

March 2010

MESSAGE FROM THE PRESIDENT ... Rob Wilson

Believe it or Not.....

Changes are happening in East Montclair! Currently we have 3 three major projects going on. This area has been so stagnant, and now we have change. Congrats and thanks to all involved and concerned.

First a quick summary of EMNA's February 2010 general meeting. It was voted by the membership that due to costs involved for printing and distribution, EMNA will change it's newsletters from monthly to a bi-monthly publication. I realize this is a tough decision and we may see some fallout from the change. We do hope that you bear with us for a while and if membership and business participation increases, we may have another vote to change it back to monthly. Also, we are attempting to update our website more frequently <http://emnanews.org>

Council members Marcia Johnson and Doug Linkhart updated us on Lowry Vista, Marijuana dispensaries and resources for good neighboring <http://nrc-neighbor.org/index.php>.

Our community officers, Tony Burkhardt, District 3 (south of Colfax) and Amy Esten, our District 2 (north of Colfax) community officers provided updates about new management @ 11th and Syracuse, which should bring positive changes to the shopping center. We were also briefed on door to door sales people (who must have licenses) as well as a new scam going on with Toyota owners. The best policy is to not pay any money for what seems should be a free service.

Upcoming March / April 2010 Events

This year has already been busy for our neighborhood and March will be no exception.

Community design meeting for the park @ 13th and Xenia

Saturday, March 13th @ 1:30pm -
Xenia Village Club Room
1415 Xenia Street, Denver

Westerly Creek Greenway Master Plan public meeting

Tuesday, March 23, 2010 @ 6:30
Westerly Creek School.
8800 E. 28th Ave, Denver,

EMNA General Meeting

Wednesday, April 21, 2010 @ 6:30
Montclair Community Center
6740 E. Colfax, Denver

Finally, there was a community meeting about the East Side Mobility Study which was well attended. The main take-aways concerning our area is changing Quebec to a 1-way street going south and making Syracuse a 1-way heading north. With the new interchange @ I-70 and Central Park, concerns were also voiced about widening Yosemite from Montview to 11th. We certainly don't want to create another Quebec situation on Yosemite. Discussions were also held about missing sidewalks and narrow sidewalks in our area. Visit -

<http://denvergov.org/eastside/PlanMaterials/MeetingMaterials/tabid/435294/Default.aspx>

Colfax Streetcar Feasibility Study

The initial study area is bounded by I-25 on the west, Syracuse Street to the east, 12th Avenue to the south, and 19th Avenue to the north. For more information, please visit

www.denvergov.org/colfaxstreetcarfeasibilitystudy.

Colfax Streetcar Feasibility Study Public Meeting

**Thursday, March 18, 2010
6:00 - 8:00 p.m.
National Jewish Hospital
Molly Blank Conference Room**

New Stapleton Library Meeting

The community is invited to help shape the plan for the new Stapleton Library at a visioning and input meeting . Meeting participants will have an opportunity to comment on the revised design that is being developed based on the comments of the community. Your participation is highly encouraged! For more information , please call (720) 382-9426.

**Wednesday, March 24th
at 6:30 p.m.
Bill Roberts School,
2100 Akron Way**

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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 janijaye@yahoo.com.

Jan:

I am writing to tell you of my experience with **WestWinds Contracting, LLC**, westwinds133@q.com, 719-599-4317, 791-761-6764.

We looked on line for someone to do repairs on the roof. We went to: www.conscustomerservice@servicemagic.com. They gave WestWinds a 5-star rating above other companies.

Dean Martin at WestWinds gave us an estimate and sent people out to repair the roof. When they were finished, the roof was even worse than before, but we did not know that when we paid them \$400. Supposedly their work is guaranteed.

When reached by phone, he agreed to come and inspect the roof again. Not only did he **not** come, but subsequent attempts to reach him by phone and email have been unsuccessful. He supposedly operates out of Manitou Springs, but his company did not come up on a web search.

The work was completed in January, and to date, we have not seen or heard from Mr. Martin. We have had to find someone else to repair the roof.

I believe that this man is a con artist. Please warn our fellow senior citizens that this guy is bad news, and cannot and should not be trusted.

Minnie Fokes

University of Colorado Hospital's Internal Medicine & Specialty Care Clinic Relocated

The University of Colorado Hospital (UCH) Internal Medicine & Specialty Care Practice in Cherry Creek has moved to a new location in the Lowry neighborhood. The address is: 8111 E. Lowry Boulevard, Suite 120, Denver, Colorado 80230.

University of Colorado Hospital Internal Medicine & Specialty Care at Lowry will become a multi-specialty care center with the addition of cardiology, ear, nose & throat, obstetrics/gynecology, hand surgery and podiatry.

The new facility also will have a large retail pharmacy so patients will be able to enjoy the convenience of filling their prescriptions without having to drive to another location. The pharmacy services also will be available to the community at large.

The University of Colorado Hospital is the Rocky Mountain region's leading academic medical center. The hospital's physicians are all affiliated with the University of Colorado Denver School of Medicine, part of the University of Colorado system.

EMNA News

EMNA News is published 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.

East Montclair Neighborhood Association

POLICE CONTACTS

Dispatch (Non-Emergency)
311

DISTRICT 2

Commander: Rhonda Jones
3921 Holly Street
Denver, CO 80207
720-913-COPS

Community Resource Officers

Tech. Reyes Trujillo
720-913-1094
Reyes.Trujillo@denvergov.org
Tech. Amy Esten
720-913-1095
Amy.Esten@denvergov.org

DISTRICT 3

Commander: Kris Kroncke
1625 S. University Blvd.
Denver, CO 80210
720-913-1275

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
303-331-4081

SCAT Team
Sgt. Kevin Bray, 720-913-1163

Traffic Problems
Neighborhood Enforcement
Sgt. Ron Johns
720-865-6942

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

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.

There is no charge for this service.

CRIME PREVENTION TIPS

Technician Reyes Trujillo
DPD District 2 - 720-913-1094

Here are some "teasers" to make you want to know more. Maybe they'll even make you consider organizing Neighborhood Watch in your block.

Be sure you have your house number on both the alley and street side of your house. Firemen and police officers frequently approach from the alley.

Don't make your yard a safe hiding place for criminals. Use chain link instead of privacy fences. Thorny bushes such as roses deter peeping toms.

Dead bolts on your doors are essential, being sure they are keyed both inside and out if they are within 40 inches of glass. Tell your locksmith you want the best!

Dusk to dawn lighting is great - both exterior and interior. Use motion detector lights outside and timers inside. Also leave the radio or TV on when you're away from home.

Best wishes and remember to report suspicious activities and people when it occurs.

Emergency #911

Non-emergency (no crime in progress) 720-913-2000

Dist 2720-913-1000 for SCAT/CRO ongoing complaints and information.

(Complete copies of Tech Trujillo's article which is a refresher of things discussed at Neighborhood Watch meetings plus a few new ideas will be available at the April meeting. You can also call Bonna Gayhart at 322-6758 and she'll either mail or email it to you.)

Great news!
A new park is coming to your neighborhood...

Public Planning Meeting

Denver Parks & Recreation, Denver Urban Gardens and the Trust for Public Land are working together to create a new park on Westerly Creek at the intersection of 13th Avenue and Xenia Street.

While we are still working to raise all of the funds that we need to build the park, we want the community's input so to design a park that everyone can use and enjoy.

Please join us for a public planning meeting on
Saturday, March 13
1:30pm
Xenia Village Club Room
1415 Xenia Street
Denver

Park project support provided by:
The Colorado Health Foundation
and
The MetLife Foundation

www.denvergov.org/recreation

East Montclair Neighborhood Association

REPORTED OFFENSES IN EAST MONTCLAIR JANUARY 3, 2010 THROUGH JANUARY 30, 2010

DATE	TIME	ADDRESS	TYPE OF OFFENSE
01/01/2010	21:59	8700 BLOCK E COLFAX AVE	ASSAULT - DV
01/03/2010	19:21	8300 BLOCK E COLFAX AVE	THEFT - OF MOTOR VEHICLE
01/05/2010	18:45	1100 BLOCK QUINCE ST	THEFT - OTHER
01/05/2010	19:05	1600 BLOCK WABASH ST	BURGLARY - RESIDENCE BY FORCE
01/05/2010	21:43	8000 BLOCK E 11TH AVE	THEFT - ITEMS FROM VEHICLE
01/06/2010	10:50	8000 BLOCK E 11TH AVE	BURGLARY - RESIDENCE NO FORCE
01/06/2010	17:54	1500 BLOCK VALENTIA ST	THEFT - OF MOTOR VEHICLE
01/08/2010	16:17	8000 BLOCK E 12TH AVE	MENACING - FELONY W/WEAP
01/08/2010	16:52	1100 BLOCK WABASH ST	CRIMINAL MISCHIEF - MTR VEH
01/08/2010	17:49	1400 BLOCK UINTA ST	CHILD NEGLECT
01/09/2010	18:04	8800 BLOCK E COLFAX AVE	ASSAULT - SIMPLE
01/12/2010	00:03	8300 BLOCK E COLFAX AVE	DRUG - HEROIN POSSESS
01/12/2010	11:17	1300 BLOCK UINTA ST	BURGLARY - RESIDENCE NO FORCE
01/13/2010	03:32	1700 BLOCK UINTA ST	CRIMINAL MISCHIEF - MTR VEH
01/13/2010	11:56	1500 BLOCK XANTHIA ST	CRIMINAL MISCHIEF - OTHER
01/14/2010	10:03	8800 BLOCK E 14TH AVE	INDECENT EXPOSURE
01/14/2010	17:29	1100 BLOCK SYRACUSE ST	CRIMINAL MISCHIEF - MTR VEH
01/15/2010	22:00	8800 BLOCK E COLFAX AVE	THEFT - UNAUTH USE OF FTD
01/17/2010	08:27	8000 BLOCK E COLFAX AVE	SEX ASLT - FONDLE ADULT VICTIM
01/17/2010	18:46	1500 BLOCK TAMARAC ST	ASSAULT - DV
01/18/2010	12:44	1900 BLOCK ULSTER ST	CRIMINAL MISCHIEF - GRAFFITI
01/18/2010	17:21	1600 BLOCK QUEBEC ST	CHILD ABUSE - AGGRAVATED
01/19/2010	16:58	1400 BLOCK VERBENA ST	CHILD ABUSE - SIMPLE
01/20/2010	09:36	1500 BLOCK XENIA ST	CRIMINAL MISCHIEF - MTR VEH
01/22/2010	12:49	1100 BLOCK XENIA ST	BURGLARY - RESIDENCE BY FORCE
01/22/2010	21:47	8800 BLOCK E 12TH AVE	ROBBERY - CAR JACKING
01/23/2010	01:14	1200 BLOCK TAMARAC ST	CRIMINAL MISCHIEF - GRAFFITI
01/23/2010	07:21	1300 BLOCK XENIA ST	THEFT - ITEMS FROM VEHICLE
01/23/2010	20:46	1400 BLOCK XENIA ST	DRUG - COCAINE POSSESS
01/25/2010	16:38	8000 BLOCK E 12TH AVE	BURGLARY - RESIDENCE BY FORCE
01/26/2010	23:41	E COLFAX AVE/QUEBEC ST	DRUG - COCAINE POSSESS
01/27/2010	17:48	7500 BLOCK E 22ND AVE	BURGLARY - RESIDENCE BY FORCE
01/29/2010	11:29	1700 BLOCK N ULSTER ST	CRIMINAL MISCHIEF - MTR VEH
01/29/2010	14:50	8000 BLOCK E 12TH AVE	CRIMINAL MISCHIEF - OTHER
01/30/2010	04:20	1500 BLOCK N TAMARAC ST	AGGRAVATED ASSAULT
01/30/2010	13:11	1300 BLOCK N VALENTIA ST	CRIMINAL MISCHIEF - GRAFFITI
01/30/2010	16:50	8800 BLOCK E COLFAX AVE	DRUG - COCAINE SELL

Note: I received complaints because this report was missing from the last newsletter. Please comment as to whether you want to see this information or not. janijaye@yahoo.com, or 303-377-4895. Editor

Lift Weight to Lose Weight

A new study confirms what many discovered long ago - strength training plays an important role in ridding the body of extra weight. Sure, aerobic exercise burns calories, but the body's metabolism quickly returns to pre-exercise levels, usually within 30 minutes or so.

Resistance training, according to the researchers at Johns Hopkins University, leads to increased calorie burning for up to two hours after the workout is over. Carol A. Binzen and colleagues recruited 10 moderately trained women to perform three sets of 10 exercises at 10-repetition maximum with a one-minute rest period between each set. Researchers found that fat oxidation was significantly higher after the strength-training session.

Unfortunately, because weight training often results in a corresponding increase in weight due to increased muscle mass, many women abandon their strength-training efforts, opting instead for strictly cardiovascular activities. However, researchers suggest combining aerobic exercise with regular strength training for maximum benefit.

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

Residential Property Management Experts For East Montclair

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Peter Meer, MBA, MPM®

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Email: peter@meerandco.com
www.meerandco.com

Safety Alert: Well-Dressed Purse Thief in Central Denver Stores

The Denver Police Department would like the community to be aware of a thief in the Denver metro area. The suspect targets elderly females in a grocery store, and steals her wallet from her or the complete purse. The suspect steals the wallet and immediately goes to an ATM or department stores and uses the credit cards to purchase high dollar items.

The suspect recently struck at the 6th and Corona Safeway store and also at the King Sooper's on Colorado Blvd. He is very deceptive while committing the thefts. He is described as a white male in his 40's, balding head, light goatee, and well dressed, generally wearing a suit.

Please be very careful when shopping with a grocery cart. Many women leave their purses in the cart and turn away for just a second to reach for things off of shelves. This is when he strikes.

The Denver Police Department does have video footage of the thief that should help lead to his capture. If anyone recognizes this suspect to call Denver Police Department at 720-913-2000 or Crime Stoppers at 720-913-STOP (7867).

NEIGHBORHOOD COMPLAINTS

If you would like to file a complaint about violations such as trash and weeds in yards, abandoned or junk cars, illegal dumping, too many people living in one house, etc., call Ed Wasserman, 720-212-0442, Property Upkeep Committee.

If you would like to make the complaint yourself, you can do it on-line. Go to the Neighborhood Complaint Form at: <http://www.denvergov.org/NISConcerns/complaintform>. If you don't have access to a computer, call 3-1-1 for help and information.

DENVER PARKS AND RECREATION

The Park People

The Park People is a private, non-profit organization dedicated to preserving, enhancing and advocating for Denver's parks, recreation resources, open space and urban forest. Through its Denver Digs Trees program, The Park People is responsible for adding more than 38,000 public trees to Denver's streets, with hundreds more sold each spring to help raise funds for the organization's public tree efforts. Visit www.theparkpeople.org for more information or call 303-722-6262.

Denver Forestry

Denver Forestry is the city agency responsible for trees and shrubs in public parks, parkways and around government buildings. Denver has been recognized by the National Arbor Day Foundation as a Tree City USA since 1986 for its excellence in programming and advocacy of the right tree in the right place. To learn more about Denver Forestry visit www.denvergov.org or call 3-1-1.

The Mile High Million

The Mile High Million serves as a regional champion for trees, convening community partners to plant and steward one million trees by 2025 in order to improve our environment, our economy and our quality of life. As an initiative of Greenprint Denver, The Mile High Million is a catalyst in the mission to create a legacy of environmental sustainability. Be One in a Million by planting a tree today, and then make your tree count by registering it www.milehighmillion.org!

HIGHLIGHTS OF THE JANUARY 13th & FEBRUARY 10th BOARD MEETINGS

The first two meetings, with all Officers and Board Members present except Jan Franklin, were primarily devoted to establishing operational guidelines and discussing issues and objectives for 2010. It was agreed that the membership would be notified of all public meetings on the critical issues facing our neighborhood and that they would be given an opportunity to present their opinions and questions at the general meetings.

Primary current neighborhood issues are:

- Bus stop bench at Willow and Colfax.
- Better lighting in Verbena Park.
- Westerly Creek Connection.
- Eastside Mobility (Quebec Street) Study.

Fundraisers discussed were:

- Flower Power being handled by Linda Johnson.
- Monthly Feast on the FAX.
- Annual yard sale/flea market.
- People's Fair booth.
- Fairmount Cemetery Historical walk.

Opportunities for volunteerism:

Welcome baskets and neighborhood contests such as "most improved yard", most members obtained, etc.

The Board wants to encourage members to submit neighborhood photos for use in the newsletter and/or on our web site.



**EMNA NEEDS
YOU!!**

VOLUNTEER TODAY!

TAXES & BOOKKEEPING BY JAN

1435 Syracuse Street, Denver, CO 80220 303-377-4895

Notary Public
Income Tax Practitioner
Small Business Bookkeeper



Taxes For Less

Jan Franklin, Owner
janijaye@comcast.net

East Montclair Neighborhood Association

TREASURER'S REPORT

February Revenue:

Ad Income:	\$ 60.00
Family Dues:	110.00
Business Dues:	25.00
Member Donations:	20.00
Mail Fees:	15.00
Total:	<u>\$ 230.00</u>

February Expenses:

Printing:	\$ 182.02
Postage :	80.60
P O Box Rent:	<u>28.00</u>
Total:	\$ 290.62

Bank Balance:	\$ 1893.81
Petty Cash:	<u>90.94</u>

Ending Balance (02/28/10): \$ 1984.75

Tera Pagel Holzschuh, Treasurer

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.

2010 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 or older)

Business: \$25.00 (includes business card ad in next issue)

Annual Mailing Fee: \$5.00

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

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	_____

PAYMENT: Dues \$ _____

Mailing Fee \$ _____

Donations \$ _____

Total \$ _____

Remit to: EMNA Membership

P. O. Box 201273

Denver, CO 80220-1273

Make checks payable to EMNA

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.

Advertising Rates:

Full Page \$120.00
1/2 Page \$ 60.00
1/4 Page \$ 30.00
Business Card . . . \$ 15.00

Advertisers make checks or money orders payable to: **EMNA**

Mail to: **EMNA Advertising**

P. O. Box 201273

Denver, CO 80220-1273

Note: Send publishable advertisements with your payment.

WE WANT TO HEAR FROM YOU!

E-mail newsletter items & press releases to Jan Franklin at: janijaye@yahoo.com

Mail newsletter items & press releases to:

EMNA Newsletter Editor

P. O Box 201273

Denver, CO 80220-1273

EMNA newsletters are published bi-monthly. All submissions of newsletter items and/or advertising must be received by the 25th of the month prior to publication date.

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