

Swear 'Em In, Vinny

A true story of dedication

by *Charlie Pocock, President, Board of Directors*
Tri-Lakes Monument Fire Protection District

The night of 26–27 June 2012 will long be remembered as one of the blackest periods in the history of Colorado Springs. The Waldo Canyon fire had been raging since the previous Saturday afternoon, the 23rd, and most of the urban interface subdivisions had been evacuated.

The fire was several miles away but an outflow boundary from a thunderstorm southwest of Castle Rock was bearing down on the fire. With all of its fury the fire was caught by the wind and rapidly crossed three canyons and finally came to Queen's Canyon which was the widest, but no match for the 65 mile an hour winds. The fire quickly jumped from one side of the canyon to the other, climbed rapidly up the canyon wall, crested the ridge and swept down the other side and right into the Mountain Shadows subdivision.

The Colorado Springs Fire Department had been watching the fire and now declared a general alarm recall and fought a valiant but losing fight all night long. They saved more homes than they lost, but nevertheless they lost 346 half-million to million dollar homes. It wasn't because



Waldo Canyon fire, seen from Tri-Lakes area on July 27, 2012

they didn't have the resources; over a hundred mutual-aid fire engines came from north of Denver to south of Pueblo. It was because of the extremely dry conditions, high temperatures and very high winds.

The events of the preceding afternoon, evening and night had been covered live by all local television stations and many viewers had stayed up all night watching in horror. The following morning the whole Front Range was in shock; if this could happen overnight to Colorado see **Fire**, page 5

Trinity Lutheran Awards Grant

“Our grant to the Tri-Lakes Health Advocacy Partnership reflects one of the many ways Trinity Lutheran Church feels called to support the needs of our local community. We take our mission statement seriously, ‘Touched by the Hand of God to Touch the Lives of Others.’” With those words Pastor Tyg Taylor informed Tri-Lakes HAP board president, Ted Rinebarger, that HAP had been selected to receive a \$1000 grant for its general fund.



Left to right: Barbara Gritzmaker and Ted Rinebarger accept the Reach grant from Dana Van Breemen and Laura

Representing the congregation in presenting the check to HAP were Dana Van Breemen, Church Business Manager, and Laura Williamson, Service Ministry Coordinator. Ted Rinebarger and HAP board member Barbara Gritzmaker accepted the check on behalf of the HAP board. Rinebarger expressed the gratitude of the entire HAP board and explained that the funds would provide much needed basic health services for those who are unable to afford it.

Senior Safety Services

Senior Safety Services is a unique program funded by the Pikes Peak Area on Aging. It provides seniors over 60, in the Tri-Lakes area, an opportunity to have a small home repair job accomplished by volunteers. Volunteers are ready to get that job done. For information, call Elsie Lynch at 488-2902.

When Seconds Count

Reverse 911 is a system to notify residents of critical events in their area. While residents are automatically notified by landline, you may also choose to be notified on your mobile device.

The Cell Phone Emergency Notification System allows the El-Paso Teller E-911 Authority to contact you directly in the event of an emergency in your area, wherever you are. The registration process is simple and free of charge.



For more information and to register to receive Reverse 911 notifications, visit www.Tri-LakesFire.com and click on the Reverse 911 link near the bottom of the page.

Celebration: New Date, New Theme

The Waldo Canyon wildfire forced cancellation of the annual Fourth of July activities. However, the Town of Monument and the Tri-Lakes Chamber of Commerce is pleased to announce that the celebration has been re-scheduled for Labor Day, Monday, September 3rd.

Specific details are still underway and this is sure to be a celebration you won't want to miss.

Start the day off with a Pancake Breakfast at St. Peter Catholic Church then watch a parade down Second Street honoring those first responders and emergency organizations that kept the Tri-Lakes area safe during the Waldo Canyon wildfire.

Street Fair plans include live music in Limbach Park, a beer/wine garden for adults, lots of activities for the young and young at heart, and of course many vendors with goodies and delicious food. Visit the Chamber of Commerce website, www.TriLakesChamber.com, and Facebook page for updates.



August Reasons To Celebrate!

- | | |
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| 1 is World Wide Web Day; US Air Force Day; Girlfriend's Day | 17 is National Thrift Store Day; Airmail Balloon Day; Hug Your Boss Day; Meaning of "Is" Day; Men's Grooming Day |
| 2 is Thursday; National Ice Cream Sandwich Day; Dinosaurs Day | 18 is Bad Poetry Day; Int'l Geocaching Day; Mail Order Catalog Day |
| 3 is Nat'l Watermelon Day; Air Traffic Controllers Day; | 19 is Black Cow Root Beer Float Day; World Youth Day; Potato Day |
| 4 is National Mustard Day; US Coast Guard Day; National Chocolate Chip Day; Single Working Women's Day | 20 is Cupcake Day; Lemonade Day; Pony Express Day |
| 5 is Sister's Day; National Underwear Day; National Kid's Day | 21 is <i>Senior Citizens Day</i> ; Poets Day; Oldsmobile Day |
| International Beer Day; Friendship Day; Service Dog Day | 22 is National Punctuation Day; National Tooth Fairy Day; Cadillac Day; Be An Angel Day |
| 6 is National Fresh Breath Day; Hiroshima Day | 23 is Eat A Peach Day (Georgia Day); Nat'l Gymnastics Day; Buttered Corn Day; Hug Your Sweetheart Day |
| 7 is Nat'l Night Out; Professional Speakers Day; Purple Heart Day | 24 is Single Parent Family Day; Strange Music Day; Shooting Star Day; National Waffle Day; Demote Pluto Day |
| 8 is Odie Day; Happiness Happens Day; Swim Day; Dollar Bill Day; Sneak A Zucchini On Your Neighbor's Porch Night | 25 is Kiss and Make-up Day; Nat'l Neighborhood Day |
| 9 is Smoky Bear's Birthday; Nat'l Rice Pudding Day; Dance A Polka Day; Book Lovers Day; Nat'l Hand Holding Day | 26 is Nat'l Dog Day; Woman's Equality Day; Nat'l Cherry Popsicle Day; Toilet Paper Day (don't be caught without it) |
| 10 is Smores Day; Spoil Your Dog Day; Nat'l Ragweed Day | 27 is Monday |
| 11 is Annual Medical Check-Up Day; National Garage Sale Day | 28 is National Bow Tie Day; Dream Day; Radio Commercials Day |
| 12 is Daughter's Day; Vinyl Record Day; Truck Driver Day | 29 is More Herb Less Salt Day; Mary Poppin Day |
| 13 is Trail Mix Day; Blame Someone Else Day; Eyeglasses Day | 30 is Frankenstein Day; National Toasted Marshmallow Day |
| 14 is Wiffle Ball Day; Nat'l Creamsicle Day | 31 is Eat Outside Day; Love Litigating Lawyers Day |
| 15 is Nat'l Failures Day; Best Friends Day; Angel Food Cake Day | |
| 16 is Nat'l Golf Day; No-hitter Day; International Tell A Joke Day | |



Tri-Lakes HAP-py Feet Foot Care Clinic

Second Wednesday of each month (by appointment only)
\$25 per appointment (limited financial assistance available from Tri-Lakes HAP for qualifying applicants)

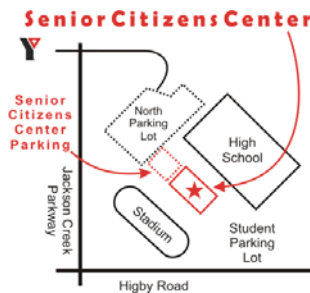
SERVICES INCLUDE:

- ✓ Thirty minutes with a registered nurse
- ✓ Callous and corn buffing
- ✓ Toenail clipping/trimming/filing
- ✓ Circulation check
- ✓ Monofilament test
- ✓ Skin condition check
- ✓ Pulse check in both feet
- ✓ Blood pressure check
- ✓ Foot care education

For appointments
call Bob or Debbie at
Visiting Nurse
Association,
Tuesday - Thursday
9 AM - 4 PM
719 577-4448

Foot Care Clinic is located in the Senior Citizens Center on Lewis-Palmer High School campus, across Jackson Creek Parkway from the YMCA.

Supported by Monument Hill Kiwanis



Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, August 17, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is The Sun Also Rises, by Ernest Hemingway.

Senior Synergy

Wednesdays, 10 AM

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

History Buffs

Wednesday, August 22, 1 PM

Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era.

Life Circles

First and third Mondays, 10 AM

This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

Socrates Café

Tuesdays, 1 – 3 PM

This adult group of about 15 – 30 participants discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

AARP Mature Safe Driving Program

Saturday, August 18, 1 – 5 PM


A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the four-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required.

Ice Cream Social – Save the Date!

Saturday, August 4, 2:30 – 4 PM

Enjoy the flavors and fun of days gone by with free Rock House ice cream and music, at the Palmer Lake Village Green! All seniors are welcome. Families interested in attending are encouraged to bring an older adult to this nostalgic peek at traditional Americana. Made possible by the Tri-Lakes Friends of the Library.





HAP Blood Pressure Clinic

Tuesday, August 21, 1:30 – 3
Monument Branch, Pikes Peak Library

A free blood pressure clinic for adults, operated by a nurse who will read and record your blood pressure.

MONUMENT ART HOP 2012

August 16 and September 20; Downtown Monument

Galleries, restaurants and boutiques of historic downtown Monument stay open until 8:00pm for a celebration featuring art openings, great food, live music and other special events. Visit www.MonumentArtHop.org for details.

BINGO!

Saturdays, 7-9 PM; Palmer Lake

American Legion Post 9-11 hosts *BINGO* at the Depot Restaurant in Palmer Lake.

For more information call 719 481-8668.

PALMER LAKE HISTORICAL SOCIETY

PRESENTS

Fifth Annual Return of the Rocky Mountain Chautauqua

Friday–Sunday, Aug 3–5
Palmer Lake

Palmer Lake Historical Society will again re-create the types of events and activities that might have been experienced by the early Chautauqua-goers. These include history and nature walks, an old-time church service, portrayals of historic figures, an old-fashioned square dance, an ice cream social, an 1800's vintage baseball game, and 1890's band music on the Village Green.

The Chautauqua movement spread across the Nation from 1874 to 1930 and was the first mass educational and cultural movement in the Nation's history. Educators, speakers, artists, and musicians brought educational, cultural, and recreational programs to ordinary people in the rural areas of the country. It was estimated that 45 million Americans attended a Chautauqua event. The Town of Palmer Lake was the home of the first Rocky Mountain Chautauqua Assembly in 1887 and continued holding Chautauqua activities until 1910.

The activities and events are free. For information visit www.palmerlakechautauqua.org or pick up a schedule at one of the local area businesses.

www.PalmerDivideHistory.org

Re-Creating A Fully Operational Forge at Prairie Canyon Ranch

Thursday, August 16, 7 PM
Palmer Lake Town Hall (28 Valley Crescent)

Hear Johnny Mulligan and Jerry Wlodarek relate the results of their efforts to re-create a fully operational forge at Prairie Canyon Ranch. The Ranch was homesteaded by Frederick Bartruff and his family in 1873, and has been used as a working cattle ranch ever since. The collection of buildings illustrates significant advances in agricultural and architectural technology from the 1870's to the 1930's.

Johnny and Jerry are Historical Restoration Specialists who work primarily on restoration of historic buildings on Douglas County Open Space. Instead of using modern techniques and materials, they favor using recovered and recycled materials from old buildings in their restoration efforts. The blacksmith forge at Prairie Canyon Ranch is such an example. Learn how they tracked down materials and the techniques they used to restore the building to house the forge and to assemble and fabricate the parts needed to re-create an operating forge similar to those used in the past.

This event is free and refreshments will be served after the presentation.

FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for Seniors (MCTS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.

- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport is provided for any need, including YMCA, Senior Meals, Senior Center, groceries, appointments, etc.
- **To schedule a ride:** Call 488-0076. Please schedule a week in advance
- **Fourth Tuesday of the Month:** Village Inn for breakfast, then Walmart. Call Clara (488-0076) to schedule a pick-up. Passenger pickup begins 9:30 AM at your home.

Volunteers Needed

Interested volunteer drivers: Call 488-0076 (mileage reimbursement provided).

Local Businesses Offering Senior Discounts

Rosie's Diner—10% discount
Chili's—10% discount
Village Inn—10% discount
Arby's—10% discount
Tri-Lakes Fitness Center
Carnival Cat & Canine Care—15% discount on cats
Bright Meadow Dog Grooming
Tri-Lakes Disposal
Christian Brothers Automotive

If you know of any local business that should be added or removed from this list please call HAP at 464-6873 or send an email to SeniorBeat@TriLakesSeniors.org.

Attention American Mah Jongg Players

Temple Beit Torah (522 E. Madison, Colorado Springs) is having a fundraiser Mah Jongg tournament on Sunday afternoon, Aug 19, 12:30–5 PM. Enjoy refreshments, a silent auction and door prizes. Cost is \$25 for members, \$30 for non-members. Registration deadline is August 12. For more information or to register, please contact Barbara at bjplatt@sbcglobal.net or 719-264-0061.

Fire *continued from page 1*

Springs, what about the other subdivisions and communities as well as those to the north in the coming days?

The Air Force Academy (AFA) was just three miles away. The AFA's Pine Valley and Douglas Valley residents had now been evacuated to Fort Carson and normal base operations had been canceled. The AFA fire chief put out a call for mutual aid to try and stop the fire before it got onto AFA property. The Donald Wescott Fire Department, the Tri-Lakes Monument Fire Department and the Palmer Lake Volunteer Fire Department were responding to his call. These were four entirely different kinds of fire departments that border on the Pike National Forest and they now formed a line between the fire and the northern El Paso county line: The AFA has a full time paid fire department funded by the U.S. Government, the Tri-Lakes Monument department is a full time paid department funded by local taxpayers, the Donald Wescott department is a full time, combination paid and volunteer department funded by local taxpayers, and Palmer Lake has a part-time all volunteer department.

The four fire departments had each put out a general recall for 6 AM and now their firefighters were assembling. To be sure they weren't all dressed alike, but they all had a similar look of determination to save their communities; after all they were all "firefighters" and this might be the most defining event of their lives.

For several of the Chiefs, and some of the other "old-hands," this wasn't their first rodeo. Many could recall the Hay Creek fire not many years ago, and some could recall the Hayman fire ten years ago, and a few could still recall the Barry fire on Mount Herman more than twenty years ago. Back then they had developed plans and they would do the same thing today. Their plans would include cutting fire breaks, mitigating the fire hazards around buildings, establishing fire patrols and watches and maintaining quick reaction forces to immediately jump on every smoke report; all starting at the AFA and moving north. With less than a hundred men and women and twenty miles to cover it wouldn't be much considering that there were a thousand firefighters working on the fire lines yesterday when all hell broke loose.

The Tri-Lakes Monument plan called for 17 of their 34 people to go home and be ready to come back tomorrow, or sooner, if needed. When their Chief made this announcement a huge cry of, "No, NO!!" went up. Some of the shouted comments were:

"I'm a Firefighter and I'm dedicated to saving our mountains and my community."

"I'm only one, but I am one and I will not quit."

"I can't do everything, but I can do something and I want to do all that I can."

"I am rested now and can work until dark; then I can rest and come back tomorrow."

"I want to remember the feel the heat of the fire on my face, not on my back."

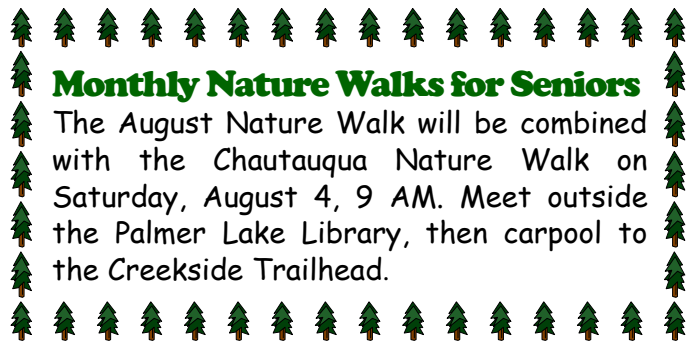
Their Chief explained that for paid firefighters this was an unfunded mutual aid effort to help the AFA and the department was already way over budget for the year.

The firefighters responded that they would volunteer and work without pay. Then their Chief told them that the U.S. Government's Fair Labor Standards Act prohibits you from volunteering for the same department you are being paid by. It seemed like they were at an impasse.

Then the same Chief said, "That doesn't mean you can't volunteer for another department. Would you like to become a sworn volunteer with the Donald Wescott Fire Department?"

The group grew silent for a moment or two to think about it, and then someone called out, "Yes!"

The Tri-Lakes Monument Chief then called over to Chief Vinny Burns of the Donald Wescott combination Fire Department and said, "Here are 17 new and fully qualified volunteers. Swear 'em in, Vinny!"



Monthly Nature Walks for Seniors

The August Nature Walk will be combined with the Chautauqua Nature Walk on Saturday, August 4, 9 AM. Meet outside the Palmer Lake Library, then carpool to the Creekside Trailhead.



**See
Beyond
The Food
Drive**

Wed, Aug. 15, 5:30-8 PM

Join Tri-Lakes Cares for their Open House. Tour the facility and learn about their programs and more activities planned. Some food and drink items will be provided, other beverages will be available for sale. For more information contact TLC at 719-481-4864 ext.112.

Lunches are not served on D-38 snow days, snow-delay days, and legal holidays.



August Lunch Menu



Mondays and Thursdays

Noon at 166 Second Street, Monument
 Tri-Lakes Monument Fire Protection District
 Administration Complex

\$2 voluntary donation suggested

Thursday, August 2– No seniors lunch served on the first Thursday of each month.

Monday, July 6 – Beef stroganoff, pasta, succotash, trail mix, bread, orange juice.

Thursday, Aug 9 – Swiss steak, mashed potatoes with gravy, peas, roll, tropical fruit, cookie. **Bingo follows lunch.**

Monday, Aug 13 – Chicken pot pie, lima beans, biscuit, yogurt, pear.

Thursday, Aug 16 – Roast pork, mashed potatoes with gravy, broccoli, roll, banana, cookie.

Monday, Aug 20 – Stuffed peppers, mashed potatoes, carrots, bread, plums.

Thursday, Aug 23 – **No meal served.**

Monday, Aug 27 – Swedish meatballs, brown rice, lima beans, bread, tropical fruit.

Thursday, Aug 30 – Baked chicken, mashed potatoes with gravy, creamed spinach, trail mix, roll, apple.

Skim milk is served with every meal.

The Monday and Thursday luncheons are provided by the good folks at Golden Circle Nutrition Program as part of the Colorado Springs Housing Program.

Meals are transported to Monument by volunteers of the Kiwanis Club of Monument Hill and are served by volunteers of various local groups and individuals.

Many thanks to all these fine folks!

The *Senior Beat* is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Subscriptions are available at no cost by sending a request by email to SeniorBeat@Comcast.net or SeniorBeat@TriLakesSeniors.org, or call HAP at 719 464-6873. The *Senior Beat* is also distributed in limited quantities to various local businesses. Paid advertisements are accepted for publication in the *Senior Beat*; please refer to the advertising guidelines and pricing available as a pdf file from www.TriLakesHAP.org, select Senior Programs, then Senior Beat Newsletter; or just call or send us an email requesting *Senior Beat* advertising information.

Wednesdays

Noon at 146 Jefferson Street, Monument
 School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

Aug 1 – Chicken Caesar salad, dinner rolls.
Free blood pressure screening.

Aug 8 – Italian sausage sandwich, potato salad, pickle.

Aug 15 – Tuna on a croissant, avocado, chips.
Free blood pressure screening.

Aug 22 – Baked lasagna, salad, dinner rolls.


Aug 29 – Lemon chicken over rice, salad.

Rolls and butter served with each meal except sandwiches. Dessert included.

Meals at Big Red are prepared by Pinecrest Catering of Palmer Lake. Nikki McDonald, Executive Chef. 481-3307



**WEDNESDAY LUNCHES ARE
 AN ACTIVITY OF
 TRI-LAKES
 HEALTH ADVOCACY PARTNERSHIP
 (HAP)**



855 Highway 105 • Palmer Lake • CO 80132
 719-487-7469

Weekly Seniors Bowling Mixer

Every Tuesday at Noon

(No Weekly Commitment—Come when you can!)

\$1.50/game, 1 to 3 games/person

Get our daily lunch special for \$4.50/person

The Center is closed all D-38 snow days, snow-delay days, and legal holidays.

Senior Citizens Center

Located in the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Parkway
Open Tuesday through Friday, 1 – 4 PM or earlier to accommodate a scheduled activity.

August Program Schedule

Please check our web site, www.TriLakesSeniors.org, for schedule updates.

Senior Center Open Tuesday through Friday

Tuesdays Noon-4 Pinochle hosted by Gerry

Tuesdays 1:15-2:15 Line Dancing hosted by Kay

3rd Tuesday 1-3 Ladies Tea August theme: Ice cream social.
 Please call Irene (484-0517) to sign up to bring a topping.

2nd Wednesday Foot Care Clinic by appointment only.

3rd Wednesday 1-3 Bingo hosted by Curt

Thursdays 1-4 Pinochle hosted by Gerry

Thursdays 1:15-2:15 Zumba hosted by Kay
 A fun workout with Latin and International music.

2nd & 4th Thursday 1-4 Bridge hosted by Joy

Fridays 1-4 National Mahjong hosted by Jo Ann

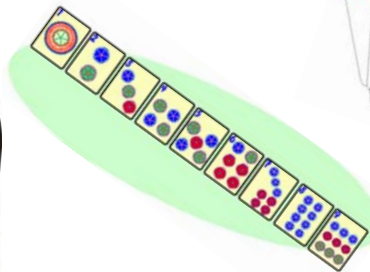
Fridays 1-4 Cribbage no host

**Senior Center
Phone Number**

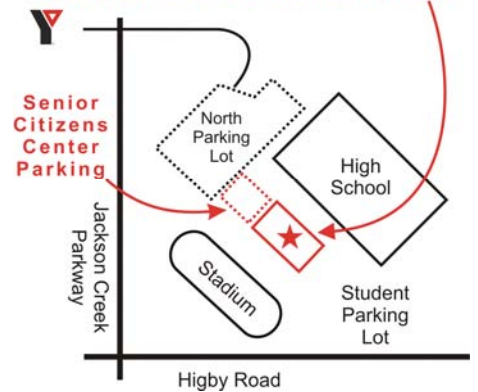
You can reach the Center at (719) 757-1423. However there is no paid staff at the Senior Center. Calls, when answered, are answered by volunteers; please be patient.

Also available

- ★ Cable programs on big screen TV
- ★ Board games
- ★ Lending library
- ★ PC w/Internet
- ★ Refreshments
- ★ Information table
- ★ Relax



Senior Citizens Center



Treadmill!
 The Senior Center has recently received a donated power treadmill. Stop by and check it out... after reading the operating instructions, of course.

IF YOU HAVE AN EVENT YOU WOULD LIKE TO SCHEDULE, EVEN IF OUTSIDE THE ADVERTISED OPERATING HOURS OF THE SENIOR CITIZENS CENTER, PLEASE CONTACT GERRY BY EMAIL (PAPADUFFY@MSN.COM) FOR SCHEDULING INFORMATION.

The Senior Center facility is made available to the community by the generosity of Lewis Palmer School District 38.



August 2012 **Senior Beat**
c/o Tri-Lakes Health Advocacy Partnership
P.O. Box 2931
Monument, CO 80132

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Senior Beat is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership (HAP).
To subscribe, call HAP at 464-6873 or send your name and mailing address by email to SeniorBeat@Comcast.net.



HAP
Thrift Store

790 D Hwy 105; Palmer Lake
Open Monday-Saturday, 10-4
Don't miss our big

National Thrift Store Day Sale
Friday-Saturday, Aug. 17-18 Only!
featuring

All Books Clearance Sale
Christmas in August Sale

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductible.
Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great group of folks who help the community. Call 488-3495 today!



All proceeds of the Thrift Store support HAP senior citizen programs.

Thrift Store

Don't miss the big two-day NATIONAL THRIFT STORE DAY SALE at the store. All books will be on never-before seen prices. A large selection of Christmas decorations will also be on sale. It's Friday and Saturday, August 17 and 18. Many items will be on display for the first time.

Every Wednesday is Senior Discount Day in the HAP Thrift Store. Everything in the store is 20% off to everyone 62 and older.

Frequent unadvertised specials.

Check out the selection of very fine wood furniture, including a wonderful platform bed set, dressers, and more!