

## Carry Your Own Water Bottle and Coffee Cups!

Trying to stay hydrated during the dry winter? Fill up your water bottle at home and carry it with you on errands, to the gym, wherever! Think of all the plastic you will keep out of the ocean and the money you will save. Did you know that most water that goes into bottled water isn't regulated as strictly as tap water?

For your morning cup, take your own reusable coffee mug/tea mug to your local coffee shop. Not only will you be reducing waste (many disposable coffee cups aren't recyclable), a lot of coffee shops provide a discount if you bring your own cup.

... And while you're visiting your local coffee shop, pick up some of their used coffee grounds for your compost bin or garden. Your plants will thank you for it.

## Stop the Junk Mail Flow!

Did anyone besides me have "decluttering" on their list of New Year's resolutions? Make it easy by starting with your mailbox. Unwanted junk mail and catalogues can fill space in our homes before they inevitably make it to the recycle or trash bin. You can eliminate this clutter before it gets into your home by unsubscribing.

- ☑ Select which junk mail subscribers that you want to eliminate at: <https://dmachoice.thedma.org/>.
- ☑ For unwanted catalogues, contact the 1-800 number that is on the catalogue and request that you be removed from their distribution list.
- ☑ Opt out of credit card solicitations at: <https://www.optoutprescreen.com/> or call 1-800-567-8688.
- ☑ You can have your name removed from specific direct marketing ads and coupons by contacting these directly. Note that some allow you to continue to receive coupons that you DO want by providing them electronically.
- ☑ To unsubscribe from Epsilon Data Mail Services marketing ads, send an email to: [abacusoptout@epsilon.com](mailto:abacusoptout@epsilon.com) with "Remove" in the subject line and provide your name and address.

It may take some time for the mailings to stop due to printing timing, but you will enjoy the free space when it does.

Please like our Facebook page to learn about current and future events:

Facebook.com/SustainableGreenMountain

To let us know if you're interested in volunteering or have new project ideas, please email us:

SustainableGreenMountain@gmail.com

To learn about all our initiatives and see our calendar visit:

SustainableNeighborhoodNetwork.org/GreenMountain

## URBAN GARDENS, WATER CONSERVATION AND BEES!

### A PEEK AT WHAT'S IN THE WORKS!

- Pollinator Plants Presentation
- Basic Bee Keeping Discussion
- Growing Your Garden Tour
- Xeriscape Planting and Water
- Conservation Workshop
- Tour a Front/Back Yard Garden
- Produce Exchange



## Goodwill Recycling at Hutchinson Elementary Earth Day Eco Fair

### The following is a list of items accepted:

Wires, VCRs, DVD Players, Gaming Consoles, Handheld Audio & Video, Cable/Satellite Receivers, DVR & TiVo's, iPods/iPads, MP3 Players, Digital Converter Boxes, Cameras/Camcorders, eReaders, Cell Phones, PDAs and Pagers, Audio/Stereo Equipment, Speakers, Telephones, Remote Controls, Projectors, Electric Typewriters, Computers, CPU, Small Servers, Scanners, all computer related equipment and peripherals, and all small electronics and appliances (Microwaves, toasters, coffee makers, Irons, radios, toaster ovens, and blenders).

Each computer is wiped clean of data, according to Department of Defense standards, and then recycled or refurbished for sale online and in stores at great prices. Other computers, electronics, and parts are recycled in our R2:2013 Certified recycling facility located at 6850 Federal Blvd.

**No TVs, CRT/LCD Monitors, batteries of any kind, or printers.**



# Sustainable Green Mountain Neighborhood Newsletter

*Your ideas. Your neighborhood. Your home.*



## Visit Us at the 2nd Annual Hutchinson Elementary Earth Day Eco Fair!

Saturday, April 21, 10 a.m.-2 p.m.

Hutchinson Elementary School—12900 W Utah Avenue

Hutchinson Elementary is hosting their second annual Earth Day Eco Fair and we invite you to join us for a day of fun where you can learn about sustainable practices and give back to the community! The Environmental Club is paying for this event out of fundraising dollars from last year and donations of \$10 or more are greatly appreciated. All proceeds will go directly back to the club to support environmentalism and sustainability at the school and for the community. Thank you for your support and for helping us help our Earth! Please see below for more details about the event.

- Shred Nations on site 10 a.m.-1 p.m. to securely shred/recycle paper and documents
- Green Sheen on site from 10 a.m.-2 p.m. to collect/recycle your old latex paint
- Goodwill Electronics on site 10 a.m.-2 p.m. to collect/recycle electronics (See page 4 for items accepted)
- ARC drop off site 10 a.m.-2 p.m. for small household items and clothing
- TerraCycle Brigade Drop off site (visit [www.terracycle.com](http://www.terracycle.com) for list of acceptable items)
- Food Trucks: Ragbagbistro, In the Dog House Hotdogs, Kona Ice, Rippici's Italian Gelato, MC Chef
- Green Mountain Sustainable Neighborhood volunteers will be on site hosting seminars and fun activities including:
  - ⇒ 11:00 a.m. Project for kids to make a reusable bag out of a T-shirt (first come first serve; a guardian needs to be with the child)
  - ⇒ 12:30 p.m. Composting seminar
  - ⇒ 1:30 p.m. Zero Waste seminar
  - ⇒ Bring your extra seeds, seedlings, or perennials you've dug up to swap (Bring your own bag or box to take seeds and/or plants home)
  - ⇒ Members of the Active Community team on site to answer questions
  - ⇒ PPAN representative on site with Pollinator information; Pollinator friendly bookmarks
  - ⇒ Drop off site for Basic Pantry at Mango House, I Support the Girls, and JeffCo Action Center donations

### 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 City staff to organize workshops, projects and events that enhance the livability of their neighborhood and reduce resident's ecological footprint.

Learn more at:

[SustainableNeighborhoodNetwork.org/Lakewood](http://SustainableNeighborhoodNetwork.org/Lakewood)



# Community Outreach and Donation Opportunities

We are collecting all sizes of new packets of underwear and socks for the Action Center; and menstrual products and new or gently used bras for I Support The Girls to be distributed to women in need.

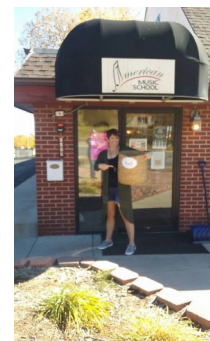
## Drop off Sites:

- \* American Music School at 1180 S Van Gordon Ct
- \* Hello Coffee at 13701 W Jewell Ave #112 (behind Front Room Pizza)
- \* 12299 W Connecticut Dr (big blue tub out front)
- \* JeffCo Action Center at 8755 W 14th Ave, Lakewood (M, T, Th, F: 8:30 a.m.-4 p.m.; Sat: 9 a.m.-noon; CLOSED on Wednesday and Sunday)
- \* You can also contact Eva Frickle at efrickle@yahoo.com for pick up

We are collecting items for the Basic Pantry at Mango House, which supports refugees settling here. The focus is on baby stuff - diapers, wipes, formula, etc. They also collect basic housewares, as families often arrive with nothing and need everything from pots and pans, plates, linens etc. Basic Pantry accepts open containers (shampoo, conditioners, cleansers, etc.). Visit [www.1532galena.com](http://www.1532galena.com) for more information.

## Drop off Sites:

- \* American Music School at 1180 S Van Gordon Ct
- \* 12299 W Connecticut Dr (big blue tub out front)
- \* You can bring items to the Hutchinson Earth Day Fair. See the front for more details.
- \* You can also contact Eva Frickle at efrickle@yahoo.com for pick up



## Sustainable Green Mountain Active Community Team Events

For questions or more information contact Jim Maxwell at 720-979-8879 or email at [mistercolorado@icloud.com](mailto:mistercolorado@icloud.com)



### Bicycle Maintenance Clinic

Sunday, April 8, 2-4 p.m.

Beech Park

Ride or bring your bike to this event to learn basic maintenance and service to get your bike ready for a safe and enjoyable ride.

### Bicycle Safety Clinic

Thursday, April 26, 6:30 -8:00 p.m.

Green Mountain Rec Center

**Presenters:** Gary Harty from the Lakewood Bicycle Advisory Committee and Maureen (Mo) McCanna, Education Program Manager for Bicycle Colorado. Learn about the things you can do to make your ride safer.

### Ongoing Team Rides

#### Green Mountain Neighborhood Casual and Easy Bike Rides

First Tuesday of every month at 5:30 p.m., starting May 1.

From Rooney Ranch Elementary School to Coyote Park and back.

*This ride is for the beginner, or casual rider looking for a social ride with their neighbors. Ideal for families, seniors and those who want a slow, casual ride.*

#### Lakewood Cruisers

Second Monday of every month at 5:30 p.m., starting June 11.

Meet at Rooney Ranch Elementary School and decide from there.

*This ride is for those who don't mind pushing the pedals on a heavy cruiser so they can hang with a group of fellow Cruisers. Ebikes welcome!*

#### Mountain Bike Ride

Third Sunday of each month at 8 a.m., starting June 17.

Meet at the Rooney Ranch Elementary School and alternate between Bear Creek Lake Park and William Hayden Park (Green Mountain).

*This ride will be an 6-10 mile ride with elevation gain and is best for the intermediate rider.*

### Regular Sustainable Green Mountain Activities

**Monday Night Trivia:** Green Mountain Beer Company, at 2585 S Lewis Way, has Trivia every Monday night 6:30-9 p.m. (except the first Monday of the month). The Trivia Quizmaster has agreed to use one of our sustainability questions each night! **Please join the Sustainable Green Mountain team on April 16, May 21, and June 11.**

**Shrink Our Waste Team:** Third Tuesday of the month at 6:30 pm, Green Mountain Rec Center

**Casual Walking Club:** Every Sunday morning at 8:30 am, Rooney Ranch Elementary School