

# SHNA Newsletter

Once again, delivered to every  
home!

## Winter 2016



### A Friendly Neighborhood In this edition...

Page 1&2 Holiday Potluck

Page 3 Stratmoor Hills  
Elementary Food & Toy Drive

Page 4 Bella's Saga

Page 5 Culinary Corner

Page 6 Holiday Decorations

Page 7 The Geranium Lady

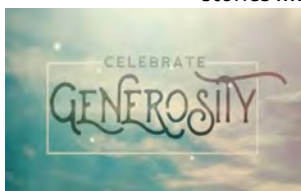
Page 8 Max

Page 9 Ode to Grandma

Page 10 A Cut Above Stratmoor

Page 11 Kirk Medina; Water &  
Sanitation Manager

A major theme in this edition's  
stories ....



### The Stratmoor Hills Neighborhood

## Holiday Potluck: More than a Meal

The Neighborhood gathered on December 2, 2015 at Stratmoor Hills Elementary School in a yearly tradition of potluck. The spread was incredible. It included turkey, ham, stuffing & potatoes prepared in so many ways! Salads and vegetables were in delicious pairings also and desserts were plentiful. The truly best part however, was the friendly gathering of neighbors who have been deprived of one another's company due to cool weather.



Raffle tickets were sold for prizes generously donated by residents and businesses including Village Inn and The Trophy Hut.



Benefits go to support neighborhood projects including the donation of a check for \$300 to Stratmoor Hills Elementary School for needy families



Diana Pike, school counselor receives donation on behalf of students in need.



Residents who are new to the area had an opportunity to meet neighbors and be warmly received into the neighborhood. People who have known each other for decades had a chance to share time together before the busy holiday season got into full swing. Please join us for future events and get to know your neighbors. Stratmoor Hills is a welcoming and diverse community with a mixture of young families and retired persons and everything in between. There is always a place for everyone at the table.



A big thank you ...  
Flora Bean

Decorations were carefully placed by residents and BOD members.





## ***THE STRATMOOR HILLS ELEMENTARY SCHOOL FOOD AND TOY DRIVE***



*Above; Large boxes of staple foods  
Await pick up from Stratmoor Hills  
Elementary School*

*Below: Students are ready for the holiday  
Break.*



[www.danielstacoshop.com](http://www.danielstacoshop.com)

Location #1  
6815 Space Village Ave.  
Colorado Springs, CO 80915  
(719) 574-2992  
outside the North Gate to PAFB

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

*During the first part of November 2015, the counselor Ms. Diana Pike contacted me about us possibly helping with food and toys. Since their school now is open year around the kids get block time off several times a year when the school will be closed. She said the school would be closed from December 11, 2015 to January 11, 2016. She was concerned because many children would not be getting two meals a day from the school. I talked with our Vice-President Dan and he agreed that we could help. I immediately sent out an email to the Stratmoor email list asking for help with non-perishable food and toys. Our kind neighbors started*

*dropping items off at my house and I coordinated with Diana to have it delivered.*

*Mr. Kirk Medina of the Stratmoor Water Department provided a box in the lobby to collect donations. His department actually donated lots of food including ten pies and many toys. I then contacted neighborhood food bank volunteers, Ms. Lila Ray and Ms. Flora Been to see if any excess items could be included in the donation. Ms. Ray and Ms. Been put together a large assortment of food which added immensely to our contribution. Great pride in our community is due to the generous neighbors who assisted in making this a successful drive. I am very pleased to be a resident of such a wonderful place to live.*



*Thanks so very much.  
James Pesicka  
President SHNA*

*Siberian Huskies originated in Northeast  
Asia bred as a sled dog to carry light  
Loads a long distance in low temperatures.AKC.org*



## **THE BELLA SAGA**

**BY Tanja Britton**

*It is not my habit to leave home via Crestridge Avenue, but when I do so on this particular morning it alters the remainder of my day. From the corner of my eye I see a canine running loose, sniffing at a fellow dog through a fence. For a moment I debate how to proceed before I pull the car over to the side of the road and approach her. Her eye-catching tall and slender body is covered with a white coat which bears a few light brown patches. When she turns toward me, I stare into a pair of striking blue husky eyes. She wags her tail and allows me to examine the rope that is wrapped around her neck but she does not wear a collar or alternative marker of identification. She follows me willingly when I take her lead to walk her along some of the adjacent streets, hoping to run into her owner. Her healthy coat and clipped claws suggest that she is not homeless. My search is fruitless, but I receive helpful*

*suggestions from several neighbors about how to proceed.*

*We visit a nearby vet office where an ID chip is detected and where I learn her name – Bella. How apropos. The assistant is even able to reach her owner. Sadly, she has no interest in taking her dog back, reporting that Bella is an escape artist and that she can deal with her no longer. Now I am faced with the decision of whether or not to become a dog owner (again).*

*My family and I decide that it is not feasible at this point. As it turns out, Bella does not want to be adopted by us anyhow. Demonstrating her fugitive tendencies several times in the ensuing hours, she tries to dig out under our fence and finally clambers over it and trots down the alley. I am able to recapture her and am grateful and relieved when Mel and Jim Pesicka volunteer to either keep her, or to find her a new home. I much prefer this option to taking her to the humane society. Soon after I drop Bella off at their home she acts aggressively toward one of their dogs, however, and before they are able to find a foster home for her, Bella's propensity to seek her freedom again overcomes any potential need or desire to stay put and be taken care off. Soon thereafter she is observed running along B-Street, with a dog catcher in hot pursuit. Ironically, the humane society is getting involved after all.*

*Even though we spent only half a day together, my thoughts often return to that morning in September 2014, and I see Bella's hauntingly beautiful eyes before me. I still find an occasional long white dog hair on our carpet or in the car, having eluded the vacuum cleaner. Should we have kept her*

*and tried to make her stay? Even now I sense that she would not have altered her ways, a lot of love and attention notwithstanding, and we weren't ready for the drama of having to chase her down regularly.*

*I wonder where she is now, but I have resisted the urge to learn about the outcome of that particular episode involving us, which sounds like only one in a long line of escapades. Instead, I choose to envision her running wild with a group of coyotes or wolves, maybe out on the prairie, or somewhere in Yellowstone. The alternative is too sad.*

*Bella is a free spirit, and I naively hope that there remains room in our world for free spirits to roam.*

## The Culinary Corner

### A Collaboration of Neighborhood Favorites

## Refrigerator Soup

*This recipe cannot really be messed up. You can also use any veggies you have and don't want to have go bad. It's perfect on a cold winter day with some crackers and a cup of tea. Its economical, yummy, and comforting.*

2 cups diced left over  
roisserie chicken  
1/4 head of cabbage  
8 oz. sliced mushrooms  
2 cups carrots  
1/2 parsnip (taste like carrot but softer)  
1/2 onion chopped  
1/8 zucchini diced

1/4 cup diced cilantro  
2 table spoons real butter  
2 cups minute rice  
salt and pepper to taste  
Onion salt to taste  
Garlic powder to taste  
fresh parsley 1/8 cup  
5 cans chicken stock low sodium

In a Dutch oven I melt the butter and sauté the mushroom and onion.  
Add chicken.  
Add cabbage and all other veggies and stir on med heat.  
Transfer to a soup pot

Add chicken broth  
Add salt, pepper, onion  
salt and garlic  
Let simmer for 1 hour



*For this recipe you will need*  
\*Strawberries or marshmallows  
\*Treat sticks or sturdy straws  
(craft store)  
\*Chocolate Chips  
\*White Chocolate chips  
\*Cherry Chips (optional)  
\*Sprinkles  
\*ribbon (optional)  
*melt chips one cup at a time in  
microwave at 30 second  
intervals stirring with a fork  
frequently until smooth*  
*Dip berries gently and roll in  
sprinkles*

### Easy Jalapeno Poppers

*These were a spur of the moment idea I took from Pinterest.com -They ended up being extremely delish and so easy! I only wish I had made more of them!*

- ✓ 5 Fresh Jalapenos
- ✓ a tub of Whipped Cream Cheese (any kind of cream cheese is fine but whipped is very easy to use)
- ✓ 5 Strips of bacon

Wash and cut Jalapenos in half

Remove the seeds Fill the jalapenos with cream cheese and wrap in bacon bake in the oven at 375 degrees until bacon is cooked through!  
Enjoy





Constant Care is a 24-hour Facility within a family style home.



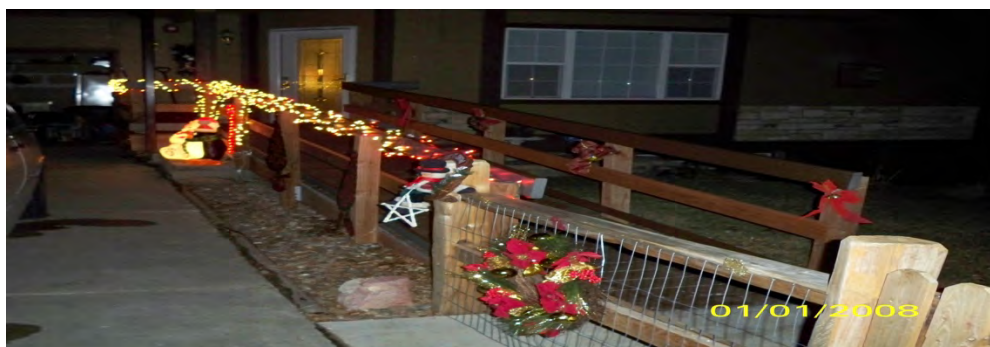
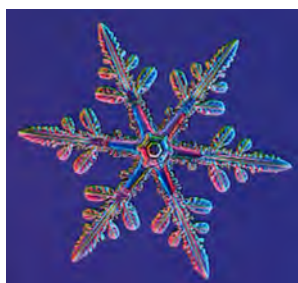
[constantcareassistedliving.com](http://constantcareassistedliving.com)

*The number of people using nursing facilities, alternative residential care places, or home care services is projected to increase from 15 million in 2000 to 27 million in 2050. Most of this increase will be due to growth in the older adult population who need such services (HHS, 2003)*

[http://www.cdc.gov/nchs/data/nsltcp/long\\_term\\_care\\_services\\_2013.pdf](http://www.cdc.gov/nchs/data/nsltcp/long_term_care_services_2013.pdf)

*We need your Stories!*

*Please send submission and story ideas to Teresa @mrsdbeilfuss@me.com*



## Happy Holidays at the Westmark Assisted Living Facility (ALF)

*by James Pesicka*

*As December was approaching in 2015 several members of the Board of Directors were visiting at my house my wife Melinda suggested we gather our extra Christmas decorations and decorate the outside of the ALF in the Westmark circle. I contacted Mr. Reynolds, one of the owners of the ALF, asking if we could decorate. He was extremely grateful and thanked us for caring for his residents. We gathered everything and hit the ground running.*

*Ms. Flora Been and Melinda were the decorators – me not so much. They put me in my place immediately. I was their lackey/Boatswain's Mate! My job entailed doing the running for tape/wire/plastic ties – and I did a super job of running back and forth to my garage. As we were finishing up our creation several of the residents came out and hugged and thanked us. It was a lot of fun and we will do it again this year.*

### Reliable Roofing Systems

We treat your home as if it were our own

105 Catalina Place  
Colorado Springs, CO. 80906  
Phone: (719) 576-6300  
Fax: (719) 576-0566  
[myhappyroof@aol.com](mailto:myhappyroof@aol.com)  
[www.myhappyroof.com](http://www.myhappyroof.com)

**Jamie Wilson**  
Owner



*Geranium, also known as cranesbill, is herbaceous plant that belongs to the geranium family. There are more than 400 species of geranium that are widely distributed in temperate areas of the world (they are especially abundant in Mediterranean region)*

*(<http://www.softschools.com>)*

*Below: Geraniums thrive at the Egan residence*



### *The Geranium Lady*

*Even on the coldest winter days, there are flowers blooming in Stratmoor Hills. If you haven't already noticed them, they are at the corner of Westcott Avenue and Crestridge, smiling out at you from the Egan glassed-in front porch are a crowd of pink geraniums. Homeowner Sheila Egan began raising geraniums when she and Tom lived in the Westmark cul-de-sac. "The first plant was a housewarming gift in 1991", said Egan. The plant did so well that she rooted several other pots and the rest are youngsters of the original.*

*She nurses along six geranium plants and frequently gives away potted root lings to her friends and to SHNA newcomers. One*

*of her plants is over 5 feet in height, taller than the diminutive Mrs. Egan. Also sending out white winter flowers are her numerous shamrock plants throughout the Egan household. "One of my pots contains a geranium, a shamrock and a bell pepper plant. They all enjoy the morning sun on the East side of our house," she added.*



**God Works in the Best Ways**  
**By Melinda Pesicka**



*Right before Christmas 2015 our dear 8-year-old lab mix Max passed away in his sleep. We were devastated to say the least. For days we cried and tried to make sense out of it. Jim wanted to go adopt a big brother for Gretta our Doxie and Tucker our cat. I was hesitant. I didn't want to just replace our friend our family Max. It seemed wrong to me. Our dear friend Teresa was on Craigslist and came across an unusual situation. You see, this woman was trying to rehome her dog because her mentally challenged daughter continually abused him. The dog was added to their family to be a service dog for this child. Her mom could no longer watch this dog suffer. Her dog was named Max. There were no takers so she scheduled an appointment to take this dog to the humane society. When Teresa called Jim,*



*I saw it wasn't up to me anymore, when Jim heard about this dog he knew we would adopt him. I was terrified of how the dog would get along with Tucker and Gretta, but I longed to see my husband's eyes twinkle once again. We prayed together, and all day at work I held my breath. When I came home I met this wonderful new addition to our family. I knew immediately that Max and God worked together to help us and this lovely new black lab mix. You know his name? Max!!*



**Constant Care Assisted Living**

[www.constantcareassistedliving.com](http://www.constantcareassistedliving.com)

**Jeff Reynolds**  
Owner

PH 719 / 660-6826  
 FAX 719 / 576-1193  
[jeff@constantcareassistedliving.com](mailto:jeff@constantcareassistedliving.com)

2540 Cardigan Drive  
 Colorado Springs, CO 80920



## Ode to Grandma

By Pam Pearson

It was in the early 1920's that a man came to Grandma's house to setup her family's first radio. She stood gawking in wonder as a voice boomed out of the box. The man said to her "Someday you will be able to see the man who is talking inside that box." She said she studied that box for weeks trying to figure out how she would ever see a man in it! She came from a Midwest farm family of 13 brothers and sisters. Grandpa came from a family of 11 brothers and sisters. All married and lived in close proximity to each other. Grandma was the last to marry during the Great Depression. She had to borrow a nightgown from her sister for her wedding night. Grandma and Grandpa learned to work hard, save, and get along with what they had. They didn't eat out or go out much. Their social life consisted of making the rounds visiting all those siblings each weekend. It is amazing to think of all the technology she saw in her 102 years of life.

Grandma grew gardens. BIG gardens of lettuce, corn, tomatoes, green beans, beets, potatoes, rhubarb, carrots, peas, cucumbers and onions. She had grape vines, a pear tree, a plum tree, a peach tree, and an apple tree. We would sit on the porch and snap beans on warm summer nights, then catch lightening bugs. Grandma canned so much that they only had to get meat and dairy from the store. Grandpa retired from Meadow Gold, then went on to retire from a printing company. They were landlords. Grandpa could build or fix anything in a house. They saved. Everything. They even saved used tin foil to their dying day. Grandma worked full time in the school cafeteria until she was 84.

Grandpa was a kid's best friend. Patient and kind, he fixed any toy that was broken. Friday nights found us watching "Rawhide" and

Sunday nights were reserved for "Candid Camera". The most fun time with Grandma and Grandpa was summer. We camped in the summer. We camped in the yard. We camped at the local state park. We camped in the next state. We camped and traipsed through woods, ate hot dogs, roasted marshmallows, and played rummy.



Grandma and Grandpa lived good lives. They were resilient and resourceful. Unfortunately, not all family members chose the good life. Kids and grandkids and great grandkids married, divorced, had kids, ruined lives. Some even died. Grandma and Grandpa remained constant. Most of us thought "boring" and learned later that boring, safe, happy, and alive was better than the alternative. To Grandma though, there were no ex-wives or husbands. Once you were her family, you remained her family. When you went to Grandma's house, she would be there with her apron on and something good, like banana bread, cooking in the oven. She welcomed you with hugs, kisses, smiles and twinkling eyes. This was the greeting you received no matter what you had done or how long you had been away or how bad you were! Every time. Grandma was a neighbor. She was not a busybody, but if she heard of an illness, she would bring food. She could be counted on to serve at the weddings and showers and funerals of her neighbor's loved ones. She sent cards with \$2 bills for the children's events. The children loved to swing or ride a bike or eat a piece of sour rhubarb with Grandma.

Grandpa passed away 30 years ago, but Grandma kept on loving us all. She came to know and love 4 great grandchildren. She was independent in her own home and financially stable until she was 101 ½. The funeral home was packed on a Tuesday morning with family, ex family, and friends. A testimony to her unconditional love for all her family came at her graveside. I shall never forget seeing the meanest, most ornery family member remaining to be the last to leave. He was unashamedly paying tribute to the one who really loved him without judgments. Grandma and Grandpa didn't say much. They just lived and loved everyday.



Grandma and Grandpa were faith filled people. They went to church every week, read their Bibles every day, prayed at every meal, and we would fall to sleep at night while Grandma prayed for each family member. When Grandpa went to Heaven, his leather Bible actually had his hand prints in the leather cover where he had held it every day. How precious that was to me. Grandma spent 6 months in the nursing home before she died. Her roommate listened to Grandma's prayers each night. She had never heard anyone pray before. With only 3 weeks herself left to live, I explained to the roommate how she too could go to Heaven on my last visit to my beloved Grandma. Even on her deathbed Grandma was a testimony to the goodness of God. I thank God for each of you that, like Grandma and Grandpa, is leaving a legacy. May we all be found doing what God has purposed for us to do until the very end of our lives.

## *A Cut Above Stratmoor Hills*

*By Dan Beilfuss*

*Brian and Misty Berger have lived in Stratmoor Hills since 2007. They love the big lot sizes, its proximity to Ft. Carson and that there are no pesky covenants to deal with. Like many of us, both are very busy. Their free time is at a premium. That did not stop them from getting involved with improving our neighborhood, even if that meant doing it a little differently than serving on the neighborhood Board or committing to anything that meant monthly meetings. Instead, they sent an email to SHNA and asked if they could sponsor a family in need that lives in the neighborhood.*

*Brian works at Ft. Carson as a civil service range technician. Misty owns A Cut Above Property Management Company. (See their ad in this newsletter). Misty founded this full service company, which serves all of Colorado Springs, in 2011. She has been in the industry since 1983 and developed this company from zero tenants to presently over 300. It is a “do it all” property management company, from finding and placing the tenants to managing and maintaining the properties. With their “A” rating from the BBB and four employees, they*

*are committed to saving property owners time and money.*



*In mid-December, we received the email from the Bergers asking if they could sponsor a family in need during the holiday season. SHNA President Jim Pesicka tasked me with making this happen. I quickly found a local family of 4 children and a single mother who were not going to be able to afford gifts for Christmas this year. I then contacted the Bergers with a wish list of gifts for a 3, 8, 11 and 15 year old. No small task to say the least. The next day, I not only had the gifts, but they were all gift wrapped and ready to be sent to a family desperately in need.*

*When I asked the Bergers why they wanted to do something so kind and generous, they replied, “It is important for everyone to support their neighborhood and get involved.” What an excellent example of getting involved in the neighborhood and making a huge difference.*



## Meet Kirk Medina

by Sheila Egan

The Stratmoor Hills Water and Sanitation District manager is Kirk Medina who came to us from North Las Vegas, Nevada in April 2015. In less than a year, Mr. Medina has made remarkable advancements in the operation of the District. Several Stratmoor Hills residents responded favorably when asked how they view Mr. Medina ~ he's sharp, he's responsible, he's interested, he's friendly, he's experienced and totally knowledgeable. And he's no stranger to Colorado. Medina is a graduate of Pueblo South high school. He held increasingly accountable positions in Nevada, but Colorado and the Rockies beckoned and he came back to lead our Water and Sanitation Districts.

His #1 goal is to provide safe and reliable water and sanitation to Stratmoor Hills. He describes his office building as adequate but would like to refurbish it. That's a future project. Kirk Medina is responsible for the management of the District: hiring, firing, managing the budget, preparing a multitude of reports to various agencies and the gravid obligations to eleven employees, four in the office and seven in the field.

Kirk Medina and his wife, LaVerne, have a daughter who attends the University of Nevada at Las Vegas. The Medinas live near



the Springs airport.

Pictured is Kirk Medina outside his offices in January 2016.

*Difficult Decisions ...  
Compassionate Solutions*

**THE SPRINGS**  
FUNERAL SERVICES

**719-328-1793**

[www.thespringsfuneralservices.com](http://www.thespringsfuneralservices.com)

*We are committed to Exceptional Care & Professional Service*

Affordable Burial, Cremation & Shipment Arrangements

**3115 E. Platte Avenue  
Colorado Springs, CO 80909**

*Locally Owned & Operated  
On-site Crematory  
Se Habla Español*

A photograph of the exterior of The Springs Funeral Services building, a red brick structure with a gabled roof and a covered entrance.

### **Flowers Remembered**

at The Springs Funeral Services

Gillian Smith

Designer

**719-434-3063**

<http://www.thespringsfuneralservices.com>





## THE TROPHY HUT

- Engraving
- Gifts
- Plaques
- Special Orders
- Trophies
- Custom
- Awards
- Woodworking

Connie Kelly  
Ken Vegoren

OWNERS/OPERATORS

Phone: 719-576-2354

Fax: 719-576-6233

2230 B STREET • COLORADO SPRINGS, CO 80906

**JOHNNY'S**  
STAR AUTO REPAIR

Specializing in Mercedes and BMW  
Parts, Service & Sales

**JOHNNY**

(719) 540-2281 / Fax: (719) 540-2308  
2250 B. Street Colorado Springs, CO 80906  
jstarautorepair@ymail.com



Colorado Springs Self Storage  
South Location

1625 LaShelle Way  
Colorado Springs, CO 80906

PH: 719-576-7575

Toll Free: 888-575-7155

www.ColoradoSpringsSelfStorage.com



Customer Service: Info@ColoradoSpringsSelfStorage.com

### The ALL 'n' One Store

DRY CLEANING  
SHOE REPAIR  
ALTERATIONS  
DRESS BLUE SET-UPS

2055 B STREET  
COLORADO SPRINGS, CO 80906



719-576-7811

1/2 MILE NORTH OF FORT CARSON ON "B STREET"

Mention SHNA at Trophy Hut and  
Johnny's Star Auto for 10% off on  
Select Services

Trophyhut@comcast.net



Leisa Jolstad  
Senior Sales Consultant

www.mythirtyone.com/317169

leisa.jolstad@yahoo.com

719-460-8959

Call me today to place your order, schedule  
a party, or join my team!



Misty Berger  
Owner/CEO

Misty@ACutAboveManagement.com

(719) 359 9491 • Fax: (719) 572 5915

3510 Galley Rd., Ste 106, Colorado Springs, CO 80909



Tenant Screening • Monthly Statements  
Direct Deposit • 24 Hour Emergency Line  
Foreclosure Maintenance • Flip to Sell Services  
Eviction Services • Maintenance Coordination  
Owner Self-Management Services

Let me show you how I can save you time and money.

Get a Free Online Estimate  
www.ACutAboveManagement.com

