

Walnut Hills Newsletter

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Mountain Lion in Walnut Hills Park

Is the cat in the picture a Mountain Lion? On Sunday, September 6th, we saw this wild animal in the woods on the north side of Walnut Hills Park near the easternmost disc golf basket. The feline is much bigger than a house cat, but smaller than a golden retriever. We thought it was perhaps a bobcat and decided to keep playing disc golf since it wasn't bothering us. After further investigation, it is likely that this animal was a cougar (aka mountain lion). If you see this animal again, call the Arapahoe County Sheriff's office at 303-795-4711. If it is an emergency, call 911.

Walnut Hills Disc Golf Course

We now have disc golf at Walnut Hills! After months of planning, coordination, site visits, grant applications, and all sorts of logistics, six disc golf baskets were installed on Saturday, August 1st along the Little Dry Creek Open Space in Walnut Hills. The baskets have been grouped three to the west near the creek close to Quebec St. and three to the east along the perimeter of Walnut Hills Park. This project was made possible by the hard work of the Walnut Hills Civic Association with funding from South Suburban Park and Recreation District, Metrum Credit Union, and the Walnut Hills General Improvement District. The installation of the baskets became reality by the hard labor of ten volunteers working in 95 degree heat: A big thank you goes out to the volunteers Matt Medlock, Caleb Anderson, Shukre Despradel, Brandon Neaze, Matt Schneider, Tony Mellen, Robert Mellen, Tim Mellen, Hank Bern, and Brian Bern and to Bobby Acha, who loaned his trailer for the project.

Description & History of Disc Golf

For those that have never heard of disc golf, the sport as we know it today was invented by Ed Headrick in 1974 with the first course constructed in Oak Grove Park in Los Angeles County, California. In 1976, the first disc golf targets were introduced with chains to stop a disc. Disc golf has become a very popular sport and is one of the fastest growing sports in the country with over 4,000 registered courses with the Professional Disc Golf Association. As DiscGolf.com puts it, "Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf." It is basically like regular golf, but instead of hitting a ball into a hole, players throw a

Frisbee® or "disc" towards a basket hanging from a metal pole. The object of the game is to complete each hole in the fewest number of throws. The player with the lowest total cumulative score wins.

History of Disc Golf at Walnut Hills

If you frequently walk the Little Dry Creek Trail between Walnut Hills Elementary School and Quebec Street you may have noticed the sanitary sewer manhole markers that are metal poles painted yellow and green. These poles mark the sanitary sewer manholes that run along the creek. For a number of years I have been using these markers as an unofficial "disc golf course" and this was the inspiration to pursue a more official version.

During the fall of 2014, I mentioned this to South Suburban Park and Recreation (SSPR) and asked if they would be receptive to the idea of installing some disc golf baskets within the open space. They agreed to consider it and asked for a conceptual layout for SSPR staff to review. SSPR okayed the idea and it was brought before the Walnut Hills Civic Association (WHCA) to see if this project would be something the association would support financially. The board voted to move forward with an application to SSPR as a 2015 Matching Gift project.

With the preliminary go ahead, a plan was put together where potential disc golf baskets could be installed along the Little Dry Creek Open Space. Locations were selected to try accommodate all open space users and minimize the risk of discs landing in backyards. Nine potential disc golf basket locations were identified using input from both experienced disc golf players and complete

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Coyotes in the Park

Ilsa Gregg

Every time I have called animal control about wildlife growling at me from under my evergreen, I was told it was illegal to try to get rid of it, and I was also told to try and coexist by deterring it. Basically, the solution recommended was to stop feeding wildlife. Since I don't feed animals, I assumed this was in reference to how I disposed of my garbage. The logic is that if wildlife is in my back yard, it's my fault. Coyotes in the yard? Hide everyone in the house and wait it out.

Turns out nature doesn't actually work that way. Coyotes are not at the top of the food chain in Colorado. Looks like the policy of allowing coyotes to have free range of our back yards and parks has attracted the attention of a higher authority.

Mountain lions eat coyotes, but actually prefer even larger game like deer. These shy animals are wisely placed by mother nature to restore balance when things get out of control.

Ignoring packs of coyotes all these years was never a real solution. They were eating our pets and walking right up to little kids and dog walkers in the park. It definitely destroyed my peace of mind, especially every time we let the dog go outside at night or watched bold groups of five coyotes trotting down the greenbelt in broad daylight. So time for a reality check. Coyotes don't go unchallenged in the real world.

The Mountain lion is not the enemy, but will most definitely not be given the free pass that coyotes have been given.

A lot of pets have been lost to predators in Walnut Hills over the years; too many to count. The green spaces of Walnut Hills are a precious oasis in a vast concrete desert. It is wise not to underestimate how much nature is attracted to these green spaces, and also how nature always balances itself out. The coyotes have met their match.



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**October 10th - Saturday 8 am
Walnut Hills Fall Dumpster Day
& Electronics Recycling**

Andrea Suhaka, Walnut Hills Civic Assoc. Chair. 303-770-0058, standy@ccentral.com
The WHCA Board is again sponsoring electronic recycling to take place during Fall Dumpster Day. The WHCA will be picking up the full cost of electronic recycling. Dumpster Day and Electronic Recycling are for paid members of the Association only.

Walnut Hills Fall Dumpster & Electronic Recycle Day will be 10 October. We will also have our metals guy, Brooké, with us. The dumpster (2 trash trucks) will be available from 8 am until full or 11am, whichever is earlier.

It is illegal to put electronics in the trash. If it ever had a battery or plugged into the wall, it must be recycled. If you would like a PDF document of the items accepted by Blue Star Recyclers, please, email me and I'll send it to you.

Electronic recycling will take place in the same time period. Blue Star Recyclers follows recycling processes that meet the highest environmental standards in the industry. WHCA is proud to be using Blue Star Recyclers for this service. They cannot accept refrigerators, air conditioners, corroded batteries, smoke detectors or any fuel-powered items.

As with all of our Dumpster Days, you must be a paid member of the WHCA to take part. (Only \$25 a year, what a deal!) You may go to www.walnuthillscolorado.com to pay by credit card, mail the form from the back page, or pay in line on Saturday.

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Portraits, Sports, Books and Documentation

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beginners. The potential basket locations were then sent to SSPR for their review and input.

SSPR came back with a few questions and comments. To help answer these questions and to see how a linear disc golf course could function, the Walnut Hills Civic Association contacted the Willow Creek 2 HOA, which has a 9-hole disc golf course on land owned by the HOA and restricted to members of the Willow Creek II HOA only. Mike Morgan, who was one of the original designers of the course and part of the Willow Creek 2 HOA, agreed to give a tour of their course to SSPR Staff and Walnut Hills Civic Association board members. He mentioned that when the Willow Creek course was laid out, baskets were located based on compatibility with the green belt, sidewalks, and homes rather than trying to create the perfect course. In the last eight years there has only been one complaint. The greenbelt within Willow Creek is very similar to the Little Dry Creek Open Space.

With this site visit under our belts and much of their questions answered, SSPR staff and WHCA board members walked the Little Dry Creek Open Space. The potential basket locations had been previously staked out so that the group could visualize where the baskets would be located and how the course would look and feel. With input from the group, a few of the basket locations were adjusted and the number of baskets was reduced from nine to six.

Funding the Walnut Hills Disc Golf Course

After the site visits, the Walnut Hills Civic Association submitted an application to the 2015 South Suburban Matching Gifts Program, which matches donated dollars with District funds and can double the money available for the development and improvement of community parks, trails, facilities and programs. For the year 2015, South Suburban's Board of Directors allocated up to \$15,000 in its 2015 budget for its annual Matching Gifts Program. In April, the Walnut Hills Civic Association was awarded \$780 from this program. (Considering most matching gift award amounts in years past have been less than \$500, this was a very big win for the neighborhood.) A big thank you goes out to the board members of South Suburban Park and Recreation District and to Brett Collins, the SSPR Director of Planning and Development.

After receiving the award letter from SSPR, the Civic Association approached Metrum Credit Union to see if they would be interested in being a funding partner on the project as well. (Metrum Credit Union has been a long time supporter of the Walnut Hills Civic Association and the neighborhood as a whole. They allow the WHCA to use their conference room every month for our board meetings, they attend our events like National Night Out, and they advertise in the Walnut Hills Newsletter). Through the Metrum Credit Union's Matching Funds Program, the Walnut Hills Civic Association was approved for a funds match of up to \$500 to help with the expenses incurred for the installation of the disc golf course. A big thank you goes out to the Metrum Credit Union and to Karen Padrevita.

With funding partners in place, the WHCA board agreed to pay for its half of the project through the Walnut Hills General Improvement District (GID) after confirming with the City of Centennial. If you would like to learn more about the Walnut Hills GID, please go to our website at www.walnuthillscolorado.org.

Below is a summary of all of the funding sources and amounts:

1. The total cost of the project was \$2,183.49.
2. South Suburban Park and Recreation District paid \$780 through their 2015 Matching Gifts Program.
3. Metrum Credit Union paid \$311.75 through their Matching Gifts Program
4. Walnut Hills Civic Association paid for half of the project through the GID totaling \$1,091.75.

Constructing the Walnut Hills Disc Golf Course

Leading up to the day of construction, permits were obtained from SSPR, a gas powered auger was reserved from All Season Rent-all, who happens to be a long time supporter of the Walnut Hills Newsletter, underground utility locates were ordered and coordinated, and all of the material was purchased and stored in a garage. Material included the six disc golf baskets, 18 bags of 80-pound concrete, six 10-inch valve boxes, six bags of 50-pound gravel, locks, and lumber for bracing. A trailer was also graciously volunteered by Walnut Hills resident Bobby Acha which was very helpful in the project.

The day before beginning installation of the baskets, Xcel Energy concluded there were potential underground electric and gas lines near the three western baskets. This meant that the three western baskets needed to be dug by hand in case underground gas or electric was encountered.

Saturday July 25th was the big day of construction with all of the volunteers lined up to begin work at 8 am. Volunteers include Walnut Hills residents Matt Medlock, Caleb Anderson, Shukre Despradel, Brandon Neaze, and Brian Bern, former resident Matt Schneider and friends of the neighborhood Tony Mellen, Robert Mellen, Tim Mellen, and Hank Bern. Brian Bern was the project lead for the Walnut Hills Civic Association and spearheaded the logistics.

At 8 am, all ten volunteers arrived awake and excited for the

project. The Mellen clan, made up of Tony and his 15-year old twin boys Robert and Tim, dug the hole for the far west basket, Shukre and Brandon dug the hole for the middle western basket, and Brian dug out the final western basket. Matt Medlock and Caleb took on the noisy two-man gas powered auger to dig out the three eastern baskets. (It turned out that some of the clay in Walnut Hills Park is so hard that even the auger couldn't manage to get the hole two and half feet deep and it took much effort to get the hole as deep as they could). Matt Schneider and Hank Bern mixed concrete and set the foundations for one of the western baskets and all three of the eastern baskets. Tony, Robert, Tim, Shukre and Brandon mixed the concrete and set the foundations for the two far western baskets. By the time the project was wrapped up at 1 pm, the temperature outside had reached 95 degrees. The volunteers were all exhausted, but thrilled with the results of their hard labor. (Tim, Robert, and Hank also spent two hours during the following week assembling the six disc golf baskets.)

After waiting a week to allow the concrete foundations to fully set, Hank and Brian locked the baskets into place to complete the project. A huge thank you goes out to Matt Medlock, Caleb Anderson, Shukre Despradel, Brandon Neaze, Matt Schneider, Tony Mellen, Robert Mellen, Tim Mellen, Hank Bern, Bobby Acha, and Brian Bern. It is because of these volunteers that we saved the neighborhood over \$1,000 in labor costs.

Rules of Disc Golf

The rules of disc golf are very similar to "ball golf" except that the game is played with a Frisbee® or "disc" instead of a ball and club. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

SAFETY FIRST! Never throw when other players or park users are within range. Always give park users the right of way. Be aware of your surroundings and environment.

When playing in a group, each person tees off from the same location and throws their disc towards the basket or target. After everyone in the group has thrown, the next throw is taken from the spot that the player's previous throw has landed. The person farthest from the basket throws first. A disc that comes to rest in the metal basket or chains constitutes a successful completion of that hole. A disc that bounces out or that lands on the very top of the basket does not count as being complete. A one stroke penalty is incurred if your disc lands in backyard, lands in the creek, or gets stuck in a tree.

Course Courtesies

1. Remain quiet and avoid unnecessary movements while others are throwing
2. Stand behind the player who is throwing until throw is complete
3. Remove disc from the basket after completing the hole
4. Help new players learn the rules
5. Allow faster groups to play through when possible
6. Pick up trash and put in proper receptacles (leave the course better than you found it!)
7. Do not alter the course (trees, bushes, etc) in any way



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Walnut Hills Disc Golf Course Description

As previously mentioned, the disc golf baskets have been grouped three to the west between Quebec Street and Spruce Street and three to the east along the northern edge of Walnut Hills Park. I like to refer to the baskets as two different courses: Walnut Hills West and Walnut Hills East.

When playing the course, you will notice that we do not have the well defined tee pads like they have at the large regional disc golf courses. This was done intentionally so that groups can determine their own starting points based on the skill level of the players.

Walnut Hills West Disc Golf Course

West baskets are located on the greenbelt between S. Spruce St. and S. Quebec St.

When playing the Walnut Hills West course, remember that other park users have the right-of-way! If someone is walking the trail, hold your throw until they are clear. Backyards are strictly OUT OF BOUNDS and incur a one stroke penalty. If a disc lands in a backyard, do not enter the private property unless you have permission from the homeowner. It is recommended that you put your name and phone number on your discs so that the homeowner can call if a disc gets lost in their yard. Beginners and novice players should start each hole from a point that they are throwing their discs directly away from houses while more experienced players may be able to throw from a location that is still away from houses, but perhaps a little more parallel. Each group should assess their own skill levels and pick a point that works for everyone.

To play the Walnut Hills West course, start from Spruce Street and walk along the trail to the west until you see the first basket. Pick a point that everyone in your group is comfortable throwing from and use that as your tee.

After completing West Basket #1, walk along the trail to the west until you see the second basket. Again pick a point that everyone in the group is comfortable throwing from and use that as your tee. Repeat this procedure for West Basket #3.

After completing West Basket #3, walk a little way down the trail to the west and then turn

around and play the course backwards so that you play a total of six holes. If you would like some additional "holes", you can use the yellow & green painted sanitary sewer manhole markers as "targets". Play these the same way you play the baskets except that the hole is complete once your disc hits the pole.

Walnut Hills East Disc Golf Course

East baskets are located north of the picnic shelter at the outer edge of the park.

When playing the Walnut Hills West course, remember that other park users have the right-of-way and that the playground especially is OUT OF BOUNDS and incurs a one stroke penalty!! Please pick tee spots that will not result in a disc landing in the playground. If someone is walking the trail, hold your throw until they are clear. If someone is using the field to play a game or have a picnic, pick a tee spot that keeps your disc clear of the other users. Backyards are strictly OUT OF BOUNDS and incur a one stroke penalty. If a disc lands in a backyard, do not enter the private property unless you have permission from the homeowner. It is recommended that you put your name and phone number on your discs so that the homeowner can call if a disc gets lost. Groups should start each hole from a point that they are comfortable that their throw will not land in a backyard or the playground area.

To play the Walnut Hills East course, you can start from the west or the east. Pick a tee spot that works for the group and then play the first basket. From the first basket, pick a tee spot that works for the group to throw to the middle basket and then repeat for the far basket. Then play the course in reverse. If you would like an additional "hole" and there isn't anyone on the basketball court, the basketball pole makes for a good additional "target". Play the hole the same way you play the baskets except that the hole is complete once your disc hits the pole.

We hope that you get a chance to check out the baskets and play the course. I personally love disc golf because it is a sport for all ages. I can play with my dad who is 70 years old and my son who is only 5 years old. Anyone that can throw a Frisbee® can play. You can play the course with a regular Frisbee® or purchase some "discs" from Sports Authority or the local Disc Golf Store, FlyGreen.



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Walnut Hills Needs You!

Andrea Suhaka, Walnut Hills Civic Assoc. Chair. 303-770-0058, standy@ecentral.com

Currently, the WHCA Board is looking for three new Board members. We need people who are eager to help make Walnut Hills a wonderful neighborhood in which to live! As a Board, we also approve all expenses for our General Improvement District, responsible for the perimeter of Walnut Hills.

We meet every month on the 2nd Thursday of the month, at Metrum Community Credit Union, 6980 S. Holly Circle (just off S. Holly St.), 7-9 pm (give or take a few minutes). After the GID, our main goal is to plan fun, interesting, helpful, useful activities for our neighborhood. You must enjoy living in Walnut Hills and have a desire to continue to make this a great place to live. You're expected to help at as many of our events as possible.

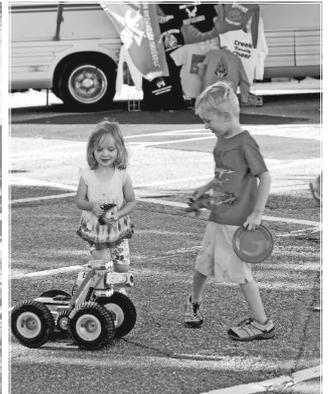
Please, contact me, Andrea Suhaka, if you're interested. I'm glad to meet with anyone with an interest and anyone is always invited to attend our monthly Board meetings to see where the magic happens. Please, let me know!

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National Night Out 2015

Walnut Hills Photographer - Jesse J Alcorta



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SAVE THE DATE!

The Walnut Hills Civic Assoc. is planning a movie night!

Andrea Suhaka, Walnut Hills Civic Assoc. Chair.
 303-770-0058, standy@ecentral.com

The WHCA is currently in the planning stages for a Walnut Hills movie night to be held 30 January 2016, 3-4:30 pm. The location will be the Walnut Hills School gym. We will be showing a family-friendly movie that hasn't been chosen, yet. But the school is reserved and we're eager to add this event to our schedule. Because it's a Saturday, this is in the afternoon. The next Walnut Hills Newsletter will have an article on the final plans.

We wanted to schedule something for the winter doldrums and this just seemed to fit the bill. Robert Ferrin, Board member for Neighborhood 3, brought the idea forward and is leading the planning. Walnut Hills is greatly indebted to those Board members who pick up one of our events and do the planning and carry it out. They are truly wonderful people! And then, lots and lots of thanks to all the Board members that help make these activities happen!

- Brian Bern, Disc Golf
- Robert Ferrin, Movie Night
- Julie Gamec, Easter Egg Hunt
- Myra Garcia, Walnut Hills Block Party/National Night Out
- Randy Lutton, Ice Cream Social
- Donna Senn, Dumpster Days
- Andrea Suhaka, 4th of July Parade
- Jeryl Tippits, Snow shoveling program

New Book by Walnut Hills Resident



Sally Clark, is a writer who now has three published novels. Sally's first novel, *OLD MIGUEL*, is a fast moving story of time travel complete with a murder. Clark's second novel, *TABLET TALES*, addresses her personal concern with child abuse in our country. She believes that the average citizen verbalizes the belief that child abuse is a crime, but does not want to be "involved" and therefore the crime is not

reported, the child is not helped, and the abuser not punished.

In *TABLET TALES*, eighty-year-old Jeremiah Scrivener, a renowned Biblical scholar, is a successful author of Christian fiction. Jeremiah can see and hear the Guardian angels, but is unaware of his true relationship with them. He worries that, after his death, there will not be another author to make adult readers aware of how much children suffer at the hands of adults. Jeremiah's grandson, Jimmy, can also see the angels and asks two questions his grandfather can't answer. How long will crimes of abuse be committed against children? Why is suffering deliberately ignored and denied by modern society? Jeremiah's message is that "Guardian angels love without restriction and accept without judgment. Men must learn to do the same."

THE COLOR OF SILENCE is an historical novel, set in Chile, South America during the Pinochet dictatorship. It tells the stories of several Chilean citizens and their struggles as they lose their personal rights. The story ends on a positive note as democracy returns to the country when a national vote ousts Pinochet; proving to him that he is not a beloved leader.

Sally was born and raised in Chile. All three of Sally's novels are available for purchase through Tate Publishing, Amazon or Barnes 'n' Noble. The novels are published in paperback form as well for your Kindle and/or Nook. Also, you can purchase an autographed paperback directly from Sally (303-771-6449)

The One and the Many

Bruce Ferguson

After months of not using the sprinklers much August and September had me running the system almost every day. The squirrels have mastered the fine art of eating sunflowers and have begun gnawing away at the green pumpkins. The rabbits lounge in the grass barely moving when the lawnmower passes. The wrens had a second brood and for a while the yard was filled with a small flock of fledglings all complaining about the lack of daycare and the trials of hunting insects. Bird people even refer to these calls as 'scolds'. Then one day they were all gone leaving behind the two nest boxes to be cleaned and readied for another season.

Other years, I have let the cone flowers go to seed and left the seed for the birds in winter, but this year I am cutting them all down. Once I had no luck with this plant, but in the last few years it is taking over. The same is true for the hollyhocks. They are just becoming a nuisance. It often seems my weeds are becoming the flowers I used to want to grow, though I must insist I never wanted to grow the bind weed. The yarrows may be the worst of the lot and while I had wanted them to fill in a large patch of dry sun baked space, I am beginning to think I will regret that soon enough. Famous garden writers go on and on about the merits of so called "volunteers" in the garden and they are right of course, but one needs to be careful to keep the more proliferate plants in check. Plants like iris and day lilies on the other hand, that spread by rhizome and root, are less of a problem to control. It seems like I give these plants away on a regular basis and I still have no space left to plant the extras.

These days the genetic engineers are wreaking havoc on the ornamental plant industry, and while to some extent I can understand the benefits, I can't say I am a big fan of this trend. Just the fact that is illegal for me to propagate a plant and give it to a neighbor seems reason enough to resist buying it in the first place. The idea that a plant is sterile and offers no real benefit to the birds, insects and pollinators doesn't seem like a good reason to grow it to me. More and more you will find plant that advertise themselves as insect free, these are plants engineered with "neonics."

"Neonicotinoids are a class of insecticides that are chemically related to nicotine. They are systemic, meaning plants absorb them, and insects that consume the plant or elements of the plant such as its leaves or pollen, are susceptible to their effects. Although there are no conclusive studies, there is enough evidence that these insecticides may be adversely affecting pollinators that some countries have banned certain 'neonics' until they can be proven safe. The U.S. currently does not have such restrictions." (from highcountrygardens.com)

As a consumer, one has an obligation to be aware, and how you use that awareness is up to you. That's all.



Troop 574 will be hosting its annual Pumpkin Chunkin' on Sunday, November 1st from noon – 3:00 at Hunters Hill park. We will be assembling large catapults and sending jack-o-lanterns flying! The Broncos play at 6:30 that day so come check it out and bring your pumpkin!

In other news, our Palisade peach fundraiser was very successful and raised over \$1,300 for the troop. The peaches were extra delicious this year. Keep us in mind for next August – these peaches should not be missed.

After many years of dedicated service, Eric Vitcenda retired as Troop 574's scoutmaster. Mr. Jim Underhill has graciously stepped in to carry us through this year as interim scoutmaster. His years of leadership with multiple troops brings some new insight to our group.

The scouts just attended Camporee (a large scout gathering), and were part of a Guinness World Record, when over 2,600 scouts popped bubble wrap together for 90 seconds. We are now preparing for our next campout to Rocky Mountain National Park, and many of the scouts are finishing requirements for their next rank advancement. Troop 574 meets on Tuesday evenings from 6:30-8 at Dry Creek Elementary.

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How Dogs View Halloween and How We Can Help Them

By Lorraine May, M.A.
Misha May Foundation Dog Training and Rescue

Halloween is a time filled with frightening costumes, sounds and surroundings. We humans understand it and seem to enjoy being tricked and treated. Our dogs, however, have no idea what is happening and often respond in an unskilled, or even threatening, manner. We can help our dogs successfully navigate this fun-for-us holiday by implementing a few canine-friendly precautions. Only the most socialized, bullet-proof dogs may do well, but often they, too, require support and guidance.

Preparation Ahead of Time

- *Think about your dog's response to unfamiliar, chaotic, or threatening situations. His response on Halloween will most likely be worse.
- *Based on your individual dog's personality, create a plan which meets his needs as well as ensures the safety of all. This may include seclusion in another room, management behind a gate, or attachment by leash to a family member who is neither costumed nor opening the door to trick-or-treaters.
- *Practice this plan with treats to build a relaxed and positive association.
- *Slowly and gradually, with the use of treats and positive reinforcement, desensitize your dog to your family's costumes piece by piece.
- *Begin teaching Relax on a Mat today:
http://www.dogsandbabieslearning.com/wp-content/uploads/2012/04/Relax_on_a_mat.pdf

On Trick or Treat Day

- *Adhere to the regular schedule as much as possible, including adequate exercise, loving attention and timely meals, while avoiding excessive stimulation.
- *Assign a family member to attend to your dog's needs before the event begins, as well as someone to monitor him during the event.

During the Actual Trick or Treat Event

- Choose from the following according to your dog's needs and personality:
- *Set your dog up for success by allowing enough time to implement your plan. Include a stuffed Kong, long lasting chews and/or favorite toys.
 - *Play canine soothing music such as the CD, "Through a Dog's Ear".
 - *Place tape over the door bell and/or hang a sign that says 'Don't Knock'.
 - *Clothe your dog in his Thunder Shirt.
 - *It's probably best to leave your dog at home when you go trick or treating. You can then focus on having fun.

After The Event

- *Assist your dog in expending excess energy or stress through exercise or play time.
- *Guard your candy from your dog. Chocolate is dangerous or even deadly; additives can be lethal; sugar is extremely unhealthy.
- *Assess what worked and what didn't to help you be even more successful next year and on other holidays.

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of the Misha May Foundation, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. The Misha May Foundation was voted #1 Best Dog Training on Denver's A*List 3 years in a row! The 6 week Understanding Dogs Behavior class has a unique individualized approach. The Dog Trainer Apprentice Program is designed for the working person and teaches our effective reward-based, anxiety-reducing techniques. www.mishamayfoundation.org mishamayfoundation@gmail.com 303-239-0382



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Misha May Foundation Benefits from Dog-Friendly Halloween Parade and Costume Contest

Saturday, October 31st from 2:00-5:00pm
Lil Angel Pet Boutique and Gallery,
1014 S Gaylord, Denver, 80209

Questions: Call Meredith at 303-777-0224

2:00 Pre-register for parade and contest
3:00 Halloween Parade
3:30 Costume Contest
4:00 Prizes

\$10 per dog; \$5 will be donated to Misha May Foundation

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Walnut Hills Civic Association Membership

www.WalnutHillsColorado.org
 PO BOX 3436
 Englewood CO 80155-3436

Annual Association Dues \$ 25
 (1 April - 31 March)
 Walnut Hills Scholarship Donation \$ ____
 (please keep my donation anonymous) ____
 Total \$ ____

Please complete & return this invoice with your check payable to WHCA.

* Your scholarship donation goes to help Walnut Hills students/residents continue their education or training after high school. Supplemented by the Walnut Hills Newsletter and the WHCA, five scholarship awards will be given to Walnut Hills residents this summer at the Ice Cream Social on July 4th. (You may also pay dues by credit card at www.walnut_hills_colorado.org.)

Member Name: _____

Home Address: _____

Home Phone: _____

Email address: _____

Contact me - I'll help with:

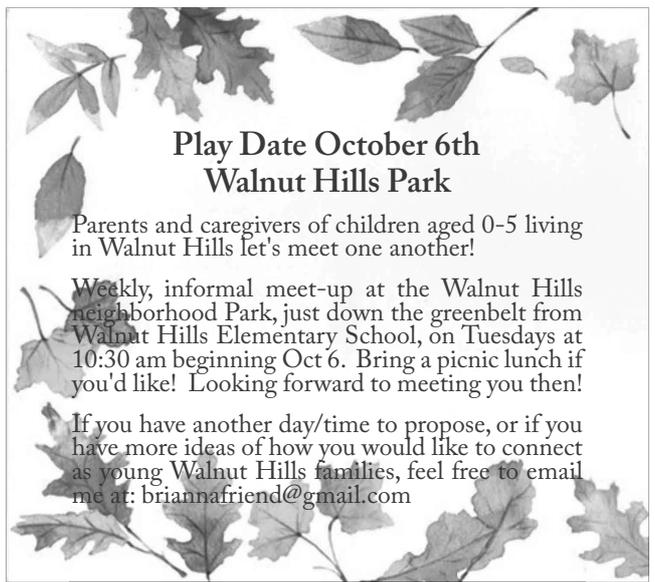
- WHCA sponsored events
- Easter Egg Hunt
- National Night Out
- Shoveling snow for those not able
- Becoming a member of the Board of Directors
- *I need help shoveling snow

**Love Where You Live?
 You Can Make it Even Better!
 Walnut Hills Volunteer Opportunities**

WHCA Board (a "Neighborhood" map is on the WHCA website).
 Andrea Suhaka, Chair, 303-770-0058, standy@ecentral.com

- Neighborhood 1: Randy Lutton, Treasurer
- Neighborhood 2: Andrea Suhaka, Chair
- Neighborhood 3: Robert Ferrin, Secretary
- Neighborhood 4: Myra Garcia
- Neighborhood 5: Donna Senn
- Neighborhood 6: Julie Gamec, Vice Chair
- Neighborhood 7: Vacant
- Neighborhood 8: Abbas Fazal
- Neighborhood 9: Vacant
- Neighborhood 10: Trish Hoffmann
- Neighborhood 11: Joe Compton
- Neighborhood 12: Brian Bern
- Neighborhood 13: At Large: Jeryl Tippets
- Neighborhood 14: At Large: Vacant
- Neighborhood 15: At Large: Julie Marsicek

Board members are very involved in planning and running events. We have three vacancies on the Board and you don't have to live in the Neighborhood you represent. Please call me if you're interested in a spot on the Board and we'll talk about it, or come to a Board Meeting. The Walnut Hills Civic Association Board Meetings are the second Thursday of each month at Metrum Credit Union 7pm.

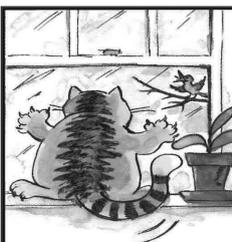


**Play Date October 6th
 Walnut Hills Park**

Parents and caregivers of children aged 0-5 living in Walnut Hills let's meet one another!

Weekly, informal meet-up at the Walnut Hills neighborhood Park, just down the greenbelt from Walnut Hills Elementary School, on Tuesdays at 10:30 am beginning Oct 6. Bring a picnic lunch if you'd like! Looking forward to meeting you then!

If you have another day/time to propose, or if you have more ideas of how you would like to connect as young Walnut Hills families, feel free to email me at: briannafriend@gmail.com



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