidelines and to local code. Shingles have a main seal strip that either has a mark of some sort or in the case of Owens Corning a "Sure Nail" nailing strip that is under the finished product. In our region, this nailing strip requires six nails evenly spaced across it. If the nails are not driven into the "nail strip" or there aren't enough nails, the shingles lose their

- Layout of the shingles. Shingle patterns vary with style but generally speaking, they are installed similar to bricks. If they aren't installed to the manufactures specifications, they lose strength. There are many other factors that go into installing a quality roof but those are some of the most common mistakes that we've seen lately.

Be aware.

Unfortunately, it's difficult to tell if a roof has been installed properly until you have eighty mile per hour gusts and half your roof ends up in your neighbor's yard. Building inspectors will sometimes lift a few shingles to make sure the nailing patterns are correct but they can't lift every shingle and they can't tell what temperature the roof was installed at. What I can guarantee however, is that by the time a homeowner suspects their roof replacement was improperly installed and they contact the shingle manufacturer, the shingle manufacturer will find out what went wrong. They will take the time to investigate exactly what day the roof was installed, check the weather and verify if it was nailed properly, and verify if the seams were lined up correctly among a host of other things. If a roof has not been installed properly, the manufacturer warranty is null and void leaving the homeowner to deal with a contractor who didn't care enough to install the roof properly in the first place. Roofing materials are designed to work together, if one step is missed or a shortcut was taken the results can be disastrous. Most people assume that a roof is a roof but small differences in application can make a world of difference.

Spring is coming and although we will be waving goodbye to winter, the Front Range temperatures and weather patterns are sure to continue to be unpredictable. Make the necessary steps to ensure your roof remains in good shape for the seasons ahead, regardless of high winds or hail storms. Impact Roofing can also be a valuable resource to not only help with repairs, and replacements when needed, but can also give you valuable advice on how to prevent future problems. Call us with questions anytime, we are here for you! 719-464-8876

Bomb Shelters in Stratmoor Hills!

By Dana Costa

I would like to start this article with both a disclaimer and a request. Don Holleson admits much of this story has been passed on to him from various sources...so there may be inaccuracies. But he also welcomes any information regarding the history of his shelter, the former owner or any other houses in the area with similar shelters.

At the height of the Cold War (late 1950's) in many new suburban communities nervous new homeowners were taking matters into their own hands and building bomb & fallout shelters. The federal government recommended shelters be placed in a basement or buried in the backyard. A shelter built in the corner of a basement was the least expensive type, and it supposedly offered substantial protection. Concrete blocks provided the walls, an open doorway and vents near the floor provided ventilation. The shelter's entrance was constructed with a sharp turn to reduce radiation intensity. According to an internet search, a concrete block

basement shelter could be built as a do-it-yourself project for \$150 to \$200.

Around that same time, the idea to build a command and control center to protect our domestic airspace against long-range Soviet Bombers became a reality. The Army Corps of Engineers supervised the construction of NORAD within Cheyenne Mountain and I've recently learned one of the Generals in charge chose to call our neighborhood his home.

The first home built in Stratmoor Hills, in 1959, belonged to said General and it may come as no surprise that the home has a bomb shelter. In fact four or five homes in the neighborhood, also lived in by his staff, have bomb shelters. The General moved on before NORAD was complete, his daughter lived there in the early 60's, then it was rented out for many years. Sadly, the history of the house could have been lost until Don Holleson purchased the property in 2001 and

he has chosen to share it's history with the SHNA.

True to the construction of the time, Don's bomb shelter is located in the basement. Entrance is gained through a regular wood door leading to a tunnel and eventually a steel lock-down door. Inside measures about 15 x 20 and the walls are 8 to 12 inches of concrete.



Although Don and his wife have made many improvements to it 16 years, and the bomb shelter has never served its purpose, he is interested and



There was a generator for a small light, a faucet and a drain. Unfortunately, also true to construction of the time, not much thought was given to ventilation and without good ventilation the occupants would have suffered heat exhaustion or suffocation.

Cheyenne Mountain Dental Care

1803 B Street Colorado Springs, CO 80906

Cheyennemountaindentalcare.com

719-576-1730

Hello Neighbors,

Our team is full of caring, experienced dental professionals who use only the most advanced technologies, materials and procedures. Our primary focus is on comfortable, health-centered dentistry. At our community focused practice your satisfaction comes first. We look forward to meeting you soon and developing a relationship with you to build the bridge toward a long-term trust and successful dental care. Ralph Parkin and his team invite you to see why our patients can't stop smiling!



Cheyenne Mountain Dental Care

4.7 ★★★★★ 123 Google reviews
Dentist in the Stratmoor, Colorado

Website

Directions



Trusted & Comfortable Dental Care

Dental care to fit your
budget and busy schedule

Early, Late & Saturday appointments for your convenience!

We love insurance and will
maximize your benefits

No out of Pocket for cleanings!

Take advantage of the great services we provide...

In-office whitening

Porcelain Veneers

Fastbraces

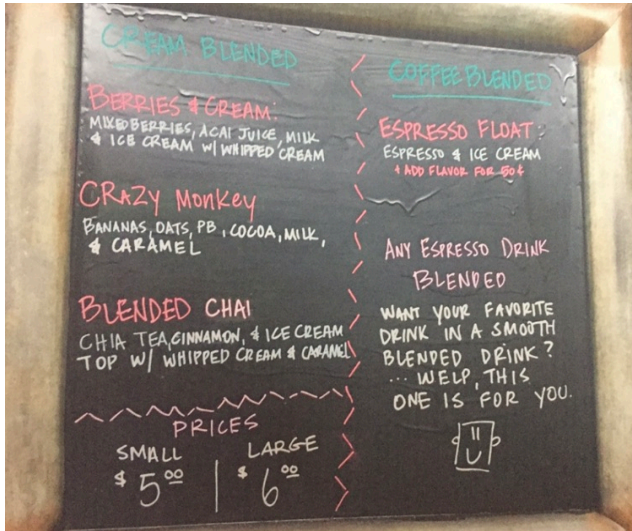
Adult and Child cleaning
and exams

One Trusted office for all your Dental needs!

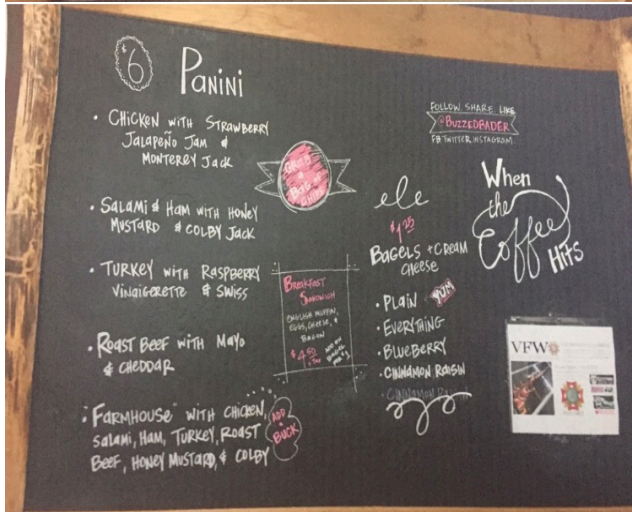
Check us out on **Google!**

Our patients love us! Take a
look for yourself. We are very
proud of our reviews and love
feedback from our patients.

WELCOME TO THE NEIGHBORHOOD- A NEW COFFEE SHOP! BUY ONE LATTE, GET THE SECOND ONE HALF PRICE WHEN YOU MENTION THIS AD



<http://www.stratmoorhills.org/index.php>



10% OFF SERVICES AT JOHNNY'S IF YOU MENTION THIS AD

Jim Pesicka

Leave your loved ones the gift of *Peace of Mind*

Planning your funeral wishes ahead of time reflects your expressed wishes, alleviates financial burden on your family, and gives you more time to consider your options. The emotional and financial benefits will give you a sense of accomplishment and give your loved ones less to worry about in the event of your death.

Awards Woodworking **Fax: 719-576-6233**

THE SPRINGS FUNERAL SERVICES **THE SPRINGS FUNERAL SERVICES - NORTH**

Location #1 **Now Open**
6815 Space Village Ave.
Colorado Springs, CO 80915
(719) 574-2992 6575 Oakwood Boulevard
 Colorado Springs, CO 80923
 outside the North Gate to PAFB
www.tsfs.co

Location #2
2053 B Street
Colorado Springs, CO 80906
(719) 576-9699
 outside Gate #4 to Ft. Carson

Feel free to share your memories of your favorite year with our newsletter editor, Teresa Beilfuss.



Milkweed and Monarchs

***“The difference
between a flower
and a weed is a
judgment.”
Unknown***

Imagine yourself as a beautiful orange and black Monarch butterfly (*Danaus plexippus*), fluttering around the North American continent east of the

Rocky Mountains. Come autumn, you embark on an incredible journey, traversing up to 3000 miles to the mountains of Mexico where, for eons, millions of your ancestors have congregated in oyamel fir trees for the winter. If you find enough trees to gather, plus nearby nectar to nourish you, and you survive until February or March, you mate and begin the return trip, but owing to your limited life span, will not complete it. If

female, you lay eggs and pass into butterfly heaven, having fulfilled your life's purpose.

Imagine yourself next as one of those eggs. Within four days, you hatch into a larva, or caterpillar, and feed ravenously, provided you were deposited on milkweed, whose leaves are your sole source of sustenance. You are oblivious to the fact that its sap is poisonous to many animals, but confers protection to yourself, by turning you into a toxic morsel. Two

weeks long you graze and grow, before your oblong, striated body transforms into an ephemeral, gem-like cylinder called chrysalis, translatable as golden pupa. Following ten more days in this seemingly suspended state, you emerge as a wonderful winged being. By pumping your bodily fluids into your crumpled wings you harden them, and they will lift you into the air.

After two repetitions of these developmental steps, occurring along a northbound route, the fourth generation of your kind will again end up where last year's voyage started. This 4 by 4 life cycle, with four annual generations, each of which goes through four stages of metamorphosis, is as intricate as it is intriguing. It is possible because the fourth generation survives an astonishing 6 to 8 months, compared with 2 to 6 weeks for the previous three, enabling it to complete the odyssey back to the wintering grounds, and to commence the return flight the following spring.

Each phase of this cycle depends on the balance of countless factors. Sadly, global environmental degradation, deforestation in Mexico, and a paucity of provisions along the migratory path have caused the butterflies' population to plummet. Milkweed is the lone plant which sustains larvae, but many locations show a glaring absence of that necessary nourishment because it has become the victim of personal and industrial herbicide use. In an unnatural twist, food crops have been genetically modified to become resistant to those herbicides,

But, <http://monarchwatch.org/d> has not, resulting in the eradication of the Monarchs' crucial food source from immense stretches of agricultural fields. For further reading about the butterflies' present-day dilemma of dwindling habitat, fare, and ranks, I recommend the Center of Food Safety's *Monarchs in Peril*, and Barbara Kingsolver's 2012 wake-up-call, environmentally

conscious novel, *Flight Behavior*.

Instead of despairing about our powerlessness to influence the big picture, each of us can play a positive part in this drama. With regard to milk "weed", more than 2000 species exist globally, and Colorado has at least six. Common Milkweed (*Asclepias syriaca*) is perhaps the best-known along the Front Range, but Butterfly Weed (*Asclepias tuberosa*) also thrives. Colorful and showy, both are stunning to behold. Fountain Creek Nature Center has a meadow brimming with Common Milkweed, and if you have ever seen it in bloom in late summer, you know it is anything but. The nature center staff has, for years, offered glimpses into the transfiguration of Monarchs in a special display case. As a participant in and waystation of Monarch Watch, which monitors the annual migration, they tag the emerging butterfly with a sticker so light it doesn't interfere with the individual's flight. They have, also for years,

encouraged us gardeners to allow this precious “weed” into our gardens, where it will beautify our outlook and, it is hoped, invite some wandering Monarch to pause, or even to start a new circle of life, allowing

our small gesture to make a big difference.

Tanja Britton is regular contributor to the Newsletter.

Visit her blog by clicking the link

@<https://tanjabrittonwriter.wordpress.com/>

For more on Monarchs check out

<http://monarchwatch.org/>

