



March 2011

Vol. 2. Issue 3

www.wecanddenver.org

WeCAN General Membership Meeting

March 8, 2011 6:00pm

Confluence Ministries, 1400 Quitman St.

Denver, CO 80204

- Pot Luck
- Call to order, announcements
- WeCAN Do Great Things award
- Intro to LiveWell West Colfax
- Healthy Schools
- Built Environment & Connections
- Community networking; opportunities for legislators to share.

Speakers will include representatives from: Denver Public Schools, Denver Public Health, LiveWell West Denver, Slow Food Denver, West Colfax Business Improvement District, Butterfly Hope Gardens, community members and local legislators.

From Shane Wright, WeCAN co-president:

Many of you know that the West Colfax Association of Neighbors (*WeCAN*) is hosting a Live Well West Colfax meeting on March 8th from 6:00pm to 7:30pm at Confluence Ministries, 1400 Quitman St. It is a potluck... so, come, eat and share what you do to encourage healthy living. The West Colfax neighborhood has pressing needs to be addressed and we are focusing in our community to:

- Establish seed-to-table programs, develop a new West Colfax Denver Urban Gardens (DUG) Community Garden
- Provide safe walking connections to schools, bring more bike and pedestrian routes ... particularly to access Sloan's Lake, the schools and the light rail
- Decrease violence, crime and gang activity
- Encourage more parks and natural spaces.

We are anxious to grow more healthy food and get healthy food access to our schools over the next few months and hope to accomplish this working with DUG and Butterfly Hope. We look forward to sharing your efforts with our

community and very much hope you can join us at the March 8th meeting.

Help West Colfax grow!

Volunteers are needed to create a community garden in our neighborhood.

Please contact Katya at the email below if you:

- Need a garden plot to grow food for your own family (small annual fee).
- Want to work with neighbors to grow food to donate to local schools, food banks, etc.
- Want to pick up some gardening and composting skills and teach the children of West Colfax the benefits of delicious, fresh food.
- Have gardening supplies to donate or would like to give financial support to the garden.
- Have a great idea for site location, what the garden should look like or any other ideas.

We need an estimate of number of families wanting a garden plot, volunteers able to give a couple of hours a month and any businesses that would like to sponsor a garden plot.

The sooner we get a group of interested neighbors, the sooner we can help our West Colfax grow more! Please come to the March 8th meeting to discuss possible site locations and to give your input.

Thanks! Katya Mauritson, Kmauritson@gmail.com

Vote for WeCAN

West Colfax Association of Neighbors (*WeCAN*) is one of ten finalists in the Live Work Play 2011 competition. Sponsored by Denver Regional Council of Governments (DRCOG), Live Work Play 2011 honors organizations that have made significant contributions to making their communities a better place to live, work and play. *WeCAN* is honored to be a finalist. Your support is needed to keep the People's Choice voting process moving forward for *WeCAN*. You can vote on the *WeCAN* website, [wecanddenver.org](http://www.wecanddenver.org) or at this site: <http://www3.drcog.org/LiveWorkPlay/Form/Vote>

WeCAN will be featured on the **9News Morning Show, 6:00-7:00 am on March 29**. We will send out emails to residents requesting crowds of West Colfax residents at the broadcast locations. We will need residents to make signs "Vote for *WeCAN*" for the broadcast. Details will be

posted on our website and distributed by email. Call Barbara Baker, 303-257-9808, or send email to thanksb@comcast.net to volunteer.

5280 Magazine will be featuring all ten finalists in their **April issue**. You will want a copy to display neighborhood pride.

You can vote multiple times a day... as often as you want... and you can live anywhere. Vote and get your friends to vote!

WeCAN Do Great Things Awards.

It was brought to our attention recently that there are unsung heroes in our neighborhood who should be recognized for their selfless acts and generous spirit. The WeCAN Board of Directors voted to initiate the WeCAN Do Great Things Awards as a means of tipping our hat and saying "thank you" to those who help their neighbors and go the extra mile.

Each month one resident and one business will be recognized. Please come to the March 8 general membership meeting for the first presentation of awards. If you would like to nominate someone...a neighbor who shovels your sidewalk without being asked, brings meals to sick neighbors...or a business that goes the extra mile to be a part of the neighborhood...please go to our website, wecandenver.org to send information.

Estimados Vecinos! Sabias usted que hay una organizacion en nuestra comunidad que se interesa por la calidad de vida de ustedes? Este grupo se llama West Colfax Area Neighbors (*WeCan*). *WeCan* quiere saber que piensa usted que ayudaria a mejorar nuestra comunidad.

Por ejemplo, tendremos una libreria en nuestra comunidad y estamos removiendo graffiti sin costo alguno para ustedes.

Desea escuchar mas sobre asuntos de nuestra comunidad o quiere compartir ideas, por favor venga a las juntas este 8 de marzo (son cada 2ndo martes del mes). Generalmente aqui hay algunos asistentes biligues quien podran ayudar traduciendo los temas. Vengan! Nos encantara verlos!

Get help with home heating costs!

With the cold winter months upon us, you've probably seen an increase on your utility bill. The good news is there is a heating assistance program that helps people with their home heating costs and heating-related emergencies called LEAP. The program helps people who qualify get financial relief from winter's high heat expenses. You may also be eligible to receive free furnace tune-ups, insulation and other weatherization services.

The LEAP application process is simple. Simply call 1-866-HEAT-HELP, request an application, fill it out, and mail it back to us. LEAP accepts applications Nov. 1 – April 30 each year.

To find out more, call 1-866-HEAT-HELP, visit www.DenverGov.org/leap or go to the Denver Human Services East office at 2855 Tremont St., Denver, CO.

This month's printing sponsor:

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Health Tip: Lose 10 pounds this year simply by replacing a daily soda or glass of fruit juice with a no-calorie drink (water is best). Drinking a glass of water before every meal will help you eat fewer calories and lose more weight!

Help Your Neighborhood: Donate Metal for Recycling

Donate old appliances, bicycles, lawnmowers, cars, car parts, old metal doors, desks...anything metal no matter the size will be hauled away free of charge. All proceeds will go to *WeCAN* for neighborhood development and newsletter printing costs. Call **Bill Baker, 303-946-8230**.

Neighborhood Food Bank

Set Free Church, on the corner of 10th Ave. and Perry St., has a bountiful food bank that is blessing West Colfax residents with tons of food... 5 to 7 tons of food weekly to be more exact.

If you or someone you know needs assistance, the food bank is open 11:00 am to 3:00 pm Monday through Thursday and after the 11:00 am service on Sunday.

If you would like to make a donation to the food bank, you can drop off donations during the above hours at the church or call Barbara Baker, 303-257-9808 to arrange pick up.