

## Awake the Lake 0.5K, Oct. 15



**Above:** About 900 humans and 60 dogs signed up for the ninth annual 0.5K “Race” at Palmer Lake on Oct. 15. As usual, donuts for humans and tennis balls and treats for dogs were provided at the halfway point and a beer or soft drink could be had after crossing the finish line. Prizes were awarded for the best costumes. Money raised at the event by Awake the Lake helps pay for park beautification, landscaping, fireworks on the Fourth of July, holiday lighting, and helping keep water in the lake. *Photo by Steve Pate.*

## Burns receives award, Oct. 17



**Above:** St. Peter Catholic School Office Administrator and Director Carol Burns received the Hometown Hero award on Oct. 17. Burns received the award in recognition of her accomplishments and contributions to the St. Peter and Monument communities. The award was presented by Modern Woodmen of America representative Luke Rawlings. From left are Superintendent of Catholic Education for the diocese of Colorado Springs Sheila Whalen, Rawlings, Burns, and school Principal Debbie Brook. *Photo courtesy of Robin Sheehan.*

## Business Expo, Oct. 18



**Above:** The 2023 Community and Business Expo sponsored by the Tri-Lakes Chamber of Commerce and the YMCA was held Oct. 18 at the YMCA with nearly 45 businesses showcased. The free event drew more than 300 attendees. Businesses included services, products, and local nonprofits. For more information for events presented by the Tri-Lakes Chamber of Commerce, visit [www.trilakeschamber.com](http://www.trilakeschamber.com). *Photo by Marlene Brown.*

## TLWC get CPR training, Oct. 18



**Above:** Nearly two dozen members of Tri-Lakes Women’s Club (TLWC) took CPR training on Oct. 18. The training held at Monument Fire Department (MFD) Station 1 gave the women a chance to experience CPR but was not for certification. Trainers came from University of Colorado Health’s RN Cardiac Care Coordinators as well as EMS technicians and firefighters from the Monument Fire District. In the photo, Lt. John Bodinsky instructs TLWC member Gail Wittman on how to use a device connected to the CPR dummy that gives feedback on the correct speed and depth to treat a victim. *Photo by Sue Leggiero.*

## Black Forest Trails Association board



**Above:** The Black Forest Trails Association (BRTA) held its annual membership meeting Oct. 16 at the Black Forest Community Center. Members voted for their new board. Pictured from left, standing, are Cimarron Hatch (secretary), Gordon Limb (board), Karen Popham (board), John Wallace (president), and Gary Sherwood (board). Seated from left are Cheryl Pixley (vice president) and Nancy Reinhardt (board). Board members not present are Alex Nguyen (treasurer) and Jack Yonce (board). BFTA is a nonprofit organization that works with El Paso County to connect Black Forest neighborhoods with the county Trail System for non-motorized use. BFTA’s next meeting will be Nov. 6 at 6:30 p.m. at Black Forest Community Hall. For more information, go to [www.blackforesttrails.org](http://www.blackforesttrails.org). *Caption by Marlene Brown. Photo by Judith von Ahlefeldt.*

## 100+ Women Who Care, Oct. 18



**Above:** On Oct. 18, 100+ Women Who Care of Tri-Lakes gathered at the Woodmoor Barn to hear from three nominees for its bi-annual grant. The nominees include Tri-Lakes Cares, a community resource center; Trinity Community Park, an accessible park; and Hilltop Ranch, a residential community for adults with disabilities. Hilltop Ranch, in Palmer Lake, provides a living community for adults with disabilities as well as weekend respite care. More information can be found at [www.hilltopranch.org](http://www.hilltopranch.org). Monument Warriors provided refreshments and talked about supporting their Special Olympics athletes with the grant they received in April. Cathy Wilcox, pictured, addressed the members of 100+ Women Who Care Tri-Lakes, who each contribute \$100 two times a year to local Tri-Lakes nonprofits. For information, contact <https://www.100womenwhocaretrilakes.com/join-us/>. Find more information about Tri-Lakes Cares at [www.tri-lakescares.org](http://www.tri-lakescares.org); and Trinity Community Park at [www.trinitymonument.org/trinity-community-park](http://www.trinitymonument.org/trinity-community-park). *Photo by Jackie Burhans.*

## Holz Hausen in Palmer Lake



**Above and below:** All Pat Duffy wanted to find was a faster method of drying firewood for his wood stove. He ended up with a work of art. Duffy’s research turned up the German method of stacking wood called Holz Hausen. The wood is stacked in a circular shape that supports itself on the outside, allowing him to fill the inside with more wood. This speeds the drying process. He got the wood by cutting down nearly 40 pine trees, each as high as 65 feet, in Douglas County. Building his Holz Hausen was a learning curve. The first one fell down. But he got the hang of it, and now he has four stacks in his yard in Palmer Lake. The largest stack is 9 feet tall and 10 feet wide and contains 6.5 cords of wood. Functional and, he says, “It looks really cool.” *Photos by Michael Weinfeld.*

