A MESSAGE FROM THE EMNA PRESIDENT

Hello East Montclair Neighbors. Our next EMNA General Meeting will be August 15th. We usually skip the August meeting due to our annual picnic. The EMNA Board has decided to move the EMNA Picnic to September 8th, 2012. We have not had very much participation in the last few years. At the June General Meeting the EMNA Members voted to continue the annual picnic. We hope this year to get our 40-50 neighbor's to attend. It is a lot of work for the board. If we do not have much participation this year, we will have to see if it is worth the work in 2013. We will be having games this year, we really hope moving the picnic to the new month will bring more members out.

We have two important issues all EMNA member can vote on at our next meeting. The first issue is the new park being named New Freedom. This is not a finalized name as city council has not voted on it yet. However, we have to decide as a group if we would like to vote for or against this name. I know many of you wanted other names for the park. We will be giving feedback to a member of the Land for Public Use.

The second issue is a very decisive one. A Walmart has been proposed to go in at 9th and Colorado. The Colorado Boulevard Health Care District (CBHD) committee called a public meeting to hear neighbors regarding this proposal on Tuesday, June 26th. The turnout, estimated at more than 300, showed an overwhelming opposition to Walmart and also affirmed the surrounding neighborhoods are some of the most active and committed in Denver. At this point, the General Development Plan for the site allows for a big box retailer and Fuqua Development could legally proceed with Walmart as a lessee without City Council’s consent. However, Fuqua Development is seeking public financing to help pay the costs of demolition and infrastructure. To receive public financing, City Council must be assured the project provides a public benefit. Fuqua Development said Walmart is the only company in the nation that is willing to lease the planned large format retail structure and has intimated that if Walmart isn’t the tenant, the project may fall through. This would leave the property as-is and neighbors are weighing in on their opinions of this possibility (*this paragraph is curiosity of Council Women Beth Susman, July 2012 Newsletter).

I have been asked to vote on this issue and to give support (for or against) the Walmart. The EMNA Board would like to discuss this topic (with the EMNA members) at the next meeting and take a vote on East Montclair's stance on the issue. Please come and voice your opinion, as your representative without your feed back I can not make an informed decision on what my constituent would like without your input.

My thoughts and prayer go out to anyone effected by the mass shooting Aurora, at the Dark Knight Premier. This is not reflective of who we are in Colorado. Please take a moment out of your next day to do something nice for a neighbor, in honor of those who were killed and there families. Be kind to one another!!!

Take Care,
Your friend and neighbor,
Tera Holtzschuh

EMNA GENERAL MEETING
When: August 15th
Time: 6:30 pm
Where: East Montclair Community Center
Colfax Avenue & Newport Street

Hear about upcoming issues in our neighborhood including
the New Freedom Park
OFFICERS / EMNA BOARD

President: Tera Holzschuh  
303-929-2308  
tera.in.denver@gmail.com

Vice-President: Jan Franklin  
Janijaye@yahoo.com  
303-377-4895

Secretary: Bryan Fry  
720-264-3497  
bfry@bitzerrep.com

Treasurer: Jennifer Callender  
303-322-8099  
turtlejenn@hotmail.com

Board Member At-Large: Isaac Schloss  
303-320-4796  
isaac.schloss@hotmail.com

Board Member: Vacant  
Past Pres.  Board Member:  Rob Wilson  
303-320-0707  
robcwilson@msn.com

OTHER

Stapleton CAB: Laura Edler  
303-321-0205  
prairiepainter@aol.com

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INC DELEGATE  
Tera Holzschuh

Zoning Chairman  
Jan Franklin

SUNSHINE LADY  
Betty Aguilar  
303-322-3291  
bjgram@comcast.net

POLICE CONTACTS

NOTE: If you call 911 from your cell phone, please specify that you need DENVER 911.

Dispatch (Non-Emergency)  
Report Suspicious Activity  
720-913-2000

DISTRICT 2  
Commander: Michael Calo  
3921 Holly Street  
Denver, CO 80207  
720-913-1000

Reyes.Trujillo@denvergov.org  
Tech. Amy Esten  
720-913-1094

Amy.Estens@denvergov.org

DISTRICT 3  
Commander: Joe A. Montoya  
1625 S. University Blvd.  
Denver, CO 80210  
720-913-1300

Dist3@denvergov.org

Community Resource Officers  
Tech. Tony Burkhardt  
720-913-1231

Anthony.Burkhardt@denvergov.org  
Tech. Cari Jimenez  
720-913-1175

Cari.Jimenez@denvergov.org

Gang Bureau  
720-913-1333

Dist. 3 SCAT Team  
(Street Crime Attack Team)  
Sgt. George Kenny, 720-913-1171  
or Officer Toby Wilson

CITY DEPARTMENTS

All City-related business or non-emergency information/questions:  
Call: 311  
E-mail: 311@ci.denver.co.us  
Fax: 720-913-8490  
Hours: 6:00 a.m. to 11:00 p.m.

Contribute to EMNA’s Newsletter!

Send news articles/pictures/ 
comments to the newsletter editor, Isaac Schloss at 
Isaac.schloss@hotmail.com

Advertisements are always welcome

ADVERTISING RATES

Full Page $120  
Half Page $ 60  
Quarter Page $ 30  
Business Card $ 15

Enclose black & white business card or 
ad copy w/check payable to:  
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P. O. Box 201273  
Denver, CO 80220

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EMNA News

EMNA News is published bi-monthly by the East Montclair Neighborhood Association. The newsletter is distributed to neighbors and businesses in the East Montclair area. It was started in 1972, and has continued to this day. Contributions of articles and letters are welcomed and published in the newsletter at the discretion of the editor and president.

NEIGHBORHOOD COMPLAINTS: Go to the Neighborhood Complaint Form at: http://denvergov.org/customerexperience/311/. If you don’t have access to a computer, call 3-1-1 for information.

ZONING ISSUES: If you know of a zoning violation, change request, or hearing and need EMNA’s support (pro or con), please contact Jan Franklin.

EMNA News  2  August 2012
PRODUCE FOR PANTRIES ADDRESSES INCREASING HUNGER IN DENVER METRO AREA

Organizations Come Together to Increase Availability of Garden Grown Produce in Local Food Pantries

DENVER – In response to the growing number of people visiting Denver area food pantries and to increase access to healthy and fresh produce for all, area organizations have come together to create Produce for Pantries. A project of Cooking Matters, Grow Local Colorado, Denver Urban Gardens, Slow Food Denver, Plant a Row for The Hungry, Livewell Colorado, Food Bank of the Rockies, Metro CareRing, Yardharvest, and St. John’s Cathedral, Produce for Pantries connects food pantries with school gardens, community gardens, and home gardens in their neighborhoods to provide locally grown and healthy food and nutrition education to those in need. Through Yardharvest, food pantries will also be connected with fruit gleaned from residents’ trees who have an excess they would like to donate.

A total of twenty-three Denver area pantries are involved as pilot sites for 2012. Those pantries are being connected with school gardens via Slow Food Denver, community gardens via Denver Urban Gardens, and home gardens via a media campaign. As well as receiving fresh produce, food pantries will be provided with easy, nutritious bilingual recipes to accompany the produce, information on safe food handling and storage for the fresh produce, as well as on-site cooking classes.

“In the world’s wealthiest nation no child should go hungry, but one in five children in America struggles with hunger” says Cooking Matters’ Megan Bradley, “and Produce for Pantries recognizes that one of the main hurdles to healthy eating can be access to local nutritious foods. You can’t get more local than food grown in the neighborhood of food pantries.”

Produce for Pantries “connects the dots” by bringing together youth growing produce in school gardens, residents growing in community gardens, and citizens growing vegetables in home gardens to help nourish their neighbors in need, thereby strengthening and enriching Denver’s diverse neighborhoods. Residents are encouraged to email produceforpantries@gmail.com to connect with their nearest participating food pantry, and to register their fruit trees online at www.yardharvest.org if they would like to donate their excess fruit to nearby food pantries.

Most sincerely,
Dana Miller
Produce for Pantries
Member, Denver Sustainable Food Policy Council
Co-Director, Grow Local Colorado

Grow Local
COLORADO

www.growlocalcolorado.org
720-837-6237
EMNA General Meeting Minutes
June 20, 2012, 6:30 pm

The meeting was called to order by Tera Hultzschuh, president.
Our community resource officers, Tony Burkhardt, (district 2) and Amy Esten, (district 3) answered questions and
gave the membership an update on crime in our neighborhood.

Jennifer Callender presented the Treasurer’s report.

Old Business:
There was a discussion about the proposed street signs. There are issues to work out with the city, but the project is
still in the works.

General Business:

Picnic:
A date was chosen for our annual EMNA picnic. Ordinarily, the picnic is held in August, but it was decided to have
the picnic on September 8th instead, at Verbena Park. It was decided to call this “Neighborhood Appreciation Day.”
A volunteer planning committee will handle the details for the day. Fliers will be printed to distribute to the entire
neighborhood by our volunteer network. In order to know how many people to expect at the picnic, we are prepared
to ask for RSVP’s. This will enable us to make sure we have enough food for everyone. It was decided to dispense
with entertainment this year and to have games and other activities for all ages. Massages may be provided by one
of our members, but that is still in the discussion stage.

Donations:
EMNA typically makes donations to other organizations in our effort to give back to the community. This year we
voted to give $100 to the Dollar Dictionary Drive through the InterNeighborhood Cooperation. It was the pet project
for the late Cathee Fisher and we will give in her name.

It was also decided to once again donate to Ashley Elementary School, but not with a check. We will be contacting
the school once it is in session again, and ask them what they need in the way of supplies. EMNA will then pur-
chase the supplies for the school.

Freedom Park:
There were questions about the park at 13th & Zenia. Why wasn’t EMNA contacted about the name as the park is in
our neighborhood? Who had naming rights? Who made the final decisions? It was decided that we invite someone
to come to our next meeting to discuss the park and answer questions.

EMNA Board Meeting
July 11th 6:30 pm
East Montclair Community Center

September Picnic- September 8th at 11:00 a.m.
• Jan Franklin will create fliers for the EMNA picnic to canvass the neighborhood and include
  information to RSVP to her. Bonna has volunteers that can help distribute beginning in August.
• Volunteer planning committee- Lee Eitel, Susan McDowell and Jan Franklin
  1. Jen and Tera will purchase supplies (food & drinks)
  Verbena Park will be the place. (Lee or Betty may save tables?)
• Juanita Morales would like to provide massage services at the park during the picnic.

August Meeting
• Leslie Twarogowski will talk about the naming of the new park. Currently they are
calling it New Freedom Park. Want EMNA opinion of the name choice.
• Speak about the new task force between neighborhood associations regarding the
  proposed Wal-Mart at 8th & Colorado. Update from meeting held on July 17th.
• Crime update
You Can Still Sign up for a FREE Learn to Compost Class

Attend a free class in August, September or October and become an expert in turning your food scraps and yard waste into wonderfully, rich compost. Applying homemade compost to your yard or garden is a fantastic way to save money by reducing your need for store-bought fertilizer. Compost can also increase your soil’s ability to retain moisture, thereby saving you money in the long run on watering.

These free “Learn to Compost” classes are available for Denver residents to attend through mid-October. Each two-hour class is hands-on and teaches the basics of backyard composting. Classes are held at the Denver Backyard Composting Demonstration site located in the Gove Community Garden at E.13th Avenue and Colorado Boulevard. Special “Build-a-pile” and “Worm Composting” workshops are also offered. Pre-registration is required to attend and space is limited.

How to register for a class:

ONLINE: Visit www.dug.org/compost and review the class schedule. Then complete the online registration form for the class date you would like to attend.

BY PHONE: Call the Denver Recycles hotline at 720-865-6810 and listen to the class schedule information. Then leave a message with your contact information and the class date you would like to attend.

“Learn to Compost” classes are sponsored by Denver Recycles (a program of Denver Public Works/Solid Waste Management), in partnership with Denver Urban Gardens and the Metro Wastewater Reclamation District.

5th Annual "Spruce" up your Block Party & Get to know your neighbor

"National Night Out" America’s night out against crime

Tuesday, August 7th 5p - 8p
1744 Spruce Street

Potluck - bring a drink or dish to share

If needed, contact: Jennifer & Carvis
303-229-0133

“A Tribute to Judy Schwartz” by Craig Schwartz

Judy Schwartz was a neat spouse, mother, friend and lady to those who became a part of her life. She taught me how to be more openly affectionate and kind by her example. She was not shy about sharing the love of her Savior with whom she was able to build a bridge of togetherness.

She was humble and seldom condescending in her communication with others. She had insights of people that I never grasped, but I’ve learned that women can usually do that better than men. In my eyes she wasn’t perfect, but she put me to shame in many ways.

She thoroughly enjoyed being with and talking to people and it was usually in a positive, refreshing manner. Her kindness included a “Judy-necessity” to make her buns for shut-ins, family and friends. She also hand-crafted sympathy, birthday and other occasion greeting cards to give to the many people she knew.

Of course we’ll miss her but the fact that she’s out of her illness’ misery and with her Savior helps that. It also helps to dwell on the many fun memories I have of her 48 years with me as my spouse and the smiles she brought to others.
Fitness for Older Adults – Frequently Asked Questions (Part 2 of 4)

Thinking about becoming more active or starting a structured fitness program? Good for you! Many studies underscore the health benefits of exercise at any age. To help you get started, I’ve gathered a list of frequently asked questions and answers about fitness for older adults. This is part two of a four part series.

3) Which exercises are easy on the joints?

Water exercises (swimming, water walking) or non weight-bearing exercises (bicycling, rowing, elliptical machines) are easier on the joints and often recommended for people with joint issues. However, your health care provider may recommend some weight-bearing exercises (walking, jogging) to protect and strengthen your bones.

4) How much exercise is enough?

Start with 5 minutes or whatever you can manage, then gradually work up to 30 minutes a day of cardiovascular exercise most days of the week. You should notice a difference in how you feel within 6-8 weeks. Perform muscle-strengthening exercises twice weekly with at least 24 hours in between sessions.

To get started, hire a certified personal trainer, attend group strength-training classes, visit your library to check out a strength-training DVD and visit the ACE Exercise Library.

If you are interested in beginning a resistance training program, contact David Starr of starrFiT Personal Training at 720-270-5994 or david@starrfit.com to begin today!

**BUSINESS MEMBERS**

**Asia Café**—6901 E. Colfax, 303-388-6901

**Avon**—The Johnsons—720-891-6585

**Bewitch Beauty Avon**—BewitchBeautyAvon@live.com

**Hangar Bar**—8001 E. Colfax—303-320-6683

**Frank McLaughlin Rentals**—303-329-8197

**Janie Mills, Herman Group Real Estate**

720-296-3579

**Montclair Animal Clinic**—303-377-2779

**Montclair Community United Church**

1195 Newport—303-333-7352

**Ranch House Café**, 7676 E. Colfax, 303-333-8328

**St. Luke’s Episcopal Church**, 13th Ave & Quebec

303-355-2331

**David Starr, StarrFiT**—720-270-5994

**Taxes & Bookkeeping By Jan**—303-377-4895

**West CarStar Auto Body**—303-388-1619

Patronize our East Montclair Businesses!!

Place your business cards or advertisements here. Please see page 2 for newsletter advertising rates.
The City of Denver’s Department of Parks and Recreation in partnership with the Stapleton Foundation’s be well Health and Wellness Initiative has been awarded a grant from the Colorado Health Foundation to establish be well Healthy Living Centers in two local Recreation Centers.

On June 4, 2012, Central Park recreation center located in Stapleton and Hiawatha Davis recreation center located in Park Hill began serving as the new sites for the be well Healthy Living Centers providing a variety of healthy living resources. Participants are able to visit and take advantage of the services at be well Healthy Living Centers Free of Charge and WILL NOT be required to have a Denver Parks and Recreation Center membership.

The be well Healthy Living Centers offer:

- **FREE** physical activity and nutrition training programs facilitated by experts in the health industry.
- Heart Health screenings such as Blood Pressure, Height, Weight, Cholesterol and Glucose and direct connections to treatment as necessary.
- Enrollment assistance for Colorado’s Children’s Health Plan and Children’s Health Plan Plus, Medicaid, Colorado’s Food Assistance program, and Denver Park and Recreation Scholarship program
- Grocery Store shopping tours to teach you how to shop healthy affordably
- Opportunities to join the be well Moves Challenge with Denver Mayor Michael B. Hancock
- Special incentives for those who set and achieve new healthy living goals
- General Healthy Living tips, brochures and pamphlets
- Please visit [www.bewellconnect.org](http://www.bewellconnect.org) to learn more

Quarterly health forums facilitated by local and national experts will also occur at the centers to explain how the new policy laws and Affordable Care Act impacts you and your family. You’ll also be able to provide input on the decisions that are being made in healthcare locally, statewide and nationally.

Volunteers are needed to make the be well Healthy Living Centers a success! Please visit [www.bewellconnect.org](http://www.bewellconnect.org) or contact Alisha Brown at 303.468.3222 if you are interested in becoming a be well Healthy Living Center volunteer or with any suggestions and/or questions.

**MARY BETH’S MEMO**
The Mayor’s proposed Budget fixes.

Recently, Mayor Hancock announced a balanced budget package to help solve the structural budget gap and establish a fiscally responsible and sustainable future for Denver.

Using the recommendations of the Structural Financial Task Force and through many community meetings, the Mayor has proposed a package calling for a number of actions including:

- Implementation of cost reduction procedures to streamline services and realize an estimated $10 million in annual savings.
- Reduction of costs in employee salaries, healthcare and pensions to save $5 million annually.
- Placement of a measure on the November ballot to permanently lift revenue and spending restrictions imposed by TABOR. This measure will allow the city to retain $44 million per year initially and $68 million over time.

Among other benefits, these recommendations mean the city could restore library hours back to 48 hours/week without creating a district or imposing a mill levy; the police department could offer an academy for the first time in three years; and the city would not have to charge for trash pick up or add to our sales tax.
EMNA’S 29TH ANNUAL PICNIC & BARBEQUE
SATURDAY, SEPTEMBER 8TH
11:00 AM TO 2:00 PM
VERBENA PARK—11TH AVENUE & VERBENA

Bring your favorite side dish or dessert.
Invite your neighbors.
Meet your neighbors and enjoy some delicious food.
Hamburgers, hot dogs, and drinks will be furnished.

There will be games and other activities for children & adults alike.

PLEASE RSVP TO JAN FRANKLIN BY AUGUST 25TH
303-377-4895
janijaye@yahoo.com
JOIN EMNA

EMNA wants you to get involved and make a difference in your neighborhood!

Goals: improve our quality of life, provide a neighborhood voice, and have fun!
Benefits: receive our newsletter and be able to vote on issues brought before the organization.
If you are interested, please join us and participate in our activities.

“Like” us on Facebook
http://www.facebook.com/EastMontclair

2012 EMNA MEMBERSHIP APPLICATION / RENEWAL FORM

Name 1: ________________________________________________
Name 2: ________________________________________________
Address: ________________________________________________
________________________________________________
Phone: _____________________ Ext. _____________
E-mail: ______________________________________
To receive our newsletter by e-mail, check here _________

DUES:
Family: $10.00 for voting members (max of 2, age 18 and older)
Hardcopy mailing: $15.00 (Includes membership & $5 postage)
Business: $25.00 (includes business card ad in next issue)

If you own property in the ‘hood other than your mailing address, please list:

Not sure when your dues expire?
Contact the EMNA Treasurer

PLEASE CHECK AREAS OF INTEREST:
Officer/Board Member
Refreshment Committee
Telephone Committee
Program Committee
Zoning & Licensing Committee
Graffiti Committee
Special Events
Membership Committee
Property Upkeep Committee

If you are a first time member, where did you hear about us? ___________________________________________
_____________________________________________________________________________________________

PAYMENT:
Dues $ __________
Mailing Fee $ __________
Donations $ __________
Total $ __________ Make checks payable to EMNA

Remit to: EMNA Membership
P. O. Box 201273
Denver, CO 80220-1273

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Remit to: EMNA Membership
P. O. Box 201273
Denver, CO 80220-1273

EMNA News 9 August 2012
Support EMNA

Boundaries of the East Montclair Neighborhood Association are from Quebec to Yosemite, and from 11th Avenue to Montview. Additionally, the area between Quebec and Syracuse from Montview to 23rd Avenue is also included.

GENERAL MEMBERSHIP MEETING
WEDNESDAY, August 15, 2012
6:30 P.M.
East Montclair Community Center
6740 E. Colfax (side entrance)
Colfax Avenue & Newport Street

EMNA newsletters are published bi-monthly. All submissions of newsletter items and/or advertising must be received by the 18th of the month prior to publication date. (September 18 for October issue).

LETTERS TO THE EDITOR
You are invited to submit letters to the editor on any subject you choose, such as comments on the newsletters, neighborhood concerns, a good neighbor, suggestions for general meetings or projects, etc. Please send your letters to: Newsletter Editor, P O Box 201273, Denver, CO 80220-1273 or e-mail them to bonnagayhart@comcast.net

TO RENEW ONLINE, go to www.emnanews.org; click the Membership tab, select membership level, then click PAY NOW button!

East Montclair Neighborhood Association
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