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AGENT
Professional that is legally
licensed to buy and sell
property for their clients.



CONTINGENCY
A condition that must be met in
order for a real estate contract
to be finalized.



DOWN PAYMENT
The amount of money that a
buyer must pay upfront as part
of a real estate transaction.



ICE DAM
Ice dam formation at the roof edge
caused by the thawing and re-freezing of
snow on the overhang.



JOINT TENANCY
A legal term for when two or
more people own equal shares of
the same piece of property.



LISTING PRICE
A list price is the price of a
home for sale set by the seller
and listing agent.



WALK-THROUGH
The final inspection of a home
by a buyer before finalizing a
deal to purchase the home.



YIELD
The interest or return earned by
an investor stated as a percentage
of the amount invested.



ZONING
Designated areas to enforce
architectural design regulations
within the specific area.

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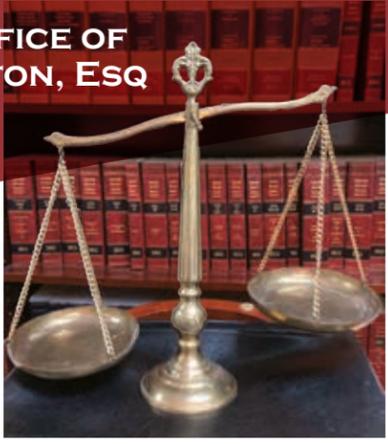
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280 MAIN STREET, SUITE C-102
EDWARDS, CO 81632
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INSIDE
Singletree

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NOTE: When community events take place, photographers may be present to take photos for that event, and they may be used in the publication.



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PUBLISHER'S NOTE

HELLO, SINGLETREE RESIDENTS!

As fall approaches, I am happy to present the September issue of your neighborhood magazine! It seems like summer has flown by quickly...

This month, we invite you to savor the journey of an extraordinary woman, Paullette MacDougal, who traveled the country to follow the career of her husband, Frank. But Paullette's personal path started at the age of three as a young gifted singer who went on to be an accomplished author, composer, opera singer, filmmaker, professor, and playwright, to name a few roles. Here, we delve into her world as she intertwines her artistic passions with a special place in her heart for women in wartime.

Indulge your wanderlust with an adventure through Italy with the Bosco family! In 2 1/2 weeks, Alisha, Giuseppe and Gaia made a dozen stops, including Modena, Sicily, Tuscany, and Pinot Grigio country. They enjoyed a fast-paced trip that included plenty of food, wine, and sites wine and checked all the boxes with time for business (a write-off!), family, and vacation.

Amidst the richness of our community, we also encounter stories that touch the heart. MaryLamb Lucas bravely shares a synopsis of her deeply personal memoir, *My Life with Trip*, recounting her journey following the loss of her beloved son

to suicide. Her poignant words shed light on the almost nine years she has spent with lots of grief and writing that have led her to become the stronger person she is today.

September is, in fact, National Suicide Prevention Month, and Deb Robbins and the team at SpeakUp Reach Out are proud to announce the screening of a powerful documentary addressing the pressing issue of teen suicide: *My Sister Liv*. This initiative aims to foster understanding, create a safe environment for our young residents, and nurture open conversations around mental health.

We hope this issue touches your heart and brings a smile to your face. Check out our events this month and join us to *Make It a September to Remember!*

With regards,



Holly Proctor

Area Director

303-859-3369

holly.proctor@n2co.com

YOU ARE INVITED PAWS IN THE PARK

WEDNESDAY, SEPTEMBER 6, 2023

4:30 p.m. - 6:30 p.m.

CHIP RAMSAY PARK - SINGLETREE

You and your beloved furry friend are invited to a fun-filled and family-friendly event to celebrate our four-legged companions. Join us to meet our pet-friendly *Stroll Singletree* sponsors:

- Golden Tails Dog Walking
- Mountain K-9
- Waggin' Tails Dog Obedience
- Vail Valley Vet



Highlights will include dog-friendly activities and games, pet portraits, raffles and giveaways, and food and refreshments for all.

RSVP BY SUNDAY, SEPTEMBER 3, 2023 TO
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OR 303-859-3369

YOU ARE INVITED LADIES' NIGHT OUT!

Let's celebrate! The kids are back in school and fall is coming!

THURSDAY, SEPTEMBER 14, 2023
GRACIOUSLY HOSTED BY
JOANIE SCHOENING AND STACY KNOX
120 HACKAMORE ROAD
5:00 p.m. - 7:00 p.m.

After a whirlwind summer of family fun and endless activities, it's time to reclaim a bit of "me-time" and catch up with the amazing women in our community. Let's raise a toast to the opportunity to spend time with friends new and old!

RSVP BY MONDAY, SEPTEMBER 11, 2023 TO
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YOU ARE INVITED REVOLUTIONIZING WELLNESS: A NIGHT OF FUN & HEALING

An exclusive event for the residents of Singletree

THURSDAY, SEPTEMBER 21, 2023
PALIC CLINIC
210 EDWARDS BLVD., UNIT A-101
5:30 p.m. - 7:30 p.m.

Discover SoftWave!

Palic Clinic introduces the region's exclusive SoftWave technology – experience it firsthand.

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See you there!

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THE POWER TEAM

Between Happy's 28 years as a Singletree resident and Lisa's local knowledge of Edwards going back 20 years, we are your "in-house" experts. Whether you are curious about what adds the most value to your home in this area or you are considering selling your Singletree home this year and looking to purchase in the neighborhood or anywhere in the Valley, please call us. We would love to help!



171 Stagecoach Road | Singletree
4 bd | 4 ba | 3,229 sf | \$2,650,000



8 Charolais Circle | Singletree
3 bd | 3 ba | 2,094 sf | \$1,450,000

SINGLETREE REAL ESTATE ACTIVITY

Active

- 361 Longhorn Road | Single-family
3 bd | 3 ba | 3,898 sf | \$2,595,000
- 41 Shotgun Circle | Single-family
5 bd | 5 ba | 4,586 sf | \$3,235,000
- 150 Saddle E | Duplex
3 bd | 4 ba | 2,058 sf | \$1,995,000
- 73 Mission Place | Single-family
5 bd | 5 ba | 3,538 sf | \$2,795,000
- 767 Charolais Circle | Single-family
4 bd | 3 ba | 2,770 sf | \$2,850,000
- 40 Miller Place | Single-family
5 bd | 5 ba | 3,863 sf | \$2,525,000
- 161 Stagecoach Road | Single-family
5 bd | 4 ba | 3,725 sf | \$3,495,000
- 8 Charolais Circle | Duplex
3 bd | 3 ba | 2,094 sf | \$1,450,000
- 751 Singletree Road 3 | Townhome
3 bd | 4 ba | 2,670 sf | \$1,595,000
- 170 Mesquite Drive | Single-family
5 bd | 6 ba | 5,6168 sf | \$3,895,000

- 311 Foal | Duplex
4 bd | 3 ba | 3,445 sf | \$2,595,000
- 240 June Creek E | Duplex
4 bd | 5 ba | 2,2508 sf | \$1,799,000
- 171 Stagecoach Road | Single-family
4 bd | 4 ba | 3,229 sf | \$2,650,000

Under Contract

- 360 W June Creek Road W | Duplex
3 bd | 4 ba | 2,115 sf | \$1,695,000
- 931 Singletree Road 31 | Townhome
2 bd | 2 ba | 1,422 sf | \$929,000
- 92 Chaparral Road | Duplex
3 bd | 4 ba | 2,468 sf | \$1,750,000
- 142 Chaparral Road | Duplex
3 bd | 5 ba | 2,474 sf | \$2,650,000
- 780 June Creek Road | Single-family
4 bd | 5 ba | 3,287 sf | \$2,350,000

- 90 Lariat Road A | Duplex
3 bd | 3 ba | 2,165 sf | \$1,450,000
- 40 Prairie Circle | Single-family
4 bd | 4 ba | 3,185 sf | \$3,150,000

Sold

- 751 SingleTree Road 1 | Townhome
3 bd | 5 ba | 2,686 sf | \$1,595,000
- 1121 Berry Creek B-2 | Condo
3 bd | 3 ba | 1,688 sf | \$1,195,000
- 711 Singletree Road 35 | Townhome
3 bd | 3 ba | 1,821 sf | \$1,599,000
- 235 Buckboard Road A (West) | Duplex
3 bd | 4 ba | 2,149 sf | \$1,765,000

Source: VMLS 6.15.23 – 7.15.23



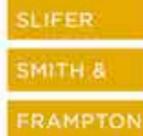
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SEPTEMBER CONTRIBUTORS

Your personal Singletree publication is **BY YOU** and **FOR YOU**. It is not possible without **YOUR** stories and photos! Our Singletree residents look forward to getting to know the families, kids, pets, athletes, travelers, and volunteers in the community every month. Email holly.proctor@n2co.com to contribute to an upcoming issue of your neighborhood magazine.



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SUNSHINE DAYDREAM ARTISTRY

Hi! My name is Ana. I am a professional makeup and hair stylist. With my art, any look can be brought to life. After graduating in 2019 from Chic Studios in Denver, I was continually on the lookout for new techniques and trends. In 2021, I graduated from Glam Sophisticated Makeup Academy in Las Vegas and took my skills and education one step further. Over the past two years, I have done makeup for many weddings as well as fashion week in Las Vegas.



My services include makeup and hair for weddings, engagements, maternity, family reunions, commercial shoots, and any other occasion that calls for looking your best. I live here in Vail but I am available to travel throughout the country for weddings and love to provide luxury makeup on location for the bride and her bridal party. Your special day may include touch-ups or day-to-evening looks thereby ensuring photographic perfection all day.

My studio is located at **82 East Beaver Creek Boulevard** in Avon. To learn more, or to schedule a consultation, please visit sunshinedaydreamartistry.live or call me at **720-687-8896**.



CAROLINE WAGNER COLDWELL BANKER DISTINCTIVE PROPERTIES



Caroline's background and experiences have shaped her into an exceptional Realtor® with a unique skill set and a deep understanding of diverse cultures. Her cosmopolitan upbringing has allowed her to connect with people from various backgrounds and has given her an appreciation for beautiful spaces and architecture from around the world.

Fluent in multiple languages, Caroline can effectively communicate with clients from different countries, making her a valuable asset in international real estate transactions. Her MBA from the University of Frankfurt and Interior Design education provide her with a solid foundation in both business and aesthetics, making her well-equipped to excel in luxury real estate sales. Now based in the Vail Valley, Caroline's focus remains on finding distinctive properties that meet her clients' needs while devising tailored marketing strategies for sellers. Her passion for design and architecture further enhances her ability to identify and showcase the unique features of each property.

Caroline's diverse sporting background, including skiing, tennis, and horseback riding, reflects her active lifestyle and may also be an avenue for connecting with clients who share similar interests.

As a master negotiator, Caroline ensures that her clients' interests are well-represented and prioritized throughout the real estate process. Her track record in handling challenging market conditions demonstrates her ability to adapt and thrive in dynamic environments. Overall, Caroline's creativity, passion, and dedication to helping people find their dream homes make her a trusted and reliable Realtor®, making the entire real estate experience rewarding for both buyers and sellers.



To reach Caroline, please email caroline@caroline-wagner-team.com or call **970.404.0220**. You may visit Caroline at **27 Main St, #107C** in Edwards or www.caroline-wagner-team.com.



PALIC CLINIC

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Palic Clinic is located at **210 Edwards Blvd., Suite A-101**, in Edwards. To learn more, visit palicclinic.com or call **970-766-7100**. Mention this Welcome New Sponsors page for your first treatment on us! And join us for an exclusive Singletree event on **September 21**. See you there!



What business do you know that would benefit from reaching their ideal clients in Singletree? If you have worked with a professional and reliable business that you would recommend to your Singletree neighbors, please email your referrals to holly.proctor@n2co.com. We would love to introduce your favorite businesses to other residents in your community!



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ARTICLE WRITTEN BY TIM SWIFT IN
COLLABORATION WITH PAULLETTE
MACDOUGAL, SINGLETREE RESIDENTS

PAULLETTE'S *Journey* ACROSS THE ARTS

Paullette MacDougal has been immersed in the performing arts both as an amateur and a professional since the ripe old age of three when she first sang in public. You read that right, she performed solos in church at three! It might be a bit of a stretch to say that at that tender age Paullette knew that she would pursue a career in the performing arts, but that's the way life unfolded for her, so let's just say she "never looked back".

During high school and college, she continued singing, joining a big band and touring with them throughout her home state of Wisconsin. In 1960, she earned an honors degree from the University of Wisconsin in vocal performance. Later, life took her twice to New Jersey where she acted and directed in community theatre.

She joined a performing group that raised money for organizations as diverse as the American Red Cross and survivors of Hurricane Opal which devastated the Gulf Coast of Florida in 1995. One of those survivors was her aging mother, so that effort became personal for Paullette.

In addition to singing, Paullette's ambition extended to writing fiction. She had tried to pursue this facet of the arts while in grade school, but rarely did she score above a C on her stories. It was not because she lacked the skills to get A's, but because her sense of originality required her to write what her active imagination told her, rather than stick to the assignment's stringency. For example, when her school reopened in the fall of 7th grade, the assignment was to write about the terminally boring, yet predictable

subject, "What did you do on your summer vacation?" Yawn! Well, Paullette's family was not wealthy enough to take vacations. While not totally ignoring the assignment, she got a bit fanciful. She wrote about a trip she took, not to Wisconsin Dells, not even close. She wrote a Sci-Fi: her trip to the Moon where she engaged in a fierce and bloody battle with a lunar dinosaur! The result was another C, while her classmate got an A for the paper titled "I Played With My Dog". So much for the imagination of teachers in the 1950's!

She garnered another poor grade for her first-person story in the voice of a middle-aged male reporter touring the *Pere La Chaise Cemetery* in Paris after WWII in search of a friend's grave. This teacher simply did not believe that an adolescent girl could write a story like that. Someone else must have. Maybe the definition of creative writing was different then.

The lack of academic appreciation for her literary talents inevitably led her back to singing. In 1958 she was cast as Laurey, the female lead in her university's production of Oscar Hammerstein II's classic work, *Oklahoma*. It was her first experience being in a stage play.

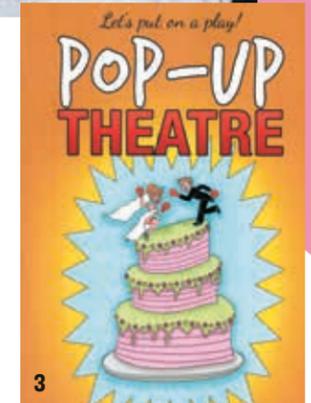
After Paullette wed her husband, Frank, in 1960, they lived in Minneapolis where she taught voice and piano, had babies, and continued to pursue her musical career. She took the role of a suffragette in the Guthrie Theatre production of *The Mother of Us All*, a groundbreaking opera with a libretto by Gertrude Stein and costumes designed by famed Pop Artist Robert Indiana.

Soon Paullette and Frank were off to Detroit where she again tried to establish herself as a classical singer. That goal, however, was stymied by the demands of being a full-time mom, as well as the family's itinerant "corporate gypsy" lifestyle, as they soon moved again.

Back to Minneapolis, which at the time was a center for independent and sponsored filmmaking, especially environmental documentaries. She was hired to write the theme music for several of them, which she also sang. Working for movie producers lead her to discover that writing film scripts seemed more fun than music theory, so she switched gears once again.

Finally, being free of the prosaic judgment of hidebound high school teachers, she took up writing with a vengeance. In Minneapolis, she partnered with a well-known filmmaker to create a documentary about Zona Gale who, in 1921, became the first woman to win a Pulitzer Prize. The movie collected many awards and accolades in the 1970s. It was screened internationally, as well as at New York City's prestigious Film Forum and the International Women's Film Festival.

The MacDougal's next stop on their journey was New Jersey again where in 1978 she wrote her first one-woman



play, *Ripenings*, based on the poet laureate of Minnesota, Meridel LeSueur. This play toured the Midwest and the Northeast, including a stint at Lincoln Center in New York.

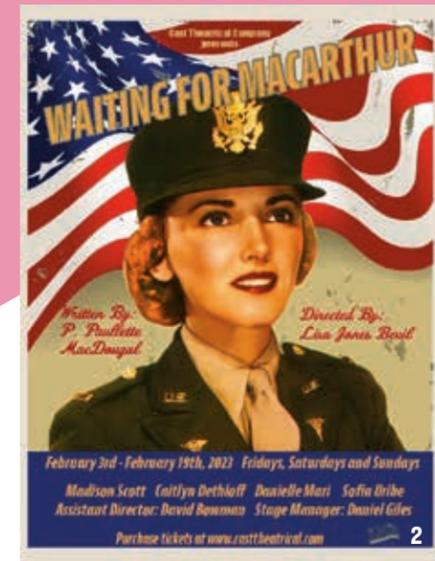
Paullette continued to accrue credentials. In 1980, she completed an MFA degree in screenwriting at Columbia University, soon becoming an adjunct professor at Drew University. She also taught cinema studies at a local community school where one of her students had publishing connections. She was subsequently hired by an international publisher to write *Energistics*, a book on health and wellness, long before such works became ubiquitous.

Paullette and Frank moved to Singletree in 2000 and they continue to split their time between their Winslow Road house and Austin, TX. While they no longer ski, the house is by no means quiet in the winter. Their two sons, their wives, and their five grandchildren are often here enjoying our perfect winters, ripping up Vail and The Beave.

It was in Singletree that Paullette completed what may become her most produced work to date, a four-woman play entitled *Waiting for MacArthur*. This play has been seen in more than 25 theaters across the country, some repeated by "audience demand" in multiple seasons.

It's an international story of four women told in letters written by a young American nurse serving in embattled Corregidor during WWII to those back on the home front: her unhappy English teacher (a Canadian), her rigid German

1 / Paullette in *The Mother of Us All* at the Tyrone Guthrie Theater in Minneapolis in 1967
2 / Paullette celebrates another successful performance in the 1980s 3 / Paullette's book cover design for a collection of short comedies about mis-matched couples - a project compiled during the pandemic



1 / Paullette as a nimble yoga instructor in the late 1980s 2 / A promotional poster for Paullette's most performed play, *Waiting for MacArthur*



Photo by Family Heirloom Photography

American mother, and her best friend (who is secretly dating her boyfriend).

Because of continuous bombing, the tent hospital must move into a stifling tunnel. She doesn't want to upset her overly protective mother, so the nurse deliberately leaves out news about her own danger. She is only truthful about this to her former teacher, telling her of the horrors being experienced by the service men in the Philippines. The letters to her best friend and her mother tell a different tale - one of the heroism, dedication, and commitment of the American soldiers stationed there.

Paullette's next task is to find a publisher for her historical novel

telling the true story of Mary Richards. During the Civil War, Mary, while just a teenager, became the head dining room server in the home of Jefferson Davis, the President of the Confederacy. Pretending to be illiterate and despite the danger, Mary was able to collect and transmit valuable military secrets to the Union Army.

Paullette's fascination with women in wartime continues unabated. A composer in Texas has asked permission to create an opera about wartime Poland based on one of Paullette's WWII plays, *Christmas in Krakow, 1944*.

The composer would provide the score and Paullette, the libretto. She is considering it. "It might be an interesting project," she said. "The good people and the beauty of Singletree feed my creative spirit."

Paullette is truly one of Singletree's most accomplished and many-faceted residents. She loves sharing her story and I can assure you it is well worth a listen. It's difficult, if not impossible, to do her life justice given the spatial limitations of this magazine, so I strongly suggest you seek her out and get the full story directly from this true Renaissance woman.



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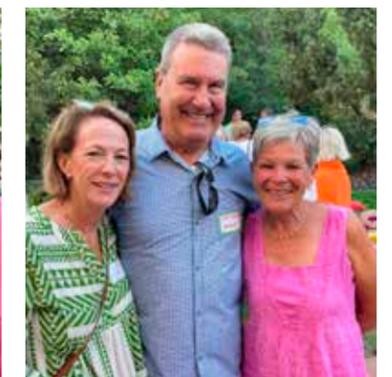
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FLAMINGO FRIDAY RETURNS

Leslie Grooters hits it out of the park with margaritas and a burrito bar, Francis the Flamingo makes the rounds for photo ops, and the spirit of community is enjoyed by all. Thank you, Leslie, for a fun and festive evening!



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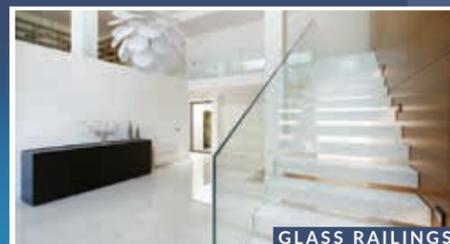
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Living La Dolce Vita

Alisha, Giuseppe, and Gaia Bosco combine business, family, and vacation in a whirlwind tour of Italy

CONTRIBUTED BY ALISHA BOSCO, SINGLETREE RESIDENT



Cefalu on the northern coast of Sicily



A pretzel at the Hofbrauhaus



Celebrating Enzo's birthday in Modena



Bunny-shaped pizza for Gaia!



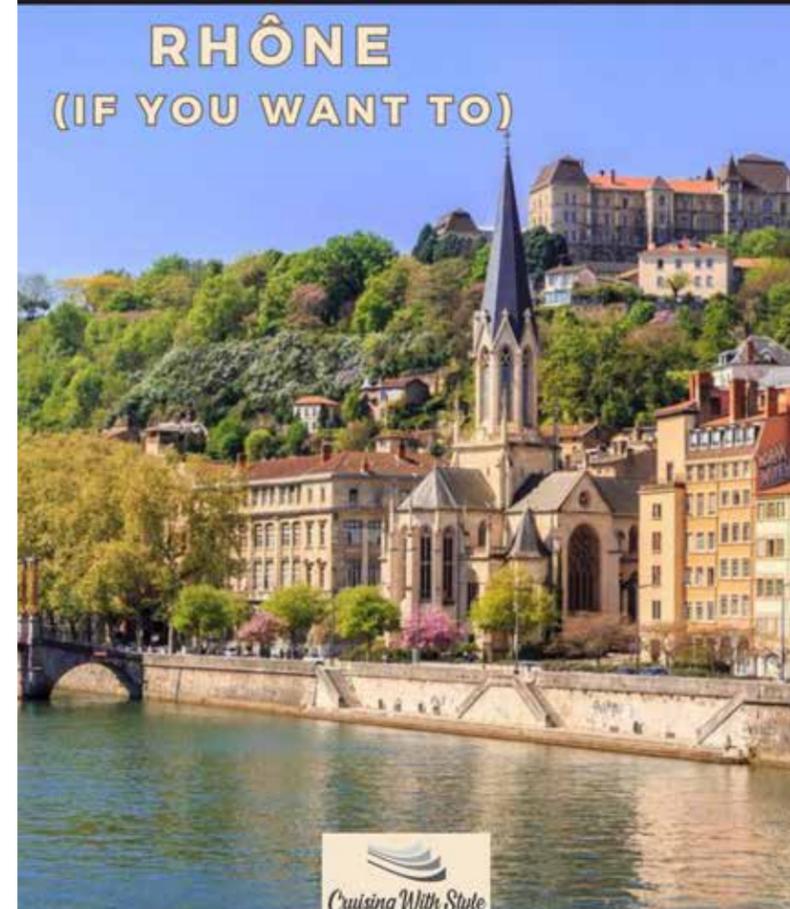
A surprise family visit

As importers of small boutique Italian wines, personal relationships with our producers & winemakers are vital to our success. So...visiting Italy at least one time a year is a must (& a write-off)! This spring, our visit had 3 purposes: to meet a few of our wine producers and to visit my husband Giuseppe's famiglia (he hails from Napoli in Southern Italy and his family members live in various regions of Italy) - all while enjoying a vacation living La Dolce Vita in the country our family never tires of! Our 6-year-old daughter Gaia was ready to see her Italiana cousin, eat gelato and practice her Italian.

The trip started in Munich, Germany, a great stopover en route to Italia. A beer & a pretzel at my old college hangout, the Hofbrauhaus, fueled us for a stroll around the Marienplatz to admire the Glockenspiel. Off to Modena next, where Giuseppe's brother Vincenzo lives; we enjoyed a few days to get adjusted to the time zone and celebrate Enzo's birthday! Modena is a charming small city in Emilia Romagna, home of the Ferrari & also the province many consider to be the most foodie-ist in all of Italy - as former restaurateurs, we love this city! Gaia was thrilled by a bunny-shaped pizza just for her, while her parents enjoyed homemade tortellini in brodo, an Emilia Romagna specialty, with an effervescent local Lambrusco wine. A surprise visit from my sister-in-law and her partner rounded out the perfect trip kick-off!

Next up was a flight to Sicily! We landed in Palermo and drove to the hill town of Contessa Entellina where one of our producers makes some amazingly special Sicilian

wines and olive oils. The roads in Sicily are notoriously bad and the road to Contessa lived up to this reputation, extremely damaged by frequent seismic activity in the area. At one point Giuseppe had to stop the car and get out to assess whether a small pond that had formed from recent rains was indeed crossable. However, it was worth the treacherous drive!!! We were welcomed with open arms at Filari della Rocca by their entire family!



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Laughs, wine, and Sicilian hospitality at Filari della Rocca

Days of delightful Sicilian hospitality at their home were filled with lots of laughs and of course plenty of wine. Tours of the vineyard and nearby villages were topped off by a stay at the local monastery that dates back thousands of years. The Benedictine abbey, Abbazia Santa Maria del Bosco (no relation), has been converted into a relaxing relais in the woods, and we spent days marveling at the art and history, even an ancient wine cellar, and were lucky enough to have been given a tour by the owner whose family has owned the property for generations. As an animal lover, Gaia adored the Sicilian horses, fed the street cats, and entertained herself by playing with giant snails from the vineyard!

From there, we braved the Sicilian roads again to enjoy a few days on the Northern Coast of Sicily in the charming fishing village of Cefalu). Our daughter loved collecting beach glass on the shore and enjoying her fill of cannoli & gelato!

A short flight and we were in Tuscany, ready for some R&R with the rest of the Bosco clan: Giuseppe's mother, sister, brother-in-law, and niece live in a charming village called Lari in Tuscany where some of the country's best dried pasta, called Pasta Martelli, is produced. There Gaia was reunited with her cugina (cousin) Ada, and Giuseppe's mother Mamma Bosco welcomed us with a traditional "Pastiera" ricotta cake that is a specialty of their hometown Napoli in Southern Italy.

As a family, we visited Lucca, a charming medieval city where we entertained ourselves with a group bike ride around the ancient wall that encircles the city. Gaia loved getting to spend time with her cousin Ada (even a much-anticipated sleepover) and practicing her Italian in Tuscany, where games of UNO proved to bridge any language barrier! We even squeezed in a quick visit to the Leaning Tower of Pisa (hey it's a learning experience)! The rest of our time with the Bosco family included day trips to the Ligurian seaside, long family dinners, strolling neighboring Tuscan villages, visits with old friends and, of course, a gelato a day!



A stay at the Benedictine abbey Abbazia Santa Maria del Bosco



An ancient wine cellar at Abbazia Sant Maria del Bo



1 / Gaia with the Sicilian horses 2 / A reunion with the rest of the Bosco clan in Lari in Tuscany 3 / The charm of Lari 4 / Gaia with her cugina (cousin), Ada 5 / A traditional Pastiera ricotta cake 6 / A stop at the Leaning Tower of Pisa



A gelato a day makes Gaia happy!



Seeing the gnarled old vines of Marzemino



Enjoying a sparkling wine with the Cantina Roeno owner and winemaker



Gaia amongst the wine barrels at Cantina Roeno

Next stop (whew, now we're getting tired...) was a visit to Pinot Grigio country, to our Valdadige wine producer Cantina Roeno in northeast Italy, a few hours south of the Austrian border. We loved seeing the gnarled old vines of Marzemino, an ancient native variety, and the acre upon acre of Pinot Grigio for the first time. A highlight was enjoying a sparkling wine previously unknown to us, a Trento DOC Metodo Classico, with the Roeno owner & winemaker on an overlook of the vineyard. Their hospitality was unmatched, and we were welcomed into the cantina, had dinner, with the family, cooked by their 90-year-old grandma, Nonna Giuly and enjoyed some R&R in their country villa.

2 1/2 weeks, a dozen stops, the best food & wine, and lots of walking to walk it all off - we succeeded in our goal of a work/family/vacay trip to Italia!



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CONTRIBUTED BY DEVIN AND SLOANE GRIEBLING, SINGLETREE RESIDENTS



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We named her Winnie because when we first fostered her, she would whine a lot. One of her favorite things is to go outside, so we put on her bright blue harness and let her roam the hillside. She has a knack for hunting and loves to bring her prey back home to show her accomplishments. She enjoys catching mice, voles and the occasional grasshopper.

After a long day of hunting outside, she enjoys long naps with her sister Sunny. Winnie has a tendency to roam farther than she should, so if you see a cat with a bright blue harness, know that she is a friendly little huntress stalking her prey.

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THE TRIP OF MY LIFE

MaryLamb Lucas Shares Her Personal Memoir Written in Memory of Her Son, Trip Lucas

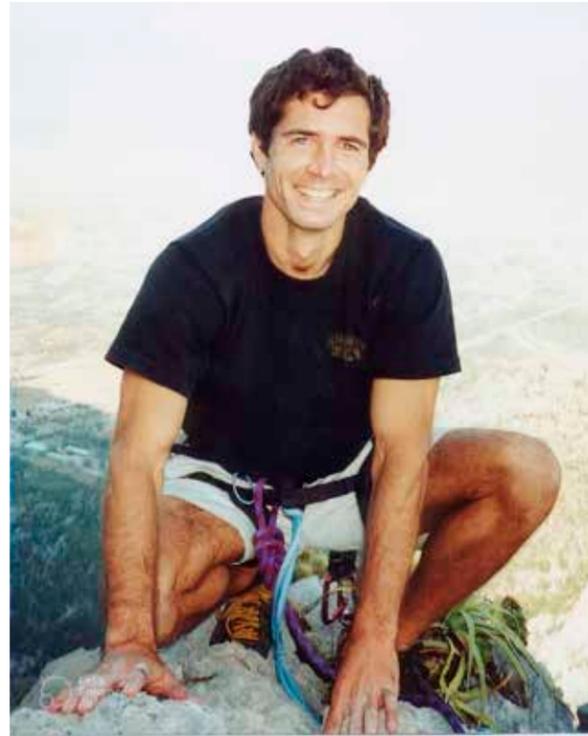
CONTRIBUTED BY MARYLAMB LUCAS, SINGLETREE RESIDENT

“I had two sets of younger twin sisters by the time I was three. I believe I had some abandonment issues from losing my mom’s full-time attention at two and then again at three. I resented that they followed me around like ducklings watching everything I did for a time. I even quit riding for a while because I didn’t like them all sitting on the fence watching me get lessons in our pastures. They always destroyed my comic books. Did I mention that I have to keep working on forgiveness? I wish I could have a do-over. I could have been a much better brother. It was fun to be able to go drinking and climbing and skiing with them after college.”
- 25 Random Things About Me.

#23 Trip Lucas, Facebook.

Following is a synopsis of the personal memoir, *The Trip of My Life*, written by MaryLamb Lucas, in which she shares her story of losing her son, Trip, to suicide and her journey to finding herself since his death.

It was early morning when my 48-year-old son, Trip, called to tell me that his girlfriend was breaking up with him and he didn’t think that he could live through another breakup. White noise flooded my mind. My legs grew weak. He had considered suicide before when he and his wife



divorced. He told me that he had gotten a prescription for an anti-depressant and had taken one that morning. I’m a psychotherapist and knew that it would take about two weeks for it to take effect.

I was so paralyzed by fear that I was not able to ask some of the questions that I knew might help stop someone considering suicide. Trip complained about the phone connection that was acting very sketchy. I told him that AT&T was having problems, so I told Trip that I had an appointment at the dentist’s and asked if I could call him



back when maybe the phone connection would be better. He said “yes.” I said, “I love you.” He replied “mmph.”

When I got to the dentist’s waiting room, I worried about Trip and knew he might well take his own life, but I was too panicked to think straight about how to stop him. He was in Austin, Texas and I was in Edwards, Colorado. How could I get to him quickly? The phone did not ring while I was at the dentist, but as soon as I got out, I had two messages, one from Trip’s girlfriend Laura, and one from my daughter Kate. She was one of my older set of twin girls who were two years younger than Trip. She told me that Trip was thinking of shooting himself, that she had kept him talking, but when Laura called, he hung up to talk with her. Laura’s message just said, “Call your son NOW.”

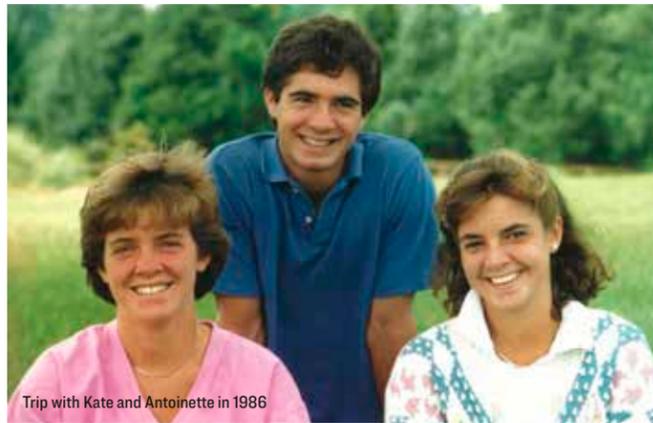
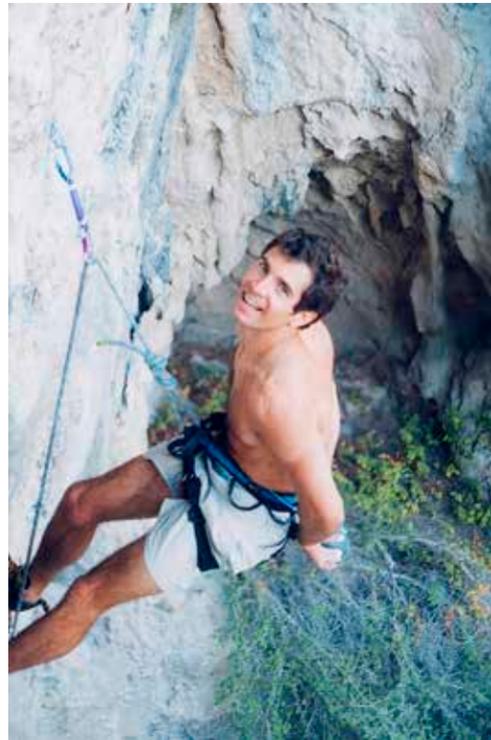
I tried to reach Trip, Kate, and Laura with no luck because I still had no cell service. I drove until I found a place that had service and tried again. No luck. I waited and worried. My stomach was in knots. I called another daughter, Dana, one of the younger set of twin girls. She was close to Trip and is a nurse. She had heard what was happening but had not been able to talk with Trip. She decided to call hospitals in Austin, hoping Trip was wounded but alive. The day went on like that, waiting, no word, and agony.

I called a friend of mine in Austin who asked what he could do to help. I asked him to please go to Trip’s and Laura’s to see if he could find out something. He did. He called to tell me that Trip was gone that he had just been taken out in a body bag. I was a dish rag, my stomach dropped. Stunned, shocked,

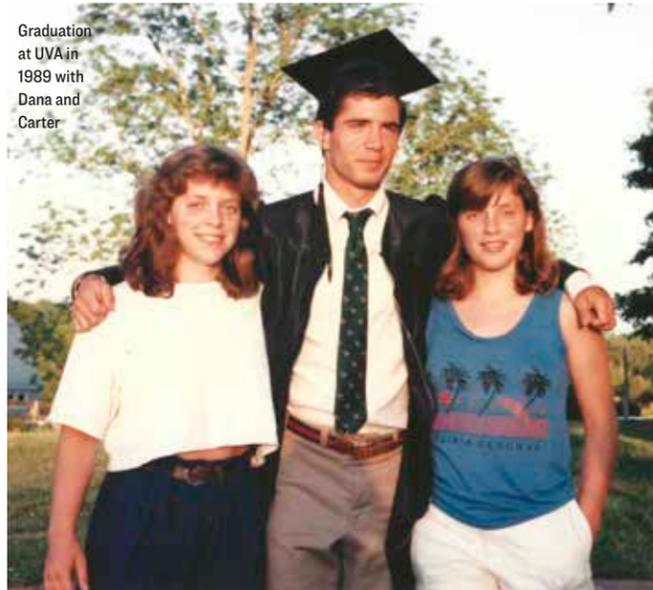
guilty because I hadn’t stopped him. Then angry that this happened. I wanted to cry but couldn’t.

I called my sister, who called my other sister. We were talking when my ex-husband, Joe, called. He wanted to know what happened. He and his partner, Anne, wanted to know what, why, how, and more. I felt even angrier. Joe asked if Trip had any assets. What? I was in knots and wanted to hit him. Soon, friends and others asked some similar things that felt intrusive and not helpful or comforting for my grief.

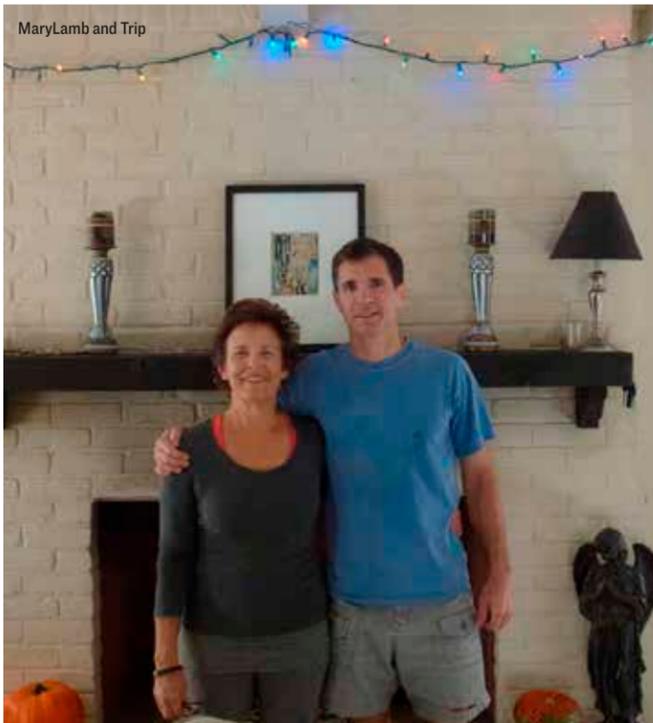
I had never felt good about myself because of my parents’ emotional abuse, and alcoholism, and now I felt worse. I began to write my memoir but after a couple of years into it, I missed Trip so much and wanted him to talk to me. I wanted to know what he thought about the book I was



Trip with Kate and Antoinette in 1986



Graduation at UVA in 1989 with Dana and Carter



MaryLamb and Trip

writing that had been sparked by his death and had his name in it.

I contacted a medium nearby to have a session with Trip. It set me on the course of finding and becoming my true self. He does not blame me for his suicide, and he talked about how he wanted me to be “raw and vulnerable” which I assumed meant on the page. He also talked about how he knew how I had felt about myself, that I had strength and beauty and that he wanted me to believe that and to show it. I was touched by his words. He also told the medium that he was a catalyst for me to become me both through his life and death. His love for me felt real and comforting. He also told a funny story about me when he and the kids were growing up. I felt loved more than I ever had in my life until that moment.

Now it has been almost nine years with lots of grief, and lots of writing my story since Trip’s death, and I can tell that I am stronger, that I now know that part of me and I am learning to love me. There’s a quote by Marion Woodman, a Jungian analyst whom I once met and heard speak, and whose books I have read. It says, “There is no growth without real feeling. Children

not loved for who they are do not learn how to love themselves. Their growth is an exercise in pleasing others, not in expanding through experience. As adults, they must learn to nurture their own lost child.” Because of Trip in my life, I am learning to nurture my lost child.

MaryLamb Lucas is a mostly retired psychotherapist in private practice who has lived in Singletree since 2007. A native West Virginian, she went to college in Virginia, married her husband, and raised their five children, prior to her attending graduate school. A writer from very early in life, her

writing has appeared at Aspen Summer Words in juried workshops. She is an avid skier and was a lifelong horsewoman until she traded her saddle for skis. She and her Standard Poodle/Wheaton Terrier cross, Bijou, enjoy life in Singletree and the surrounding area with all its beauty and outdoor activities.



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WHO'S MAKING A DIFFERENCE

COMING SOON: MY SISTER LIV

Singletree residents rally to raise awareness for suicide prevention by bringing a feature documentary to Eagle County

CONTRIBUTED BY DEB ROBBINS, SINGLETREE RESIDENT

September is National Suicide Prevention Month. There is no doubt that our valley has seen more than its fair share of death by suicide. The news of losing a member of the Battle Mountain Class of '08 hit hard for Deb Robbins. "This tragedy was just more than I could bear. To learn it was a suicide made it that much harder," Deb shares in her grief. "Now both of my sons have lost a classmate by [their] own hand." She decided to do something about it.

Deb reached out to a close friend from high school who settled in Boulder. He and his amazing wife are philanthropists, writers, and film producers. Their most recent effort is the documentary, *My Sister Liv*. Deb is now working with the team at SpeakUp ReachOut to bring a screening of the documentary to Eagle County in November.

From Grammy Award winning Director Alan Hicks and Academy Award winning Producer Paula DuPré Pesmen, *My Sister Liv* is a feature documentary following the inseparable sisters Tess and Liv. Liv is a young girl growing up with the pressures of social media, depression, body dysmorphia, and often, suicidal thoughts. The film takes us into the intimate journey of a young life on the edge, and ultimately a family finding healing through hope.

Erin Ivie, the Executive Director of SpeakUp ReachOut, explains that multiple community members reached out to SpeakUp ReachOut and Eagle Valley Behavioral Health requesting that the film be brought to our community to start the conversation about suicide with our youth, young adults, and their families. "We are excited to be able to respond to the request and support the screening of *My Sister Liv*," says Erin.

Singletree resident Celynn McClarrinon has joined the committee of volunteers working with SpeakUp Reach Out. When asked why, Celynn explains, "As a grief counselor, I know it is important to listen to a griever. I am hoping by being involved I can be someone to help listen to the community, the parents, and our kids as we continue to support each other through all levels of our emotions." Celynn goes on to say, "As a mother, I want to be involved to help keep our kids talking and sharing their thoughts and feelings."

Deb enthusiastically encourages the community to participate in the effort to raise awareness for My Sister Liv. "I love that Erin calls our committee the Hype Squad! We are indeed a group of people motivated to make a difference." She adds a personal plea, "Please help us get the word out so that we can fill the venues with students and parents alike in an effort to turn the tide here in Eagle County."



MY SISTER LIV
A FILM BY ALAN HICKS

SAVE THE DATE:

My Sister Liv will be shown in Eagle County on November 14 and 15. Stay tuned for additional information regarding location and times. If you are interested in underwriting this event, please contact info@speakupreachout.org. To learn more about this event and others sponsored by SpeakUp ReachOut, please visit <https://www.speakupreachout.org/upcoming-events>.



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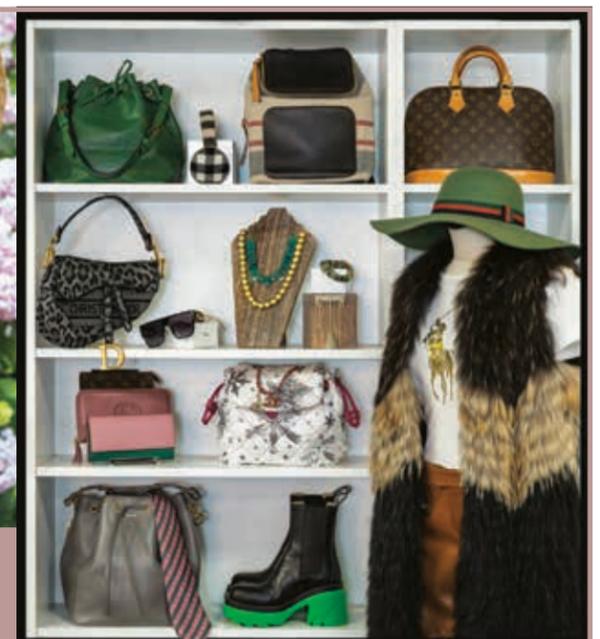
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WHY I WALK

WHAT COLOR WILL YOU CARRY?

Welcome to the Promise Garden! Join your Singletree neighbors at the Rocky Mountain Walk to End Alzheimer's on September 23 at the Brush Creek Pavilion in Eagle

CONTRIBUTED BY SINGLETREE PARTICIPANTS IN THE 2022 WALK TO END ALZHEIMER'S



LINDA HILL

I have lost my father, Richard L. Hill, to Alzheimer's so I carry this purple flower. I will carry it again in his memory this year and for my aunt, Martha Westrup, as well. I look for a vision of the world without Alzheimer's so I also carry the orange flower. While this may not happen in my lifetime, because I have lost two close relatives and a few friends, I hope research continues for a cure for my children and their children.



MARGIE TOWLE

I will carry a purple flower for my mom who I spent summer months with as her memories progressively left her. She enjoyed our slow walks together while taking in all our surroundings, however small. Her sense of color and small living creatures was still there. She especially enjoyed my reading aloud from an old children's storybook and remarkably remembering (with delight!) threads of the story line.

The Promise Garden is a hands-on, mission-focused experience that allows participants to raise flowers representing their promise to remember, honor, care, and fight for those living with Alzheimer's disease and their caregivers. The colors of the Promise Garden flowers represent each participant's connection to Alzheimer's and their reasons to support an end to the disease.

Carrying a purple flower means you lost someone to Alzheimer's. A yellow flower signifies you are a caregiver to someone with Alzheimer's or dementia. Carrying a blue flower indicates you are living with Alzheimer's. And an orange flower represents your support for the cause and the vision of a world without Alzheimer's. Which color will you carry on September 23?

CONNIE WELCH

This year I will carry a purple-colored flower in memory of my mom. She passed away 2 years ago. At the time she had Stage 4 dementia. It is difficult to watch a loved one fade away from you. It is so important to support ALZ research and caregiver programs.



DEBBIE BOAM AND IAN SACKS

We carry an orange flower with hopes for a world without Alzheimer's in the future.



PAUL LINTON

I am an orange person! I have witnessed a number

of close friends who have suffered, or are suffering, the tragic effects of Alzheimer's Disease. Once active, robust people are now mere shadows of their former selves, unable to relate to people, time, or past experience. We all long for a means to slow or eliminate this terrible disease.



MELINDA GLADITSCH

I will carry a purple flower in honor of my mother who passed in 2017 with Alzheimer's. Her journey prompted me to give of my time to the Rocky Mountain Walk to End Alzheimer's and end this horrible disease.

To learn more, register to walk, or make a donation, please visit act.alz.org.

alzheimer's association
Colorado Chapter

Rockin' in Singletree

Friends and neighbors came out to enjoy the sounds of Turntable Revue on a quintessential July evening. Thank you SPOA for music, fun, and community camaraderie!





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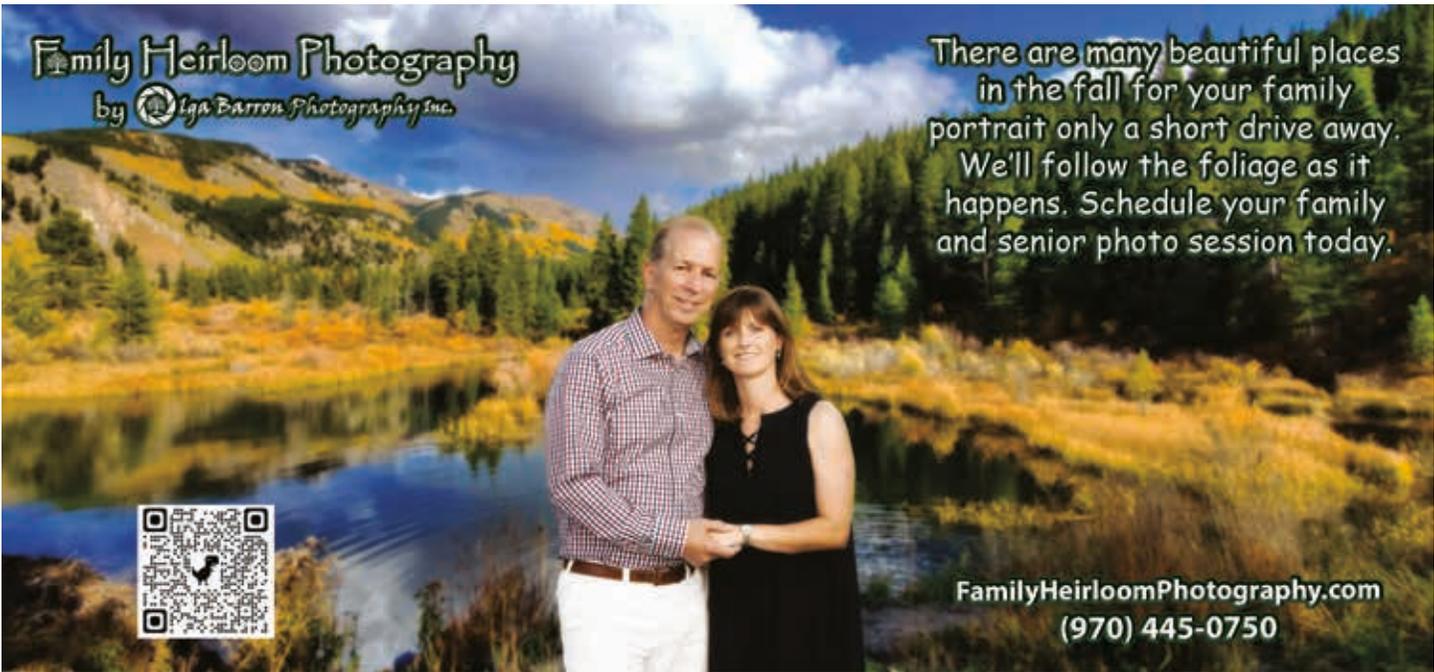




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