



# NANA NEWS

## APRIL 2016

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### PRESIDENT'S MESSAGE



Dear neighbors,

I want to start this letter by thanking Emily Harten, Bridget McComas and the beautification committee for not only organizing one spring cleanup day for North Avondale, but two this year. You can read about their successful event on April 2<sup>nd</sup> (page 2), which was also supported by 100 UC students, focused on litter pick up from our neighborhood streets. As we are all admiring North Avondale in full spring bloom, it also becomes obvious that there is a significant need for some clean up in certain areas. So for everyone who missed this first event, please join us for the 2<sup>nd</sup> one on April 30<sup>th</sup>, which is more focused on maintenance and beautification of our park spaces.

The summer season banners are also up in the business district, and they look great! A big thanks to Maura Wolf for organizing this.

On the topic of open spaces in North Avondale, NANA, under the leadership of board member Dana Winn, has put in place and funded a **Vacant Lot program**. NANA will partner with the city to clean up 10+ vacant lots in North Avondale and have the grass cut regularly throughout the summer months. This will be a 2016 pilot program which should make these properties less of an eyesore and potential hazard for the neighbors, and overall improve the look and feel of the neighborhood. If successful, NANA will consider expanding the scope of the program going forward.

I also would like to mention a special project presented at the March NANA general meeting. The **historical flower pot pillars** defining the entrance to the neighborhood on the corner of Mitchell Avenue and Red Bud have been severely damaged by weather, wear and tear, and ultimately from a couple of car accidents to the point that one pillar in particular is about to fall apart. Given the beauty of the flower pot pillars and the historical symbolic significance to the neighborhood, a neighborhood group, supported by NANA, has been formed to lead a repair and restoration project. The group will need to seek monetary support from the neighbors to finance this. To donate: go to the NANA Website, About, Donate and check Other and write Pillars to support this effort.

As we approach May, and the NANA Annual Meeting on the 22<sup>nd</sup>, the Nominating Committee for the 2016-17 board is actively working the officer slate. If anyone is interested in being nominated for the NANA Executive board, or have good suggestions for candidates, please contact the committees chairman Marvin Masterson. They are in particular looking for a new treasurer and recording secretary.

In the meantime, please visit our website northavondalecincinnati.com to learn more about NANA.

*Hanne Loken Larsen*

### FUN IN THE NEIGHBORHOOD

Are you ready to show your pride for North Avondale and win some medals in the **Cincy Neighborhood Games**? The **Games** will battle neighborhood against neighborhood with Olympic style games in a competition to see which neighborhood comes away with the most medals. These are family friendly, fun, competitive activities such as limbo, cornhole, tennis doubles, supersize Jenga, soccer kick accuracy, etc. And it's all free! For a complete list and schedule of the games, go to <http://www.cincygames.com/north-avondale.html>. You will find a description of each game and in many cases a video of how the game is played. Most events will have 2 categories – Youth (ages 7 – 13) and adult (ages 14 and over). You will also find the date and location of the **qualifying events** which will determine who will represent North Avondale in July. The qualifying events will be held **May 22** in conjunction with NANA annual meeting and Saturday June 4 at the N. Avondale Rec Center. Another day may be added for Saturday June 18. Check out which event(s) you want to participate in and show up on that day. A waiver release will need to be signed by all participants or legal guardian.



We still need volunteers to help organize the events. This doesn't mean you have to be the one participating in the event although you can do that too if you want. We need people with various talents; such as someone to work our social media venues, help manage/organize several events, recruitment of team players, judging. If you can volunteer a few hours of your time for any part of these fun events, please contact Ken Brawner (Revel Ct), North Avondale Captain. through email: nanacincinnati@gmail.com. Let the Games Begin!

### Come To Our NANA General Meeting Tuesday, April 12, 7:00pm NA Montessori School Cafetorium AGENDA

- Councilman Seelbach
- Report From The Nominating Committee
- NBDIP Grant Update



# NANA COMMITTEE UPDATES

## BEAUTIFICATION

### Great Opportunities to Give Back

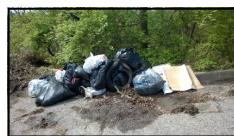
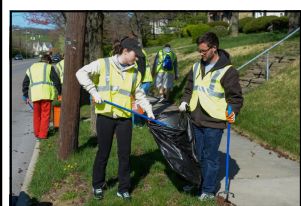
NANA Beautification Committee is in full bloom with activities and events, check out what we are up to!

**On March 1, 2016**, a grant writing team, including NANA Beautification Members was awarded the Clean and Safe Grant, from Keep Cincinnati Beautiful of \$2,000.00 to improve the walkways from Mitchell to Paddock, clearing overgrowth and controlling weeds. The team plans to begin work on the project in late Spring to create a gorgeous walkway for our neighborhood residents!

**On April 2, 2016** we held Great American Cleanup from 9:00 -12:00, neighbors walked with team captains through six areas of the neighborhood in support of Cincinnati's Best Address, North Avondale. They cleared debris and trash left from the winter to wake up spring and make our neighborhood Clean and Safe. Our partnerships with Keep Cincinnati Beautiful, University of Cincinnati brought us many volunteers. Also kudos to NANA for their support and food, the ToolBank (grabbers, gloves, buckets and wheelbarrows) KCB ( materials and support) and the Cincinnati Recreation Commission (use of space). Thank you to: Janet & Bob Banks, Nina Caporale, Edie Gaudio, Emily Harten, Teresa Harten, Mary Ann Knoop, Marvin Masterson, Bridget, Mark & Philip McComas, Regine Moulton, Sylvia, Gabrielle, & Samantha Nelson, Mary Piper, Dana & Mary Winn, Maura & J. Miles Wolf, Ann & Stan Wong.

We had 100 volunteer/students from the University of Cincinnati thanks to Katie Von Erden. This young woman is the orchestrator for the 100 volunteers. Katie our hats are off to you. We couldn't have gotten this done without you. We hope the best in your success!

We collected over 30 bags of trash, 50 glass bottles and 6 tires just from around Reading Road & Asmann. Then more were collected on Burton, Clinton Springs, Around the NA School and Recreation Center, Greenwood, Mitchell and Washington.



**On April 30, 2016 from 8:30-11:30**, neighbors will meet in support of the Green Up Day to get our parks ready for summer fun!

- Seasongood Square Park and Martin Luther King Park.
- Set up 8:00 to 8:30 am
- Sign in to work until 11:30am Pizza at noon.
- From 10:00 to 10:30 an **Explore Nature Naturalist** from Cincinnati Parks is coming **for children**.

Wear your old clothes, close toed shoes and garden gloves to spread mulch, plant and clear litter. Pizza and water provided to participants. We could use your help! **Sign up at: [www.SignUpGenius.com/go/30E0F4DAAAC2CA2F49-parks](http://www.SignUpGenius.com/go/30E0F4DAAAC2CA2F49-parks)**

### Check Us Out!

The daffodils are in bloom to greet everyone in our community, a big thank you to the dozens of neighbors who attended our Fall Bulb Planting Event on October 24, 2016. We never thought the Seasongood Square Park could look so lovely! A big Thank You to Cincinnati Parks and our neighborhood volunteers for donating the daffodils, mulch and perennials that fill the beds!



### Partnering Opportunity: Sponsor a Flower Pot Program

We are in need of monetary donations to support our half of the costs to maintain the flower pots that line Reading Road. The City graciously donates the other half. **To donate:** go to the NANA Website, About, Donate and check Other and write in Flower Pots or send a check to NANA, with flower pots noted in the memo. Thank you again for supporting the beautification of our neighborhood!



*Emily Harten & Bridget McComas Co-Chairs*

## HEALTH

Did you know that the Cincinnati Health Department operates 8 health centers, 8 dental centers, one vision center and 11 school-based health clinics serving over 35,000 patients? The centers provide quality health care to a diverse population of people including the working poor, the homeless and the uninsured.

After 10 years of public service to the city of Cincinnati, the Health Commissioner, Dr. Noble Maseru, has announced his retirement effective May 1, 2016. We express our gratitude to him for his strong leadership in moving the Health department in sync with providing invaluable services (preventive and maintenance) for the citizens of this city. We wish him well in his retirement.

*Kimya Moyo (Health Department Liaison)*

### 2016-2017 NANA NOMINATING COMMITTEE:

The Nominating Committee comprised of Marvin Masterson (Chair) Ursula Hassel, Sylvia Nelson, Tiffani Tribble and Mary Winn is gathering names for the 2016/2017 slate of elected officers for the North Avondale Neighborhood Association. If you are interested or have anyone to suggest, come to the NANA General Meeting or call the NANA answering machine at 401.4546 or email [nanacincinnati@gmail.com](mailto:nanacincinnati@gmail.com)



## FROM THE POLICE

### ♻️ District 4 Commander

There have been **3 cars stolen from North Avondale** in the past month. In every incident, the keys were left in the vehicle. In the last incident, the keys were left in a nearby vehicle. In these cases, an **ounce of prevention** is worth a pound of cure. It's much easier to prevent an auto theft than it is to recover a stolen vehicle. Unfortunately, when police attempt to recover a stolen auto it sometimes leads to a pursuit where people can be injured and property can be damaged. **Prevention is KEY!**

- 1) Don't leave any spare keys in or near the vehicle. Also, don't leave the spare keys next to windows or doors inside your home. If you have an alarm system on your vehicle, take the keys with you when you go to bed at night. The alarm on your car can be used in case someone attempts to break into your car or home. Set off the alarm to get your neighbor's attention or deter any suspects.
- 2) Install a GPS or tracking services on your car such as LoJack. (Do research and speak to your dealer before installing anything on your vehicle)
- 3) Install a immobilizer on your car (Do research and speak to your dealer before installing anything on your vehicle)
- 4) Retain the year, make, model, VIN, and License Plate information for your car inside your house.
- 5) Leave nothing in plain view in your vehicle. Put your valuables in your trunk before you arrive at your destination, or bring them inside with you.
- 6) If you park your car in your driveway, install motion detector lights to highlight the area around your vehicle.
- 7) Use visible anti-theft devices such as the Club and Ravelco. (Do research and speak to your dealer before installing anything on your vehicle).
- 8) Do not leave your vehicle running unattended, either at home or just quickly running into the store to pick something up. If your vehicle is parked outside during the winter months, consider a remote start system. (Do research and speak to your dealer before installing anything on your vehicle).

*Lori Hamann 569.8654*

## IN MEMORIAM

♻️ **Peter Kamnitzer**, violist with the LaSalle Quartet, who used to live in North Avondale passed away in Israel on February 23, 2016, at the age of 93. To view his Memoriam Go to <http://ccm.uc.edu/about/villagenews/faculty/in-memoriam-peter-kamnitzer.html>

♻️ **Dr. Paul Nathan** (formerly of Beechwood Ave.) on March 12, 2016 at the age of 91, died peacefully in his sleep, in Hilton Head, S.C. A memorial service was held at Golf Manor Synagogue. If people wish, donations in his memory can be made to Etz Chaim Synagogue in Cincinnati or Magen David Adom, Israel's emergency medical service and blood bank.

## AROUND TOWN

### ♻️ History In Your Own Backyard Ft. - Ancient, Ghost Towns & WWII

To see videos, pictures and learn more, <http://campaign.r20.constantcontact.com/render?m=1102727989991&ca=acce9e0-3fcf-414e-8842-01c8eadb901d>



Thank you to everyone who participated in the OKI Transportation Priorities survey! Over 2,300 people from throughout our OKI Region took the survey this past winter.

Are you curious as to what your neighbors mentioned in the survey about their transportation needs? Survey highlights can be found by visiting <http://2040.oki.org> and clicking on the Community Outreach tab at the top right of the page. In this section, you can read about the top 5 transportation priorities we heard most frequently and review the Draft Project List OKI staff has developed in response to those concerns.

Also under the Community Outreach tab, staff has prepared a Public Comment Summary Report for the first half of the OKI 2040 Regional Transportation Plan, 2016 Update.

Congratulations to Brad, a UC student and Clifton Heights resident, who was the lucky survey taker to win a one-year Cincy Red Bike membership!

We welcome you to visit the website to view this and more information that will be added as we head towards the 2040 Plan's completion this June. To share any questions or comments you may have, please use the online text box and THANK YOU for your assistance!

## ABOUT YOUR NEIGHBORS

♻️ North Avondale neighbor Patrice Watson (Avon Fields Place) joined Soapbox as Publisher in February. In addition to her 5-year old consulting firm Raise Your Share, which works with small business and non profits to generate ROI on digital and social media investments, her offline career includes a decade at Cincinnati Magazine as Publisher; radio account management for 700WLW; audience development for radio and television stations and radio general sales management. The immediacy of radio plus publishing's editorial and design capacity combined into Soapbox's weekly online impact, reach and engagement is a serendipitous merger of the media Patrice loves best. She is an urban enthusiast and 28-year NA resident of Avon Fields Place. Sign up for Soapbox's free weekly newsletter at <http://www.soapboxmedia.com/NewsletterSignup.aspx>

## FUN WITH YOUR NEIGHBORS



**Night in White**  
A fashionable fundraiser for the Eight Days & One Hour Foundation's Stephen Morsch Nursing Scholarship

**When:** April 8, 7-10pm  
**Where:** Kennedy Heights Arts Center  
6100 Montgomery Rd.  
Cincinnati, OH 45213

**Click here to RSVP!**  
Use code: SUBSCRIBER for \$5 off

**Enjoy:** Shopping, light bites, craft cocktails, fun fundraising activities, fabulous silent auction, photo booth and a runway fashion show

**Tickets:**  
Soo General Admission Ticket includes: swag bag, 2 drink tickets, light bites, and 5 door prize entries.  
Soo VIP Ticket includes: swag bag, 3 drink tickets, light bites, 10 door prize entries & seat along the runway

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### Zion Baptist Church's 15th Annual Health Forum and Fair April 13 & 23, 2016

April is Minority Health Month! The theme for this year's event is "Promoting and Maintaining Good Mental Health". The Health and Wellness Ministry of Zion Baptist Church is again featuring two (2) Free and open to the public Minority Health Month events at the church 630 Glenwood Avenue:

- **Annual Health Forum, "Diagnosis and Treatment of Mental Health Issues in the Senior Community,"** on Wednesday, **April 13, 2016, 4pm - 6:30pm.** Our workshop presenter will be Dr. Muhammad Aslam, Geriatric Psychiatrist.
- **Annual Minority Health Fair, "Acknowledgement and Treatment of Mental Health Issues"** on Saturday, **April 23, 2016, 9am - 2pm.** Workshop presenters for the health fair will be, Dr. Babette Craig (Healing The Heart After a Loss), Woodrow Fairbanks (Stress Management Techniques), Dr. Jerome Gabis (Understanding Grief and Coping), Robin Whittle (Stress Issues Among The Youth) and Ron Buchanan (Physical Fitness). Other features of the health fair include screenings for: diabetes, blood pressure, vision and other health screenings (9:00 a.m. to 10:00 a.m.), healthy food sampling and exhibits. Numerous exhibitors and pharmaceutical representatives will attend.

For additional information, contact Pastor James H. Cantrell or the church office at (513)751-8608.

Funded by the Ohio Commission On Minority Health




Join us for the **12th Annual Spring Bling® LUNCHEON**

**Saturday, April 16, 2016**  
**10:30 AM - 2:00 PM**  
Receptions~Erlanger

Remember to bring your jewelry for the "Bling Bling" Jewelry Exchange!

Purchase tickets: [www.ihavewings.org](http://www.ihavewings.org)  
Questions: [bling@ihavewings.org](mailto:bling@ihavewings.org)  
Can't attend: Send your monetary donation to  
P. O. Box 18502, Erlanger, KY 41018

### CRAFT BREW HAPPY HOUR SERIES




Where : Listermann Brewing Co.  
1621 Dana Avenue, Cincinnati, OH 45207

When : Thursday, April 21, 2016  
Time : 5-8pm

Come join us for the first stop on our craft brew happy hour series! Listermann's will donate \$1 from every pint sold to Tom's Man of the Year Campaign for Leukemia & Lymphoma Society. We will also be raffling off some great items so you don't want to miss it!

To good times, great beers, and an AWESOME cause!!

For more info contact Tom Collins ([collinstb7@gmail.com](mailto:collinstb7@gmail.com)) or Karenn Brockman ([karenn@listermannbrewing.com](mailto:karenn@listermannbrewing.com))



**LEUKEMIA & LYMPHOMA SOCIETY**

**Tom Collins**  
2016 Man of the Year Candidate

TO DONATE:  
<http://www.mway.org/pages/city/city16/tcollins>

**time to shine**

**cure**

**someday is today**



**Evening of Light**  
Shining Successes

Alvis: Shining Light on Success Evening of Light  
Friday, April 22, 2016 6:00 pm

L Brands Headquarters

During our lively and inspiring 2016 Evening of Light event, the Ingram White Castle Family will be recognized and celebrated for their outstanding leadership in the areas of philanthropy and volunteerism in our community. We hope you will be a part of the celebration!

Combined with other kind sponsors and donors, your generous support is turning lives around for hundreds of children and parents in our Family and Children's Program.

### Contemporary Dance Theater

SPRING DANCE CLASSES Mar 21 - Jun 4  
Adult and Teen Classes | Kids Classes



Contemporary Dance Theater Presents  
**Pilobolus Dance Theater**  
APR 22 + 23

### Thursday, April 28, CONCERT - "Tribute To Blossom Dearie"

1st set Petra van Nuis/Joe Policastro voice/bass duo, 2nd set Petra van Nuis/Andy Brown voice/guitar duo, 7:30 pm (8:30 Cincinnati time)

Live at the Whiskey Lounge [www.steverashidpresents.com](http://www.steverashidpresents.com)  
watch the live show via streaming or archive afterwards.

Also, there's a nice Chicago Tribune article about Andy, her husband as well. Go to: <http://us3.campaign-archive1.com/?u=ed2980b69cef411a10ae241ae&id=fa59fc3f2f&e=0c7da2f7d4> for more information

Petra and her husband Andy will be at **Washington Platform on May 27 & 28.** See <http://www.petrasing.com/calendar.htmw>

**Rosalie van Nuis (Burton Woods)**

(Continued on page 5)



(Continued from page 4)

**SLAVERY BY ANOTHER NAME PART 2**

Join us for the ongoing discussion sparked by our "Slavery by Another Name" panel in February. We continue the dialog with a focus on current mass incarceration and its toll on communities. Is mass incarceration the legacy of "Slavery by Another Name"?

Thursday, April 28  
5:00pm – 7:00pm

United Way Building  
2400 Reading Road  
Cincinnati, OH 45202

RSVP to Chloe Gersten  
[chloe.gersten@homecincy.org](mailto:chloe.gersten@homecincy.org)  
513-977-2623

#FAIRHOUSINGMONTH  
@HOMEINCINCY

### 18th Annual Flying Pig Marathon, Sunday May 1, 2016 Avondale Running Club Needs Avondale Resident Volunteers

#### Expected Participant

- Half Marathon: 12,500
- Full Marathon: 5,000
- Relay 750 teams
- Total Participant: 20,500



#### The Basics

- Location, WCPO Gilbert Ave. at Eden Park Dr.
- Time to show up at 5:00 am Finish by 10:00 am
- Volunteer T-Shirt, Coffee, Juice and pastry
- Fluid Station Music by RLH production
- Parking near by – carpool preferred
- Bring a leaf rake or snow shovel to help clean up
- Portable restrooms nearby



#### The Work

- Filling cups Gatorade and water
- Stacking cups on tables
- Handing out fluids to race participants
- Cheer and encourage the participants as they pass
- Cleaning up cups and trash after race
- We always leave it looking like we were never there
- Enjoy RLH Production music



#### Volunteer Registration

- Volunteers must register with the Avondale Running Club
  - Volunteers must be signed up before April 22nd, 2016
  - Volunteers must be at least 14 years old
- Register on line at: [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

#### To volunteer contact:

Elizabeth Brown 513-961-7145  
[nitishbrown@zoomtown.com](mailto:nitishbrown@zoomtown.com)

### GLSEN Greater Cincinnati Prom

Will be downtown at the Cincinnati Masonic Center on **Friday, May 6** from 7 pm to 11:00 pm. It includes dancing, DJ, snacks and soda for LGBTQ youth and their allies in a fun, safe and supportive space. The 2016 prom theme is fairy tales -- so take your cue from Disney or Grimm, or just come as you are!

**The Safe Space Soiree** is the adult portion of our annual Prom. For 2016 the Soiree will take place the night after Prom, on **Saturday, May 7**, also at the Cincinnati Masonic Center in downtown Cincinnati. Soiree admissions and donations allow the annual Prom to be a free event for all youth, and support GLSEN Greater

Cincinnati's weekly Youth Group and outreach programs to local schools. All Soiree tickets include dinner and non-alcoholic beverages, one beer/wine drink ticket, cash bar for the remainder of the evening, dancing, and a silent auction.

**Want all the details?** Check out our website for registration info, directions, volunteer sign-up and more!

### The 2016 Cincinnati Preservation Association Spring House Tour on May 7, 1:00 to 5:00pm

Tucked away from busy Colerain Avenue, this quiet community was developed in three stages out of the one estate. You'll be able to stroll along beautiful streets in this secluded neighborhood and visit four unique homes built between 1902 and 2011. The original estate, Cote Bonnevillie (pictured below), is included on the tour. Also included on the tour are houses inspired by the Century of Progress World's Fair held in Chicago in 1934, an award winning 'green' home, and an Asian-inspired California contemporary.

Tickets purchased in advance are \$25 for members, \$35 for nonmembers and guests. ALL tickets are \$35 if purchased on the day of the tour.

Will Call will be at 4900 North Raeburn Drive. Please note this is a walking tour. There is no transportation between houses. The tour is approximately 1.1 miles total. Go to: <http://cincinnati.preservation.org/events/spring-house-tour-2014/> for more information.



**UPTOWN BUSINESS CELEBRATION**

Tuesday, May 10, 2016 – Kingsgate Marriott Conference Center

11:30 am to 12:00 pm Registration – 12:00 pm to 1:30 pm Luncheon Awards Ceremony

SAVE THE DATE

uptown CINCINNATI

## FROM YOUR NEIGHBORS

First just a heads up. The Desperate Landscapes program featuring Doug and Samantha Loudin's Avondale Ave. home will air on Saturday April 16th at 11:00am in the morning.

How many of you have heard of "seed bombs." Apparently they are little balls of clay mixed with seeds that can be tossed into a garden, or a vacant lot, or anywhere for that matter, that do not require the usual care and attention, can be left alone and the result is a mix of natural wildflowers. They can be purchased pre-made or can be a neighborhood project where we could make our own, maybe a fun thing for kids to do. Because they are natural, they are not litter and they can be legally tossed into/on a vacant lot and presto-7 days later, nice wildflowers begin to appear. This could be a cool idea for how to offset some of the ugliness of the vacant lots situation, and what fun the neighborhood could have, sending a message to the owners in a colorful and friendly way.

Check out this link. <https://www.etsy.com/listing/203124049/2000-rainbow-seed-bombs-6-color-combo?ref=related-3>

This link is for 2,000 seed bombs (\$400), but they can be bought in many other quantities, such as 200 for \$40 or 800 for \$100. This person makes them and sells them on Etsy. She makes them with paper and colors them just for fun.

*Michael Caporale (Avondale Ave.)*

The Diamonds still have room for girls 6 through 14, that are interested in playing spring/summer softball. Call CO. Nina 307-7702

*Nina Woolfork (Glenwood)*

My Name is Molly Lyons. I am the Director of Development and External Relations for **Living Arrangements for the Developmentally Disabled (LADD)** in North Avondale on Glenwood Avenue. LADD is a forty year old organization committed to helping adults with developmental disabilities live more independently. Below, is a picture of our new building - **LADD's Center for Community Engagement**. Part of LADD's strategy to achieving success on our mission is to provide services in integrated settings. Our new building allows us to further reach this goal by providing us with a 100 person, fully equipped training center which we would like to make available for groups in the North Avondale and Evanston Neighborhoods to utilize.



Please visit us to find out more about us and our beautiful space and feel free to forward this information to other community groups.

*Molly Lyons, J.D. Director, Development and External Relations 513.487.3938*

Dear Friends: Lifestyle changes usually come out of choices that don't work any more. Mine do. Each of us has an addiction or two or ten! Mine is fear of missing the connections to the world (Obama, Iran, Bernie Sanders, Israel and peace in the world, and all the amazing dance on video, on Huffington Post, MSNBC, and my friends on Facebook, etc.!) Enough loss of sleep! Last night was the first night I went to sleep at 10 pm. Now, awake at 6 am.

### 8 am - Neighborhood Growth in Motion Recovery Dance Class!

Starting on the floor, subtle resettling of natures interconnections....(that tense spine neck grip).....say hello and watch them settle into life's realignment and activation of essential impulses and body-mind friendships. You may join me. I will teach by doing with you.....just walk in, settle down, and join the gentle activity in process.

I will be doing this every **Monday Tuesday, Wednesday, Thursday, Friday morning - 8 to 8:45 am** - join me as often as you can.

Purpose of the class - amble over to my house and set up your day with alignment, fluidity, and integration, even with injury, using survival movement techniques developed to preserve the health of an 80 year old woman with arthritis, peripheral neuropathy, rotator cuff injury, chronic lung disease, and the spiritual and emotional challenges that come with all that.

This class will integrate elements of Bartenieff fundamentals, space harmony, Feldenkrais, body-mind centering, fluids, nervous system, and plasticity of our bones. It is for those of us who wake up with aches and pains and have bouts of hopelessness.

This class, with subtle classical music, is a rare opportunity to take advantage of a master teacher who lives in your neighborhood; who refuses to give in to the challenges of aging, but instead, embraces aging into an aesthetic moving and spiritual experience each day.

Let me know that you'll be joining me! Classes started on Monday, March 28! Cost: \$10 per class. All five classes per week \$25!!!!!!

9 to 9:30 am.....stay after for private session on specific issues.....15 to 30 minutes (Cost equal to minutes).

There will be one complete scholarship for a person who comes early and helps me set up and then close down.

*Fanchon Shur (4019 Red Bud Ave.)*

*Director, Growth in Motion, Inc*

*fanchon@growthinmotion.org*

*www.growthinmotion.org*

*513.405.8348*







**NORTH AVONDALE MONTESSORI**  
**363.3900 • 615 Clinton Springs**  
**www.namrockets.org**

### NAM Calendar for April

16th - Mother/Son Dance 1 PM to 3 PM - Gym  
 22nd - Mid-Term Reports  
 23rd - Fuel the Rockets Food Truck Competition fundraiser  
 28th - Parent/Teacher Conference

### The 3rd annual Fuel the Rockets Food Truck Competition is coming April 23rd from 4:00-7:00pm

(Rain date April 30th)

Come out, try all the trucks and vote for your favorite Rocket Dish. Proceeds benefit the North Avondale Montessori Foundation. Can't wait to try these great vendors...

Streetpops ■ Bistro de Mohr ■ Mobile Cold Stone ■ Waffo ■ U-Lucky Dawg ■ Wicked Hickory

In addition to delicious food, there will also be a live DJ, face painters, bounce house. Open to the public.

Please share our awesome event!



### 5th Annual Father/Daughter Dance at NAM!

By the participation of the dads and daughters everyone enjoyed the dance. "This has been my 5th dance and I love coming to the dance. This is my final dance at NAM but I will always remember the time my father and I spent at this event," said 6th grader Kylie.

On Saturday, March 19, the NAM-Father's Group hosted their 5th annual Father/Daughter Dance in the NAM gymnasium. Over 150 people attended this year's event. "Our NAM-Father's Group has done a super job in promoting this dance that continues to grow. This is a special event our dads and their daughters will remember and will always cherish," said Principal Lewis.

Nate The Great was the DJ for the dance and did another great job in playing the music that students enjoy. "My goal is



to get the dads and daughters up on the floor dancing! I like to use a few line dance to break the ice and then play music that the students enjoy to keep them engaged," said Mr. Harris.

"I love watching the dads and their daughters coming to the dance and connecting. We have food and drinks for the dance and also many of our dads decorate the gym the night before the dance to make this special," said NAM - Father's Group President, Jermaine Hill.

"Being a Montessori community it is great to see everyone

chipping in for the good of the cause. Our Father's Group does many activities over the course of the year but this ranks very high on the list as one of the best. We are blessed to have so many fathers involved with our school and I appreciate their time and dedication," said Principal Lewis

**Roger R. Lewis, Principal**



**SOUTH AVONDALE • 636 PROSPECT PLACE**  
**• 363.5500 • savondale.cps-k12.org**

### South Avondale April Events:

12th - Family Science Night 3:00-5:00

**Ingrid Sandidge, Community Coordinator**



**THE NEW SCHOOL MONTESSORI (TNSM)**

**281.7999 • 3 Burton Woods Lane**  
**www.newschoollmontessori.com**

### "Service Week" at The New School

**Montessori was amazing!** For five days, students in first through sixth grade volunteered at humanitarian organizations around the city, made blankets for the Linus Project, listened to speakers from the Greater Cincinnati Homeless Coalition, made sandwiches for a local food pantry and participated in beautification efforts on our own campus.



Some of the younger students grew tired but wanted to keep



working because they knew their work was important. When summarizing the experience during one of their reflection exercises, a student chose "sadness and hope" as words that encapsulated her feelings. She was sad about the huge need in our community and

the world, but was hopeful because she could see what a tremendous difference she and her classmates had made. While working together for 3 hours at Matthew 25, the children made 877 personal-care kits. One child said, "What if every person in the world did this? Just think how many kits we could make!"



Older students reflected on their service-week experience by writing articles that will be published in *Street Vibes* (a grassroots newspaper supported by the Greater Cincinnati Homeless Coalition). This week of service has been a wonderful opportunity for students to see the power of community and to realize the impact one life can have on another.

**Ann Baumgardner, Marketing & Communications Director**

## AROUND THE NEIGHBORHOOD

What's Happening At Seasongood Park The sidewalk was in need of repair and that is exactly what they are doing. They have dug up the old sidewalk and now have it filled with gravel until they finish it with the cement. Hopefully it will be done by Green Up Day on April 30th.

### Clinton Hills Swim Club

The summer will soon be here and summer fun means the Clinton Hills Swim Club at 53 Clinton Springs Ave. View their video <https://youtu.be/AfZl7V1-Np0> or go to their website: [clintonhills.com](http://clintonhills.com) or their Facebook page for more

### Gabriel's Place



## NEW NEIGHBORS

- Trent Schade at 4004 Beechwood Ave
- Ayana E Denson-Garrett at 1009 Burton Ave
- Mad Cow Investments Llc at 526 Clinton Springs Ln
- Deshaun M Billings & Maria S Evegán at 3979 Dickson Ave
- Angela S Johnson at 324 Glenwood Ave
- Michael D & Katie M Waits at 1002 Marion Ave
- Carol F Walkner at 714 E Mitchell Ave
- Aarya Hospitality Llc at 130 W Mitchell Ave (Quality Inn 7 Suites)

## PARKS & RECREATION

North Avondale Recreation Center - 617 Clinton Springs Ave. 961.1584

- Old School Dance 4/29/16 7-11pm \$12.00

This is a fundraiser for N. Avondale Recreation Center.

**Cincinnati Recreation Commission**

**Old School Dance Party**

At The North Avondale Recreation Center  
617 Clinton Springs Ave., Cincinnati, OH 45229  
513-961-1584

**Friday,**  
**April 29, 2016**  
**7:00-11:00 pm**

**Tickets:**  
**\$12.00 in advance**  
**\$15.00 at the door**  
(Buy Tickets at North Avondale Rec Center)

**Enjoy hits from the 50's, 60's & 70's**

·Fast Dance Contest ·Raffles ·Surprise Performer  
·Food: The grill will be hot! ·Games & Prizes  
·Dance The Chicken, 4 Corners  
    & The Philly Dog

A CRC Production©

CINCINNATI

[www.cincyrec.org](http://www.cincyrec.org) • InfoLine: 352-4000

Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, ancestry or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

*Blake Brown, Service Area Coordinator*

Saturday, April 23, 10:00 a.m. - 2:00 pm

It's a celebration of Spring! Join us for wild edible cooking demonstrations, crafts, vendors, live animals and more! Live music and face painting on site. Learn about Ohio's native plants and wildflowers and how you can help with habitat restoration. FREE. Trailside Nature Center, Burnet Woods, 3400 Brookline Drive Call 861.3435 for more information.



*Rachel Rice*

## NANA CALENDAR

- Tuesday, April 12, NANA General Meeting, 7:00 pm**, North Avondale Montessori Cafetorium, 617 Clinton Springs Ave
- Saturday, April 30 Green Up Day, 8:30am**, Meet at Seasongood Park
- Sunday, May 22, NANA Annual Meeting, 3:00 to 5:00pm**
- Thursday, May 5, NANA Education/Rental Housing Meeting, 1:30 pm**, District 4 Police Station 4150 Reading Road

## NANA EXECUTIVE BOARD, COMMITTEE CHAIRS

President: Hanne Loken Larsen	loekenlarsen@yahoo.com	Beautification: Emily Harten	emharten@aol.com
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		Maura Wolf	