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The Montclarion

Founded 1907 Denver, CO

1st Quarter 2018

www.HistoricMontclair.org

HistoricMontclair@gmail.com

Annual HMCAI Easter Egg Hunt

Small children and their parents are invited to....

HMCAI's Annual Easter Egg Hunt at 10 a.m. Saturday, March 31 at the Molkery, 6820 E. 12th Ave., and Montclair Park

Coffee, cookies and juice served to all in the Molkery after the hunt.

This is a free event for Montclair neighbors. Just bring a basket, bag or box to carry your goodies home (we reuse the plastic eggs every year, so all eggs are emptied and left in designated boxes at the event)

Rain or snow the egg hunt is on!

We are in great need of volunteers to help scatter eggs throughout the park, stuff eggs, serve snacks, clean up etc. It will only take

one hour of your time to help us pull off this fun event for the kids! Please consider volunteering, and contact Judy Baxter at baxterj.jb15@gmail.com.



Biannual Montclair Neighborhood Garage Sale

Saturday May 19 8:30-3:00 pm rain or shine

We will provide signs post ads and list participant's addresses

All those interested please contact Valerie@valeriealford.com or 303-641-6823 with your name, address, e-mail address and a list of general items you're selling.

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Log on and search for "Historic Montclair Community"

Our Neighborhood

Montclair is one of Denver's 78 statistical neighborhoods. It is bordered by Colfax Ave. to the north, 6th Ave. to the south, Quebec St. to the east and Holly St. to the west.

President's Note By Carrie O'Shea

Hello Montclair neighbors and Happy New Year to you all. Spring is upon us and we welcome it with the annual HMCAI Easter Egg Hunt in Montclair Park on March 31. Please bring your families to this free, fun Montclair tradition. Our fingers are crossed for good weather however the show goes on rain, snow, or shine. Longtime residents remember hunting for eggs in several inches of snow on more than one occasion!

If you are new to Montclair, welcome to the neighborhood. Montclair is a great place to live. I encourage you to join the neighborhood organization, Historic Montclair Community Association, Inc. By joining HMCAI you help support neighborhood events and fund the quarterly newsletter. Members also receive e-mail notifications from HMCAI regarding upcoming events, meetings, issues regarding crime, zoning, historic preservation, as well as notifications from various Denver city agencies of news that is pertinent to residents of Montclair.

HMCAI is a Registered Neighborhood Organization with the city of Denver and as such has input into city matters. It is also a member of the Inter-Neighborhood Cooperation, a voluntary, non-profit coalition of representatives from Denver's registered neighborhood organizations (RNO's), city agencies and others that gather to promote responsible city change and growth. Montclair is represented on committees formed by the city to help guide growth, transit, and to address current issues. HMCAI Board members serve on the East Area Steering Committee, Quebec St. Improvements, (updates for both groups featured in this newsletter,) Colfax Corridor Connections Task Force, and the Vision Implementation Team (which focuses on the Upper Montclair Basin Stormwater Plan and featured in all 2017 issues of the Montclarion).

Many thanks to board members and to other neighborhood volunteers who devote time and energy to help make Montclair the special place that it is. Be sure to keep this issue's calendar of events handy and join your neighbors for the many opportunities to get to know one another. Volunteers are always needed to help at the events and if you are able to help at one of them it will be most appreciated. If you have questions, concerns, or ideas to share please send them to historicmontclair@gmail.com. We are always looking for input from neighbors whether it's for a newsletter article or an event idea. Visit the HMCAI website, www.historicmontclair.org, for information or to read past issues of the Montclarion. Join us on Facebook at "Historic Montclair Community" where you'll find news and photos from HMCAI events. Nextdoor.com Historic Montclair is a good place for neighbors in and around Montclair to communicate online live and in real time on just about every topic under the sun, be it lost pets, recommendations, or safety and traffic. If you are a member and haven't been receiving HMCAI emails please contact us to be sure we have your correct email address.

Remember to plant a red geranium or two in your front yard this spring. It's the official flower of Montclair, chosen in 1912 by the Montclair Beautification Committee. Happy spring!

Historic Montclair Community Association, Inc.

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2nd Vice President Caryle Faust
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Christine Ralston Valerie Alford
Gail Wallace Toni Kuper

Denver Police District 2 Community Meeting

Wednesday, March 28, 2018 at 6PM

The next 2CAB (Citizens' Advisory Board) meeting will be held on Wednesday, March 28, 2018 from 1800 to 2000 (6 p.m. to 8 p.m.) at District 2 HQ (3921 Holly St). The 2CAB meetings are held on a bi-monthly basis. We will cover crime patterns, trends and discuss prevention techniques that we are employing to reduce crime throughout the District. Everyone is invited!

Urban Quality Scorecard By Marti Holmes

On a chilly Friday, four brave Montclair residents, Caryle Faust, Amy Johnson, Celeste Stragand, and Erick Stragand, joined City Planner Liz Weigle and me to evaluate the 9th and Jersey commercial area using the Urban Quality Scorecard. We evaluated the building, its uses, mobility, environment, and our overall sense of the commercial area. This input, together with similar information gathered from other identified East Denver locations, will be added to information that we have been gathering as part of the preparation for drafting the East Denver Plan.

The Ninth and Jersey commercial area, particularly Copper Door, was identified as a preferred destination in the online survey and the in-person mapping exercise, to which many of you contributed at our annual meeting. Sadly, Copper Door has recently moved to Lowry.

The East Denver Planning Area, one of the city's three such areas, includes the statistical neighborhoods adjacent to East Colfax Avenue between Colorado Boulevard and Yosemite Street, 23rd to 6th Avenue. The boundaries are based on census tracts.

The Steering Committee, fifteen members representing the areas of Montclair, East Colfax, Hale, South Park Hill, and the Mayfair Business Improvement District, have been meeting since July 2017 to create a long-term, comprehensive East Area Plan. Phase II of the process, creating a vision, begins in March. Phase III, writing the plan itself, is expected to begin this fall and extend through Spring 2019. There will be additional opportunities for community input throughout the process.

The East Area Plan Steering Committee meetings are open to the public. We meet the fourth Thursday of the month, 6 pm- 8 pm. More information is available on the plan's website at denvergov.org/eastplan. If you have questions, concerns, or comments, please contact me. Resident input will lead to a successful 20-year vision of the area we love. Shout out to brave participants and Berthas Bistro, who welcomed us to stay warm, as Liz explained the evaluation process.



From the Desk of Councilwoman Mary Beth Susman, City Council District 5



Update on the East Area Plan

After six months the Neighborhood Planning Initiative (NPI) is nearing the end of the first phase. As a reminder, the NPI is a new city planning initiative that aims to cover the entire city with neighborhood-based strategic plans over the next 10-14 years. The East Area Plan, which includes the statistical neighborhoods of East Colfax, Montclair, Hale, and South Park Hill, is one of the first. Currently Montclair does not have an adopted area or neighborhood plan. The plan will cover topics such as land use and urban design, affordable housing, mobility, economic development, health, water quality, and more.

The general process will include three phases each taking about 6-8 months. The first phase will help planners gain an understanding of the area's assets, issues, and trends and will seek to identify key opportunities. The second phase will establish a comprehensive, long-term, measurable vision that will prioritize and design community investments. The final phase will develop recommendations for financing, partnerships, and regulations and will propose policies and tools that will achieve this vision.

Neighborhood representatives have heard interesting statistics on population, demographics, income levels, poverty rate, employment, education, housing, gentrification, crime, mobility, parks, food access, etc. about their areas and how the process will unfold. Did you know that 73% of the parcels in the study area are single-family homes and another 10% are duplexes? Only 6% of the study area is commercial/retail and it's mostly clustered along East Colfax. And 2% is parks and open space.

Did you know Montclair has the lowest population density of all the statistical neighborhoods at 9.1 people per acre? East Colfax is the highest at 16.4 people per acre. Did you know 10% of the population of Montclair is foreign born and 11% speak a language other than English at home? Montclair also has about 30% of households that are renter-occupied and of those 33% are vulnerable to gentrification. About 28% of the neighborhood is cost burdened.

You probably know that Montclair has many historic districts including Historic Montclair, Richthofen Castle and Parkway, and Monaco Parkway. But did you know a large portion of blocks in Montclair lack adequate sidewalks? Seven percent of households in Montclair do not have a car.

To see these statistics and more visit the report at: http://bit.ly/2tm149m

HMCAI Events Calendar 2018

All events take place at the Molkery and Montclair Park except the garage sales

March 31	Easter Egg Hunt	10:00 a.m.
May 19	Garage Sale	8:30 a.m.
July 4	July 4 Picnic	10:30 a.m.
September 21	Beer & Wine Reception	6:30 p.m.
October 20	Garage Sale	8:30 a.m.
October 17	General Meeting	7:00 p.m.
October 28	Halloween Party	3:30 p.m.
December 8	Treats with Santa	10:00 a.m.



Questions? Concerns? Suggestions? Article ideas? Contact your HMCAI Board at historicmontclair@gmail.com

From the desk of Lois Court, State Senator District 31



Thank you for giving me this opportunity to communicate with my constituents in the Montclarion distribution area. I also hope to see many of you at my town hall meeting with Rep. Chris Hansen this spring:

May 12, 10:00 - 11:30 Four Mile House, 715 S. Forest St.

At this meeting I'll be discussing our progress on key issues in the legislature this year including transportation, education, broadband access, PERA reform, and so many others.

Early in this session I brought forward two public safety bills: one to require hands-free cell phone use in vehicles, and the other to make not wearing your seat belt a primary offense. Both of these are proven to save lives, but unfortunately, both bills, despite overwhelming public support, were killed in the committee.

I am currently working on a bill to expand the opportunity for non-profits to benefit from being on our income tax return check-off program. If you'd like to follow its progress - or that of any bill - please go to leg.Colorado.gov/bills. During the 120 days of our session we hear over 500 bills, so things move very quickly. Therefore, if you want to communicate with me about a bill, please do it as early as possible.

I continue to serve on the Senate State, Veterans and Military Affairs Committee, as well as the Senate Finance Committee. I am also the Senate Democrats Caucus Chair.

But my most important service is to you - my constituents. Please know I'm always interested in hearing from you. We may not always agree, but I want to know what matters to you.

Thank you again for this opportunity. My contact information is:

Capitol Phone: 303 866-4861

Email Address: lois.court.senate@state.co.us

Website: loiscourt.com Home Office: 303-355-3546





MONTCLAIR SCHOOL OF ACADEMICS & ENRICHMENT

{ Neighborhood Garden Party }

APRIL 7TH | 3:00 - 5:00 PM | THE MOLKERY



ORDER DEADLINE IS APRIL 20TH

Wanting to brighten your home before Mother's Day? We will have a variety of cool weather annuals and a selection of indoor potted plants for purchase at the event!

TO PLACE YOUR ORDER:

https://sites.google.com/a/montclairpeak.org/montclair-plant-sale-catalog/home Catalogs will also be available in the Little Free Library outside of the school!

Montclair School of Academics & Enrichment Update

By Kate Douglas Kestyn – Neighbor and Montclair Parent

It's almost spring, which can only mean....the Annual Neighborhood Plant Sale. It's been 14 years and we hope you all join us again!

Last year, we sold over \$14,000 in plants, with the bulk of the sales coming from our dear friends and neighbors in Montclair. With 78% of our students qualifying for free or reduced lunch, the support of the community is really important and always appreciated.

So what is the Annual Plant Sale?

It is your opportunity to get a jump on your spring gardening by ordering various annuals, perennials, vegetables, herbs, and hanging baskets for roughly the same cost as you would at local nurseries. Orders can be picked up on Friday, May 11th at the school. It's that easy and the plants are locally-grown and really high-quality!

And how do I order?

The easiest way is to stop by our Annual Garden Party at the Molkery on Saturday, April 7th from 3:00 – 5:00 pm. We will have catalogs and order forms available as well as master gardeners and composters available to help answer your questions. There will also be cashiers there to take your payment that day if you'd like.

If you are unable to make the Party on 4/7, but would like to place an order, the catalog will be available beginning March 26th. Printed versions can be found at the Little Free Library located in front of the school OR you can use the online catalog and order form at: https://sites.google.com/a/montclairpeak.org/montclair-plant-sale-catalog/home

But what about this party?

Each year, a group of school parents and neighbors hosts an Annual Garden Party. It's a wonderful afternoon of fellowship, gardening conversation, food, and wine, in our very own Molkery. This year, we will also have a variety of cool weather annuals and a selection of beautiful succulent containers for your indoor garden! Just in time for Mother's Day! So bring your family, friends, and neighbors for a fun afternoon celebrating spring.

Order deadline is April 20th so don't miss your opportunity to get a head start on your garden!

Exciting news! Montclair has been scheduled for our building upgrade and addition. In November of 2018 we will formally be having a groundbreaking event at the school which will be the start of building of an addition to include a new cafeteria, library space, and four classrooms. This is so exciting for our community. We will be hosting conversations on what the community would like the space to look like - stay tuned for more information.

And please let us know how else the school can help within the neighborhood and community.

(303) 333-9898

Fax (303) 333-0719

JANICE I. JARRETT, O.D.

Mayfair Vision Clinic

1336 Leyden Street Denver, CO 80220 Family Vision Clinic Contact Lenses



QUEBEC STREET MULTIMODAL IMPROVEMENT PROJECT COMMUNITY WORKING GROUP (CWG)MEETING (aka QUEBEC STREET EXPANSION)

by Caryle Faust

The second meeting of the Quebec Street Multimodal Improvement Project Community Working Group (CWG) was held on 18 January 2018, at St Luke's Episcopal Church. This project addresses the expansion of Quebec Street from East 13th Avenue to East 26th Avenue. The purpose of the project is to improve mobility and safety, reduce congestion and enhance connectivity along the Quebec thoroughfare.

Jane Boand, project manager with the City and County of Denver provided a high level overview of Environmental Assessment (EA) process. She explained that the proposed action resulted from the 2015 Quebec Alternatives Analysis. Since the Quebec Street Multimode Improvement Project is a recipient of federal funds, the project is required to go through the National Environmental Policy Act (NEPA) process to assess potential environmental impacts. Both the Federal Highways Administration and the Colorado Department of Transportation are therefore involved in the project and must approve the recommended action in the Environment Assessment with a Finding of the No Significant Impact (FONSI).

The type of activities the project team is assessing in order to move forward with the EA are as follows:

- NOISE Collecting background noise levels along the project corridor.
- HISTORIC RESOURCES Reviewing the age and significance of the prosperities within the project area.
- WATER RESOURCES Evaluate storm water drainage, water quality needs & opportunities for improvement
- VEGETATION Inventory of street and park trees.
- AIR QUALITY Modeling air quality based on traffic volumes.

(continued on next page)



The Birth of Something New

By Rev. Lauren Boyd

I don't know if you have noticed but the Be3 Community at the corner of 12th and Newport is working to make a positive impact in our neighborhood. As I mentioned in the winter article Ecclesiastes 3 says, "There's a season for everything." We are in the spring season of Be3 with a year and a half into ministry and so much to do! We have

been doing TONS of cleaning, updating and refurbishing. A noticeable and exciting change coming this summer are garden boxes out front.

Montclair UMC is now the home of Be3 Methodist Dinner Church and Newport Street Retreat. The Be3 Community has a 6:00 pm Thursday night worship service that centers around dinner. Newport Street Retreat is an urban retreat at the church which hosts classes, community events, and more! NSR's mission is to nourish that which nourishes the community. We look forward to having you stop by for future open houses and other offerings.



We are proud to be in Montclair and look forward to getting to know you and showing you the new face of your neighborhood Methodist Church. Come explore Be3 and NSR.

QUEBEC STREET EXPANSION (continued from previous page)

This project also includes three distinct levels of design review. The project team shared the evaluation criteria spreadsheet which the CWG reviewed. All design options under consideration will be screened against prior considerations, the project Purpose and Need, public/stakeholder input; feasibility of implementation and the ability to minimize impacts. The Level 1 design options include the following categories:

- Corridor-width
- Transit
- Intersections
- Water Quality and Draining
- Other (e.g., on-street parking, lane widths, etc)

The remainder of the meeting allowed the CWG to provide input and concerns over the proposed evaluation criteria. Major themes discussed included:

- TRANSIT Location of bus stops; additional bus routes' maintenance of bus shelter/stops.
- MODELING & ANALYTICS Traffic counts (during peak and non-peak travel times); pedestrian counts to help improve signalization.
- SAFETY Lighting needs to be a high priority, especially at intersection to deter crime. Will there be traffic cameras a major intersection??
- REAL ESTATE Will there be future commercial restrictions on Quebec?? WHEN WILL RESIDENTIAL PROPERTY IMPACTS BE KNOWN?!?!?
- ENVIRONMENT CONSIDERATIONS How will noise be measured and what measures are available to miti gate? What is the policy for replacing trees if they are impacted?? How many structures are eligible for his toric designation??

The next several months will be used by the project team to refine proposed actions based on the Level 1 evaluation process. Before advancing to Level 2 and 3, the project team will regroup with the CWG to share the results of the Level 1 effort. Estimated time for the re group is spring of 2018.

The project team still estimates construction will take place in the 2022-2023 timeframe and may have to be completed in phases to cost increases.

Paddington Station Preschool News

By Dresden Brettin, Paddington Communications Director

Summer is just around the corner!

Paddington Station Preschool is proud to offer a summer camp program to three, four and five-year-olds. Camp at Paddington is filled with hands-on, play-based experiences and enriching gross motor movement, both inside and outside.

Paddington offers two four-week sessions, from 8:30-11:30 am each day, and children may attend two, three or five days a week.

June 4 – 29 Happy Campers

July 9 – August 3 Story Explorers

Our summer camp invites a mixture of new and returning children to Paddington, as well as a co-mingling of classes. Our teachers focus on building relationships

and cultivating children's curiosity in a space that encourages exploration. In small groups, children can make meaningful and lasting friendships. Children love entering into school in this positive, collaborative atmosphere.

Each day, children are invited into school for free play and to engage in multisensory activities – like stretching gak, building structures and digging through the garden. Indoor, in the Big Room – our shared school gym – children have a wide-open space to climb, jump, roll and continue their artistic endeavors.

During summer camp, teachers really enjoy the opportunity to meet new students and share their passion for play-based education. When Paddington teachers think of summer camp, the words that come to mind are: discovery, creativity and wonder!

Paddington Station Preschool is a welcoming and inclusive community that partners with families to celebrate child-hood, embrace learning through play, and prepare confident individuals to joyfully explore the wonders of the world.

Visit paddingtonstation.org/discover/summer or call Paddington at 303-333-9154 for summer camp brochures and registration packets. Sign up today so your child will have the opportunity to cultivate, collaborate and inspire through play.



Please support the generous advertisers in our newsletter

Advertising supports not only this newsletter, but also our community efforts. Tell our sponsors that you saw them in *The Montclarion!*

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Spring 2018 Garden Planning By Gail Barry

I always enjoy anticipating spring and summer after the grayer cloudier months of January and February. It is time to start seeds in pots to be ready to go outside when the weather is more stable. Last year I experimented with seeding greens in a pot with other indoor plants and they worked pretty well. Sun facing windows are the best for growing many kinds of plants for both indoor and outdoor use. It is also time to plan your outdoor gardening spaces. You may have some empty spaces that need renewing, places where you grow annuals, or a vegetable garden to address. If you have limited space and want to grow edibles, there is no reason why you cannot put some plants into spaces with your perennial plants. You can also plant vegetables (and flowers of course) in large pots that can be moved to sunny spots as the sun changes. Other than proper watering, amending the soil is the most important thing you can do for successful growth of most plants. Spread compost on your open spaces and dig it in, if the ground is not frozen. Prune off any broken or damaged branches, cut down any perennials left from the year before, prune back shrub roses, raspberries and blackberries as needed. Examine trees for broken branches and overgrowth. Call a tree service if needed. You can also plant cold hardy seeds and plants outdoors if the soil is not frozen. I often plant lettuce seeds very early and they eventually come up, weather dependent, yielding a much earlier crop. Pay attention to plants labeled "plant select," which have been tested and are grown for our area.

I always advocate leaving leaves on your beds, digging them into your soil or placing them in your compost pile or bin rather than throwing them in the trash. If you can afford the modest fee, get a City compost bin. Even if you have a compost pile, these bins are great for large items such as branches and cut down grasses. The City Compost program takes things like shredded paper, waxed paper, used tissues, paper plates, napkins, cups, pizza boxes and paper towels, all of which cannot be recycled.

(continued on next page)

James LeDuc

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A New Favorite: Cattivella Wood-Fired Oven in Stapleton's East Bridge

A Restaurant Review by Judy Baxter

It isn't often I make such declarations as "I have a new favorite", especially when it comes to restaurants serving up Italian cuisine. This is my way of encouraging you to check out the Cattivella located in East Bridge project of Stapleton, located at MLK and Havana. Here are the bottom lines: *Ambiance*: you would think on a cold winter night with 2 large glass outside walls that it could feel a bit austere, instead there is a warmth that is generated by the open "exhibition" kitchen and the engaging staff who actually remember you from weeks before (at least Jeff did). I highly recommend sitting at the "chef's counter", it is fun to watch, with opportunity to interact with the chefs doing an amazing dance with the food, each other and the serving staff. Both times I have been at the counter Tim was the chef doing the prep serving up special treats to start and finish the meal that were unexpected, appreciated. Though I haven't been there yet in the summer, the wrap around patio promises a great locale for al fresco dining.

Menu: OMG. This rivaled the flavors, presentation and deliciousness of my time in fine restaurants in Rome, Tuscany, and Western Sicily. I was truly impressed. So much so that I went to the website to learn more and it all made sense. Chef/Owner Elise Wiggins, formerly the 12-year executive chef at Panzano (an old favorite) embraces authentic Italian flavors and prep with yearly treks to Italy to LEARN (see other cool stuff below). The menu is so authentic it has the Italian names of the dishes with a translation on the back of the menu. From the antipasti menu we had the charbroiled mussels (\$14), the fried polenta/with sheep cheese and balsamic drizzle (Spgagliozze-\$8.0) and two of the salads (\$9). All sharable and delicious. The pastas are handmade with attention to detail in the saucing and presentation (\$17-21). You can't go wrong. And the PIZZA (classic and modern renditions), with that woodfired oven, is the best I have had in a long time. Tender relatively thin but not cardboard crust, melts in your mouth. The crust is so good, you will even want to eat the edges that have no topping (\$19-23). Kids are truly welcomed and their menu is pasta and pizza. They specially select just a few desserts—I had the wood-oven baked apple crostata, drizzled with honey, topped with a scoop of amaretto mascarpone. Seriously, I had this twice in one week it was so good (see picture). I didn't mention the wine and whiskey selection. Both great. They have my favorite Sicilian Nero d'Avola by the glass at a reasonable price. Heaven.



Service: A perfect balance of engagement and attentiveness without being intrusive. **Other Fun Stuff**: There is a schedule of cooking classes offered two Saturdays a month 11am-2pm to learn specific dishes and techniques. I am keeping my eye on the Lamb Ragu (5/20) and the Lasagna Al Forno (6/2)- each cost \$65. Aspiring chefs should check the website for the schedule. Cattivella also caters, all meals can be ordered as take out and they do special menus if you want to design one for an occasion. It appears that all Denver Foodies have been raving about Cattivella since last May—where was I? Now, after going there 3 times in the last 6 months, each memorable and delicious, Cattivella gets my most enthusiastic endorsement.

Spring 2018 Garden Planning

(continued from previous page)

For those who are new to this area make sure you are acquainted with the challenges of growing in our area. Over many years Denver's climate has changed somewhat. More available water allowed many non-native species to adapt and grow. However, we still have a semi-arid climate and generally high alkaline soils that need soil amendment to grow things well. With a little work, gardening can be successful. There are lots of books on gardening but not all are appropriate for our climate. CSU extension service has numerous online pamphlets and flyers that are specifically for this region.

Don't forget to deeply water your outdoor plants when the weather is dry, temperature is above 40 degrees, and there is no snow on the ground. It is especially important for newly planted plants.

Gail Barry is an avid gardener, cook and landscape architect with Land Mark Design Inc.



#1 Selling Team in Montclair



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Businesses Helping our Community

Sandra Murray, owner of Contagious Media, marketing with momentum

Hello Neighbors.

We are excited to have another great year here in the Montclair neighborhood. Events are being planned for 2018, future changes to our newsletter and more good things being planned for our neighborhood. With that said, you will notice on the back page of this newsletter – we have offers from local businesses that have joined us. Read about these new supporters and please go experience what they have to offer.

Pilates Bodies of Denver

Leah Busam, a 15-year Montclair resident is the owner of Pilates Bodies, a full-service, client-centered pilates studio located at the corner of Colfax Avenue and Krameria Street. Pilates Bodies incorporates modern Pilates exercises and philosophy to create versatile, individualized fitness programs. Pilates focuses on core strength and stability through a series of complementary movements aimed to stretch and strengthen you simultaneously. Just ask local resident, Lew Parker who discovered Pilates over 12 years ago, "I couldn't walk down the street without pain, so I joined a Pilates class at Pilates Bodies and after these sessions, gained the flexibility and strength to get back on my feet." You can find Lew in Pilates Bodies once a week and he enthusiastically recommends to his Montclair neighbors to give Pilates a try! 303-394-6002 www.pilatesbodiesofdenver.com

Skincare by Emilia

There's a new skincare studio in the neighborhood. Skincare by Emilia is run by a mother and daughter licensed Esthetician and nail technician. Offering affordable services from facials, chemical peels, waxing, tinting, nails and more, all in a quiet and private environment. Brand new in-home studio space perfect to melt away your stress. You will leave feeling more relaxed than ever! First time customers get 25% off. See the offer on the back page. Visit www.skincarebyemilia.com, email skincarebyemilia@gmail.com or text 720-724-0817 to book your appointment today!

Your Deli

Angel Rivera and his family opened Your Deli at Pontiac and Colfax only eight months ago and already is receiving wonderful reviews from our neighbors. Why? This traditional New York Style Deli is built with his family's Brooklyn's roots in mind - which is Angel's passion. You will experience fresh cut meats – each sandwich made to order – Rosenburg bagels, hoagies and fresh breads and delicious Latin dishes served on Saturdays. Finally, you must try his mom Julia's Chicken Soup! Catering available. Open 10-8pm Mon-Sat. 7026 E. Colfax Ave. 303.963-5699. Find them on Facebook.

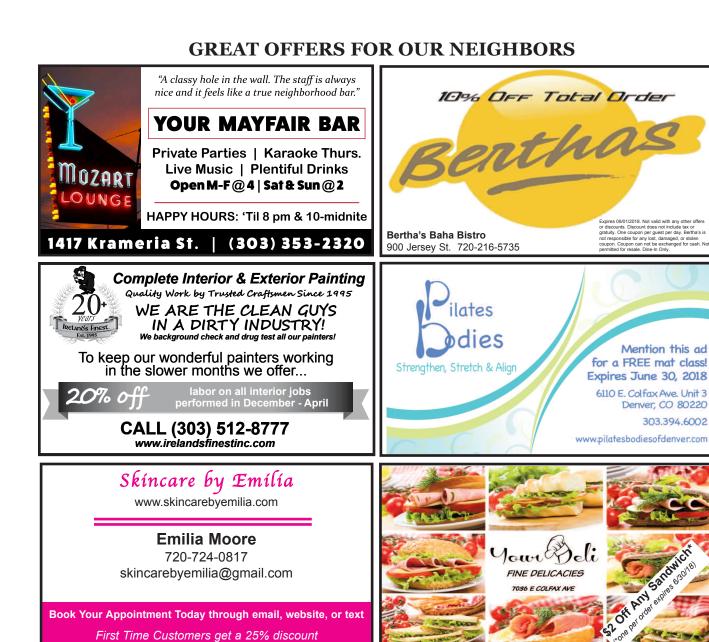
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Everything about Berthas Baha Bistro is family and good vibes! No matter your appetite, we're sure you will find something on our menu to boost your day. From our Berthas Tacos Al Pastor, to our Whiskey Burger, all the way down to our Umami Tsunami Pizza; you can taste the love in every dish, with all food being hand made to order! Fabulous food, great atmosphere, and great company. Whether you come for our Prime Rib on Wednesdays (starting at 5pm), or Tacos on Thursdays (\$2 off all day!), we here at Bertha's are sure to exceed your expectations. And don't miss another Sunday! We serve an authentic Mexican Menu all day on Sundays; get here before the Posole is all gone! 900 Jersey St. 720-216-5735

Mozart Lounge

Every neighborhood wants one — and now Mayfair/Montclair has one - a bar like Cheers, "where everybody knows your name". That idea — a friendly neighborhood haven — was what Mia Peterson and Michael Bruntz had in mind when they took over Mozart's Denver on Krameria and 14th almost two years ago. Mozart's is YOUR neighborhood bar with a dedicated staff who share their mission and service standard. Open at 4pm Monday - Friday, 2pm on Saturday and Sunday. Karaoke every Thursday at 8pm. Happy Hour Daily until 8pm & from 10-Midnight. \$2.50 Drafts | \$3 Bottles | \$4 Wells & Pickle Shots | \$5 House Wines (303) 353-2320 mozartsdenver.com





HMCAI MEMBERSHIP FORM

Please print legibly on form and mail with check to: HMCAI Treasurer, PO Box 200125, Denver, CO 80220

Annual dues per household \$20.00 (\$10 seniors age 65 and older)

Voluntary donation: \$

Total amount of check: \$

Name(s)			
Phone(s)			
Email			
What would you like to help with?			

Possibilities include: Treats with Santa, July 4th, Easter Egg Hunt, Cocktail Party, Halloween Party, Board Member, Other?