



City of Lakewood
Sustainability Division
North Building
480 South Allison Parkway
Lakewood, CO 80226

This newsletter was made
for Belmar residents,
by Belmar residents.

Please take a few minutes to look inside and
check out the 2016 Belmar initiatives:

- TRANSPORTATION
- HEALTH & WELLNESS
- RECYCLING & WASTE
- BELMAR'S URBAN GARDEN
- COMMUNITY OUTREACH
- AIR QUALITY
- ENERGY CONSERVATION

UPCOMING EVENTS for BELMAR:

Green Mountain Recreation Center Tour

Monday, March 14 10 am

Location: 13198 W. Green Mtn. Dr.

Whitlock Recreation Center

Wednesday, March 16 7 pm

Location: 1555 Dover St.

The Link Recreation Center Tour

Friday, March 18th 11 am

Location: 1295 S. Reed St.

Walk Belmar

Every Saturday 11 am through March | 9 am starting 4/1

Location: Plaza across from the theater

Upcoming Sustainable Neighborhoods General Meetings

Monday, March 21st 6:30 pm

Monday, May 16th 6:30 pm

Location: Colorado Media School, 404 S. Upham St.

Interested in becoming more involved with the Belmar Sustainable Neighborhood? Come to the meetings or email bcconnection@gmail.com for more information.

Belmar at Lakewood's Annual Earth Day Celebration

Saturday, April 16 11 am-4 pm

Location: Lakewood Heritage Center, 801 S. Yarrow St.

Call for Volunteers! Would you like to be more involved at the Earth Day Celebration? Volunteer for a two hour shift at the event. Email us at bcconnection@gmail.com or connect on Facebook at Belmar Sustainable!



City of Lakewood Sustainable Neighborhoods Program

The Sustainable Neighborhoods Program gives residents the opportunity to become active partners in making Lakewood a vibrant and sustainable city. Neighborhoods participating in this unique certification program use guidance from the City staff to organize workshops, projects and events that enhance the livability of their neighborhood and reduce resident's ecological footprint.

Belmar is designated as an "Outstanding Sustainable Neighborhood" for the third year in a row! Participating neighborhoods earn program credits for projects and initiatives and, depending on the number of credits earned may receive the Outstanding designation and custom signage. To get more involved with the Belmar Sustainable Neighborhoods Program, contact us at BCConnection@gmail.com.

Learn more at SustainableNeighborhoodNetwork.org

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OUR IDEAS. OUR NEIGHBORHOOD. OUR HOME.

"Outstanding Sustainable Neighborhood"

BELMAR

SPRING 2016 NEWSLETTER

INITIATIVE: *Health & Wellness*



WALKING YOUR WAY TO BETTER HEALTH

"One out of two U.S. adults is living with a chronic disease such as heart disease, cancer, or diabetes," reports the U.S. Surgeon General. One of the ways to lower your risk to these diseases is to increase your physical activity. Physical activity also promotes positive mental health.

The Surgeon General says twenty-minutes a day (that's 2 ½ hours a week) of moderately aerobic exercise (like a well-paced walk) will do the trick. Here are some ways to get started.

- ◆ Measure your steps on your mobile phone or other device. A good goal to work toward is 10,000 steps a day. Some great mobile apps for tracking steps include Argus, Pacer, Stepz, and MapMyWalk.
- ◆ Find a friend and walk together.
- ◆ Sign up for an aerobic class. Check out some of the City of Lakewood Fitness and Wellness classes at www.lakewood.org/fitness/.
- ◆ Join "Walk Belmar" which meets every Saturday on the plaza across from the theater (11 a.m. through March and 9 a.m. beginning April 1) . Everyone is welcome, just show up in the morning— no need to sign-up beforehand.

Belmar is fortunate to have been built as a "walkable" community. Whether it is a trip to the grocery store, the library, or a walk in the park, all our reachable on safe and well -maintained sidewalks and streets. But every community, including Belmar, can find ways to improve. Let us know how you think Belmar and the surrounding areas might be improved to become safer and more "walkable."

Submitted by Jim Mingle and Sara Livingston

The Sustainable Neighborhoods Program focuses on five broad goal categories and associated target areas. We use these goal areas to guide the selection of our neighborhood initiatives.

The goal categories are: **air, water, land, energy, and people.**





Lakewood's FREE Earth Day Celebration!

Join us for this year's **Lakewood Earth Day Celebration**, a **FREE community event** organized by the Employees' Committee for a Sustainable Lakewood. The event will run from **11 a.m. to 4 p.m. on April 16 at the Lakewood Heritage Center**, 801 S. Yarrow St. The celebration showcases companies and organizations that provide resources for residents and businesses to make sustainable choices. It will be a zero waste event with Lakewood's Sustainable Neighborhoods organizing several stations for recycling and compost. It's a great opportunity to do some eco-shopping, and riding your bicycle to the festival couldn't be easier with the free bike valet service.

A community celebration isn't complete without a play area for children, and this year it's presented by Macaroni Kid where kids can create, play and try their skills on the climbing wall.



New this year— grab a beer in the beer garden and enjoy live music and great eats!

Denver rocker *Rob Drabkin* will be playing as well as singer and songwriter *Lara Ruggles* and folk artist *Gabrielle Louise!*

Exciting activities at the event include:

- Live Music
- Food Trucks
- Beer Garden
- Climbing Wall
- Zero Waste Stations
- Electronics Recycling (fees apply)
- Free Bicycle Valet
- Demonstrations on Beekeeping, Composting, and Backyard Chickens
- Fitness Classes
- Eco-Shopping
- A Wide Variety of Exhibitors

More details on this fun, free event are at Lakewood.org/EarthDayCelebration.

INITIATIVE: Health & Wellness



TOUR LAKEWOOD RECREATION CENTERS

Looking to get fit after a long winter? Join us for a tour of one of Lakewood's full-service recreation centers. In collaboration with the city of Lakewood, the Belmar sustainability committee will arrange free tours at three different sites. All offer a wide variety of classes and group activities including strength training, aqua fitness, Zumba, pickleball and yoga. Staff will be available to answer your questions and show you the high quality aerobic and other workout equipment. Here is the schedule:

March 14, 10 a.m. – Green Mountain Recreation Center (13198 W. Green Mtn. Dr.)

March 16, 7 p.m. – Whitlock Recreation Center (1555 Dover St.)

March 18, 11 a.m. – The Link Recreation Center (1295 S. Reed St.)

If you would like to attend, please RSVP to Sara Livingston by emailing her at SarLiv@lakewood.org or call 303 987-4846.

SilverSneakers Members: You are eligible for free daily admission, along with other low or no-cost benefits, at all Lakewood recreation facilities. Not sure you are a member? Let us check. It only takes a moment and does not require your insurance information.

INITIATIVE: Recycling & Waste



Electronics Recycling at Earth Day Celebration!

Wondering what to do with those left-over electronics that can't be thrown away?

Recycle your electronics 11 a.m.-4 p.m. on Saturday, April 16, in the Irongate parking lot, 777 S. Yarrow St., north of the Lakewood Heritage Center. The Rooney Road Recycling Center Foundation is hosting this recycling event adjacent to Lakewood's free Earth Day Celebration.

The following are the fees associated with recycling to cover the costs:

- \$30 for one computer and one 15-inch or smaller monitor.
- \$2 per diagonal inch for additional TVs/monitors and cathode ray tube TVs/monitors
- \$3 per pound for alkaline and rechargeable batteries

For additional information, call Lakewood's Environmental Services Division at (303) 987-7190.



Neighborhood Newsletter:

This newsletter was produced by Belmar community members in partnership with the City of Lakewood Sustainable Neighborhoods Program. We welcome your ideas, support, and participation.

"Like" us on Facebook
Facebook.com/BelmarSustainable
Visit

<http://belmarSustainability.com>
susainableneighborhoodnetwork.org

Contact us
BCConnection@gmail.com