



DECEMBER 2011

EMNA Holiday Celebration

Wednesday, December 14, 2011 at 6:30 p.m.

East Montclair Community Center

6740 E. Colfax (Colfax and Newport)

Food and beverages will be provided, but feel free to bring your favorite holiday covered dish, dessert or Holiday goodies!

Bring a 'White Elephant' gift to exchange.

We will hold elections for the 2012 EMNA Board of Directors.

Get involved in your neighborhood and volunteer for the 2012 Board!



THE WHITE ELEPHANT GIFT EXCHANGE: This was such a great success (and a lot of fun and laughs), we are going to have our 2nd Annual exchange this year. If none of you have participated in one before or missed out last year, you're in for a treat. Basically, everyone brings a gift. It can be anything, but be tasteful. If you have an old knick-knack around the house (gently used of course), Mom's secret potato salad recipe, DVD that you already have a copy or that you were given on your birthday – things like this.

The way the exchange works is like this. All the wrapped gifts are put on a table and a name is drawn. That person gets to go up and pick a gift and they open it in front of everyone. But wait – don't fall in love with your prize too quick. Another name is drawn and that person picks a gift. That person can either keep what they have or exchange it for yours. This goes on until all the gifts have been claimed. Normally exchanges can happen up to three times, however for this occasion, and time constraints, we're only going to do one exchange.

East Montclair Neighborhood Association

OFFICERS / EMNA BOARD

President: Rob Wilson
303-320-0707
robwilson@msn.com

Vice-President: John Russell
303-333-3981
russelljc303@gmail.com

Secretary: Ed Wasserman
720-212-0442
ed@edwasserman.com

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

Board Member At-Large:
Linda Johnson
720-891-6585
mslindajohnson@live.com

Board Member At-Large:
Jennifer Callender
turtlejenn@hotmail.com

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

OTHER

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

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Tera Holzschuh

SUNSHINE LADY

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

POLICE CONTACTS

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

DISTRICT 2

Commander: Rhonda Jones
3921 Holly Street
Denver, CO 80207
720-913-1005

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: 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

720-913-1333

SCAT Team

George Kenny, 720-913-1171

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.

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!

Deadline for February 2012 issue

January 20, 2012

Contact Bonna Gayhart



EMNA General Meeting

December 14th, 2011 at 6:30 pm
East Montclair Community Center
6740 E. Colfax Ave
(Corner of Colfax & Newport)

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: If you would like to file a complaint anonymously 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://denvergov.org/customerexperience/311/>. If you don't have access to a computer, call **3-1-1** for information.

A MESSAGE FROM THE EMNA PRESIDENT—Rob Wilson

Greetings EMNA Members. We hope this newsletter finds you well. Another successful year has passed for EMNA and elections for new board members will be happening December 14th at the holiday party. As President, my limited term has passed and a few board member positions have opened up.

Being a board member is a very rewarding experience as you'll learn the inner workings about the city, the major concerns of people in the neighborhood and you'll meet people from all walks of life. You will get to influence the direction and involvement of the organization. Past board members have established neighborhood walks, clean-ups, social events, educational events, yard sales, and more. Would you like to get people involved in improving their landscapes? Maybe you would like to help to establish an improvement district, or sponsor contests for best front yards or holiday decorations?

Bring your energy and ideas and volunteer for a year, anyone concerned is welcome. Not only do these activities improve the area, they bring people together. That, in itself, is very rewarding.

Volunteering does require about 2-4 hours a month and it is best to have internet availability for communications. Not only will you learn a great amount of information, you can influence the neighborhood.

Currently EMNA has four positions open for 2012. If you have a knack for numbers, volunteer as our Treasurer. We have made it really simple and easy to track membership dues and expenses. Free training is provided.

Consider being a board member as Secretary. This position takes notes at meetings and sends them out. If you want to get creative, you could also work on the newsletter, which is a very rewarding experience.

Vice-President and Board member at large will also be open and require attending EMNA meetings once a month. Don't worry about experience or knowledge as we'll train you for any position. The only thing you'll need is a desire to participate and get involved. The experience will last a lifetime and could open doors for more opportunities in your life!

Come volunteer Wednesday December 14th, 6:30pm at the East Montclair community center. There will be food and prizes. We also have fun with an ice breaker - A white elephant gift exchange. If you like, bring that priceless treasure to share with your neighbors .

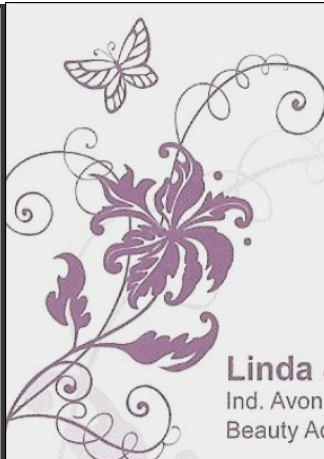
Your Friend and Neighbor,
Rob Wilson

**Call me today to see how you can save
when you combine your home and
auto policies.**

Allison K Smith
(303) 835-4639
The Smith Group Agency LLC
IN THE LOWRY TOWN CENTER
AllisonSmith@Allstate.com



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NEIGHBORHOOD TIDBITS AND FYI

TRIBUTE TO THE LIFE OF Eleanor DALE McINERNEY

Dale's 88 years of life have been described as "a life of adventure, daring, exploring, and discovering the road less traveled." After high school, she took off from North Dakota and never looked back! Her first adventure was in 1947 when she traveled to Saudi Arabia as an oil company employee.

For 30 years, 1954-1984, Dale was a secretary in United Airline's Flight Training Center in Hangar #5 at Stapleton. After retirement she went to India and worked with the missionaries there!

1984 was also the year that she joined EMNA, never refusing to help wherever needed. She was a most efficient Treasurer for at least two or three years. During the years when we delivered our newsletters, Dale was in charge of distribution north of Colfax. She walked with our RADAC (Residents Against Drugs & Crime) group and the Guardian Angels for about a year – until she began having difficulty walking very far. Many of the neighborhood history columns in past years were written by Dale. She collected the information, tape recorder in hand, by visiting old timers and interviewing them.

Other than her son Mike, her granddaughter Megan, and her great-grandchildren, Dale's primary loves were her rose garden and history. She was a voracious reader of everything, but concentrated on history. Those of us fortunate enough to have known and loved Dale share happy memories of many hours spent in her family room assembling newsletters, at meetings, and walking with her. She will be missed by all who knew her!

Volunteers Needed for The VOA's SNOW BUDDY PROGRAM

Help a senior stay safe this winter!

You will be matched with a senior who needs help in your neighborhood.

To volunteer to shovel for a senior, contact the Snow Buddy Program

720-264-3379 snowbuddies@voacolorado.org



NOVEMBER 2011 EMNA FINANCIALS

Beginning Balance (Nov 29th): \$2,787.56

Family Dues	\$220.00	Bank Balance \$2871.93
Member Donation	\$90.00	Petty Cash \$50.63
Business Dues	\$50.00	Cash on Hand 11/29/11 \$2922.56
Mail fee	\$70.00	
Sign donation	\$20.00	
Total Revenues	\$450.00	
Postage & Printing	\$120.42	
Meeting Supplies	\$33.19	
Total Expenses	\$153.61	

Hungry for Good Chinese Food?

try the

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6901 E. Colfax (at Oneida)
(303) 388-6901

- More than 30 choices
- Affordable
- Friendly service
- Dine-in or take-out

Support a Local Business!

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REAL ESTATE

Janie Mills
Broker Associate
720-296-3579
[janemills1@gmail.com](mailto:janiemills1@gmail.com)

360 S. Monroe Street
Suite 501
Denver, CO 80209

WELCOME NEW AND RETURNING MEMBERS !

We hope you find the information and the events beneficial.

NEW MEMBERS: Kevin Jochem

NEW BUSINESS: Montclair Animal Clinic

RENEWALS: Mickey Allen, Jennie Doerksen, George & Nell Dominguez, Audrey Emmons, Tom & Dorothy Lehre, Tom & Kathy Jochem, Andrea Mauro & Emma Rios, Ernie Rabel, David Starr, and Charmaine Jones



EDITORIAL FROM BONNA GAYHART

As we approach a New Year, let's add "contributing to the well-being of my neighborhood" to our New Year's resolutions! A frequent question from prospective members is, "What do I get out of EMNA?" or, "What does EMNA do for me?" Lately, a favorite saying of John F. Kennedy has been coming to mind: "Not what can my country do for me, but what can I do for my country!" The "face" of our neighborhood is not determined by what EMNA does, but what its residents as a whole do. A handful of people (150 out of 3,000) just aren't enough to "cut it"! Ten members out of 150 can't carry out the full objective of EMNA. Give that some thought and step forward to serve in 2012!

Not only do we need candidates for 2012 officers to assist those who are willing to continue on the Board, but members are needed for several committees which have gone begging the last few years. In the 30+ years that I've been active in EMNA, I've seldom been turned down when I've asked a member's assistance. PLEASE DON'T WAIT FOR A PERSONAL INVITATION!!! Take the initiative! In recent years we have been unable to properly review liquor & other business licenses, to assist members in dealing with criminal activities, or to investigate zoning change requests. Why? No volunteers to do the necessary "leg work". While officers and board members must attend 18 meetings a year (12 board meetings and 6 membership meetings), not all tasks require you leaving home. Yes, internet access is necessary for some jobs, but the telephone still works for others!

Have you stopped going to the membership meetings because no business is conducted? Let the officers know that you want a business meeting. How can you "voice your opinion" if issues are not presented at a meeting? Once upon a time I presented each new member with a copy of EMNA's By-Laws. Since I have not done that for several years, I am presenting excerpts below for your edification. If you want a full copy, please call me.

EAST MONTCLAIR NEIGHBORHOOD ASSOCIATION BY-LAWS

ARTICLE I – NAME AND OBJECTIVE

Section 2. The objective of this organization shall be to build and maintain an organization where all members, residents and businesses alike can participate in the discussion of the betterment and welfare of the neighborhood; to promote a format for communication between the Association and the City Government; to advance the interests and concerns of the neighborhood; to elect representation and to encourage friendship and cooperation among all people within the Association area.

ARTICLE IV – ELECTION OF OFFICERS, TERMS OF OFFICE AND DUTIES

Section 2. The officers of the Association shall serve for a one-year term and may serve until their respective successors are elected. All officers may succeed themselves except the President who may not be elected to serve more than two successive terms. A simple majority vote of those eligible voters in attendance shall elect.

Section 6. BOARD OF DIRECTORS. The Board shall be comprised of the President, Vice-President, Secretary, Treasurer and two Directors, all to be elected by the membership. The immediate Past President will continue to serve as a director for one year or until a new President takes office. In the event the immediate Past President no longer lives in the area or is unwilling or unable to serve, a third Director will be elected for a one-year term.

The two elected Directors shall be elected to serve two-year terms so they overlap with one Director being elected each year. In order to implement this, it will be necessary to elect one Director for a one-year term and one Director for a two-year term the first election after these By-Laws are approved and become effective.

All past officers shall be Directors-at-Large and shall serve in a non-voting advisory capacity to the elected Board.

ARTICLE V – COMMITTEES

The President shall each year appoint such standing and special committees as are deemed necessary to promote the best interests of the neighborhood which the Association represents, subject to the approval of the Board. These committees should include, but not necessarily be limited to the following: Zoning, Newsletter, Crime Prevention and Program. The President may appoint a Sergeant or Sergeants at Arms to officiate at Association meetings to serve for a period of one year beginning on February 1st.

DUG FREE SEEDS & TRANSPLANTS: Yes, it's that time again! We've barely put our gardens to bed for the winter, but it's almost time to order next spring's seeds and plants! With on-line communication and the availability of applications and deliveries at so many convenient locations, EMNA's involvement is now only to provide our members with timely information. Of course, if you are UNABLE to do your own pick-up, please let Betty Aguilar (303-322-3291) know & we'll provide assistance.

SCHEDULE

- Applications (& updated on-line info) will be available by January 2, 2012.
- Applications must be turned in by February 1, 2012.
- Seeds will be available for pick-up beginning in March 2012.
- Transplants will be available for pick-up beginning in May 2012.

CONVENIENT LOCATIONS THIS YEAR

- Montclair Recreation Center – 729 Ulster Way (Lowry)
- Clayton Educare/Early Learning Center – 3751 Martin Luther King Blvd, Educare Bldg.
- Mercy Housing – Grace Apartments – 8888 E. 13th Avenue
- Mercy Housing – Parkside – 7780 E. 23rd Avenue
- Denver Botanic Gardens – 1007 York Street
- Hiawatha Davis, Jr. Recreation Center – 3334 Holly Street
- Cook Park Recreation Center – 7100 Cherry Creek Drive South

This DUG project is managed this year by Jessica Romer. She can be reached at 303-292-9900 or FAX 303-292-9911. More information is available at dug.org/free-seeds-transplants/. For information about the availability of Community Gardens, go to dirt@dug.org or call 303-292-9900.



USING BODY-WEIGHT EXERCISES: While free weights and machines can certainly make you stronger, don't dismiss the effectiveness of body weight exercises. As you master your own weight, you will not only look better; you will also learn how to train three-dimensional movement, acquire a greater kinesthetic awareness and become empowered as you perform tasks with your body. Moreover, body-weight exercises make your workouts portable, an added benefit if you travel a lot or have trouble motivating yourself to go to the gym.

Body-Weight Exercise #1: Chin-Ups: You can build strength in your biceps, forearms and upper back by doing chin-ups, as lifting your body a vertical distance of about 2 feet is no small task. To do a chin-up correctly: grab horizontal chin-up bar or handles of jungle gym with palms facing body and with hands shoulder width apart. From hanging position with legs straight or knees bent, pull body up until chin reaches above bar. Lower body until arms are fully extended. If you cannot do chin-ups with your body weight, use a weight-assisted machine like the Gravitron, which uses a counterweight to reduce the amount of weight lifted.

Body-Weight Exercise #2: Push-Ups: Push-ups target the chest and triceps muscles, but many people perform them incorrectly. Here's how to use proper form: kneel on floor with hands slightly less than shoulder width apart and palms on floor, legs lifted off floor, and back straight and parallel to floor. If you lack strength to do a standard push-up, you can modify this position by placing knees on floor, flexed to 90 degrees with ankles crossed. Keeping back parallel to floor, lower body down until chest touches floor. Push back up until arms are straight.

Body Weight Exercise #3: Squats: The squat is among the most effective lower-body exercises, as it incorporates most of the leg muscles working through the kinetic chain. Stand with feet greater than shoulder width apart, contract abdominal muscles, bend knees and squat down while keeping back straight, as if you're attempting to sit in a chair, until thighs are slightly past being parallel to the floor. Straighten legs and stand up to return to the starting position.

SIDEBAR: Abdominal Crunches: To do crunches correctly, lie on back on floor, bend knees and keep feet flat on floor. Place hands behind head, elbows out to sides. Contract abdominal muscles and lift shoulder blades and upper back off floor. Do not raise middle and low back. Slowly lower head, neck and shoulders to floor. In addition to traditional crunches, you can use variations. Try twist crunches (twisting to one side while lifting torso) or reverse crunches (raising legs and buttocks instead of torso).

Contact David Starr of [starrFIT Personal Training](http://starrFIT.com) for more guidance on nutrition and exercise at 720-270-5994 or david@starrfit.com to begin today!

East Montclair Neighborhood Association

COUNCILWOMAN'S COMMUNIQUÉ (Mary Beth Susman from District 5)

Dear EMNA Neighbors,

I am now entering my first winter on Denver City Council, and as the temperatures get colder my work on Council continues to heat up as we address the future of the National Western Stock Show, the appointment of a new Police Chief, and a host of other issues throughout the City of Denver. The constituent calls in District 5 have shifted from overgrown weeds and flood soaked streets to frozen power lines and slick sidewalks. We also have some exciting news for the future of the Montclair neighborhood in specific.

The Office of Economic Development (OED) recently announced that the Fax Partnership will receive a grant to help in their efforts to attract and retain businesses, support redevelopment, and prevent crime along East Colfax between Colorado Blvd and Yosemite. The OED allocated these funds to address community needs related to housing development, business and economic development, and neighborhood support. As we prepare to welcome the new Phoenix on the Fax Apartment Complex and Ace Hardware at Colfax and Pontiac we have now further reason to look forward to more opportunities and businesses that will not only add jobs to the Colfax corridor but will increase safety with added 'eyes on the street.'

Throughout the winter a currently vacant parcel of land at 13th Avenue and Xenia St will be transformed into a beautiful park and urban garden for the surrounding community. In conjunction with the Trust for Public land and Mercy Housing, the City of Denver will welcome this park set to open in spring of 2012. The urban garden will promote healthy eating, the play areas will give the neighborhood children a safe place to keep active, and art throughout the park will help welcome nearby refugees from as many as 30 different countries. The Park will also help connect the growing communities in Lowry and Stapleton as new developments continue to occur along Westerly Creek.

Please join me at my next Town Hall meeting to be held at George Washington High School on Wednesday, December 7th from 6:30-8p, with special guests Mayor Michael Hancock and State Senator Pat Steadman. We will be discussing ongoing issues including the National Western Stock Show, the redistricting of our Council Districts, the budget and Denver's economic outlook, and any other important topics you would like to address. If you would like more updates from my Council office please email councildistrict5@denvergov.org to receive my monthly newsletter.

Mary Beth
Denver City Council
District 5

PHOENIX ON THE FAX & ACE HARDWARE: You may have noticed the construction going on Colfax and Poplar. The new mixed-use development on East Colfax Avenue known is the "Phoenix on The FAX."

The \$10.4 million, five-story 60,000-square-foot development will provide ground-floor office/commercial space and affordable housing on the upper levels. One of the restaurants in the lower level will be Pasquine's Pizzeria, (www.pasquinis.com) which will be walking distance to East Montclair. Also a new hardware store will be going in across the street at the old St. Vincent Thrift Store location. As part of a project to revitalize the 'Fax, the building will be renovated to preserve the original Art Deco façade and expose the original roof trusses and wood barrel ceiling.

This Ace Hardware will be housed in a 16,000-square-foot building that sits on 1.1 acres between Poplar and Pontiac streets in the Quebec District. Once it opens to serve the needs of area do-it-yourselfers, Ace on the 'Fax is expected to create approximately 20 new full- and part-time jobs.

The Phoenix was developed by Sherman Associates, Inc. The project will include 50 units of affordable rental housing and is financed in part by a federal affordable housing subsidy provided through the Denver Office of Economic Development. Phoenix on The FAX is the first major new project to be developed east of Monaco under Denver's Main Street Zoning for Colfax, which promotes the revitalization of Denver's commercial main streets. I have also heard that there is a waiting list for these new apartments! It is great to see the new development right next to us...it is going to be a great 2012!



East Montclair Neighborhood Association

BOARD MEETING MINUTES — November 2011

Discussed -

- Email reminders for meetings have stopped. Need to renew IContact schedule so people know about meetings
- Board Member Volunteers update -
- Tera to stay on the board - Possible president but need to fill treasurer, her current position.
- Rob - serve as past president and possibly chairman of the neighborhood improvement district committee.
- Isaac to serve as board member at large
- Jennifer to serve as board member, possible treasurer.
- Linda to possibly head liaison position between EMNA and Aurora

John and Ed to be honored for their service to EMNA at the holiday party and encouraged to participate in future endeavors.

Neighborhood Signs - EMNA will purchase 30 signs in which the city will install. EMNA Board will designate the most evident placements of the signs and the 10 remaining will be designated by EMNA members. A Map will be provided for members at the Holiday party to choose positions. If you want a sign around your neighborhood, come place it at the meeting.

In support of our community Officers EMNA will send a letter of recommendation to the new Police Chief, supporting the need for community officers and how much we appreciate their participation.

Other Items

- Linda will provide John with Christmas announcement.
- Rob will print a map for signs at the Dec meeting
- Jennifer will get donations (party gifts for Dec)
- Rob to work on NID marketing material
- Tera to write NL article for Dec on new development on Colfax

RECREATION CENTER SENIOR DINNERS

The Montclair Recreation Center at 729 Ulster Way at Lowry holds a Senior Dinner monthly. The December meeting will be at 12 noon on December 16th. The main menu is provided by the Rec Center, with attendees bringing side dishes as they wish. The cost is \$5.00 if you bring a side dish and \$7.00 if you do not.

Beginning in January 2012 the dinners will be held on the second Friday of each month through May. This a great opportunity to meet and socialize with friends in the East Montclair Neighborhood



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Sat. 9:00 - 12:00

Phone (303) 377-2779

1454 Tamarac Street
Denver, Colorado 80220



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.

2011/2012 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)

**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 \$ _____

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

Make checks payable to EMNA



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:

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

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 22nd of the month prior to publication date.

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

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

