

WE ARE: SOUTH CREEK SEVEN

Find this newsletter and more on our website <https://sc7hoa.org/>

In a vast Milky Way Universe, In the Solar Planetary System, on the 3rd 'rock' from the sun, on the continent of North America, In the United States of America, in the proud state of Colorado, in the Republic of Boulder, South Boulder to be exact, there is a small group of small homes surrounded by park and open land, at the base of the sledding hill. 65 houses, but a small spec of homes, sitting snug in the valley, where at any time of day you hear kids laughing, neighbors chatting, dogs always barking, someone is crying, running, laughing, living.

Everyday heroic living.

Perhaps we were drawn here by the same mountain's siren call. Or maybe you have always been here and plan to stay. Regardless, fate has brought us here to this place and time. How lucky we are! We have taken some pretty significant hits over the last several years. Makes a person (me anyway) want to take stock, slow down, and enjoy the everyday. We live in such a crazy interesting place and I'd like to soak it up while I can. Every time I meet a neighbor I'm blown away. The stories, histories and travels of the peeps living in our little hamlet are endlessly interesting. In this newsletter we aim to highlight those stories, enhance community, share information, make connections and trade how tos.

We hope you enjoy reading and getting to know your SC7 neighbors a bit better!

In each newsletter we'll introduce a new neighbor or family. Make announcements, highlight SC7 businesses and Entrepreneurs, feature pet pictures etc. In this first news letter we will begin by introducing our ever devoted SC7 HOA.

-Susan Poersch, Editor



MERRY BULLOCK

Born in Springfield Ohio, but then I lived in 4 towns/cities and 9 houses by the time I graduated from high school. Despite thinking my goal was to settle in ONE place for the rest of my life, I went on to live in 4 countries in over 30 more houses (with 17 cars), working in psychology and related areas all the while. I retired a few years ago and became Secretary-General of the International Council of Psychologists and Co-chair of the Global Network of Psychologists for Human Rights. I design websites, cherish my friends, split my time between Colorado and Tallinn Estonia, and accompany Bruce, my other half, on skiing adventures.

Board President, Forms a team with other Board Members to address neighborhood concerns; Preside over board meetings; help draft policies and procedures; keep a general eye on what is happening in the neighborhood.

Why do I volunteer? Opportunity to contribute and opportunity to work with neighbors.

What do you love about living in SCI neighborhood? The ambiance, neighbors, trees, and a small house! And the amazing good fortune to have bought a house whose former owners did an awesome renovation and planted an easy care garden!!

How many years have you lived in this neighborhood? 3+ years!

Who lives at your house? Bruce, my husband and Turunga Leela our white cat. The birds outside in the ash tree and the squirrels on the deck will probably be annoyed that I didn't mention them as they certainly THINK this is their house.

What do you do with your time when not working on the HOA? Flunk retirement: involved with three international psychology organizations; newsletter editor for the Boulder University Women's Club (we award scholarships to returning students), aspiring accordion player, and grandma to two kids who live in Europe (as I do, a third of the time)!

What are your hobbies? Oh maybe accordion is a hobby ... design websites, thinking about gardening and read plays and plan to do lots of sports...

Tell us one thing about yourself that not very many people know. I speak Estonian. I danced rock and roll with Bill Clinton... and I love peanut butter and pickle sandwiches.

LOVE that this is the kind of neighborhood where we still really do borrow sugar, scissors or sandpaper!!





MIKE MCMILLEN

I moved into my current house in 1990 and live with my wife, Julia, and nine year old son, Hamish. We like living in south Boulder in part because the foothills are so close. The nearby sledding hill is the best in Boulder, and South Boulder is a great location hiking, running and biking. I am an avid runner, hiker and skier, as well as a trumpet player and percussionist. My volunteer position as Jr. Warden of St. Mary Magdalene Episcopal Church in Gunbarrel keeps me very busy overseeing renovation and construction projects at the church. It is a closely held secret that I am, on paper, an inactive attorney licensed to practice law in the state of Colorado.

Board Treasurer, The treasurer is responsible for handling all of the financial matters for the HOA, including paying bills, balancing our check book, being a signer on the HOA bank accounts and filing income tax returns (due on March 15!!). I pick up mail from our HOA post office box once or twice a week, send out invoices for assessments, and occasionally have to attempt to collect unpaid assessments. I originally joined the Board back in the early 1990's because I wanted protect my interests as a homeowner in this neighborhood. I have remained on the Board for such a long time because I value serving the community.

I would like to give a huge shout out to Ellen Hogan and Mary Dinger for all of the work they have done for our neighborhood ECO pass program, and to the rest of the HOA Board for hanging in there and helping our HOA to function.



KATHY KRAMER

fourth generation Boulderite, a rare breed so I have been told. I graduated from Boulder High School and the University of Colorado. I sang with the Modern Choir and the University of Colorado Jazz Band, Steve Christopher Band, and several rock bands that played at Tulagi's in the late 70's and early 80's. At eleven years old I played Ngana in the University of Colorado's production of South Pacific that played at Macky Auditorium and Red Rocks Theater.

The part of my father was played by Herff Applewhite known later as the leader of the infamous "Heaven's Gate" cult. I was Maria in West Side Story at the Nomad Theater as well as being in Annie Get Your Gun, Pajama Game, The Music Man and others. I published my first book in

1985 and since then have published 44 books in the historical romance genre--five of which have won the Romantic Times Award for best novel. My books have been translated into German, Hebrew, Portuguese, Dutch, Turkish, Chinese, and Romanian. I ran for City Council in 2007 which was an interesting experience. I have worked at the National Center for Atmospheric Research, Ball Aerospace, RealD, and the University of Colorado.

I have lived in Boulder for most of my life with the exception of living in Portland, Oregon when I was 8 years old, and Provo, Utah in 1975-1977. I am currently working on a musical stage play based on my book OUTRAGEOUS. I have four websites that include my pseudonyms: Kathryn Hockett and Katherine Vickery.

www.kathrynkramer.com kathrynkramer.net katherinevickery.com and kathrynhockett.com

Board Secretary, Maintain meeting minutes and official records, updates documents as required and ensure they are safely stored. I volunteered because I wanted to be involved in what was going on in my neighborhood.

What do you love about living in SCI neighborhood? The berm behind my house, the parks, my view of the Flatirons from my bedroom window and living room and the friendly people.

How many years have you lived in this neighborhood? 17 years.

What brought you to this neighborhood? I had lived at South Creek 3 Condos and wanted to stay in the vicinity.

Who lives at your house? My brother and my three Shih Tzu dogs - Sushi, Saki, and Kiro

What do you do with your time when not working on the HOA? I am also Secretary for the Vintage Panthers which is an alum organization of Boulder High School. We award two scholarships to graduating seniors.

What are your hobbies? I have designed the costumes for my collection of historical Barbie Dolls. I am a member of the Church of Jesus Christ of Latter Day Saints and volunteer for feed the needy and other programs associated with the church.

Tell us one thing about yourself that not very many people know. I posed for the cover of one of my books: LADY ROGUE. One of my covers was displayed on the Tonight Show, I wrote a letter to Playboy Magazine in response to their article on women's fiction. The letter and my picture were published in the magazine (and boy was I teased at work despite the fact that I had all my clothes on.)

Shout out to my neighbor's son has kindly shoveled my sidewalk many times this winter and last.





MASSIMO BUVOLI

Board Landscaping Coordinator. I oversee the maintenance of our common areas; the ones with plants and flowers close to the park or to the east of the HOA, the medians with the trees running along W Moorhead Circle, and two grass common areas - one connecting the HOA to the park, the other facing several houses in the middle of TPC. Starting last year, I have also decided to maintain Viele ditch. I coordinate with different contractors the maintenance of the irrigation system, mowing, cleaning and mulching the common areas, pruning of the trees, and of cul-de-sac snow removal. I have done volunteer work in our neighboring Tantra Park for a long time. Therefore, I decided to use the experience and knowledge accumulated over the years to improve our HOA landscaping.

What do you love about living in SCI neighborhood? Tantra Park, with the rich wild life, and the open space: our little Tibet.

What brought you to this neighborhood? We moved in our current house in 2001 after renting at Tantra Lake Apartments and at 1081 TPC. We loved the goldilocks location of the neighborhood.

Who lives at your house? Chicca my wife, and my two dogs, Bubu and Zuzu.

What do you do with your time when not working on the HOA? I work at CU and do research with my wife on heart genetic diseases. I like music, backpacking and good coffee.

Tell us one thing about yourself that not very many people know. In 2019 I finished second in the Indy 500.....

Shout out to my little furry friends that stop by the deck for a chat; I believe this social interaction increases my levels of the feel-good hormone oxytocin (see link below).

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-friend-who-keeps-you-young>



THOM SANDROCK

Board member at large. I just recently joined the board because I wanted to have an active voice in our wonderful community. We have been here since 2005 and love the area for its proximity to everything, sledding hill, CU open space, dog mecca and the community.

We like to call our tiny little big house, the starter home that never stopped. Our house is comprised of me, my wife Ellie, sons Nathan and Andrew, and our newest addition on Saturday 3/12, Quinlan (see picture - Bernadoodle). We are always doing something every weekend and mostly enjoy socializing and being active. My main activities include: "dad life", music, real estate, football and exercise. I love living in Boulder because of our climate and because it is the perfect size. I have two businesses that keep me busy:

after I graduated from UCD with a degree in music performance. It's been a pleasure teaching many of our neighbors, as well as the many talented students and working professionals that bless our areas. I have played in bands around our area for the last 20 years and have had the pleasure of playing many of the venues and festivals in the area.

Four years ago, we started Sandrock Real Estate and has been a dream come true. It seemed like a logical progression for me since I grew up flipping houses with my architect father and worked many construction jobs through college. The Boulder market is one of the hottest and most competitive markets in the country, so it has been fun and challenging to help our clients navigate the climate.

I would love to give Michael Copeland a shout out for helping save our basement in 2013 floods. He had a sump pump and helped us dig a pump out to the street that saved our basement. We recently added a mitigation system to our house as a result and hope we never have to find out if it works in that big of a flood. Thanks Mike!



NEIGHBORLY TIPS & NOTES

SC7 INTERNET SPEEDS

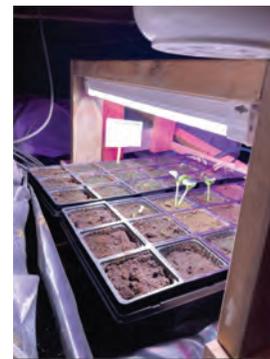
Many of us experience slow internet speeds despite paying for "super speed" packages. Julia McMillen (our treasurer's better half) recently solved this problem by contacting Comcast and jumping through many hoops before finally speaking to a live agent. She was able to schedule a tech to come out to the house. He ran a number of diagnostic tests and determined that the modem was working and that she had correctly wired the cable inside the house. Then he disconnected the buried cable that runs from the house to Comcast's green junction box in the common area behind her house, and replaced it with new orange cable which will need to be buried. "For now, our Internet is working much better than it was before." says Julia.

Bottom line, the cables going from our homes to the cable boxes are probably original and very old. They most likely need to be replaced to increase your Internet speed.

GROW LIGHTS

In our small homes it's hard to find space for grow lights to start seedlings. Our neighbor Mike Copeland has solved this problem by creating space in his crawlspace! See pictures below. He put down some heated pads, a pan, and starter trays. He then added the grow lights and a camera (like a nest) for 24hr surveillance. In past seasons he used small starter trays and planted the starts too small and too soon. This year he went with larger starter trays so the plants can become bigger with stronger roots before planting after the last frost.

Mike says he'll keep us posted on how it goes.



LOCAL WILDLIFE

I was talking to Massimo Buvoli, our landscape coordinator and local wildlife lover. He has observed three very large coyotes coming over from the open space to Tantra Park every night in the winter which meant fewer raccoons, rats and small wildlife. Massimo also sighted a very large bold Bobcat roaming around the neighborhood and perched in trees in Tantra Park this winter. Moving into the Spring, the coyote haven't been seen for awhile but the fox, raccoons and....Yikes rats are back! A reminder to keep your dogs on leash in the evenings, and your cats indoors.

Share your tips

Please email your tips and improvement projects to spfdesign@comcast.net



WHAT DOES THE FOX SAY?

Perhaps you've seen the fox on the sledding hill. I know my dog is ever on the lookout for it. I got curious to learn more.....



Red Fox At A Glance.

Courtesy Colorado Parks and Wildlife, <https://cpw.state.co.us/fox>
The red fox is a member of the canid family, which also includes wolves, coyotes, and domestic dogs. They have a very keen sense of smell, excellent hearing, and good vision. Red fox can run at speeds of 30 miles per hour and are good swimmers.

In captivity, red fox live roughly 12 years; however, three to four years is the average life expectancy for wild foxes. Adult red fox have very few natural enemies. Predators include coyotes, eagles, great-horned owls, bobcats, and mountain lions. Hunting, motor vehicle fatalities, and diseases such as rabies, mange, and canine distemper also contribute to their mortality.

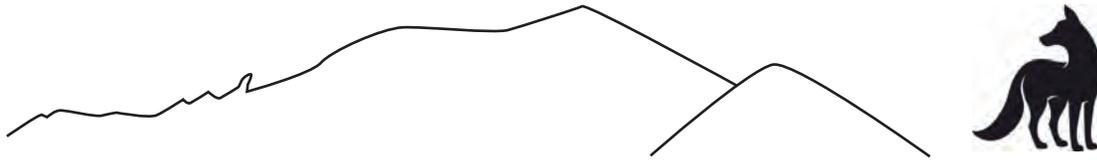
Red fox are beautiful animals and can make for an enjoyable watchable wildlife experience. Despite the name, red fox are not always red. There are genetic variations resulting in four recognized color phases: red, cross, silver and black. The red color phase is the most commonly observed in wild red fox, with all other phases being fairly rare. In all color phases, red fox have a characteristic white-tipped tail. Sightings are the most obvious way to know that fox are in the area, but the presence of scat, tracks, and hair are also good clues. Red fox have chevron-shaped heel pads that distinguish them from other canids. Unlike most other canine species, red fox grow large amounts of fur between their toes. Occasionally their feet are covered with so much fur that individual toe pads in tracks can be completely obscured! Red fox have a musk gland located near the base of their tail. This gland contributes to their strong musty urine odor, which can sometimes be detected in areas where fox activity is high.

Red fox are very vocal, especially during the breeding season. The most commonly misinterpreted sounds produced by red fox are screeching yowls that are often reported as a domestic cat fight or a mountain lion screaming. Barking and yipping are also common, especially if pups are present. Although red fox do howl, the sound is quite different from coyote and wolf howling.

Red fox can be found in most habitats in Colorado. They are common in open woodlands, pasture lands, riparian areas, and agricultural lands. Red fox can also be successful urban dwellers and often do well on the margins of urbanized areas. A typical home range for a red fox is five to ten square miles depending on food availability. Males tend to travel farther than females, but juveniles dispersing from their parents will often travel the farthest. Adult red fox will typically stay within a mile of their den while they are raising pups.

Red fox may be active any time, day or night, but are most active at dawn and dusk. Red fox are opportunistic omnivores and are skilled predators and scavengers. They will kill and eat: ground nesting birds and their eggs, small mammals, insects, amphibians, fish, crawdads, earthworms, fruits, berries and nuts, carrion and garbage.

Sexual maturity is reached at approximately 10 months of age, and both males and females will breed as juveniles. In Colorado, most mating occurs in mid to late winter with most young born in early spring after a gestation period of 53 days. Red fox often have a number of den sites available for their use throughout the breeding and rearing seasons; however, a primary den, called a natal den, is typically established in late winter. Natal den sites may be used year after year. Although red fox will excavate their own dens, they seem to prefer using dens that were constructed by other animals. Depressions under buildings are also favored den sites. Throughout most of the year, red fox are observed in pairs or in family groups. While it is believed red fox mate for life, pairs may separate for a few months, rejoining during the breeding season.



Red Fox At a Glance continued.....

Red fox have a single annual litter. Litter size may vary, with litters in excess of 15 young documented. Most litters average 4 to 5 pups, also known as kits. Pups weigh about three or four ounces at birth. They are born blind and helpless, but mature quickly. By the time they are 9 days old, their eyes are completely open. Weaning begins when the pups are 4 to 5 weeks old. Pups will stay within the den for the first month of their lives. Red fox may move their pups once or more throughout the early months of life, particularly if the existing den is disturbed. Once the pups reach 4 to 5 weeks of age, they will start emerging from the den, often playing near the den entrance.

When the pups are approximately 8 to 12 weeks old, they begin to accompany the adults on hunting forays. By time the pups are 16-20 weeks old, they start fending for themselves. Typically pups will remain relatively close to the den for the first several weeks of independence, with most juveniles dispersing in the fall.

What To Do If You Live in Red Fox Country

People and wildlife can coexist. Most dangerous encounters occur because people fail to leave wildlife alone.

Red fox are not pets, and they should not be approached, fed, harassed, captured, or domesticated.

Pets: Red fox will occasionally prey on small pets. Don't allow your pets to roam. Make sure your yard is properly fenced, and when possible, keep your pets indoors. Avoid feeding your pets outdoors and keep your pets on leashes when walking them.

Noise deterrents: Red fox can be scared off with loud noises, including shouting or banging pots and pans. However, foxes that are habituated to living in an urban environment can adapt to human-related noises.

Do not feed fox. Feeding wildlife may be well intended, but it is harmful to the animal and can be dangerous for humans. In many parts of Colorado the intentional feeding of red fox is also illegal and should be reported.

Diseases
If a red fox acts aggressively, it may be an indication that it is sick or injured. Red fox can carry a number of diseases; however, healthy foxes pose virtually no human health risk. The best way to prevent exposure to any wildlife diseases is to avoid approaching and handling wild animals. Pets should also be kept away from wildlife and should be vaccinated against rabies. Any red fox that appears to be sick or that is acting strangely or aggressively should be reported to the nearest Division of Wildlife office and the local animal control agency.

Rabies
Rabies is a virus that attacks the central nervous system of mammals. The virus is shed in the saliva of an infected animal and is transmitted mainly through bites. Red fox with rabies may lose their natural wariness of people and become extremely aggressive, display lack of muscle coordination, and/or show signs of paralysis. Although rabies has been detected in Colorado, cases are relatively rare.

Mange
Sarcoptic mange is an infestation of the skin by mites, which causes hair loss and severe irritation of the skin. Serious cases can cause blindness, hearing loss, difficulty eating, and sometimes even death to the fox. Mange is found in Colorado.

For more information contact:
Colorado Parks and Wildlife
6060 Broadway
Denver, CO 80216
303-297-1192 (Mon-Fri 8 a.m. - 5 p.m. MST, except state holidays)

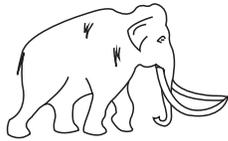


NAME THAT FOX!

Yo kids, What would you name the SC7 fox? Send up to 3 name suggestions per entry and you could WIN! That's right! ...You'll be able to say you! named the SC7 fox. Just send your names to me at spfdesign@comcast.net and our jury of professional fox namers will choose a name and credit you in the next news letter. We know you all are the best animal namers ever...So please submit your suggestions and WIN!

Fossils and Extinct Animals Wordsearch

- SAUROPOD
- MAMMOTH
- TRILOBITE
- ARCHAEOPTERYX
- MOSASAUR



- QUAGGA
- AUROCH
- CAMELOPS
- NAUULOID
- CRINOID

T Y W S O H R B E N M A
 L C D V A U R O C H A R
 Z H S X K U L G P D M C
 A U E R F J R M I L M H
 B N Q I W D C O N M O A
 U S K T V M L S P U T E
 C R I N O I D A K O H O
 Y G R A T B N S L W D P
 I E Q U A G G A P V C T
 K U A R X Q S U N M U E
 X N T S L B D R P Y A R
 M A M C A M E L O P S Y
 T R I L O B I T E W Y X

PET OF THE MONTH



TUCKER BAKER-ROSENTHAL

Hi I'm Tucker. I'm 2 1/2 year old and joined the Baker-Rosenthal Family (Lila, Andy, and Fairview High junior, Della) at 1007 Tantra Park Circle during the early pandemic. Some of my favorite pass-times include lounging around the house, chasing a ball in the park, and horsing around with other dogs who love a good time like me. I'm a golden doodle rescue and I do apologize for when my behavior is less than awesome. I'm just very excitable and also have some trauma.

I feel really lucky to have you all as neighbors.

MOM! MOM! I JUST SAW THE FIRST ROBIN OF SPRING! CALL THE NEWSPAPER QUICK!

HA HA! A FRONT PAGE WRITE-UP! A COMMEMORATIVE PLAQUE! A CIVIC CEREMONY! ALL FOR ME! HOORAY! HOORAY!

OH BOY! SHOULD I PUT THE PRIZE MONEY IN A TRUST FUND, OR BLOW IT ALL AT ONCE? HA HA! I CAN'T BELIEVE I DID IT!

IT'S A HARD, BITTER, CRUEL WORLD TO HAVE TO GROW UP IN, HOBBS.



SUPER GOOD

LEMON-GARLIC KALE SALAD

I've prepared this salad quite a bit and it's always a hit. I often get asked for the recipe.
 Courtesy NYTimes Cooking

INGREDIENTS

2 cups sliced almonds
 1/3 cup freshly squeezed lemon juice (from 2 to 4 lemons)
 Kosher salt
 1 ½ cups extra-virgin olive oil
 4 cloves garlic, crushed with the flat side of a knife, peeled and left whole
 10 to 12 ounces washed and dried kale leaves, thick stems removed (weight after trimming)
 1 ½ cups freshly grated Parmesan (optional)



PREPARATION:

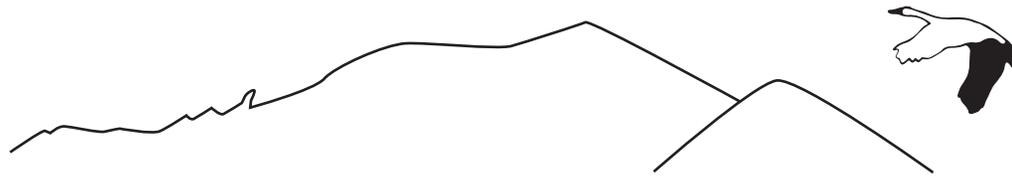
In a toaster oven or skillet, toast almonds until golden brown and fragrant. Set aside to cool.

In a bowl, combine lemon juice and 1 heaping teaspoon salt. Slowly whisk in olive oil. Add garlic cloves and set aside to steep.

Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and use the other hand to slice into 1/4-inch-thick pieces. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw. (Recipe can be made up to this point 1 day ahead. Keep kale and dressing refrigerated separately.)

Place chopped kale in a very large bowl. Sprinkle surface with almonds and then with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss. Taste for dressing and salt and add more as needed, tossing to coat thoroughly. Serve within 1 hour

Susan: The Recipe says the Parmesan is optional but I find, although the dressing is delish, the cheese makes it exceptionally yummy.



NOTE FROM THE EDITOR

SUSAN POERSCH (In Jackson WY)

Originally from upstate NY, I grew up in a large Irish Catholic family and spent summers on lakes in the Adirondacks and Block Island, a small Island in the Long Island Sound. As a creative called to the outdoors, it's no surprise that I found my calling in apparel design for the outdoor industry. My career allowed me a lot of travel living in France for a year, snowboarding all over the world on photo shoots with pro riders and spending A LOT of time building product in Asia. Almost 16 years ago I had twin girls who are the hearts of my heart. I'm still designing for many outdoor companies and starting my own line of apparel. Stay tuned...

Board Vice President, I recently joined the HOA Board. I thought this would be the best job because, apparently the VP typically does....NOTHING. Perfect! But then the board decided we wanted to create more community through a newsletter. Think they looked at me because well... I wasn't doing anything. So yeah...here I am. It's actually still the perfect job for me as I'm inherently curious. I love hearing people's stories, I love discussing ideas, I love being in the know. Paradoxically, I'm an introvert and spend much of my time alone designing stuff. I truly love people, ideas and want to make a positive impact right here in my back yard. I love to write but am certainly not a writer so please be patient, as I grow into this. My biggest flaw, I can't spell. Truly, never could. Thank God and the tech gods for spell check! Finley is our dog. He's a brown rescue whom we got as a puppy. "Yes, he's a good boy! Aren't you Finley." He's the man of our house and keeps us active (that boy can run!) and safe. He loves to play and say hello to other dogs. If you have a dog, I'm sure we'll meet in the park and open space if we haven't already!

I'd like to give a big shout out to my neighbors. Dave Colwyn for being the magical shoveler of our front walk. Chelsea Colwyn for her help with Covid testing and furniture delivery. Liz and John Pailella for their every friendly kindness and cul-de-sac shoveling. That 2 person shovel is impressive! Beth Overstreet for her patience with the dog poo. ;-) **THANKYOU!!**

MAKE A DIFFERENCE RIGHT HERE, RIGHT NOW.

Email me at spfdesign@comcast.net

HOA

Contrary to popular belief not all HOAs suck. We are open, curious and learning. Please come help make our community a better place.

We have 4 meetings a year and are very inclusive.

The next meeting is **August 21st 2022 at 6pm on zoom.**

Please join us and get involved!

BOARD OF DIRECTORS

- Merry Bullock, President
- Susan Poersch, Vice President
- Mike McMillen, Treasurer
- Kathy Hockett-Kramer, Secretary
- Massimo Buvoli, Landscaping Coordinator
- Jeremy Reynolds, Member at Large
- Thom Sandrock, Member at Large

NEWSLETTER

Please let me know if you would like to write a column or article or have any ideas for content and/or neighborly tips. Do you know anyone in SC7 you think would be great to highlight? Please email any ideas and submits to spfdesign@comcast.net

SPEAKER SERIES

I'd like to start a speaker series. Do you have a topic you would like to speak on, a cause you would like to promote? How about leading us for a night of meditation? Or teaching us something new? Contact me!

****I'm looking for a professional gardener to walk around our yards with us and answer questions and talk about plants etc. If you know anyone interested please let me know! That email again is: spfdesign@comcast.net



EXPAND YOUR NETWORK

NEED A HAND? ASK A NEIGHBOR!

Email me your service or business and we'll list it here. spfdesign@comcast.net
see below real life example :)

See below real life examples:

Real Estate:

Sandrock Real Estate; Thom Sandrock thom@sandrockrealestate.com

Learn an instrument:

Guitar Boulder; Thom Sandrock <http://www.guitarboulder.com>

WHAT ARE YOU LISTENING TO, COOKING, READING OR EATING?
GIVE US YOUR RECOMMENDATIONS.

email: spfdesign@comcast.net

WHAT'S THOM LISTENING TO NOW?

1. Shubh Saran - Eudaimonia
https://www.youtube.com/watch?v=jDpPls_8ygg
2. The Aristocrats - Get It Like That
<https://www.youtube.com/watch?v=GVLwqflKUfY>
3. Snarky Puppy-Lingus
https://www.youtube.com/watch?v=L_XJ_s5lsQc
4. John Scofield - Chank
<https://www.youtube.com/watch?v=szE5MltNnUU>
5. Soul Live - One In Seven
<https://www.youtube.com/watch?v=zS1l0qd5obY>
6. Radiohead - Weird Fishes
<https://www.youtube.com/watch?v=TNRCvG9YtYI>
7. Grateful Dead - Help on the Way / Slipknot!
<https://www.youtube.com/watch?v=crHvWsFVeD4>

Happy Spring! See you for Vol. 2 this summer.

Yopp!