

Village Voice

West Fork Village

Knowing our Community

Alex Burke is a West Fork Village resident who spends most of his free time trekking through the wilderness to capture vibrant images on film. Living in Greeley has given him easy access to Colorado's magnificent mountains but it has also allowed him to work with Colorado's less often photographed eastern plains.

Alex is 26 years old and has been quite interested in photography since he was 18, but things really took off about four years ago when he started using large format film equipment and getting up hours before sunrise to get to the perfect location on time. "It takes a lot of patience and usually about 10 minutes or more to take a photo," says Alex, "but the detail and vibrant colors of the large format film are more than worth it." Using film also gives him the ability to produce hand-made black and white prints at home.



Great Sand Dunes
National Park - August 2010

Photography has given Alex a chance to explore Colorado and other areas on the American West. "It really motivates me to get out there and adventure. I've seen so many places that I would never see if it weren't for photography." Alex takes any chance he can to spend a weekend hiking in the mountains, most recently backpacking for 4 days in the wilderness of Alaska. He can be seen hauling his camera through forests, across the alpine tundra and over sand dunes. Backpacking overnight has given him the opportunity to get to remote locations that aren't photographed as often as the more popular mountain destinations.

Alex mentions that the key to getting good landscape photos is being in the right place at the right time. "The sunrises in eastern Colorado are just fantastic and make it worth getting up at 2 am," adds Alex, "The light hits the mountains with a warm glow that you just don't quite get at sunset." Alex also says it is a good idea to try to plan your photo adventures with maps to see what time and direction light will hit the landscape so you can be in



Mount Ethel reflects the morning alpenglow in a quiet arm of Upper Slide Lake in the Mount Zirkel Wilderness. Algae in the still waters add an unusual color to the pool.
September 2010

the right spot at sunrise or sunset. He adds that midday is a good time to scout out locations as the light then is not usually productive for photography.

Alex also reminds us that even if we can't get to the mountains there is a lot of beautiful landscapes to photograph right here in Weld County. "Weld County is a unique place to photograph and I have a different mentality here than I do when in the mountains," he states, "I enjoy using the man made aspects of the landscape to my advantage and focus on the repeating lines of agriculture and other structures."

May, 2012
Volume 1, Issue 2

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To see more of Alex Burke's photographs, visit his website at

www.alexburkephoto.com

If you would like to contact Alex with any photography related questions you can email him at aburke21@gmail.com

Guest Suites... There's Always Room for One More!

Do you have out-of-town guest coming for a visit? Book a suite at just \$60 and \$75 a night.

Your visitors will enjoy full access to the Clubhouse facilities including the pool, sauna, fitness room and fireside lounge. Guests will enjoy a complimentary continental breakfast in the Guest Suite breakfast nook every morning of their stay (if booked and requested in advance).

Not only will your visitors love their luxurious accommodations, but you will avoid the headache of deep cleaning your home and navigating extra piles of luggage. Call (970) 378- 7502 to reserve your suite today.

Guest Suite A The Family Suite

\$75.00/night + tax
(Sleeps 4).

Two queen beds, jetted tub, computer desk, TV, large closet, continental breakfast if requested.

Guest Suite B The Honeymoon Suite

\$60.00/night + tax
(Sleeps 2).

One queen bed, jetted tub, TV, continental breakfast if requested.



May 2012

Knowing our Board

Hello all. I am excited to write to you in this second installment of our West Fork Village Voice. This Board term has been feverish with activity and I would like to share some of the improvements we have accomplished as a community. For starters, past Boards have been inundated with dog complaints. Some of the issues have been: dogs off leash, dogs not being picked up after, dogs barking at all hours, and even the occasional dog fight. At the start of this term we instituted a pet permission form to encourage greater owner responsibility and to conduct a census of how many dogs reside in West Fork. As a result all dog-related issues have been significantly reduced.

Next, the HOA is enjoying improved financial health. The Board does not foresee a need to raise HOA dues in the near future. Fewer owners have outstanding dues and amounts owed have been reduced. The Board reevaluated the rental rates of the garages and raised them to be more in line with prices at other facilities; this has increased our monthly revenue.

Some of you have shared your concern with the Board's decision to install a security camera in the clubhouse. We all have enjoyed the luxury of picking up our packages inside the clubhouse instead of having to drive to the post office. Unfortunately over the last few years a number of packages have gone missing. In order to protect your mail we installed a security camera.

Finally, a number of improvements have been made around the grounds. We have replaced faded signs. All baby gates have been taken down. And, all damaged curb areas will be replaced at our lawn service provider's expense.

I look forward to seeing everyone's balcony and patio décor as we transition into the beautiful Rocky Mountain summer (remember to consult Travis, the on-site manager if you have any questions as to how to appropriately hang or display your plants and decorations). This month's meeting we will be taking ideas for our first annual spring patio decoration contest. If you have any comments or questions, please contact Travis to arrange a meeting with the Board, or please come to any of the general meetings.

Adam Lowrance

Numbers of Importance!

Emergency Numbers

Police & Fire	911
North Colorado Medical Center	(970) 352-4121
Poison Control	1-800-332-3073
Greeley Police non emergency	(970) 350-9600
Colorado State Patrol	(303) 239-4501
Road Reports	1-877-315-7623
Electric Utilities Xcel Energy	1-800-895-4999
Gas Utilities Atmos Energy Atmos Emergency	1-888-442-1313 1-800-662-6185

Phone / DSL Internet / Satellite TV

Cardinal Broadband	1-800-338-6919 (303) 285-5357
Jon Bartlett	(303) 517-6309

Satellite TV

Direct TV	(303) 285-5357
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* Please contact *Cardinal Broadband* for DirectTV installation or service calls. Contact *DirectTV* directly for programming

Cable / HDTV

Comcast	(720) 490-0169
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West Fork Village Owners Association

5775 West 29th Street, # 1601
Greeley, CO 80634

On-Site Manager: Travis Ryan

Email: onsitemanager@westforkvillage.org
Office: (970) 378-7502
Emergency **ONLY**: (970) 405-9493
Website: www.westforkvillage.org

Newsletter Articles

If you would like to write an article for the "Village Voice" please write it up and put it in the check slot in the mail room or give it to the manager.

Spinal Health Tips

- Standing
- Lifting
- Sitting
- Reaching and Bending
- Carrying
- Healthy Diet and Exercise
- Sleeping

Wellness Tip

Spinal Health Tips

Taken from the American Chiropractic Association

Standing

- When standing, keep one foot slightly in front of the other, with your knees slightly bent. This position helps to take the pressure off your low back.
- Do not stand bent forward at the waist for prolonged periods of time. The muscles in your low back become reconditioned in this position, which may lead to pain.

Lifting

- At all times, avoid twisting while lifting. Twisting is one of the most dangerous movements for your spine, especially while lifting.
- If the item is too heavy to lift, pushing it is easier on your back than pulling it. Whenever possible, use your legs, not your back or upper body, to push the item.
- If you must lift a heavy item, get someone to help you.

Sitting

- Keep your knees slightly higher than your hips, with your head up and back straight.
- Avoid rolling your shoulders forward (slouching).
- Try to maintain the natural curve in your low back.

Reaching and Bending

- When reaching for something above shoulder level, stand on a stool. Straining to reach such objects may not only hurt your mid-back and neck, but it can also bring on shoulder problems.
- Do NOT bend over at the waist to pick up items from the floor or a table.

- Instead, kneel down on one knee, as close as possible to the item you are lifting, with the other foot flat on the floor and pick the item up.
- Or bend at the knees, keep the item close to your body, and lift with your legs, not your back.

Carrying

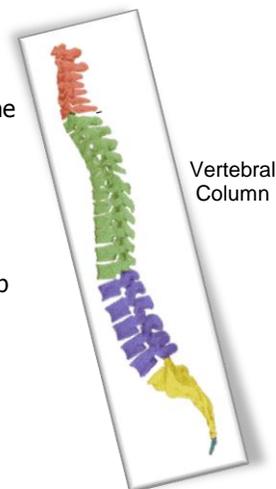
- When carrying objects, particularly if they are heavy, keep them as close to your body as possible.
- Carrying two small objects—one in each hand—is often easier to handle than one large one.

Healthy Diet and Exercise

- While the proverbial jury is still out, we suspect that extra weight puts undue strain on your spine. Keep within 10 lbs. of your ideal weight for a healthier back.
- "Beer belly" is likely the worst culprit, as it puts unwanted pressure on the muscles, ligaments and tendons in your low back.
- The most efficient and effective way to reduce weight is by eating a sensible diet and exercising regularly.
- Consult with your doctor before beginning any exercise program, particularly if you have a health condition.

Sleeping

- Sleeping on your back puts approximately 50 pounds of pressure on your spine. Other positions may be better.
- Placing a pillow under your knees while lying on your



back cuts the pressure on your spine roughly in half.

- Lying on your side with a pillow between your knees may also reduce the pressure on your back.
- Never sleep in a position that causes a portion of your spine to hurt. Most often, your body will tell you what position is best.

While following these instructions is no guarantee that you'll be free from back pain for your entire life, it can certainly reduce your risk of developing it.

These simple steps will help you keep your spine in good shape, making you a healthier, happier person.

Food for fun

Summer Shrimp Salad

Please, don't dismiss this salad because of the ingredients. Each item in this recipe comes together to make a delicious combination. I almost overlooked it until I saw all the raving reviews. Try it, if you like each individual ingredient, you will love them together! Enjoy!

Serves: 6
Hands-on Time: 20m
Total Time: 30m

- 1 pound frozen, fully cooked medium shrimp, thawed
- 1 medium red onion, thinly sliced
- 4 cups watermelon, roughly chopped
- 2 jalapenos, seeded and finely chopped
- 2 avocados, roughly chopped
- juice of 1 lime
- 1 teaspoon honey
- 3 tablespoons olive oil
- 3/4 teaspoon salt (recipe called for kosher salt, I used table salt)
- 1/4 teaspoon black pepper
- 1/2 cups fresh cilantro leaves, roughly chopped



Directions

1. In a large bowl, combine the shrimp, onion, watermelon, jalapenos and avocado.
2. In a small bowl, whisk together the lime juice, honey, oil, salt and pepper. Pour the vinaigrette over the salad; toss.
3. Sprinkle with the cilantro. Set aside for 10 minutes allow the flavors to meld (I have found this salad to better cold).

Tip

To easily dice an avocado, halve it and remove the pit. Then use the tip of your knife to score the flesh, making squares and scooping it out with a spoon.

Nutritional Information

Calories 333	Fat 18g	Cholesterol 0mg	Carbohydrate 30g	Sugar 11g
Calories from Fat 49%	Sat. Fat 3g	Sodium 559mg	Fiber 7g	Protein 16g



Our Community garage sale will be:

June 1st and 2nd

If you would like to participate please sign up, a sign-up sheet is located in the clubhouse mail room.

Games



Quality	Safe	Village
Attainable	Good	Association
Community	Comfort	Home
Pretty	West Fork	Luxury
Tranquility	Living	Life

Solution for the last Sudoku (Jan 2012)

6	8	5	7	4	2	1	9	3
7	9	4	1	5	3	2	6	8
1	2	3	8	6	9	4	7	5
5	1	9	2	8	6	3	4	7
4	6	8	3	1	7	9	5	2
2	3	7	5	9	4	8	1	6
9	4	2	6	7	8	5	3	1
8	7	1	4	3	5	6	2	9
3	5	6	9	2	1	7	8	4

Clubhouse Hot Tub Usage

A friendly reminder that the hot tubs are shared and that your actions affect other guests of the clubhouse.

Please remember the following when using the spas:

1. ALWAYS shower before and after using the hot tubs.
2. NEVER add additional chemicals or other agents to the hot tubs. Some visitors to the Clubhouse have added bubble bath solutions to the hot tubs. When this is done, the tubs must be drained, cleaned and refilled (a one to two day process) and becomes unusable to the other guests.
3. The hot tub temperatures are set at the recommended limits for usage.
4. Remember that the hot tubs receive a high volume of usage throughout the day and the condition of the water can change with over-usage. Never use a tub if the water appears to be murky or has a strange odor. Tubs should only be used when the appearance of the water is crystal clear.
5. Do not eat or drink while using the spas. Spills and debris can and will frustrate the chemical balance of the spas.
6. Never use a spa when the "Strong Chemicals in Use" sign is posted at the steps of a tub.
7. Use the spas a maximum of 30 minutes a day. Soaking in a tub for an extended amount of time can be very dangerous.
8. Always close tub cover when you are done.



We still need some of your email addresses. This is so we can easily communicate with you and keep you informed of any changes.

1. Put it into the HOA slot.
2. Give it to the manager.
3. Send an email with your information to

onsitemanager@westforkvillage.org



Thank you!!

The winner of the raffle for the gift card is **Cathy Bohannon**

The chemicals in the spas are checked daily, but due to the varied usage, the chemical balance can change in a short period of time. If you have concerns or witness any suspicious activity involving the hot tub, please contact management immediately.

Pool Rules



- **NO FOOD** in the **POOL, HOT TUBS**, or the **POOL AREA** if you would like to eat, please use the picnic areas.
- **NO DRINK** other than water in plastic containers is allowed.
- **SHOWER BEFORE AND AFTER** entering **POOL** or **HOT TUBS** (showers are located in the changing rooms)
- **NO RUNNING**
- **NO DIVING**
- **CHILDREN UNDER THE AGE OF 18 MUST** be supervised by an adult at all times.
- **PICK UP AFTER YOURSELF** – do not leave behind anything (e.g. trash or pool toys)
- **DO NOT USE POOL EQUIPMENT** for anything other than its intended use.

PLEASE HELP KEEP OUR POOL SAFE AND CLEAN!

www.westforkvillage.org

Greeley, CO 80634

5775 W. 29 St., # 1601

CONDOMINIUMS

VILLAGE



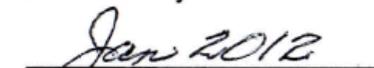
WEST FORK VILLAGE 2012 MEETING DATES

<u>DATE</u>	<u>TIME</u>	<u>PLACE</u>	<u>PURPOSE</u>
January 19, 2012	- 6:30 p.m.	- Clubhouse	- General
March 15, 2012	- 6:30 p.m.	- Clubhouse	- General
May 17, 2012	- 6:30 p.m.	- Clubhouse	- General
July 19, 2012	- 6:30 p.m.	- Clubhouse	- Annual
September 20, 2012	- 6:30 p.m.	- Clubhouse	- General
November 15, 2012	- 6:30 p.m.	- Clubhouse	- General

This will be your only notice of scheduled meetings for Year 2012.

Please Note: Election of Directors and acceptance of the Budget will be addressed on July 19th.


Secretary


Date