

Bar-K News

Vol.9 Issue #2

Bar-K Association Newsletter

April, 2006

COUNTY TRASH/SLASH DAY 2006 Watch for the Date to be Posted!!

The Bar-K plans to again be hosting the annual trash/slash pickup day sometime in May or June, on whatever day Boulder County elects to give us. Notices will be on the Bar-K bulletin board at Rock Lake and Ranch Road also on the QT as soon as we are given a date. We have previously been allowed four (4) roll-offs (provided by Western Disposal through Boulder County) beginning at 7:00 a.m. We hope to be allowed that many containers again this year, but it is up to the County as to how many we receive. We usually have two containers for trash (including appliances, but NOT anything with refrigeration products, or computer products, monitors, etc., and NOT tires, wet paint cans, etc.).

Last year the Bar-K Association paid for a 5th roll-off to be used specifically for slash (the Board had designated two of the four county supplied roll-offs for slash in the hopes of promoting fire mitigation). We may be eligible for a chipping program this year. It requires matching funds, which we are not sure the Association will be able to do on its own. Please contact us if you have any interest in helping with financing additional slash and/or chipping receptacles.

VOLUNTEERS WOULD BE APPRECIATED. The Board has helped move everyone's trash for many years now. Some Board Members will be there -- anybody else who wants to help with policing would be greatly appreciated. Cary will bring coffee, tea & bagels, etc., at 6:30 a.m.!!! If you have any questions please call Cary Bush (home 303-459-0524, or cell is 303-503-9975) or Tim Crean (303-544-6023) or Jack Kutscher (303-459-3568).

Based on prior years, we plan to have the same schedule. So trash and recycling services (thanks to The Green Girl) will hopefully be scheduled as follows:

Friday Night: Delivery of 3 roll-offs: 1 for trash, 2 for slash Saturday morning
6:30 a.m. Volunteers show up to gear up for the day
7:00 a.m. First drop off, one per household until 10:00 a.m.
10:00 a.m. Unlimited drop-offs; Western picks up and drops off more roll-offs
2 p.m. Anticipated shut-down time

ON-SITE RECYCLING AVAILABLE

THANKS TO GREEN GIRL RECYCLING (Bar-K Association Members, Bridget & Matt Johnson)

All normally recycled products, like cans, bottles, milk cartons, egg cartons, paperboard, cardboard, phone books, catalogs, magazines, etc.

With slash, bring all you want. LET'S CLEAN UP THE NEIGHBORHOOD AND PREVENT FOREST FIRES!!!! And if you have a truck and some spare time, there are a number of neighborhood places that need to be cleaned up.



Keep up with the news
on the Bar-K-Ranch website at...
www.bar-k-ranch.com



**Rockin' at
Rock Lake
see page 2**

NEWSLETTER MISSION STATEMENT

This newsletter is produced entirely by volunteers—with the support of the Bar-K Association. Our goal is to promote membership in the Bar-K Association and to give residents and property owners in the Bar-K information regarding issues pertinent to our area.

Articles of an editorial nature published in the Bar-K News are the opinion of the author and do not necessarily reflect the opinions of the Bar-K News staff or the Bar-K Association.

Please feel free to contribute original ideas, concepts, advertisements and stories for future issues. The next issue will be published in late July/early August. Submission deadline July 8, 2006.

If you would like to help with production or distribution of the newsletter, please contact any of the following volunteers:

Newsletter Staff

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cary@bar-k-ranch.com*

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karen@bar-k-ranch.com*

*Andee Graves 303-459-0317
AFG2Hands@nedernet.net*

Bar-K Association
1180 Rock Lake Road
Ward, Colorado 80481

Bar-K Board Members

Tim Crean, President
303-544-6023

Margie Airola, Vice President
303-459-3328

Pat Griffin, Secretary
303-459-3506

Cary Bush, Treasurer
303-459-0524

Jack Kutscher, Member at Large
303-459-3568

HELP! WE NEED NEW BLOOD

By Cary Bush

The Bar-K News has been near and dear to my heart for many years. In fact, I was one of the founders of the regularly scheduled newsletter that you now receive, along with fellow-founders Andee Graves (then “Fillmore”) Sally Shuffield, and Wendy Banas (then “Stark”). I, personally, have been involved with every single issue since October 1997: whether planning, writing, producing, delivering, and/or badgering other people into helping to do any of the above.

Prior to the current newsletter, the Bar-K produced periodic written “newsletters”, at the rate of one every 3 or 4 years, from the records that I have. Since the inception of this incarnation of the Bar-K News, we have produced 27 issues in the course of 8 years.

Please volunteer your time and energy for this worthy project. The Bar-K News takes:

- Personal commitment – a little or a lot, every bit matters
- Planning and brainstorming
- Writing articles
- Paste-up of the document
- Finding a sponsor to pay for Bar-K News copies to be distributed
- Following up on what Members have services listed (and what service they don’t want to be known for anymore)
- Following up on who promised they would submit articles (but, of course, haven’t yet)
- Following up on what stage of production we’re in
- Taking the News to the printers and picking it up when it’s been copied
- Rounding up volunteers for delivery
- Delivering the newsletter

All in all, this project takes many hours and many people, but, as in most organizations, there are a couple people doing most of the work. Please, if you have any interest in any part of the creation and distribution of the Bar-K News, let us hear from you.

Otherwise, this may be the last issue. Thanks for reading all these years.

ROCKIN' AT ROCK LAKE

Another Dirty Day is scheduled to help finish the Rock Lake restoration project. On April 29, 2006 (Saturday) we will be moving dirt, either from dirt delivery (based on prices from suppliers) or moving dirt from the stables (thanks to Bar-K Association member Buddy Kihm), in order to provide a base for hydroseeding the dam and other currently bare areas of Rock Lake’s perimeter.

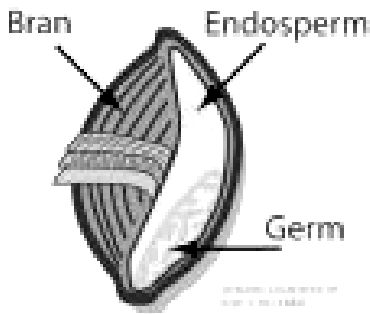
We need BODIES, SHOVELS, PICK-UP TRUCKS and enthusiastic participants. We will work from 9 a.m. – until approximately 2 p.m. In order to encourage these enthusiastic participants, Pat Griffin has pledged a \$100 Home Depot gift certificate which will be raffled off to everyone who works during the day – however, you must be present to win – otherwise, Pat gets it back!

Postings will be made on the QT and the bulletin board to remind you. Thanks for your anticipated help.

THE SKINNY ON THE WHOLE GRAIN

By Dina Griffin

Do you wonder what the big deal is with whole grains? Are you confused about how to identify a whole grain food? If you answered yes to either of these questions, then continue reading for a short introduction to the world of whole grains!



A “whole grain” kernel consists of 3 parts: the bran, germ, and endosperm. When you see the words “whole grain” on a food package, this should mean the food contains these 3 parts of the grain. In addition, these parts should be present in similar amounts as what the grain has naturally. On the contrary, “refined grains” refer to processed grains which have had the bran and germ removed. Food companies process the grains in this manner to lengthen a product’s shelf life and to improve texture of the product, but this process also removes important nutrients our bodies need. Although food companies are required to add back iron and B vitamins (folate, niacin, riboflavin, thiamin), important nutrients such as fiber, vitamin E, and selenium are lost.

The health benefits of including whole grains in your diet are numerous. Even if you are watching your carb intake, replacing refined grains in your diet with whole grain sources will do your body good. Some of the potential benefits include lowering your cholesterol, reducing your risk for heart disease, better weight management (whole grains take longer to digest so you may feel full longer), and happier bowels. The new Dietary Guidelines suggest making half of your grains whole, which means you should aim for 3 ounces of whole grains per day. An ounce is equal to 1 slice of bread, 1 cup of cereal, or 1/2 cup of cooked rice or pasta.

When food shopping, pay attention to your selections by looking at more than the product name and the claims made on the front of the package. The Food & Drug Administration has recently issued guidance to food companies on what can be stated on food packages, but there are no regulations in place for consistent labeling. This means, consumer beware! Your best bet is to read the Nutrition Facts label (for fiber content and serving size) and ingredient list on the package. Here are some tips on what to look for to make your whole grain shopping successful:

- If the first word in the ingredient list begins with “whole,” you’re probably safe. Examples are whole wheat and whole oats, but NOT multi-grain, seven-grain, 100% wheat, semolina, or enriched.
- Don’t go by the color of the product. If a bread is brown in color, this does not mean it’s a whole grain bread. Check the label!
- Other examples of whole grains are: bulgur, brown rice, wild rice, and oatmeal.
- When choosing between two whole grain products, check the fiber content on the Nutrition Facts label. A food that contains 4 or more grams of dietary fiber per serving is a better choice. For example, one cup of Cheerios has 2 grams of fiber compared with one cup of Kashi Heart to Heart cereal which has 5 grams of fiber.

These are just a few tips to help you understand a little bit about whole grains. Making smarter food choices can be intimidating at first glance. However, with a little time and effort, you and your family can reap the benefits of eating more healthfully.



Dina Griffin is a master’s student in human nutrition at CSU. She plans to do a dietetic internship and earn her Registered Dietitian accreditation within the next year. If you have questions, comments, or ideas for future articles, you can e-mail her at dlgriff7@yahoo.com.

WHO ARE OUR CURRENT BOARD MEMBERS?

by Karen DeVincenzo

The Bar-K Association is run and organized by a group of five Board members who make sure that our surroundings and community continue to serve us well. They help foster a sense of community for anyone who is interested, trying to make decisions that benefit everyone. They take care of the land and lakes that enhance our quality of life up here, and take note of current county policy matters and how they affect our community. They support the newsletter, arrange the annual trash day, the summer picnic, and the winter holiday party. The Board also makes sure that the insurance for the common lands is paid up every year.

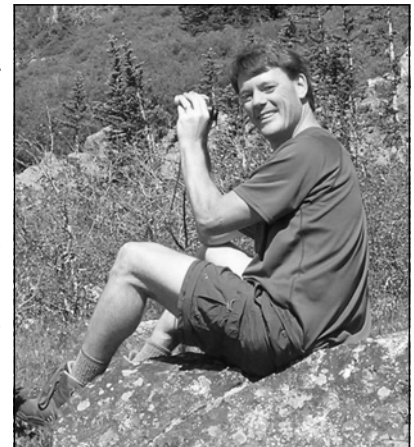


As *President*, Tim Crean keeps things organized and running smoothly, answering questions that might arise, and presiding over the monthly Board meetings, keeping everyone focused on the agenda. He and his wife Joanna have lived here since June, 2002, and this is his second year on the Board. They have a ten month old daughter, Sierra, and two Persian cats, Lexi and Blue. Tim is self employed. His company focuses on IT consulting for small businesses and small offices. He is currently studying for Microsoft certifications. When asked what he likes most about living here in Bar-K, he says, “the *people*, followed closely by the views and the amazing playground which is our backyard.”

What he likes most about being on the board are the people who are on the Board, and their commitment to the community, as well as the neighbors he meets at the Board meetings. He enjoys learning more about the common lands and special projects that are being done in our area, such as USFS fire mitigation work. In his “spare” time, he enjoys biking and backcountry skiing when he gets the chance (which is relatively infrequent this year with the new addition to the family.)

Pat Griffin, *Secretary* of the Board for the last year and a half, has lived here for six years, with his wife Dina, who is finishing her Masters in Nutrition, and will be starting her internship to be a registered Dietitian in the summer. Pat works for Mentor Graphics Corporation in Longmont as a Technical Sales Manager to key accounts. They design software for electrical engineers to use in designing electronics. He and Dina both love the feeling of community here, as well as the feeling of privacy and being away from the crowds. They also appreciate the clean air and access to the great Colorado outdoors. They enjoy biking, running, snowshoeing, hiking, backpacking, camping, and getting together with friends.

“I like the feeling of contributing to the success of the community,” Pat says, when asked what he likes most about being on the Board.



Treasurer, Cary Bush has lived in Bar-K for fourteen years, serving on the Board for nine. She collects the Homeowners Association dues (\$120.00/year fee), deposits them into the account, pays insurance fees, files annual tax returns, provides written monthly reports to the Board, and annual reports at the yearly picnic/meeting. She is a freelance paralegal, working for various attorneys in Boulder, and occasionally caters events for friends, when she’s not working, she likes to listen to music, play music, and read. Her family is comprised of her husband Randy, who is an attorney in Boulder, nine-year-old daughter, Lyric, 2 part-time

(Continued from page 4)
Current Board Members

daughters, Dani, 17 and Roxie, 15, two dogs, three cats and lots of fish.

“What I like most about living in Bar-K is being out of town and coming home to where most people go to vacation. I love the view from my porch, the close-knit community, the helpfulness of neighbors and the many neighborhood events, as well as the ability to be totally alone.” What Cary likes most about being on the Board is finding out what’s going on in this community, and knowing the people who live here.

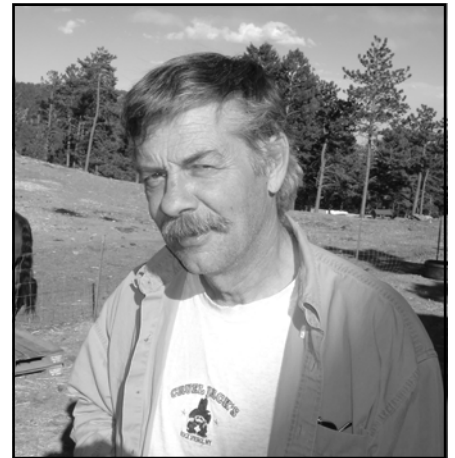


Margie Airola lived up here with her family on Rock Lake Road in 1985-1986, moved, then returned to their current home on Jed Smith Road in 2000. She’s been on the Board ever since as *Vice President* and “*Horse Liaison*.” Her husband Jim is a Left-Hand Fire Department volunteer. They’ve been married for twenty one years and have four boys, one cat and twenty horses. Margie is co-owner of Mountain Mammas Trails and Training, LLC, located at Gold Lake Mountain Resort, and Founding Board Member of Mountain Mammas Charities which runs programs with the Boulder Safe House and other EAP programs. “I love living in Bar-K because it changes, but still remains the same. The community is there if you need it. By being on the Board, it makes me get involved when it would be very easy to say that I am too busy to help out.”

Jack Kutscher, *Member-at-Large*, has lived in Bar-K since 1988 and has been working as a foreman/journeyman for Public Service since 1972. He loves the solitude, and hopes Bar-K will continue on a positive path. He did extensive work updating and straightening out the gray areas of the old bylaws that so desperately needed it.

He dedicated many hours to the revitalization of Rock Lake, beginning in the fall of 2003. After years of erosion and drought, the water was so shallow, it was being taken over by weeds and killing off all the fish. With help from volunteering neighbors, Jack saw to the draining and dredging of the water that, at one point, was only a couple of feet deep, with no live fish at all. After being refilled with rain, the water level has increased to ten or eleven feet in the deepest spots. Last summer many volunteers helped to re-seed one shoreline. The next step, as soon as the weather permits, will be to bring in some good topsoil, do some hydro-seeding, and transplant aspens from around Penny Lake. (See page 2, “Rockin at Rock Lake”.)

Last April Jack, and his girlfriend Claudia, began tearing down an old barn and building a house that they moved into last December. After only nine months of building, the house is 99% finished. When he’s not dredging, working, building or fishing, Jack likes to “just relax!”



ADOPT-A-ROAD PROGRAM

By Sally Hempy

The Adopt-A-County Road Program was established for organizations to remove trash and litter from designated roadways in the county. I consulted with the Bar-K-Association Board which agreed that it was a good idea. The Bar-K Ranch, as a subdivision, is the actual sponsor of this program. I spearheaded participating in this program 3 years ago. When we, as a subdivision, first agreed to accept the responsibility, we committed to the required pick up of two times a year. We did two pick ups the first year. Since then Rose Walters, Administrative Technician for the Department of Transportation, has allowed us to do this only once a year due to the fact that spring comes late up here and fall comes early.

I have been overwhelmed by the diligence of our past crews! They have pulled up parts of refrigerators, a dilapidated sofa that came apart in sections, materials that were obviously used for growing pot, tires, scrap metal pieces along with the roadside litter and trash. Going over the embankments is not suggested but sometimes it is hard to suppress the enthusiasm of the workers! In 2005 the DOT began requiring workers to be educated to the dangers of collecting materials from methamphetamine labs. Crew members are required to have either viewed the Methamphetamine lab waste video or go online to <http://www.state.co.us/AdoptAHighway/>

Last year a total of 289 volunteers contributed 697 hours of their time to help keep Boulder County roadways clean. There were 1,153 bags of trash collected as well as 217 bags of recycle. (Sometimes groups take on the responsibility of disposing of their collected bags on their own but this is not necessary.)

When we finish our work, I simply call the DOT and tell them the location of where we have placed the trash we have collected. They usually respond within 2 or 3 days.

Adopt-A-Road Clean Up date is scheduled to be April 29th with a rain/snow day of May 13th. Volunteers can contact me at 303-459-0172. Meet at 8:30 a.m. at Hempy's house to do the deal (400 Rock Lake Road). Bring your own gloves, water bottles, personal necessities, etc.

WHAT IS THE BAR-K ASSOCIATION?

By Tim Crean

You've seen it mentioned. You may have heard it discussed at a party. But, just what is the Bar-K Association and what is its purpose?

The Association is "specifically organized to ensure the maintenance and preservation of the fifty-eight (58) acres (more or less) of land and lakes owned by the Association within Bar-K Ranch", so legally, that is what the Association is according to the bylaws.

Here is a list of some of the activities and responsibilities of the Bar-K Association:

- Organizing the annual holiday party and providing beverages
- Organizing the annual summer picnic and providing food and beverages
- Organizing the annual meeting of Bar-K Association Members and running the election and voting on any other matters put to the Bar-K Association.
- Maintaining the pastures and one barn in the Bar-K to provide pasture land and boarding for horses and other livestock belonging to Bar-K Association Members
- Maintaining and improving the other common land in the Ranch, including the 3 lakes.
- Purchasing fish and stocking the lakes to provide the benefit of local fishing for Bar-K Members and their guests
- Provide funding (as needed) for the Bar-K News
- Insuring the common lands

It is voluntary to join the Association and the dues are currently set at \$120 per year. The elected members of the Bar-K Association Board are responsible for budgeting for the Association's expenses and prioritizing maintenance activities for the common lands through various committees. The Board is always looking for people willing to participate in the committees and volunteer their time and labor for various projects.

All meetings are open to the Bar-K community and participation is encouraged and greatly appreciated. The next meeting of the Bar-K Board will be on Thursday, May 18, at 7:00 p.m. at the home of Cary Bush, 152 Crockett Trail. An announcement will also be posted on the bulletin board and on the QT.

REMINDER OF NATIONAL FOREST RULES

By Patti Olson

Attention off-road-vehicle users: there is a small piece of National Forest at the end of Tilghman Road, in the Bar-K Ranch that is being used in violation of the law [specifically 36 CFR 261.50(a) and (b)] which states that motorized vehicles cannot be used unless they are on “numbered Forest Development roads or designated travel routes.” While the end of Tilghman once appeared to be “closed”—in which case no motorized vehicles would be allowed—this matter is being clarified with the National Forest office. For now, it appears that use on the portion designated on the accompanying map *may* be permissible. There are no loops in this road, and no use of the meadow is permitted. (There is *no* access via Rock Lake Road.) Use is simply up and back, especially since private land surrounds the area in question. Unfortunately, many vehicles have carved new paths, leading others to think that there are multiple roads—but there are not. If you or your children or friends are not staying on this one designated segment, please reconsider.

Map courtesy of Mark Ivins



Local Services

Acupuncture

Acupuncturist with over 18 years experience. Medicine Animal readings. Offices in Bar-K and Louisville. Jan Preston Dunn 303-554-9116

Babysitters

Kristin Buell 303-459-3293

Naomi Olsen 303-459-0245

Linda Huntley 303-449-3411

Car Care

Wolf's Foreign Car Care, Inc.
1855 Folsom Street, Boulder
303-443-6095 or email
Sal@wolfscarcare.com

Computers

Maxtek Computer Systems
Computer Repairs, Home Networks-
Wireless, System Upgrades,
Digital Photography. Sal DeVincenzo
303-907-0499

Horseback Riding

Trail Rides, Camps
and other Horse Activities
Call Margie Airola or Pam Bunge
303-459-3544 x17

Housecleaning

Kristin Buell 303-459-3293

Lapidary

Lapidary work and Custom Jewelry
Ed Oustayan 303-494-7541

Massage

Appointments Available again in June.
Two Hands Massage Therapy
Andee Graves, NCMT
303-550-3216

Mortgage Broker

Dee Huntley
Creative Mortgage Works
2510 47th Street, Boulder
303-444-3270 (office)
720-838-4439 (cell)

Pet Care & Dog Walking Services

Kristin Buell 303-459-3293

Linda Huntley 303-449-3411

Recycling

The Green Girl Recycling
A one-stop, front door, pick-up
recycling program.
For details call Bridget Johnson
303-459-3456 and 303-442-7535



If you're a member of the Bar-K Association and would like to be listed in the Local Services section, please email your request to Andee at AFG2Hands.nedernet.net or call 303-459-0317.

Events Calendar

APRIL 29, 2006 - ROCK LAKE WORK PARTY & ADOPT-A-ROAD CLEANUP see articles page 2 & page 6 for details and contact info.

BAR-K TRASH DAY - WATCH FOR POSTINGS ON THE BULLETIN BOARD AND QT FOR THE DATE.

WEDNESDAY AFTERNOONS - LOCAL PLAYGROUP for children age 6 mos-4 years old in Jamestown. Call Amy Gage for more info 303-448-9434

JULY 8, 2006 - SUBMISSION DEADLINE for articles, advertisements for the July/August Bar-K News. If you have something ready before then, send it.



Are Your Dues Current?

Summer is the season for exploring and enjoying the Bar-K Common Lands.

Just a reminder to those who may have forgotten, please pay your dues. Don't forget, as of 2004, dues became \$120/year. Without Association members' dues we can't maintain the beauty of our common lands that enhance the value of everyone's properties. **Thank You!**

Thank you to this Issue's Sponsor:



Huntley Home Services, LLC

Robert Huntley, Owner

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bubbahuntley@nedernet.net

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