

Cheesman Tower West

Newsletter – January 2019



January

- **Tuesday, January 1** – New Year's Day
- **Thursday, January 3** – Festival of Sleep Day
- **Monday, January 10** – House Plant Appreciation Day
- **Saturday, January 15** – National Hat Day
- **Monday, January 21** – Martin Luther King Day

10 Great New Year's Resolutions for 2019

1. Be Vegetarian Once a Day

Eat just one meal without meat and you'll get healthier.

2. Work Out for 7 Minutes Each Day

Science proves that a high-intensity seven-minute workout has great benefits.

3. Decelerate at the End of Each Day

The idea is to calm your senses, practice mindfulness, and set a routine for better sleep to reduce stress.

4. Make New Friends

Friends improve the quality of our life. Make an effort to know new people (in the building, for example.)

5. Wake Up Happy

Counting your blessings and being hopeful can make you a more positive person and change everything.

6. Waste Less

That includes both time and money. And don't worry so much.

7. Have an Annual Career Checkup

It's time to sit back and think about your relationship with your job – even if it's retirement. Do you enjoy it?

8. Create More Family Time

Get started by creating even a little more family time every day.

9. Learn a New Skill

Learning something new can shake things up a bit and make our lives less monotonous.

10. Conquer a Fear

Maybe 2019 is the year to overcome a fear. You'll be surprised at how your confidence soars.

Go, Snow!

CTW takes snow removal very seriously. You will often see Ray shoveling our sidewalks early in a snowy morning. If you encounter any slippery patches on our sidewalks or parking spaces, please notify the office and the area will be treated.

Home Repairs and Remodeling: When in doubt, fill it out....

Generally, simple home repairs and remodeling do not require prior approval from the Board. However, whenever major repairs and remodeling are being planned it is required that homeowners submit an Architectural Review form to the Board for review and approval.

Specifically, any interface with or changes to walls, heating, air, electrical and water systems will need drawings of proposed changes. The Board may then make requirements that assure the integrity of our common systems. Often the Board will require that plumbing and electrical work is performed by a licensed contractor, and that relevant permits are pulled. The Architectural Review form can be obtained from Bridget.

Even if the repairs/remodeling are cosmetic, such as painting, carpet/tile replacement, new fixtures and cabinets, etc., homeowners must meet with Bridget to notify her of the planned activity. Bridget will review our guidelines for contractors, which includes their methods of entry into the building, hours of service, use of elevators, and notifications to neighbors.

If you are not certain if your work requires approval, see Bridget and fill out the form. The Board wants you to be successful in the repair, remodeling, and maintenance of your unit, and may have ideas to help you achieve your plans. Please remember that all remodeling must comply with all of the Association's Declarations, Rules, Regulation, Policies and Procedures.

Reminders

The next **Board of Directors meeting** will be held Wednesday, January 16 at 6:00 pm in the Community Room. Attend to learn more about what's going on in the building.

If you have **suggestions for future newsletters**, please bring them to Bridget in the office. If you need to update your email address or want a printed version of the newsletter, see Bridget.

Office hours are Monday-Friday, 9:00 am to 6:00 pm. In case of an emergency after hours, a manager will be on call at Weststar and can be reached at 720-941-9200 ext. 1.

2019 Board of Directors

President – Bob Olsen

Vice-President – Barbara Whitcher

Secretary – Barbara Wagner

Treasurer – Barbara Creek

Members-at-Large --

Jean Reardon

Rob Simmons

