Presidents Message—Rob Wilson

EMNA is welcoming in the New Year once again. In its 39th year, EMNA continues to be a strong and vibrant community of caring, sharing, and involved people. People who care about the neighborhood and enhance the quality of life either by hosting events or volunteering their valuable time at our events.

This year is already proving to be an exciting one as there will be many changes in our city’s government. As sad as we are to see Marcia Johnson, City Counselor person for our District 5, retire this year, we are hopeful that her replacement will be as concerned with this area as she was. EMNA will be inviting all of the candidates for District 5 to our General Meetings for sit down, candid conversations on improvements to this area. We continue to see massive improvements to Lowry and Stapleton and believe the wealth and budget should be more equally shared in our area.

With that in mind, The Westerly Creek Greenway project is alive and well. We hope to get more updates in the coming months and please encourage candidates for Mayor as well as District 5 to include it in their plans.

We also want them to consider the East Side Mobility improvements and to take action on those efforts to improve Quebec and Yosemite streets.

EMNA continues to grow and this year we will have contests again for recruiting members, fund raising events and possibly tomatoes as well as others.

We certainly appreciate all of our members and hope you stay informed and involved. If you want help in your particular neighborhood, or have ideas for EMNA this year, please don’t hesitate to contact any board member. If it’s time to renew your membership, please take the time to send your dues or pay online with our new PayPal account. As always, your renewal is greatly appreciated and allows EMNA to continue and to benefit the community. I look forward to seeing all of you this year!

NEXT GENERAL MEETING TIME AND AGENDA

EMNA’s next general meeting will be on February 16, 2011 at 6:30 p.m. This meeting will be an important one for all of you. As you know our Councilmember, Marcia Johnson, is stepping down after her current term. We have invited all of the contenders who are running for District 5 to attend our next meeting—and they have some big red boots to fill! They will be there to talk and share their views, vision, and tell us what they can do for you and East Montclair. This is an important meeting where you hear them and also ask questions and share your concerns. If you have any questions, don’t hesitate to contact one of your board members on the back of this page. We hope you can attend.

Don’t miss the 2040 Neighborhood Health Summit on Saturday February 5, 2011. Join your neighbors to learn and share ideas for how to improve health and health care in our five neighborhoods (NW Aurora, East Montclair, Stapleton, Park Hill, NE Park Hill.) We’ll share what we’ve learned from you about childhood obesity in our neighborhoods and what can be done to make sure our kids grow up healthy. Guest speakers will talk about how important national health initiatives will affect you and your family. The Surgeon General of the United States (attending in person!) will discuss how national health priorities matter at the neighborhood level, and Lorez Meinhold, Director of Health Reform Implementation, will discuss Health Reform, how you can influence it, and what it means to you. This FREE event will be held at Johnson and Wales University It is open to the public, but RSVPs are required. For more information and to reserve a seat, please visit www.2040partnersforhealth.org or call 303-468-3241.

ALSO INSIDE THIS ISSUE

- Don’t Be Part of the Con!
- Free Tax Preparation & Denver County Fair
- StarrFit February Health Tip
- Holiday Party Assessment & Your New Board Members

**EMNA BUSINESS MEMBERS**

- RANCH HOUSE CAFÉ
- STARRFIT
- HANGAR BAR
- ALLSTATE INSURANCE
- TAXES & BOOKKEEPING BY JAN
- AVON
DO YOU HAVE AN INTERESTING STORY?

Experience with a local Business?
Do you want Change in the neighborhood?
Want to Share a Recipe?

CONTRIBUTE TO EMNA’S NEWSLETTER!
Next edition—submit by March 25, 2011
Contact Bonna Gayhart

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.

Deadline for April 2011 issue
March 25, 2011

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March 25, 2011

Do you want Change in the neighborhood?
Want to Share a Recipe?
EMNA IS GOING SOCIAL

EMNA has had a web presence for a couple of years, but we are now shifting our online presence into overdrive. If you are on our list, you will have noticed the emails have gotten a lot fancier over the last few months. We have also created a Twitter account @emna_news where you can follow us and a Facebook page where you can like us. And to top it off, you can renew your membership online, safely and securely using Paypal.

HOW IT WORKS: Facebook allows you to connect with friends and family by sharing photos, sending messages and sharing your thoughts and interesting things you find on the Internet as status updates. You’ll see your friends’ status updates on your newsfeed and your friends will see your status updates on their newsfeed. You can also Like the pages of groups and companies you want to stay informed about. EMNA has a page you can Like, and information we post to the page will show up in your newsfeed. The Facebook page also hosts a discussion forum.

Twitter is a similar concept to Facebook, but is geared around text messaging from your cell phone. Twitter is all about very short messages called Tweets. When you follow someone on Twitter, you can choose to receive their updates via text messages or you can see them by signing onto the website.

By using Paypal to renew your dues, you continue to support EMNA without having to mail in a check and without the treasurer having to deposit the check. Paypal keeps your credit card information safe and secure and gets the money from you to us.

The Email blasts are now sent using a service from iContact rather than sending the emails from one of the board members accounts. This prevents us from inadvertently passing on computer viruses or spam if our account were ever compromised. This also lets you opt-out from receiving the emails by clicking a link at the bottom of the email. If you are not already on our email list, you can go to www.emnanews.org, click the Membership tab and sign up.

WHAT TO EXPECT: EMNA will send our followers periodic emails announcing and reminding you of events, passing on important information about things going on in Denver, and anything else we hear about that we think you will find useful. Anything that is emailed will also go out to our Facebook fans and Twitter followers and most things will also get added to our website.

HOW TO JOIN IN: Visit www.emnanews.org and on the bottom right side of the screen you will find links to our Twitter profile where you can follow us, and our Facebook page where you can like us. On the Membership tab, you can pay your dues online, make a donation and sign up for the EMNA email list. If you have any questions on any of this, feel free to contact Ed Wasserman.

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NEW INTEGRATED SYSTEM AT DENVER PUBLIC LIBRARIES: All locations will be closed from January 27 through February 2. They will reopen on February 3d (except Schlessmann’s), BUT no items will be due between January 27 and February 14! You may access some data and services NOT HOSTED on DPL servers; online catalog and library websites will be unavailable.
**NEIGHBORHOOD TIDBITS AND FYI**

**STAPLETON REC CENTER:** Central Park at Stapleton is Denver’s newest recreation center, and it opens Sunday January 30th. The 56,000 square foot center is located at MLK Blvd and Elmira which is just a bit east of Central Park. This fabulous addition to the area offers many amenities including on-site child care, community room and kitchen that can be rented for events, a lounge area overlooking both the pool area and the gym and tons of parking and bike racks. If you are looking to get in the water, there is a 4 lane lap pool, a water slide, a lazy river and a kid pool. There is even a room for pool parties! In addition to your typical locker rooms, this rec center also offers a family locker room. If you are looking to burn some calories, there is a NCAA-certified gymnasium for basketball and other indoor activities. The center also boasts a very large weight room, cardio equipment area, spin studio and aerobics room which will host group exercise classes. The facility is available to anyone with a Denver Parks and Rec membership or you can pay a small day-use fee. For class schedule and membership information, contact Denver Parks and Rec or stop by any rec center.

**FREE TAX PREPARATION:** Free tax filing is available for Denver families with income under $49,000. IRS-certified college students from Community College of Denver, Metro State College, and Emily Griffith Opportunity School will prepare and e-file tax returns for taxpayers whose household income qualifies! Here are the sites:

- **Manual High School,** 1700 E. 28th Ave, Third Floor
  Jan. 29 to March 12; Saturdays, 9 a.m. to 2 p.m.
  Thursdays, 5 to 8 p.m.

- **Emily Griffith Opportunity School,** 1250 Welton Street
  Jan. 29 to Feb. 26 – Saturdays, 9 a.m. to 3 p.m.
  Feb. 1 to March 1 – Tuesdays, 2 to 8:30p.m.
  Feb. 3 to April 14 (except March 24 & 31)
  Thursdays, 2 to 8:30 p.m.

Dial 2-1-1 or go to [www.piton.org/eitc](http://www.piton.org/eitc) for more details & other locations.

**DENVER COUNTY FAIR:** A private group (Denver County Fair, LLC), not the City & County of Denver, is pleased to announce the dates and venue for **Denver’s first County Fair** in this century! The Fair will be held at the National Western Stock Show Complex next summer during the last weekend of July. For more information or to sign up on their mailing list, please visit their web site at [http://www.denvercountyfair.org](http://www.denvercountyfair.org).

Historian Tom Noel said Territorial Governor John Evans and William Byers founded the Colorado Agricultural Society in 1863 and bought 40 acres east of Denver as fairgrounds in what is now City Park. But “there was no money for a fair that first year,” he said, and “the second year the Indian Wars and the Civil War were going on, so there was no fair.” – Colleen O’Connor, The Denver Post.

There will be numerous “Pavilions” of various types and there will be open competitions in all the traditional County Fair categories plus some new ones! Event organizers are Dana Cain, Al Kraizer, and Tracy Weil. For questions on how to get your neighborhood involved, please contact [tracy@denvercountyfair.org](mailto:tracy@denvercountyfair.org).

Our dear friend and long-time member Dale McInerney who formerly lived on Valentia is now in a Care Center. If you are an old friend who would like to send her a card, give her a call, or visit her you may call Bonna at 303-322-6758 for specific information. We’re all thinking of you, Dale!

**CONDOLENCES** to the family of Marie Twieg who passed away Jan 4th at the age of 91. Marie and her husband, Bob, lived at 1160 Willow for over sixty years. She loved her yard and spent many hours caring for the tulips, daffodils, lilies and roses that flourished there. She will be missed by those who lived near her on Willow Street and by me, Betty Aguilar.

**Condolences to the Family of Edie Sheffield:** We lost our friend and neighbor Edie just short of her 74th birthday. She and her husband Bill moved to this neighborhood in 1963. They were both ham radio operators, assisting in emergencies whenever needed. They owned and operated the jewelry store “Silver Buckskin Jewelry” on Colfax at Rosemary for many years. They lost their son Willie in a car accident when he was only 26! Bill died in 2002. Through all the tribulations of life, including her final illness, I never knew Edie to be without a smile and a helping hand wherever it was needed. She served as Treasurer of EMNA at one time, but her major contribution to EMNA was in circulating petitions and attending licensing and zoning hearings. She will be sorely missed and we extend sympathy to her daughters Debbie and Charlene, as well as her grandchildren and great-grandchildren.
Welcome New and Returning Members!

We hope you find the information and the events beneficial.

NEW MEMBERS: Tom Mayers and Tracey Allen


While the East Coast is being pummeled by one snow storm after another, Denver has hardly seen any snow this year. Keep your garden and trees happy by watering plants and trees about every six weeks when the ground isn’t frozen and the temperature is above 40 degrees F. Colorado’s low humidity combined with heat from the furnace can quickly dry out your houseplants in winter. Check your plants on a regular basis to see if they need water. On the other hand, don’t over-water your plants. Too much water can lead to plant diseases such as root rot, mold or pests such as fungus gnats. If fungus gnats have already become a problem, let the soil of your houseplants, especially the top 1-2 inches dry out between watering.

February Gardening Calendar-

- If you’re planning to start a vegetable garden, design it now! Start browsing catalogs and seed racks at local stores. Look for disease resistant vegetable varieties.
- If you’re starting a new to vegetable garden, be sure you choose a spot where your garden will get at least 6 hours of full sun a day.
- We are in Planting Zone 5A, so be sure you buy seeds and plants that are hardy in this zone.

Early March Gardening Calendar-

- Plant fall-bearing raspberry varieties, such as Heritage, Fall Red, Fall Gold, September, Pathfinder, or Trailblazer. These are recommended for the Front Range because spring-bearing varieties sometimes don’t survive the winter.
- Prune most trees, shrubs, and other woody-stemmed plants before the leaf buds show. Exceptions are maples and birches and spring-flowering shrubs such as lilac, mock orange, and forsythia. Prune spring-bloomers right after flowering.
- Plant small bare-root trees and shrubs as soon as the ground can be worked.

Mid March Gardening Calendar-

- Plant peas and sweet peas outdoors. Soak overnight first to aid germination, then plant and cover with two inches of soil.
- Start broccoli, brussels sprouts, cabbage, cauliflower, parsley, peppers, eggplant and lettuce seeds indoors for transplanting to your garden in early May.
- Begin pulling back mulch and removing leaves to clean up perennial beds. Add one or two inches of compost.

Late March Gardening Calendar-

- Lightly hand rake your lawn to encourage air movement to roots.
- Begin taking pictures of your garden at least once a month to help you plan for next year.

Before you go gung-ho planning and planting your garden, remember that gardening can be very time consuming. It can also be one of the most rewarding, relaxing hobbies you can have. Happy Gardening!

This information was compiled from several gardening books, and Colorado Gardening websites.
PARTY ELECTIONS: No, this is not a political spot. However, we do want to tell you about the December General Meeting. It was so much and the food was incredible (EMNA folk know how to cook). We also tried the White Elephant Gift Exchange which was a blast. We think this will definitely be a new tradition for the December meeting.

We ALSO had our elections. Your EMNA voting members unanimously voted the following as your 2011 Board Members: President: Rob Wilson; Vice President: John Russell; Treasurer: Tera Holzchuh; Secretary: Ed Wasserman; Board Members at Large: Linda Johnson and Jennifer Callender. We will be posting pictures and biographies on emnanews.org. Swing by on February 16th to the General Meeting and say hello. We want to meet you!

DON’T BE PART OF THE CON (FROM SGT REYES TRUJILLO/DPD): Hello Friends and Neighbors and welcome to 2011! Recently we have experienced several seniors in the area who have fallen victim to Scams seeking help in public places by seemingly innocent people new to Denver lost and in need of help and offering money to help those cash checks or retrieve money owed to the person in need of assistance. Often the con person will require the victim to give them a ride somewhere where they meet with another person and all the while being very convincing by flashing large amounts of money in exchange for good faith and access to bank accounts to show that the victim is willing to participate (which leads to disaster). The unwitting victim often doesn’t realize that they are at the mercy of the con person once the victim lets them into their car or home.

NEVER, allow people that you do not know into your car, home or other place not intended for public access, unless you know and trust them.

If you are approached by someone needing direction, do not engage them but rather offer to call police and we will give them help or guidance as needed.

Keep the minimum amount of cash or credit cards on your person when you are out and keep your social security cards and other important documents in a secure place when not using them to prevent identity fraud.

If you are contacted in a public place and asked to help by a suspected con artist, please report this to police right away and be prepared to give a description.

More explanation on cons and some history on it, relating to this article, can be found on emnanews.org.

BONNA’S BLOG (Some notes from Bonna Gayhart)

RESTAURANT REVIEW: The restaurant at 9th Ave & Jersey has changed hands. It is now the Jersey Street Bar & Grill and is owned by the owner of that particular strip mall. Recently a friend and I lunched there & the food, service and décor were terrific! Both clam chowder and Caesar salad are good “tests” – that’s what we had. The menu is extensive: Greek, Mexican, pastas, burgers, you name it! AND the prices are very reasonable!

HISTORY COLUMN: In answer to the question, “What happened to the History Column?”, it just sort of slipped away! At various times over the years it has been about EMNA’s formation and activities, the formation and highlights of the City of Denver and East Montclair, as well as local businesses. What type history are you most interested in? Let me know and, with the Board’s approval, I’ll start writing it again.

Strong Muscles, Strong Bones: Exercise in any form - mild, moderate or intense - is good for you and can help reduce the risk of disease and keep the heart healthy. But when it comes to strengthening bones, milder forms of activity may not be enough.

Thirty-eight men and 46 women, ages 55 to 75 years, all of whom were generally healthy but didn’t exercise regularly, were recruited to help determine the link between physical activity and bone strength. Researchers concluded that neither overall aerobic fitness nor mild physical activity had a significant effect on bone density. Greater muscle strength, however, was associated with stronger bones. "Although some activity may be better than none at all for certain aspects of health, like heart health, milder forms of activity may not be sufficient to hold off or attenuate the age-related decline in bone," says lead researcher Dr. Kerry J. Stewart of Johns Hopkins University School of Medicine in Baltimore, Maryland. (Source: Journal of Internal Medicine, 2002; 252, 5, 381-388)

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!
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.

2011 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? ___________________________________________
_____________________________________________________________________________________________

PAYMENT: Dues $ __________ Remit to: EMNA Membership
        Mailing Fee $ __________ P. O. Box 201273
        Donations $ __________ Denver, CO 80220-1273
Total  $ __________ Make checks payable to EMNA

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 _____

PLEASE Renew Now for 2011!
**East Montclair Neighborhood Association**

**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:**

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Advertisers make checks payable to: **EMNA**

Mail to: **EMNA Advertising**  
P. O. Box 201273  
Denver, CO 80220-1273

**Note:** Send electronic, publishable advertisements with your payment.

**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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**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

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East Montclair Neighborhood Association  
P. O. Box 201273  
Denver, CO 80220-1273  
Address Service Requested