



## Hi, Neighbors!

*John Hayden, CPN President*

April proved to be a beautiful month in Curtis Park this year. The usual late flower/bud-killing-freezes didn't materialize and the fruit trees, tulips and red buds put on an unusually nice show.

The last of these trees has a special history in Curtis Park. The red bud, which dazzles each spring with a show of tiny purple flowers that burst forth from spots all along the trunk and branches of the tree before giving way to deep green heart shaped leaves, are a fixture on almost every block in the neighborhood.

The abundance of this tree in Curtis Park is no accident. For decades Bill West, who celebrates his 87th Birthday this May, has been gifting saplings that have sprung from the Red Bud in his yard at his home on Curtis Street to new Neighbors as welcome gifts.

We have one in our garden that is really stunning this spring. These descendants of Bill's tree can be seen all throughout the neighborhood. Many of them are now large mature trees full of purple blooms.

The trees are a lovely metaphor for how Curtis Park has grown; slowly over time with patience, care and hard work shared among neighbors.

At this May's meeting we will hear about several proposed and approved developments that will help determine how Curtis Park will grow for many years to come. Come see the approved plans for Stout24 which breaks ground in late April at 24th and Stout, hear a request for input from a developer hoping to build a large building at 33rd and

*Continued on page 2*

### **Curtis Park Neighbors Meet Thursday, May 4th**

United Way, 711 Park Ave. West

(Enter from parking lot at "CoBank" sign)

**6:30 p.m.** Police Update & Snacks

**7:00-8:30 p.m.** Main Agenda

1. How to Communicate with the Police - District 2
2. Phase 2 Parking Plan for Curtis Park - Eric Ross
3. Proposed development for 33rd and Curtis triangle - Steven Ferris
4. Proposed rules for Slot Homes in Denver - Analiese Hock
5. Bike Denver - Elayna McCall
6. Stout24 Townhomes - Lynn Crist

### **Please Support CPN**

Please consider a donation to support the Curtis Park Neighbors and this newsletter. You can make your tax deductible contribution online by visiting

[squareup.com/store/CurtisParkNeighbors](http://squareup.com/store/CurtisParkNeighbors).

Also you can mail or drop off a check to our treasurer Todd McGuire at 3162 Champa St.

### **Next CPN General Meeting Thursday, June 1, 2017**

**CPN Board Meeting  
Monday, May 15th, 6:00 - 7:30 p.m.  
2543 California St, Open to all**

### **PocketGov - Sign up today!**

Denver Police District 2 is moving away from Facebook and Nextdoor.com and will now be using Denver's PocketGov site for community outreach and important updates. Signup on the PocketGov site for notifications from Denver police. Options include multiple address so you can receive information on more areas than just your home neighborhood.

Other areas could be work, school, favorite area for entertainment, the options are up to you. PocketGov is the same site that you can sign up for street sweeping notifications, recycling and garbage schedules including large Item pickups, report graffiti, pot holes or other Denver service issues. Go to: [www.denvergov.org/pocketgov/#/](http://www.denvergov.org/pocketgov/#/)

## Hi Neighbors (cont.)

Curtis, and get updates on the parking plan, slot homes text amendment, and work being planned by Bike Denver in the neighborhood.

With your input we can ensure that, like the red buds descended from Bill West's tree, Curtis Park will bloom and grow ever stronger and more beautiful each year. Unless, of course there's a late freeze in which case we will patiently wait until next year as we have learned to do time and time again. Happy May!

## Colfax Marathon May 21st

### Traffic and Road Closure

- The marathon will have full and partial closures of westbound and eastbound Colfax from Aurora to Lakewood starting as early as 3:00 a.m. and ending as late as 1:00 p.m.
- Roads that cross Colfax Avenue and 17th Avenue could experience significant delays.
- The easiest places to cross Colfax Avenue will be at Federal Boulevard, and I-25
- Please visit [www.RunColfax.org](http://www.RunColfax.org) for more information.

## Join Chinook Fund's Giving Project

### Support Statewide Social Change

Are you passionate about social change and interested in building your skills in fundraising, grant-making, and community building?

Chinook Fund is seeking 25 diverse members for their 2017 Fall Giving Project. Members work together to raise and grant money to organizations that build power for social change in Colorado. Over the course of six months, members will engage in racial justice and class analysis workshops together, fundraise, and grant money to grassroots, social justice organizations across the state. You will learn about social justice philanthropy while taking meaningful action. No prior experience is necessary—just a passion for change!

They are hosting two information sessions on May 11th from 6:00-7:30 pm at Second Chance Center Inc (9722 E 16th Ave, Aurora) and on May 22nd from 6:00-7:30 pm at the Posner Center (1031 33rd Street, Denver) for an information session on their next Giving Project. Meet their staff, hear from an alumni participant, and learn how you can support definite, statewide impact for social justice.

To RSVP or learn more, visit their website or contact Program Director Juliette Lee at [sjlee@chinookfund.org](mailto:sjlee@chinookfund.org), 303-455-6905 x2.

[chinookfund.org](http://chinookfund.org) - "Change, Not Charity"



2716 Welton Street

Croissants • Danish • Baguettes • Patis  
Cupcakes • Cookies • Eclairs • Bread  
Coffee  
Hours 6:00 am to 3:00 pm  
Closed Mondays

Bring this ad in for a free small coffee with purchase

## Game Plan Survey

### Denver's Park System and Recreational Programs and Amenities

The Denver Parks and Recreation Game Plan survey is now open! Your voice and input is invaluable. This survey will be open through May 31st, 2017. It is available in English and Spanish. [www.DenverGov.org/content/denvergov/en/denveright/parks-recreation.html](http://www.DenverGov.org/content/denvergov/en/denveright/parks-recreation.html) At the end of the survey, you will have a chance to win \$50.

The Game Plan is Denveright's community planning effort that creates a prioritized roadmap for adapting our parks system and recreational programming and amenities to meet the growing and changing needs of our city over the next 20 years. Now is the time to focus on the continued evolution of our park and recreation system with particular consideration to our changing needs for recreation, public health, sustainability and resiliency in the face of growth, climate change and the dynamic changes happening in our city.

Attention Curtis Park and  
Five Points neighbors!



The Montessori Academy of Colorado (MAC) benefits students ages 8 weeks - Elementary as a high-standard, urban Montessori school from its campus at 2500 Curtis Street. To support its mission and strategic plan, MAC is developing a long-term community outreach program. Please take a moment to complete the short survey below to help MAC prioritize its outreach efforts and ensure future programs impact the community in a positive, valued, and sustainable way. Thank you!

[www.surveymonkey.com/r/2017MAC-Community](http://www.surveymonkey.com/r/2017MAC-Community)

2500 Curtis Street, Denver, CO 80205 | (303) 623-2609 | [www.MontessoriAcademyofColorado.org](http://www.MontessoriAcademyofColorado.org)

## Staying Active As You Age

There is no longer any question that exercise is good for both mental and physical health. For some unknown reason, the numerous benefits of exercise are often neglected in older adults. Exercise is important for people of all ages and more so for older adults- its benefits are far more durable than any prescription medication or diet. There is ample evidence indicating that any type of exercise that older adults do is better for preventive health than pharmaceuticals.

To gain the benefits from exercise, you do not have to join an expensive gym or run a marathon each weekend. Since many older adults have lower exercise endurance and decreased strength, the best exercise to start with is walking. Walking when done on a regular basis has many benefits, including weight loss, lowering of blood sugars and blood pressure and improved mental status.

Stretching is a very important benefit to everyone but especially older adults. Stretching can be done prior to any formal exercise or it can be done as an exercise itself. Stretching increases flexibility of the joints, reduces muscle tightness and lessens the risk of injury.

When it comes to exercise for older adults, it does not have to be a formal regimental program. It can be anything that involves some physical activity. This may include gardening, swimming,

riding a stationary bicycle, walking the dog, spending time at the mall, or taking the stairs instead of the elevators. Do not use your car just to buy groceries from the corner store, but walk instead. To enjoy exercise even more, ask a friend to come with you so that both of you stay motivated.

In order to derive the benefits of exercise, older adults should exercise regularly. The benefits of exercise are sustained and can significantly improve your health. Overall, older adults who exercise tend to have fewer health problems and doctor visits or hospital visits. More importantly, older adults who exercise also tend to have a marked reduction in dementia. It is best if you see your healthcare provider before you start exercise. In some cases, you may have to use an ambulatory device like a cane or a walker to maintain stability. Finally remember, even though exercise does have many health benefits, you also need to eat a healthy diet, discontinue smoking and limit the intake of alcohol. Staying active will help you remain independent, mobile, and have a much better quality of life. So do not wait start walking today!

*Contributor: Kim Farmer of Mile High Fitness & Wellness and Zumba instructor at the Savoy. Mile High Fitness & Wellness offers in-home personal training and corporate wellness solutions. Visit [www.milehighfitness.com](http://www.milehighfitness.com) or email [thrive@milehighfitness.com](mailto:thrive@milehighfitness.com)*

## Earthlinks Plant Sale

Shop for organically grown flowers, herbs, house plants and vegetable seedlings.

Friday, May 12th - 1:00 to 7:00 p.m.

Saturday, May 13th - 9:00 a.m. to 3:00 p.m.

All proceeds to benefit the Earthlinks' Workshop Program supporting people experiencing homelessness. [www.earthlinks-colorado.org](http://www.earthlinks-colorado.org)

## Jane Jacobs Walk May 7th

Jane Jacobs was a pioneer preservationist of urban places like Curtis Park. Jacobs helped save Greenwich Village from the urban renewal plans of the New York City planning department in the 1960s and wrote a premier book in how cities work and don't work "The Death and Life of Great American Cities". May 4th would mark the 101st Birthday of this woman to whom modern day American Cities owe a great deal of thanks for having the vision to see value in old mixed up crowded neighborhoods that others thought should be slated for "slum clearance".

Curtis Park is an area that has been saved from urban renewal but other parts of Five Points did not fare as well in the rush to make old Denver new during the 1960s and 1970s. Join Neighbors on Sunday May 7th at 5:00 pm for a Jane Jacobs walk through Curtis Park/Five Points as we examine the legacy of urban renewal and historic preservation in our own neighborhood through the lenses of Jane Jacobs ideas. We will meet at the Stout Street Children's Park at 25th and Stout at 5:00 pm Sunday May 7th.

## SCFD Free Days

Clyfford Still Museum

- Fridays 5-8 p.m.



Denver Art Museum

- Sat. May 6th

Four Mile Historic Park

- Fri. May 12th

Colorado Railroad Museum

- Wed. May 10th

Denver Museum of Miniatures & Dolls

- Sun May 7th

*Find out more at [www.scfd.org](http://www.scfd.org)*

## Resources

**Denver City Government**  
www.DenverGov.org, or call 3-1-1  
Alternately: (720) 913-1311

**Blair-Caldwell Library**  
2401 Welton Street, (720) 865-2401  
Mon./Wed.: Noon – 8 p.m.  
Tue./Thu./Fri.: 10 a.m. – 6 p.m.  
Sat.: 9 a.m. – 5 p.m.

**Denver City Council**  
**District 9**  
**Albus Brooks**, (720) 337-7709  
Albus.Brooks@denvergov.org  
www.denvergov.org/albusbrooks  
facebook.com/CouncilmanAlbusBrooks

**At-Large**  
**Councilwoman Robin Kniech**  
Robin.Kniech@denvergov.org  
(720) 337-7712  
**Councilwoman Debbie Ortega**  
Deborah.Ortega@denvergov.org  
(720) 337-7713

**Denver Public Schools**  
(720) 423-3200, www.DPSK12.org

**Homeless Outreach**  
Police non-emergency: (720) 913-2000

**Mayor's Neighborhood Liaison**  
Michael Sapp, Jr., (720) 865-9024

**Police**  
**Emergencies:** Dial 911  
**Non-Emergency:** (720) 913-2000  
**Dist. 2 (above 25th Street) RSO:**  
**Adriel Torres** (720) 913-1089,  
adriel.torres@denvergov.org  
**Reyes Trujillo** (720) 913-1094,  
reyes.trujillo@denvergov.org  
**Dist. 6 (below 25th Street) RSO:**  
**Snow White** (720) 641-1280,  
snow.white@denvergov.org

**RTD**  
(303) 299-6000  
www.RTD-Denver.com

**Elected Representative**  
**Barbara Deadwyler**, (720) 273-9520  
Barbara.Deadwyler@rtd-denver.com

**Trash Pickup - Overflow Pickup**  
The next Large Item pickup is  
May 24th-29th  
For free appliance collection, call  
(303) 430-7142.

**Xcel Energy**  
**Electric Emergency/Power Outage**  
(800) 895-1999  
**Gas Emergency / Gas Odor**  
(800) 895-2999

# Curtis Park's Best Kept Secret

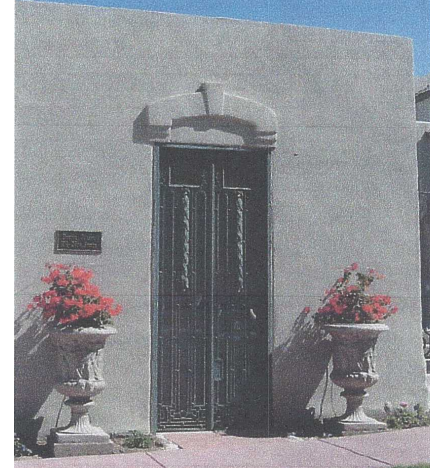
Denver Classic's 18th Annual Spring Market  
Furniture Garden & Home Accessories,

Tuesday, May 2nd - 4:00 to 7:00 pm  
Saturday, May 6 - 10:00 am to 1:00 pm  
Sunday, May 7 - 1:00 to 3:00 pm  
Saturday, May 13 - 10:00 am to 1:00 pm

919 27th Street

303-521-1255

Unique merchandise, great price, cool space!



Denver Classic located at  
919 27th Street

## Neighborhood Internet Resources

**Curtis Park Neighbors on Facebook**  
[www.facebook.com/groups/curtisparke/](http://www.facebook.com/groups/curtisparke/)

**Curtis Park Neighbors "Announce" Group**  
Just the basics! We encourage everyone to join this e-mail group. Receive the *Curtis Park Times* & special announcements. Write to:  
[Curtis-Park-Neighbors-Announce+subscribe@googlegroups.com](mailto:Curtis-Park-Neighbors-Announce+subscribe@googlegroups.com)

**Curtis Park Neighbors "Notices" Group**  
Super-detailed! Receive all of the notices that the City and other organizations send to Curtis Park Neighbors. The CPN Board receives this e-mail, and invites you to participate as well!  
Write to: [CurtisParkNeighbors+subscribe@googlegroups.com](mailto:CurtisParkNeighbors+subscribe@googlegroups.com)  
also: [Groups.google.com/forum/m/#forum/cpn-parks-group](http://Groups.google.com/forum/m/#forum/cpn-parks-group)

**Curtis Park Design Review Committee**  
Provide assistance to new development and building modifications in Curtis Park, to help with Denver Landmark Commission review.  
Write to: [cpn-designreview+subscribe@googlegroups.com](mailto:cpn-designreview+subscribe@googlegroups.com)

**DHA / Curtis Park Community Advisory Committee**  
Provide feedback and guide the Denver Housing Authority's plans for their property holdings in the Curtis Park area.  
Write to: [CPN-DHA-CAC+subscribe@googlegroups.com](mailto:CPN-DHA-CAC+subscribe@googlegroups.com)

**Curtis Park Transportation Committee**  
Improve mobility and safety for people getting around by all modes  
Write to: [cpn-transportation+subscribe@googlegroups.com](mailto:cpn-transportation+subscribe@googlegroups.com)

**Curtis Park Safety and Security Group**  
Collaborate on finding solutions to current and long-term safety and security topics in the neighborhood.  
Write to: [cpn-security+subscribe@googlegroups.com](mailto:cpn-security+subscribe@googlegroups.com)



Curtis Park Neighbors is an officially incorporated non-profit neighborhood organization bringing our neighborhood together to share in preserving the past and future of Curtis Park. We welcome all neighbors in Curtis Park and encourage participation in Curtis Park Neighbors and in the life of the community. Please pass along this newsletter and bring a neighbor to the meetings!

The spirit of the *Curtis Park Times* is to communicate information about topics and concerns of our neighborhood. The opinions expressed do not necessarily reflect the views or policies of Curtis Park Neighbors. To provide newsletter articles or place advertising, contact us at [cpn-newsletter@googlegroups.com](mailto:cpn-newsletter@googlegroups.com) or (720) 273-0623. The next newsletter deadlines are May 17th for ads, and May 20th for articles.

### Special Thanks To

Rob Price, Kim Farmer, and John Hayden for newsletter content. Thanks to Hope Communities and Mile High United Way for donating our meeting space, to Therese Rasmussen for coordinating newsletter distribution, and many thanks to neighbors assisting with newsletter deliveries.

### CPN Board of Directors

Paul Davidson, Conor Farley, Scott Gordon (Vice President), John Hayden (President), Robbie Hobein, Deb Jacobson (Secretary), J.R. Lapierre, Marco Martinez, Todd McGuire (Treasurer), Therese Rasmussen, Wendy Reischl, Eric Ross, and Andrew Spinks. Contact the CPN President by writing to [haydenpryor@msn.com](mailto:haydenpryor@msn.com) or calling (303) 297-3994. Write the CPN Board at [curtis-park-neighbors-board@googlegroups.com](mailto:curtis-park-neighbors-board@googlegroups.com).