A MESSAGE FROM THE EMNA PRESIDENT—Tera Holzschuh

Hello, East Montclair Neighbors. It was great to see many of you at the last EMNA general meeting. I hope the flowers that EMNA gave away are doing well in your gardens!!! Please remember as summer is upon us, home burglaries in East Montclair pick up. If you can get a home alarm, I would encourage you to get one installed. Please remember to lock all your doors and windows - even when it is hot outside. Also remember to lock your garage doors. Many break-ins, as the police will tell you, are a crime of opportunity, so be sure to lock up. If you would like information on the Neighborhood Watch Program, please contact me at 303-929-2308. As always, please look out for your neighbors - if you see something out of place, please call the police.

The flowers have been planted in McNichols Park, I would like to thank my friend and neighbor Amy Nartowicz for helping me plant last weekend. We had a lot of fun planting and met several neighbors walking in the park. The flowers for the park were donated by EMNA. If you get a chance to stop by McNichols, check them out. The park has really come alive! It now has baseball, soccer, flag and youth football leagues. It is wonderful to see the park being used!!!

Please have a safe and wonderful summer. Stay tuned for upcoming EMNA events!!

Your friend and neighbor,

Tera Pagel Holzschuh

DON'T FORGET!!!!

The Next General Membership Meeting

June 20, 2012, at 6:30 p.m.

East Montclair Community Center

6740 E. Colfax (side entrance) - Colfax @ Newport Street

In addition to a speaker, we will have a membership BUSINESS meeting!

If you chair a committee or represent EMNA at another non-profit, be prepared to give a report.

PLEASE ATTEND!!!


**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
2.Dist@denvergov.org

**Community Resource Officers**
Tech. Reyes Trujillo
720-913-1095
Reyes.Trujillo@denvergov.org

Tech. Amy Esten
720-913-1094

Amy.Esten@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.

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**Contribute to EMNA’s Newsletter!**

**Deadline for August 2012 issue**
**July 18, 2012**

Contact Bonna Gayhart

**ADVERTISING RATES**

<table>
<thead>
<tr>
<th>Type</th>
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Enclose black & white business card or ad copy w/check payable to EMNA
Attention: EMNA Advertising, P.O.Box 201273, Denver CO 80220

Sell an ad to your favorite business or your employer!

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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.

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**NEIGHBORHOOD COMPLAINTS:** Go to the Neighborhood Complaint Form at: [http://denvergov.org/customerexperience/311/](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.
Greetings EMNA readers,

As warm temperatures continue to stay with a few showers in the mix, remember to get out there and plant your garden. Speaking of gardens, McNichols Park has some beautiful flowers that add plenty of color. These flowers got watered after the Colfax marathon in which our very own Ed Wasserman ran. Way to go Ed!!! EMNA had a water station at Colfax and Syracuse, and as runners and walkers came by, water was being passed out. Talk about being swamped! It was a workout just trying to keep up with the amount of people passing by.

Bright and sunny morning filled with cups of nice cold water.

Flowers at McNichols park at 17th and Syracuse.

COUNCIL DISTRICT “REDISTRICTING” COMPLETE

In spite of the diligent efforts of our District 5 Councilwoman Mary Beth Susman and the District 11 Councilman Chris Herndon, our neighborhood will be split again in 2014! North of Colfax will become part of District 11 again in 2014; in 2015, it will be numbered District 8! Watch for further developments. Mary Beth assures us that she and Chris have a great working relationship and that they will continue to treat East Montclair as one neighborhood. Her contact info: 720-337-5555 or Marybeth.susman@denvergov.org.

AIR FORCE FINANCE & ACCOUNTING CENTER CONVEYED

This 70-acre parcel, officially the Buckley Annex to Lowry AFB, was officially conveyed to the City of Denver on May 31st. The first public meeting of the Lowry Community Advisory Committee was held June 5th. More information is available at www.lowryredevelopment.org. For appointment to represent EMNA on this advisory committee, contact EMNA President Tera or Councilwoman Mary Beth Susman.
7th Annual FEAST ON THE ‘FAX

Take a global food tour and raise money for your neighborhood association!

Sample specialties from four continents on Denver's one and only Main Street...

Have you tried the diverse and exotic flavors available at East Colfax restaurants - right in your own backyard? On the evening of Tuesday, June 12, 2012 we invite you to "a global food tour" of the 'Fax. This annual event is a fun way to meet your neighbors and friends at your new favorite neighborhood restaurants.

How does it work? Once you purchase a ticket, your receipt will tell you where to check in. On June 12, just stop by this restaurant to get your Feast bracelet, a map, and begin your tour! The bracelet will get you a free sample of amazing food at every participating restaurant on your route. Walk or ride a bike between restaurants, or hop on one of the free shuttle buses we'll provide for the evening.

Tickets are $25 per person or $45 for a pair, and are available online at www.thefaxdenver.com, or at King Soopers. Tickets are also available from the East Montclair Neighborhood Association, and $5 from every ticket they sell will be donated back to East Montclair! Contact Jan Franklin at janijaye@yahoo.com or (303) 377-4895 to purchase tickets. Residents who purchase tickets directly from Jan will check-in at the Pisco Sour Peruvian restaurant.

This year's Feast on The 'Fax is generously supported by our title sponsor, the Stapleton Front Porch. We're also grateful for the support of our community sponsors - Barkly Manor, Emicks Auto, Athena’s Closet, and Hi Performance Car Wash. Sponsorships are still available! All proceeds maintain 'Fax district marketing, business attraction and retention programs. This includes new façade grants to improve older storefronts and attract more customers to Colfax.

Visit us at www.thefaxdenver.com to sign up for our free monthly e-newsletter, and don’t forget to like us on Facebook!
BECOME A COMMUNITY FORESTER

Train to be a knowledgeable and skilled volunteer forest caretaker qualified to lead and participate in tree planting and care projects. To register, contact The Park People on line or at (303) 722-6262. Space is limited, so sign up quickly. Registration Deadline: June 28th. Minimum age: 16!

All workshops are on Saturdays from 9:00 a.m. to 1:00 p.m. at a cost of $20 per workshop. Schedule:

- Trees 101 (prerequisite to the rest) — June 30
- Tree Pruning — July 28
- Tree Identification & Inventory — Aug. 25
- Tree Planting & Health — Sept. 22
- Volunteer Leadership & Management (optional) — Oct. 27

If you complete less than the first four workshops, your title will be “The Tree Steward” rather than a “Community Forester”. Once earned, you will need to commit to only ten (10) HOURS volunteer work per year to maintain your active status.

DENVER ENERGY CHALLENGE

This free residential and commercial energy program is provided by the City & County of Denver. Call the Energy Hotline (720-865-5520) to find out how to save energy in your home or business and to find out what rebates are available. You may also inquire at DenverEnergy.org.

March-April 2012 Treasurer’s Report

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</tr>
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BUSINESS MEMBERS

- **Asia Café**—6901 E. Colfax, 303-388-6901
- **Avon**—The Johnsons—720-891-6585
  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 by Jan**—303-377-4895
- **West CarStar Auto Body**—303-388-1619

Patronize our East Montclair Businesses!!
WELCOME NEW AND RETURNING MEMBERS!

We hope you find the information and the events beneficial.

RENEWALS:
Veronica Dolan, Jennie Doerksen, Cary and Annie Ferguson, Janet Gross, Patrick Kerwin, Tom Meyers, Sherry Peterson, Valerie Sheffield, Tom Meyers and Tracey Allen

Condolences to Bryan Fry on the loss of his Father.
Condolences to Craig Schwartz and family on the loss of his wife Judith. They have been active EMNA members since 1997. Until retirement, they managed and directed a maternity home. After retirement, they continued to volunteer there. Her smiling face will be missed at EMNA meetings and especially at the picnic.

Condolences to the Family of John F. Stark

Although born in Boulder, John’s school years were all in Denver, beginning at the “old” Montclair School at 13th & Quebec (later referred to as the “Montclair Annex”) and ending at East High School. He and his deceased wife Donna purchased their home in East Montclair in 1960. They joined EMNA in 1981. “Mr. Patch”, as John was referred to by his fellow collectors of military memorabilia, was a self-taught historian. As such, his presentation, many years ago, on the history of the Lowry AFB and our East Montclair neighborhood was thoroughly enjoyed by our members. John will be greatly missed not only by his daughter Kelly and his two grandchildren Sarah & Joe, but by his many friends and neighbors who knew and loved him.

THIS ‘N THAT

2012 NATIONAL PUBLIC PARKS TENNIS CHAMPIONSHIPS

Coming to Denver July 21-29. Open to all players regardless of age or ability! Register by June 30 to play. Check it out on line, call your nearest recreation center, or call 720-913-0689.

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
janijave@taxesbyjan.com
www.taxesbyjan.com

WAYNE A. SARGENT D.V.M.

MONTCLAIR ANIMAL CLINIC, INC.

By Appointment
Mon.-Fri. 9:00-12:00  3:00-6:00
Sat. 9:00 - 12:00

Phone (303) 377-2779

1454 Tamarac Street
Denver, Colorado 80220

EMNA News  6  June 2012
FITNESS FOR OLDER ADULTS -
Frequently Asked Questions (Part 1 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, we’ve gathered a list of frequently asked questions and answers about fitness for older adults. This is part one of a four part series.

1) I haven’t exercised in years — Why should I start now?

Even if you’ve never been active, it’s never too late to reap the many health benefits of regular exercise. Regular cardiovascular exercise, such as brisk walking, bicycling or swimming strengthens the heart and muscles, boosts energy and endurance. It also helps control blood sugar and cholesterol levels and works as a natural mood elevator.

Being sedentary raises the risk for developing such serious health conditions as diabetes and heart disease.

Strength exercise, or resistance training, helps preserve muscle tissue and bone health. It’ll help you stay strong, so you can go about your normal daily activities.

2) I have several medical conditions — Is exercise safe for me?

Consult with your health care provider before starting an exercise program. Ask about precautions specific to your condition and which exercises are beneficial and safe for you. Regular exercise helps manage health conditions and can speed up the recovery process of serious illnesses, including heart attack, stroke and joint-replacement surgery. Your doctor may recommend that you start exercising in a medically-supervised setting before you exercise on your own.

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!
PUBLIC NUISANCE VIOLATIONS BEING INVESTIGATED

Yes! Four new ones in May! They are: 1345 Yosemite, #308; 1100 Rosemary, #2; Branding Iron Motel, 8600 E. Colfax; and the Lazy C Motel, 8787 E. Colfax. Already under investigation are: Sand & Sage Motel, 8415 E. Colfax; a residence north of Colfax, and an apartment unit in the complex adjacent to Verbena Park. Please be alert to any suspicious activity! Detective Brian Matos of the DPD Public Nuisance Abatement Unit keeps EMNA informed. He may be contacted at (O) 720-913-6437 or (his work cell) 720-641-1437.

SPEEDING PROBLEM(S) IN YOUR NEIGHBORHOOD?

What can you do about it? First, notify Neighborhood Enforcement at 720-337-1030. If that doesn’t work, you can request a speed trailer. It’s also possible to participate in the Neighborhood Speed Watch by borrowing a police radar detection device for up to 14 days. You must meet the following requirements for Speed Watch. You must be a Denver resident who belongs to a RNO such as EMNA. You must complete a brief training program and work in a team of three (3). The data you collect is forwarded to your local Police District Station. They will follow up with a warning letter to the owners of the observed vehicles.

DENVER CURFEW ORDINANCE IN EFFECT (April through September)

* Applies to all youth under the age of 18.
* Hours: Sun—Thurs: 11:00 p.m. to 5:00 a.m.
  Friday—Sat.: 12 midnight to 5:00 a.m.
For complete information, contact Tiffany Vu, Denver Safe City Office, 720-913-4619
OR Lt. Magen Dodge, Denver Police Dept., 720-913-6023

DENVER ENERGY CHALLENGE: Call Energy Hotline (720-865-5520) to find out about rebates!

This free residential & commercial energy program is provided by the C & C of Denver. Find out how to save energy in your home or business, as well as about rebates. You may also inquire at DenverEnergy.org.

UPDATE FOR DOG OWNERS

Lease Law Enforcement has been stepped up. To report specific problem areas, go to animalcomments@denvergov.org or call 311. The nearest off-leash dog park is at East 24th Ave & Syracuse Street. Off-leash dog fines: 1st offense, $80; 2nd, $150; and 34, $300. Our own Doug Linkhart is Denver’s new Manager of Environmental Health, Animal Care & Control.

ELECTION REMINDERS

Primary Election is June 26th. Mail-in ballots will be mailed to all registered voters, active & inactive, who are registered as affiliated with a party participating in the Primary. These ballots will be mailed the week of June 4th. Don’t forget to change your address if you’ve moved since you last voted! If you’re signed up on the permanent mail-in list and didn’t vote in the November 2010 General Election, you’ve been removed from the list and must re-apply. For full information, go on line or call 720-913-8683.

FREE YEAR-ROUND FUN FOR DPS STUDENTS (Contact your recreation center for details)

Free swimming, playing sports and hanging out with friends in a safe, kid friendly environment is available through the My Place Program. Participants also receive 50% off all recreation programs including sports teams, arts & crafts, & swimming lessons. Many membership family options also, including financial assistance. Membership discounts too.
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: ____________________________________________
________________________________________________________________________________________________________________________________________________

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

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

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

Not sure when your dues expire?
Contact the EMNA Treasurer

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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
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.

IN THIS ISSUE:
President’s Message
StarrFIT Health Tip
Redistricting
Condolesces
Treasurer’s Report
Feast on the FAX
City Announcements

GENERAL MEMBERSHIP MEETING
Wednesday, June 20, 2012—6:30 p.m.
East Montclair Community Center
6740 E. Colfax (side entrance) - Colfax at Newport Street
This will be a BUSINESS MEETING!! Bring your issues & concerns. The Officers & Board Members want & need YOUR INPUT!!!!

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. (July 18 for August 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
P. O. Box 201273
Denver, CO 80220-1273
Address Service Requested