



www.williamsburg2hoa.com
Facebook Group Page at: Williamsburg II

Minutes For January 13, 2025

Meet by zoom

Meeting called to order at 7:00pm.

Board members present:

Kathy, Krista, Mark, Marie, Sara

Treasurer's report:

- Year Ending with a balance of ~\$4000
- Raise the HOA dues to \$45 to offset cost of rising cost of events for the community

Action Items:

Set up calendar for the year



HOA Williamsburg II HOA

@HOA-WilliamsburgIIHOA



venmo

National Wear Red Day

National Wear Red Day, Friday February 7, is an annual campaign to raise awareness about heart disease in women. The national campaign urges women to learn their risk for heart disease and to take steps to lower their risk. What increases a woman's chances of heart disease? Smoking, sedentary lifestyle, family history, diabetes, stress, inflammatory diseases like rheumatoid arthritis and Crohn's complications during pregnancy menopause.

We can prevent or reverse many of these risks by taking action. Speaking with our physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

Quit smoking/vaping. Ask for help if you need it. Your physician has many tools at her side to make quitting a success.

Change your lifestyle. Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.

Get routine physical exams. Heart disease and stroke kill one in three women. These diseases are 80 percent preventable according to Go Red for Women's official website.

—www.goredforwomen.org

Valentine's Bazaar At Aspen Grove

February 7, 2025 from 4:00 p.m. to 8:00 p.m.

February 7, 2025 from 11:00 a.m. to 6:00 p.m.

The Denver BAZAAR returns to Aspen Grove for a two-day FREE Valentine's BAZAAR on February 7 & 8 for the love of all things local! The BAZAAR will be located in space 450, next to Lululemon.

This indoor market will feature 50+ carefully curated vendors, focusing on jewelry, confections, art, fashion, and other giftable items. It will also feature tastings, live music, and craft cocktails.

General Admission | FREE Entry, All Ages!

Williamsburg II 2025 HOA Payment Coupon

Membership: \$45.00. All residents of Williamsburg II are encouraged to join! Please return this form and a check made payable to Williamsburg II HOA and mail to **Mark Hickman, 10588 W. Roxbury Avenue, Littleton, CO 80127**. Your dues pay for the maintenance of the front entrance, electricity for the lights, Board of Directors insurance and social events that promote community involvement. Your support is greatly appreciated. Thank you! **Pay in February 2025 and you will be entered to win a prize!**

Name _____

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Advertise in this Newsletter!

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

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Treasurer: Mark Hickman, markhickman24@gmail.com
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Committees

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Sign BoardsMarie Lynch, 303-250-3133
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Covenant Controls HOA Board, williamsburg2hoa@gmail.com
Newsletter Coor.Sara Spillan, 303-949-5638
Special EventsLivia Goree
Foothills LiaisonKathy Morelli
Newsletter Distributor .Sheila Rea, 303-887-7023

www.williamsburg2hoa.com
williamsburg2hoa@gmail.com

Check out our Facebook Group Page at: Williamsburg II.
Type this in the group search option to see if you are a member.
The Williamsburg II HOA newsletter is published monthly by the Williamsburg II Homeowners Association, a non-profit homeowners association. The newsletter is distributed by block workers.

News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at sara.spillan@gmail.com. No endorsement of any product or service is implied or stated by its inclusion in the newsletter. **All articles must be approved by the editor for publication, or as space permits.**

National Love Your Pet Day

February 20th: National Love Your Pet Day is a day to show extra love and appreciation for your pets. It's a reminder to take some time to play with them, show affection, and do something special for them.

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Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at 303-979-7499 or info@NewsletterConnections.com to place an ad. To view our display ad prices, visit our website at NewsletterConnections.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th. Residents placing ads to sell household items are not charged a fee.

Orchid Show At Denver Botanic Gardens

January 10, 2025 – February 17, 2025

Visit the Denver Botanic Gardens for their annual orchid show and see beautiful displays of delicate orchids. The orchid show takes place indoors at the York Street location, so this makes a great option for a cold day activity.

Snow Removal From Your Property

Many local laws require residents to clear sidewalks within 24 hours after a snowstorm to allow safe use by pedestrians. This is particularly important along school pedestrian routes to prevent children from having to walk in the street. Owners must place snow from their sidewalks onto their front yard or other areas of their own property, and not into the street. This practice reduces the number of icy areas on streets and ensures proper drainage flow into the storm sewer once snow melts.

–<https://www.codot.gov/travel/snow-removal>

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March ad deadline is February 14th

Stay Active in Cold Weather

When winter blows in, you can pull the blankets over your head and go back to sleep – or you can suit up and head out for an outdoor winter adventure! There’s no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

TIPS AND BENEFITS TO KEEP IN MIND:

- There’s no heat and humidity to deal with. Winter’s chill might even make you feel awake and invigorated.
- You may be able to work out longer in cold weather, which means you can burn even more calories.
- It’s a great way to take in the sunlight (in small doses). Not only can light improve many people’s moods, it also helps you get some vitamin D.
- Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

TRY THESE OUTDOOR ACTIVITIES:

- Brisk walking or hiking
- Jogging or running
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing



STAY WARM, STAY SAFE:

Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) can steal your body heat. For example, according to the National Weather Service, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is magnified. That’s why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements.

Resist your instinct to start layering with cotton. Once cotton becomes wet with sweat or snow, the moisture is trapped and will make you feel colder and heavier. For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-performance sportswear. Next, add a layer of fleece; top it off with a thin waterproof layer.

TRY THESE INDOOR ACTIVITIES:

- Home workout circuit
- Dancing
- Active housework such as vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio or community center
- Stair climbing



–<https://www.heart.org/en/healthy-living>

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