

This newsletter was made  
**for Southern Gables residents,  
by Southern Gables residents.**  
Please take a few minutes to look inside and  
check out the 2014 Southern Gables initiatives:

-  **WATERWISE**
-  **SLASH THE TRASH**
-  **G.A.B.L.E.S.**
-  **SUSTAINABLE BOOK CLUB**
-  **EMPOWER SOUTHERN GABLES**
-  **CONNECTING PEOPLE**



### Neighborhood Newsletter:

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

### Stay Informed

Visit

[www.GreenerGables.org](http://www.GreenerGables.org)

“Like” us on Facebook

[Facebook.com/SustainableSouthernGables](https://www.facebook.com/SustainableSouthernGables)

Contact us

[SustainableSouthernGables@gmail.com](mailto:SustainableSouthernGables@gmail.com)

“...creating balance among the environment, the economy and society to ensure that we do not compromise the quality of life for future generations.”

- Lakewood Comprehensive Plan

## UPCOMING EVENTS for SOUTHERN GABLES

**January 13, 2014** 5:30pm  
**Community Garden Planning Session**  
Location: TBD

**January 30, 2014** 7pm  
**Energy Meeting**  
RSVP to [SustainableSouthernGables@gmail.com](mailto:SustainableSouthernGables@gmail.com)

**February 11, 2014** 7-8:30pm  
**Sustainable Book Club—Book #2 Discussion**  
Location: Westwoods Community Church

**February 28, 2014** 1pm  
**Recycling Meeting**  
RSVP to [SustainableSouthernGables@gmail.com](mailto:SustainableSouthernGables@gmail.com)

**March, 2014** TBD  
**Waterwise Workshop** (guest speaker TBD)  
Location: TBD

**April 19, 2014** 10-4pm  
**Lakewood Earth Day** (contact us to help volunteer)  
Location: Lakewood Heritage Center



### 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 community. 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.

Participating neighborhoods earn program credits for projects and initiatives and, depending on the number of credits earned in a given year, may receive City designation as an “Outstanding Sustainable Neighborhood,” earning custom signage for the neighborhood.

Learn more at  
[SustainableNeighborhoodNetwork.org](http://SustainableNeighborhoodNetwork.org)

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# SOUTHERN GABLES Sustainable Neighborhood

*Our ideas. Our neighborhood. Our home.*



## Sustainability isn’t sacrifice; it’s improving quality of life for now, for the future.

A few years ago, doing something “sustainably” often meant compromise. I think a great example is what we can do with our yards. Before, “xeriscape” conjured up images of barren and unwelcoming landscapes, compromising beauty. Now, xeriscape means filling our yards with beautiful drought tolerant plants. A gorgeous xeriscape example literally attracted Ooh’s and Ah’s when shown at our xeriscape workshop. Another example many of us love and admire is the xeric garden at our own Kendrick Lakes Park. With xeriscape, we use less water, so important in a state that goes through droughts, but also, you get to enjoy a gorgeous yard, with less maintenance. *Sustainability isn’t compromise; it’s improving quality of life for now, for the future.*

## Sustainability Means You Are Not Alone.

Why is community so important to sustainability? There are so many examples of what community can accomplish in this neighborhood, and Sam Sotiros highlighted some great achievements in the HOA newsletter.

I’d like to tell you what it’s looked like for me. This neighborhood has become like an extension to my family. You, neighbors, have helped me raise my kids, plant my tulips and my trees. You’ve shut my water off when I had a leak and helped me cut materials for home improvement projects. You’ve pumped my son’s bike tires, you’ve shared with me my favorite thing- hand-me-downs. You’ve brought hot dogs, flyers and face paints for National Night Out. You’ve kept watch on our mailboxes and cars, and warned us about threats. You’ve taught me about what we can accomplish when we work together. Carpooled with me, laughed with me while trick or treating, read books, brainstormed, planned meetings, encouraged me, and now, you are teaching me what it means to be “sustainable” in Southern Gables.

Sustainability isn’t having less, it’s having more- more friends, more resources, more help and more... well...happiness and fulfillment.

## Neighbors, What’s Next For 2014?

We are doing our best to take full advantage of the opportunity to be in the Sustainable Neighborhoods Program and provide as many resources and opportunities for people to learn about and accomplish sustainable goals.

*Share your ideas and feedback, we want to hear them.*

Included in this newsletter are the Top 10 ways to have a big impact under \$100 (many of them are under \$10) and take less than a few hours to accomplish. We hope you’ll pick one that fits in your life and try it. We have a full year of activities, events and workshops, covering a whole range of topics, and we hope they will be useful for you and that we’ll get to see you there.

-Sincerely, **Dana**





# Southern Gables Sustainability Initiatives

## Southern Gables Sustainable Neighborhood's Focus

### 10 Ways to Have a Big Impact for Under \$100 and Less than an Hour or Two of Work.

1. Use reusable grocery bags, produce bags and shopping bags everywhere you shop. \*Under \$10: pop them back in the car after unloading groceries.
2. Switch all light bulbs to high efficiency light bulbs. \*Under \$100/1 hour: LEDs last about 20 years, use 85% less energy, are the next best thing to daylight, and have no mercury.
3. Unplug all unused appliances and electronics. Switch the ones you use to power strips that can be shut off at night. \*Under \$50/1 hour
4. Switch all shower heads to low flow. \*Under \$50/1 hour: can save \$100/year and 8,000 gallons/year
5. Switch to Xcel's WindSource to use clean energy to power your home. \*Under 1 hour and could be under \$100 for the year.
6. Switch to green cleaning products (this also improves home air quality).
7. Use Tupperware or reusable bags for all snacks, lunches and leftovers.
8. Use dishtowels, cloth napkins, etc. instead of paper towels. \*Can save over \$100/year and reduces trash to landfill.
9. Switch sprinkler heads to rotary nozzle. \*Saves 60% water per nozzle.
10. Buy "Second hand" when possible. Find a new home for things you are finished with: clothes, furniture, etc. \*Cost-effective since it removes you from the production-waste cycle.

### Neighborhood Efforts

#### \$16.79, less than 30 min/week:

Robert's average water bill and maintenance time for his xeriscaped yard.

#### Saved 35% in 30 minutes or less:

Amount of energy saved by Karen and Mike when they switched to power strips for TVs, computers and turning strips off before bed.

#### 36% less electricity usage than average Southern Gables Home:

Christy achieved this by using all CFLs and LEDs, line drying clothes, and turning off/unplugging all unused electronics.

### ZERO WASTE

Have you heard about "Zero Waste" events? Zero Waste is a philosophy of reducing waste that goes to landfills and instead direct food waste to compost, and everything else to recycling. In an effort to move to a zero waste lifestyle, zero waste events seem to be popping up all over the place: sports arenas, entertainment venues, universities, schools, local governments and many others.

Principles of "zero waste" events include reducing overall waste that is created at events, working with all vendors to ensure that items like plates or giveaways provided to guests are compostable, reusable or recyclable, instead of items that must go to the landfill, and providing a recycling bin and compost bin next to every trash can.

The Sustainable Southern Gables group is doing our part; our goal is to make all of our events "zero waste" too! Watch for recyclable, compostable, and reusable items at all of our events! Join us by volunteering at upcoming Zero Waste Events!

*"I received some really great ideas at a xeriscape workshop, which I hope to implement in my yard at some point."*

- Marlys Duran

*"...Our neighborhood has benefited greatly from the tremendous efforts put forth in the following activities [including] efforts to establish Lakewood's Sustainable Neighborhood Program here and participations in its programs, such as the fun and successful Neighborhood Night Out, despite rainy weather."*

- Sam Sotiros, HOA newsletter

### CONSERVATION CONTEST

We are coordinating a Conservation Contest to see how much of a difference we can make as a whole neighborhood in reducing our electricity and natural gas usage. Each home is encouraged to reduce electricity and natural gas consumption as much as possible; we'll compare current usage with last year's usage each month over the year to see who can make the biggest reductions.

We will offer informative workshops, interesting newsletter updates, resources for improving efficiency while also improving home comfort, and more.

We are currently working with a small group of homes on a pilot test of our contest. If you are interested in joining our pilot group, or if you want to be among the first to sign up for the official contest (to be launched in fall 2014), email [sustainablesoutherngables@gmail.com](mailto:sustainablesoutherngables@gmail.com) to get signed up.

### COMMUNITY GARDEN at Westwords Community Church in Partnership with Denver Urban Gardens (DUG)

This is a special project and opportunity to make a lasting contribution to our neighborhood that Southern Gables residents will enjoy for many years to come.

Plots will be available to church members and the Southern Gables community. Gardeners will have the opportunity to donate a portion of their crop to a food bank, providing fresh, organic produce to those in need. A truly amazing endeavor.

DUG sets us up for success with the plan, design, funding, and more. Also, Master Gardeners will host workshops on various aspects of gardening from youth education to composting on site.

We are meeting January 13th at 5:30pm to have a planning session. The community can share what we want in our garden, and from this DUG will create a design incorporating our ideas. The more ideas, the better the garden will be for everyone, so we really hope to see you there.

*"I think we can all benefit from learning and participating in activities about Sustainable Neighborhood. I applaud your interest and time in getting this started in our community."*

- Frank Bontrager

### BOOK #2 DISCUSSION: FEBRUARY 11!

We are on our 2nd book for the neighborhood sustainable book club. We are reading "Omnivore's Dilemma" by Michael Pollan. This book asks the question, "What should we have for dinner?" To find out, Pollan follows each of the food chains that sustain us—industrial food, organic or alternative food, and food we forage ourselves—from the source to a final meal, and in the process develops a definitive account of the American way of eating.

We invite everyone in the neighborhood to read the book and join us. We will be discussing this book on Tuesday, February 11 from 7:00-8:30pm at Westwoods Community Church.

### BOOK LIST RESOURCE

You can also find our new Sustainable book list on the blog website. Do you wonder what sustainability is all about? This is a great resource for you! Find a list of books about different sustainability topics: food, simplicity, solar, xeriscaping, and more! Listings marked with "JEFFCO" are available through Jefferson County Public Library. Each entry is also linked to the Goodreads website so you can find out more about the book.

### G.A.B.L.E.S. Blog Update

Did you know our neighborhood sustainability group has a blog? The website is <http://greenergables.org.blogspot.com/>  
Our focus areas are  
*Good health, Active, Beauty, Living well, Eating well, and Simplicity.*  
Check it out, leave a comment!

### NEW FEATURE!

Do you love photography? Please send your beautiful Lakewood photos to [mksevier@msn.com](mailto:mksevier@msn.com) with a caption explaining the location and other interesting facts, and we may post it to showcase the Beauty of our city! Check our blog for other details!

### RECYCLE YOUR USED BATTERIES

By popular demand, we're collecting used batteries for recycling. We will have a box at all of our events for you to recycle your old batteries. We can take all "regular" batteries (AA, AAA, C, D, 9 volt), but we are unable to take other batteries from computers, phones, etc. Please bring them with you when you come to our "Sustainable Neighborhood" events!

### Are you passionate about sustainability? LOOKING FOR LEADERS.

The more people working with us the more we can accomplish. It has been a truly exciting year, and there are endless opportunities! We are looking for more people dedicated to sustainability. We meet about once a month or every other month in the evening around 7. The commitment level is up to you, but for each of us, once we got started we just wanted to do more and more! If sustainability is important to you, it's a really fulfilling way to feel like you are having an impact.