

FEBRUARY 2012

A MESSAGE FROM THE EMNA PRESIDENT—Tera Holzschuh

Hello, East Montclair Neighbors. Happy New Year to you all. I think we will have a great 2012. As your new president I would like to continue to support improvements to our neighborhood. We are in the process of ordering our neighborhood signs, which will add some much needed color to our neighborhood! I hope we (together as neighbors) can continue making this neighborhood look better! We need more flowers planted, more homes painted and more pride in East Montclair!!! I challenge you all to make 2012 the year when this neighborhood shines!

I would like to thank John Russell, Linda Johnson and Ed Wasserman for their service to the neighborhood. All three of them have decided not to serve on the EMNA board this year. These three have given well over twelve years of their lives to EMNA's board. John has been the newsletter editor, Linda our unofficial cook of the neighborhood (always providing the food for the meetings) and Ed really helped to bring EMNA into the 21st century with "PayPal" and "gmail". I wish all of them a wonderful 2012 and some much needed rest. I also want to thank Rob Wilson, EMNA President for the last two years. He will remain on the board this year as a past president board member; his knowledge and help are instrumental to this organization.

Isaac Schloss has stepped up to become our new newsletter editor. If you have any ideas for him, please email him at Isaac.schloss@hotmail.com. I know he will do a great job. Jennifer Callender has also pitched in to become our new treasurer. I want to thank them both for taking on more responsibility for EMNA. Jan Franklin has also come back to serve on the 2012 board as Vice President and I look forward to working with her again. We will need her experience in the coming year.

We currently have two board spots open for the 2012 term, including the Secretary, whose duties include taking the meeting minutes. Also we have a board member at large position vacant. We have two meetings every other month (the board meeting and the general meeting) and only the board meeting in alternate months. If you are interested in either of these positions, please contact me. We would love to have you! We have a lot of fun and the best reward is getting to know your neighbors.

I am excited for new projects and challenges of 2012.

Your Friend and Neighbor,

Tera Pagel Holzschuh



Is a

NEW
YEAR

for



East Montclair Neighborhood Association

OFFICERS / EMNA BOARD

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

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

Secretary: Vacant

Treasurer: Jennifer Callender
turtlejenn@hotmail.com

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

Board Member At-Large:
Vacant

Past Pres. Board Member:
Rob Wilson, 303-320-0707
robwilson@msn.com

OTHER

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

NEWSLETTER

Editor: Isaac Schloss
Assist. Editor: Bonna Gayhart
303-322-6758
bonnagayhart@comcast.net
Distribution: Betty Aguilar

Membership Coordinator
Ed Wasserman, 720-212-0442
ed@edwasserman.com

INC DELEGATE

Tera Holzschuh

Zoning Chairman
Jan Franklin

SUNSHINE LADY

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

POLICE CONTACTS

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

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

DISTRICT 2

Commander: 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

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.

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 April 2012 issue

March 20, 2012

Contact Bonna Gayhart



EMNA General Meeting

February 15th, 2012 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.

From the Editor's Desk

Greetings East Montclair readers!!! Allow me to introduce myself. My name is Isaac Schloss. I am the new newsletter editor. I have lived in East Montclair for more than ten years. During this time I have seen things, events and people come and go. But one thing will always stay. My love and dedication for this neighborhood and the people who live in it. To have this opportunity to inform the neighborhood residents about upcoming events, new members, and keeping them up to date is fun and exciting. Not only do I get to meet new people, but I get to help make a difference in my community.

Born and raised in Colorado, I have enjoyed the outdoors for years. Twenty-one so far. Currently I attend Pickens Technical College. Right now Diesel Mechanics is my class. Previously I have taken a General Service Technician (oil change, tire rotation and general repair). More recently I have taken a Property Maintenance class.

For the past few years the newsletter has been the "go to" source for information about our neighborhood and the events happening around us. Creating, working on and editing are two people which I would like to thank - John Russell and Bonna Gayhart. Without these two, information would be lost. They've set a standard that will be fun to fulfill. I look forward to informing this wonderful community for years to come.

-Isaac Schloss

isaac.schloss@hotmail.com

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



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Linda & Jeff Johnson
Ind. Avon Sales Representatives
Beauty Advisors/Unit Leaders

NEIGHBORHOOD TIDBITS AND FYI

LOWRY DOG PARK OPENS

The dog park is located at Lowry Blvd & Yosemite Way. The open areas include the west (high energy dogs) and middle (low energy dogs) sections. The east section (future agility area) and the south portions (closest to the dam) of both the west and middle areas are fenced off with snow fence until the grass is established, about two years from now.

FREE TREE APPLICATIONS DUE FEBRUARY 15TH!

Visit www.theparkpeople.org or call 303-722-6262!!

Any resident of Denver can apply for free trees to plant along the street in the public right-of-way. Those who have space for trees on the west side of their homes – whether in front, back, or side yards or along the street – are eligible to have trees delivered and planted for them.. This rare opportunity is made possible by The Park People’s annual Denver Digs Trees street tree program and the City’s Mile High Million tree planting initiative. They are able to offer free street trees to all Denver residents this spring only thanks to a partnership with Denver Parks & Recreation Forestry Division and the sponsorship of Xcel Energy Foundation and the City of Denver’s Office of Economic Development. The City’s contribution is made possible with funding from the American Recover & Reinvestment Act.

GOVE MIDDLE SCHOOL DEMOLITION

Alpine Demolition and Recycling, LLC plans to complete demolition in March. Their hours of operation are 7:00-7:30 a.m. to 4:30 p.m. M-F. Their trucks will enter the property from 14th Ave. coming from Colorado Blvd and exit west on 13th to Colorado Blvd northbound.

**DECEMBER 2011– JANUARY 2012
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 1/29/12 \$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	

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Janie Mills
Broker Associate
720-296-3579
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 MEMBER

Jennifer Lynes

BUSINESS RENEWALS:

David Starr—starrFIT

St Luke's Episcopal Church



Margaret Anderson

Joyce Ford

Gloria Miller

Paula Blummert

John Gropel & Carey Vantress-Gropel

John & Susan Neal

Brent Coatney & Mary Hargrove

Dennis & Linda Headrick

Gloria Pache

Laura Lee Coleman

L.P. Henry

Joan Parsons

Jimmy Collins & Kathy Broy

Tom Johnston

Jerry & Linda Pierce

William Craney

Charmaine Jones

Lucille Ross

Cris Dixon

Donna & Richard Mattson

Heidi Snow & Ted Thomas

Hazel Draper

Eve McGuire

John Stark

Laura Edler

Frank McLaughlin

Larry Wilson

Lee Eitel

Verna Melorango

LETTER TO THE EDITOR

I would like to give a big THANK YOU to Bonna Gayhart, especially for seeing that the needs of our Senior Citizens are met in the East Montclair neighborhood. This summer two great people in the Neighborhood answered your SOS for volunteers to do yard work for seniors.

I want to thank Tracey Allen and Tom Meyer for adopting me and my yard. They not only mowed my lawn, made a new flower boxes, and installed brick slabs, but planted flowers, relocated plants, painted my patio set and made new seat cushions for the chairs. My yard looked great.

Then the winter snow began to fall - and Tom and his buddy Brian continued to look after me by shoveling the snow! What a blessing! Mucho gracias!

Thanks again,

Audrey Emmons

East Montclair Neighborhood Association

IN REMEMBRANCE OF JOE DeBROWER

By Bonna Gayhart

Joe and Valerie Sheffield, his partner of 45 years, came to Denver from Ohio in 1972. In 1978 they moved from Park Hill to East Montclair, joining EMNA in 1981. From that time until his death January 2, 2012, Joe served the neighborhood diligently – both as an individual and through EMNA. He was a stained glass artisan and, after closing his shop on Oneida, he became the neighborhood “go to” guy as a handy man and friend. We called Joe for everything from a clogged drain or a jammed disposal to remodeling a room!

He walked Spruce and Syracuse Streets – sometimes more – to deliver flyers and newsletters until EMNA changed to mail and email delivery. He continued to deliver bundles to various locations. Joe was President of EMNA in the late '80s and served in various Board positions before and after that. He was EMNA's “lead person” in the development of the Denver Plan published February 1994. He was awarded a Certificate of Appreciation for his “Community Service for East Montclair-East Colfax Neighborhood Plan” by the City of Denver's Planning, Zoning and Community Development Office in September 1993 in appreciation.

During his term as President, his primary focus was on getting the neighborhood businesses involved in EMNA. In recent years, he organized the Spruce Street block parties. Whenever a neighbor needed assistance, Joe was ready, willing and able to help! He will be greatly missed by his myriad of friends and neighbors.

Our heartfelt sympathy goes out not only to Valerie, but to his 97-year-old father, Elmer John DeBrower, his sister and brother-in-law, Mary Ellen and Jim Millar; and their children, Andrew, Katie, Matt and Maggie.



Exercise Versus Diet

In a recent study of 52 obese men with an average body mass index (BMI) of 31, Canadian researchers demonstrated the power of exercise as a weight loss tool.

One group of men dieted, consuming 700 calories per day less than they needed to maintain their weight. Another group walked or jogged on a treadmill at 80 percent of heart rate maximum for about an hour each day, long enough to burn off 700 calories.

After three months, both dieters and exercisers lost the same amount of weight - about 16.5 lbs, or eight percent of their body weight.

Exercisers, however, lost more abdominal fat (4.2 lbs) than dieters (3.3 lbs).

Exercisers also did not lose muscle mass the way dieters did, and got the added benefit of improved cardiovascular fitness.

A third study group kept their weight stable by burning off 700 calories per day with exercise, but making up for it with an extra 700 calories of food.

Although these men did not lose weight, they did lose visceral abdominal fat, which may reduce the risk of cardiovascular disease and diabetes.

Source: Annals of Internal Medicine, July 18, 2000; 133, 2, 92-103

Contact David Starr of starrFIT Personal Training for more guidance on nutrition and exercise at :

720-270-5994 or dsvid@starrfit.com to begin today!

NEWSLETTER IDEAS

DO YOU HAVE AN IDEA?

WOULD YOU LIKE TO ADD A POEM OR A PICTURE TO SHARE?

DO YOU HAVE A TALENT OR SKILL THAT YOU WOULD LIKE TO ADD TO THE NEWSLETTER?

INSPIRATION OR MOTIVATION?

SEND ME AN IDEA THAT YOU WOULD LIKE TO SEE ADDED TO THE NEWSLETTER.
YOUR INPUT MATTERS.

isaac.schloss@hotmail.com



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<http://www.facebook.com/EastMontclair>



1. HP Deskjet Printer 940c for office work and photos. \$40 price includes two unused black ink cartridges & installation CD.
2. Kodak Easy Share 300 Printer – for photos – brand new condition. \$25.

Contact information: Jerry or Linda Pierce 303-321-5981

St. Luke's Episcopal Church

Serving the Montclair Community Since 1890

Holy Eucharist: Sunday 7:45 am & 10:15 am
Adult Ed: 9:00 am Sunday School 10:15 am

Tuesday Worship: 10:00 am
Wednesday Worship: 6:00 pm

1270 Poplar Street

Web: www.lukeonline.org

Phone: 303-355-2331

Denver, CO 80220

E-mail: lukeonline.org

Visit us on FaceBook!

East Montclair Neighborhood Association

East Montclair Neighborhood Assoc. Board Meeting Minutes January 2012

We have decided to change the meeting time to 6:15 (several members could not get to the meeting by 6pm).

A: Board member duties for the year

-Jan would like to be the Zoning chair; no issue with this - just needs to email the board on all issues.

-Zoning issues need to be added to the NL (if the board thinks they should be on a case by case) when there is an issue.

B: 2011 Financials

-Jen & Tera trained 01/22

-Isaac & John to set a date for training . Isaac to become a member of The FAX Partnership eletter for NL info.

C: February Newsletter

I: Training/timeline

-I have asked Isaac & John to get together on Sunday 01/29/2012. John has 12 hour days and is not able during the week to get together.

-Change the board members and list Ed as the membership coordinator

D: INC Dinner

-Bonna did not go; Isaac & I went and had a good time.

E: East Montclair Sign Update

-Have not been able to follow up with Anne tried to order the signs 12/2011.

-Will contact her this month, to order the signs.

F: February Meeting

-Emailed The Fax Partnership to speak at the meeting. I have not heard back

-Police are coming as usual

G: Cookbook Project (got a volunteer)

-Lee volunteered I will meet with her to get started

H: Feedback or ideas from the board

-Changed the board meetings to 6:15pm (a few of us can't get there at 6pm).

-Rob & Ed : need together for the next step on the sidewalk improvement district

-Talking about changing the board meeting to every other month; not sure if this will work due to the NL and general meeting planning; also need to look in the By-laws

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

East Central Denver is on the Move

We may be in a recession, but you wouldn't know it in Council District 5. There is more development of more square acres and more public and private investment going on here than anywhere else in Denver - perhaps in all of Colorado. East Colfax, National Jewish Hospital, Mental Health Center of Denver, the old Health Sciences Center and 8th and Colorado Boulevard, the Defense Finance Center property at 1st and Monaco, and Lowry Vista are gearing up to welcome new, exciting, mixed-use neighborhoods that will create both construction and sustained jobs, new housing, and office space that emphasize walk-ability and bike-ability, provide main street amenities, encourage green-conscious development, preserve historic sites and offer diverse opportunities to live, work and play.

First let's go to East Colfax.

Colfax has a number of developments and renovations under way, including the soon-to-open Ace Hardware at 7100 E. Colfax. The renovated 1947 building will preserve its original art deco façade and expose the roof trusses and wood barrel ceiling. Watch for its opening this spring.

The newly-opened Phoenix on the Fax development includes 50 units of affordable rental housing and a Pasquini's Pizza. We also have the recent opening of Marczyk Fine Foods with a wine store; Avalon Motorsports, a high-styling European automobile service facility opened in August; and a host of other new small businesses that have it happening on east Colfax!



Fig. 1 - Phoenix on the Fax

National Jewish Hospital and Mental Health Center of Denver.

National Jewish Hospital recently purchased the Gove Middle School site and is currently razing the building for an interim parking lot before beginning the planning and capital campaign process for growing NJH. The addition represents a near doubling of space for the hospital, and includes plans for both sides of Colorado Boulevard. NJH has experienced double-digit growth in the past four years and intends to expand to support its clinical, research and education mission.



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.

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

**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 _____

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**
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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

