

Published by :The North Avondale Neighborhood Association 617 Clinton Springs Ave. 45229

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Association Cincinnati

Volume LIV No. 4

President: Hanne Loken Larsen Editor: Charlene Morse

PRESIDENT'S MESSAGE

Dear neighbors,

Thank you to all of you who came out for the November General Meeting with City Manager Harry Black as our guest

speaker. It was a terrific session for us to get better acquainted with our new City Manager and also an opportunity for him to hear from our neighborhood. Thank you also to





Mr. Black for being available on this very rainy Veterans Day, which also was a public holiday.

As 2014 is approaching the end, we are happy to reflect on the year's accomplishments related to improving quality of life in North Avondale. So timely, in November, it was announced that NANA and

NABA, together, won the 1st prize for the "North Avondale Business District Beautification and Safety Enhancement Project" at the Keep Cincinnati Beautiful 2014 Clean & Beautiful Community Awards (See pictures on the next column). This is a great recognition reflecting all the neighborhood improvement projects completed this year along Reading road. A special thank you to the beautification committee, to all our volunteers and advisers, and for all the generous donations made to support the more significant projects like the Mural garden, the banners, and the Parks Flower Pot Program. Our business district along Reading Road had a significant facelift in 2014. The work will continue in 2015!

I would also like to extend a thank you for a great year to our City of Cincinnati partners, District 4 police force, and the firefighters of Company 9 & 32. We appreciate the partnership and all you do!

Our last General meeting in 2014 is December 9th, and we will welcome Vice Mayor Mann as our guest speaker. One of his many responsibilities is to chair the city's Neighborhood Committee, so we are looking forward to hear from him about their current focus. We hope to see as many of you as possible in the NAM Cafetorium on Tuesday.

(Continued on page 2)

NANA COMMITTEE UPDATES

BEAUTIFICATION:

In the November 27th Enquirer (hometown, page 6) it listed that the North Avondale Business District won first place in Keep Cincinnati Beautiful's "Business District Beautification and Safety Enhance Project". This year's project included clearing overgrown weeds and debris blocking sidewalks, installing sustainable landscaping, securing funding for surveillance cameras, installing festive banners, participating in the Park's flower pot program and enhancing community adopt-a-plot gardens in bordering parks.





Hanne & Maura at the KCB Awards





(Continued from page 2)

Come To Our NANA General Meeting Tuesday, December 9, 7:00 PM North Avondale Montessori Cafetorium Enter at the North Avondale Recreation Center driveway, 617 Clinton Springs



Agenda



• Vice Mayor Mann, Cincinnati City



(Continued - From Committee Updates -page 1)

If you are able to help with ongoing garden maintenance and litter picking up, please email Beth at betha.ewing@gmail.com. Every little bit helps!!

HEALTH & WELLNESS

See the article under **AROUND CINCINNATI**.

MEMBERSHIP:

Holiday Cookies

In years past to show our appreciation, we have taken holiday cookies to the police, fire, parks, libraries, schools and recreation centers. Some years we were lucky to have neighbors make cookies and bring them to the December NANA General Meeting where we assembled them. Other years we have given out store bought cookies. IF YOU ARE INTERESTED IN BAKING SOME COOKIES OR HELPING TO ORGANIZE THIS YEAR'S HOLIDAY COOKIES, please contact Carolyn Gillman, tel. 284.2298, or nanacincinnati@gmail.com to volunteer or for more information.

EDUCATION/RENTAL HOUSING:

The Education/Rental Housing committee discussed at our meeting on Thursday (1) how all lives are impacted by people in need and (2) how we can work with our neighbors to recognize and create positive change.

The committee usually meets on the first Thursday of each month at 1:30 PM at District 4. The December meeting is on December 4th. The January meeting will be on January 8.

Pauline Daly 751-8334 pdaly@fuse.net

(Continued from page 1)

Finally on behalf of the NANA board and committee members, I wish you all the best for the holidays and a peaceful and prosperous 2015!

Hanne Loken Larsen







Editor's note:

NANA Executive Meetings can be fun too! Thank you to our NANA President Hanne for hosting a holiday social after the December Executive Meeting

YOUR OPINION COUNTS

- **≈** Fact: Sewer Bills for Hamilton County residents have increased 72% over the last 10 years.
 - Now, the Hamilton County Commissioners are reviewing the budget from the Metropolitan Sewer District, and they need to hear from YOU.
 - Join CUFA at one of two public meetings:
 - → Monday, December 8 at 6:30 p.m.
 - → Both meetings are at the County Administration Building, 138 East Court Street in room 603.
 - → Need more information? Need a ride? Call CUFA at 853.3947 or e-mail us at cufa@cufacincy.org.

Let us know if you plan to be there! We've updated our website! Check it out here! www.cufacincy.org You can even RSVP for the 3rd or RSVP for the 8th!

A second public participation draft of the Land Development Code process began on October 17, 2014 and will last through January 30, 2015. All documents related to the second draft and the second draft interactive map can be viewed and downloaded at this Cincinnati zoning website: cincinnati-oh.gov/planning/zoning/

Alex Peppers, AICP | Senior City Planner City of Cincinnati | Department of City Planning and Buildings

Editor's note:

NANA has a committee working on this project. If you are interested in being a member, please contact Gerry Kraus, Chair at nanacincinnati@gmail.com



FROM YOUR NEIGHBORS

PC4U Repair and Networking It is recommended that you have your computer serviced every 6 mos. It improves performance and stability. Call 513.591.9800 to set an appointment. Serving North Avondale, Avondale and Central Cincinnati for 4 years.

John Courtney (Clinton Springs)

Snow removal To learn more about snow removal this winter http://www.cincinnati-oh.gov/public-services/snow-and-ice-control/. To learn more, click on other links under snow & ice control in the right hand column.

Also, I encourage all businesses and residents to call 591-6000 or use 5916000.com to report problems, services for roads, and other concerns. They actively monitor this and dispatch crews to address issues. This tool is not just for snow removal, but can be used all-year round to report graffiti, dumping, pot-holes, over-grown grass, etc. It's a great resource, so use it!

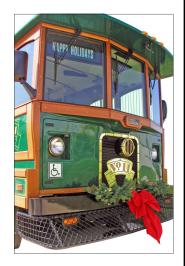
Charlene Morse (Burton Woods)

FUN WITH YOUR NEIGHBORS

Trolleys, trains form holiday fun at the Public Library

- •Children are in for a special treat this holiday season at select branches of the Public Library of Cincinnati and Hamilton County. In a partnership between Metro and the Library, a Santa Trolley (pictured right) will stop at four branch libraries.
- •Children will get a chance to climb aboard and take photos with Santa Claus.
- Each visit will last approximately one hour. Children will receive giveaway items in addition to their visit with Santa.
- •SANTA TROLLEY STOP SCHEDULE
 - 4 p.m., Wednesday, Dec. 17, Price Hill Branch Library, 3215 Warsaw Ave., 369.4490.
 - 4 p.m., Thursday, Dec. 18, Avondale Branch Library, 3566 Reading Road, 369.4440.

In addition to the Santa Trolley, a holiday model train from the Cincinnati Northern Model Railroad Club will be on display Dec. 5-7 in the Atrium of the Main Library. Customers can also operate the train. The train will be on display noon-6 p.m., Friday, Dec. 5; 9 a.m.-6 p.m., Saturday, Dec. 6 and 1-5 p.m., Sunday, Dec. 7. The Main Library is located at 800 Vine St. Call 513.369.6900 or visit www.CincinnatiLibrary.org for more information. The train display is made possible with the support of Downtown Cincinnati Inc. (DCI).



&Ben Blaney (Burton Woods Ln) will be singing with the Southern Gateway Chorus in their annual Holiday Show on Saturday, December 13 at the McAuley Performing Arts Center, 6000 Oakwood Ave in College Hill. All seats are reserved. Tickets are \$15, \$20 and \$25 and can be obtained thru www.cincyticket.com, by calling 1-877-474-2463, or by calling Ben at 264-7174.

Ben Blaney (Burton Woods Ln.)

IRRESISTIBLE

- Stop in the newest neighborhood sweet spot-- Graeter's! Come in for a scoop of your favorite ice cream, hand-crafted chocolates, or a free sample of the newest seasonal flavor(s)!
 - •Located at: 3747 Montgomery Rd. (near the corner of Dana & Montgomery and across the street from Stones Lanes).
 - ■Open:
 - Sunday thru Thursday 11am to 10pm
 - Friday & Saturday 11am to 11pm·
- **≈**Cincinnati Parks Avon Woods Nature Preserve 4235 Paddock Road Cincinnati, OH 45229
 - Winter Birding For Seniors Monday, January 5, 10:00 11:30 a.m.

Do you know your feathered backyard visitors? Next month is national bird feeding month! We'll learn about common feeder visitors and what fare they enjoy. You'll also get to create your own simple feeder to take home. Free, but reservations required by December 29th. Please call 861.3435 for info and registration.

•Winter Habitats and Adaptations for Home School Friday, January. 30, 10:00 a.m. - 1:30 p.m. Where do animals go in the winter? How do they survive outside? We'll learn about the different habitats in the preserve and discover the special characteristics that aid animals in finding food, building homes and protecting themselves. We will have fun, hands-on activities and meet some of these wonderful local creatures! Pack a lunch and drink. For ages 5-10 years. Registration and payment due by Jan. 26. Call 861-3435 for information and registration.





















ABOUT YOUR NEIGHBORS

To view an interview of my daughter Petra, click on the link below. It may take a bit of time on the computer to load and you then have to scroll all the way to the bottom for Petra's show. There is a photo of them and you can click on the play button. It has a 16 minute interview with 3 songs included.

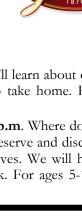
http://www.wbez.org/programs/morning-shift/2014-11-13/morning-shift-can-republican-control-senate-benefit-small

Rosalie van Nuis (Burton Woods Lane)

The YWCA Announces 2014 Rising Stars

Tammy Floyd-Westmoreland, Owner of Lexi Chic Accessory Boutique and Quote for a Cause/Licensed Practical Nurse, Maxim Healthcare (North Avondale) was one of the 54 Young Professional Women t o achieve this respected honor. Check out her website lexichicboutique.com.



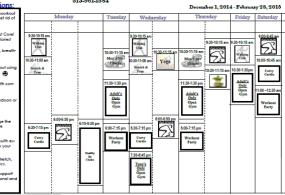




NORTH AVONDALE CENTER (NAC) 617 Clinton Springs 961.1584

northavondale@cincinnati-oh.gov

lake Brown: ervice Area Coordinator North Avondale Recreation Center 617 Clinton Springs Ave. Cincinnati, OH 45229 Winter 2014 Fitness Schedule





Membership Required for Some Classes 2 Youth (17 & Under): \$2.00 Adult (18-49): \$25.00 Senior: (50+): \$10.00 Feight Room Memberships are Your Enceptional Instructors:

Slake Brown: Coop, Spinning, 3 Nr. 3

Brand Sanders: W alking Colls, Stretch & Tone
Morgan Owner: Curry Cardio

6ff Shelby: Workout Party

100 jail Warner: Spinning, Core

Jorid Daniel: Spinning, Core

Jorid Daniel: Spinning, Mary Sanders

Agents Slater: Health By Choole.

PERSONAL TRAINING: For personal training information, ples call David Daniel @ 513-961-1584 or 513-429-6733. *By Appointment Only*



This Winter at The North Avondale Recreation Center:

- Tumbling: Ages 4-12. (January 12-March 16,2015)
 Space is limited! Cost: \$25.00
- Seniors 50+ Club: Join us for fun activities and trips! Winter trips will include: Belterra Park, Alvin Alley: American Dance Theater @ the Aronoff and much more!
- <u>Fitness Programs</u>: Check out our Fitness Schedule for a list of classes! We have a NEW spinning room!
- <u>Family Night In:</u> Join us in January for a family friendly movie night! (Date TBD).
- Winter Mini Camp: Sign your child up to participate in our fun day camp while they are on Winter Break! Camp dates are December 22-24 & 29-31, 2014. Cost: \$100.00 per child.

Memberships: Youth (Under 17): \$2.00 Adult (18-49): \$25.00 Senior (50+): \$10.00 Weight Room: \$10 for 3 months

For More Information or to sign up for these and other programs, please call 513-961-1584.



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

NAM Calendar for November

Wednesday, Dec. 17th - Winter Concert - 6 PM NAM Gymnasium

December 22 to January 4 - No school

NAM Hosts American Folk Musician, Mark Dvorak

Students at the 3 to 6 and 6 to 9 age level were treated to a



special performance in mid November. Legendary musician and songwriter, Mark Dvorak, performed on stage.

Mr. Dvorak has given concerts across the US and has visited Canada, Finland,

and Ireland. He has created 16 albums of traditional and original music including Waterbug's acclaimed "Time Ain't Got Nothin' On Me." For students to experience his program is a lesson outside the classroom.

"Mark did an excellent job involving our students with his songs. Students were active participants and enjoyed the music," said 6 to 9 teacher Ms. Di Marco. Students experienced a different type of music and for many this may have been their first experience with folk music. Students sang along with songs such songs as "B-I-N-G-O," "This Land is Your Land," "Skip to My Lou," and "Patting Juba."

Mr. Dvorak also taught students about how sound travels, how to play the jaw harp, and "Juba" a chant and hand rhythm which dates back to slavery. Mr. Barnfield, NAM music teacher, was impressed with the way Mark taught the students "Patting Juba." "African rhythms like "Patting Juba" are virtually everywhere in American music. Rock and roll, blues, jazz, gospel, rap, and even country music all owe to the African-American traditions of music making. This is where it all started!"

"We are always looking for unique experiences for our students. Today our students learned about music, how sound waves travel though instruments, and the history of music," said Principal Lewis. "Mark always does a tremendous job connecting with the audience and we were fortunate to have him at NAM."

Grandparents day was a great success! After a short

performance by the children, grandparents went to their grandchild's classroom where the children proudly showed them their work.





Roger R. Lewis, Principal



SOUTH AVONDALE •363.5500 •636 Prospect Place •savondale.cps-k12.org

Adopt A Class - Mrs. Morton's Kindergarten

The Winter party for the Kindergarten class NANA adopted at South Avondale will take place on Friday, December 19th at 1 PM. We try to give each child educational, nourishing and fun items to send home that day, as well as drinks and a snack in the classroom. There are about 25 children right now in that class. We have close to that number of books to give the children, so that each can have one.

We will welcome any contributions - food, drinks, small gifts or whatever you wish to share. Also, feel free to join us at South Avondale School - 636 Prospect Place. These things can be dropped off at 3885 Dakota or brought to a NANA meeting.

Pauline Daly, 751.8334



THE NEW SCHOOL MONTESSORI (TNSM)

281.7999 ● 3 Burton Woods Lane www.newschoolmontessori.com

The New School Montessori's after-school Shakespeare club made the front page of the A&E section in the Cincinnati Enquirer. These TNSM students represent the only elementary school performing in Cincinnati Shakespeare Company's Project 38, and they just might be

the only touring S hakespeare troupe in the country made up entirely of child actors! Watch for their performance dates in the spring.



Come spend the morning with The

New School Montessori community at the Contemporary Arts Center's Unmuseum on Saturday, January 17th from 9 -11 a.m.

Check out the Shark Girl art installation, and design a mini aquarium globe to take home. Draw ocean images



with window markers, and fill globe each up with plastic sea creatures and shells. Decorate your own shark mask designed by creator of the

Shark Girl, artist Casey Riordan Millard. Fun activities for ages 3 through 12. We look forward to seeing you, and bring a friend!

Open House January 25 from 2-4 p.m.

We encourage you to attend our Open House on Sunday, January 25 from 2:00-4:00PM. Teachers, board members and staff are available to answer questions, to give tours and to facilitate the discovery process as children explore the environment. To schedule a tour of The New School Montessori, call (281-7999) or visit www.newschoolmontessori.com. New School Montessori students appreciated differences in others the Montessori way - with hands-on experiences and with time for reflection.

Ann Baumgardner Marketing and Communications Director



Happy Holidays &

Happy New Year From The North Avondale Neighborhood Association

AROUND CINCINNATI

Report on Physical Activity and Health, inactive people are nearly twice as likely to develop heart disease as those who are more active (1). Despite the age-defying benefits of getting fit, seniors are the least physically active of all Americans-40 percent of women and 30 percent of men over 70 report that they never exercise (2). Explore the resources below to learn about the benefits of exercise, the dangers of inactivity, and helpful tips on getting started:

- Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging http:// www.nia.nih.gov/health/publication/exercise-physicalactivity/introduction
- Senior Fitness: You're Never Too Old to Exercise http://blog.ehealthmedicare.com/2014/10/seniorfitness-exercise/
- Exercise and Fitness as You Age http:// www.helpguide.org/articles/exercise-fitness/exerciseand-fitness-as-you-age.htm
- Strength Training for Older Adults http:// www.cdc.gov/physicalactivity/growingstronger/
- Health & Aging: Seniors and Swimming http:// blog.intheswim.com/health-aging-seniors-swimming/
- Heart Disease Prevention with Exercise http:// www.webmd.com/heart-disease/heart-diseaseprevention-exercise
- Exercise: A Drug-Free Approach to Lowering High Blood Pressure http://www.mayoclinic.org/diseasesconditions/high-blood-pressure/in-depth/high-bloodpressure/art-20045206
- Exercise and Stroke Prevention https://www.acls.net/ stroke-information-and-resources.htm
- 1) http://health.usnews.com/health-news/ articles/2007/10/30/senior-citizens-need-to-workout-too
- 2) http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html

Marie Villeza • info@elderimpact.org • ElderImpact.org, • 340 S Lemon Ave #5780,• Walnut, CA •91789

NANA HAS A NEW WEBSITE!

Thanks to North Avondale Designer Amy Yosmali (http://aydzn.com/) and committee members: Nicole Patitucci, Marvin Masterson and Charlene Morse for a job well done.

View the website at northavondalecincinnati.com

You can now pay your NANA Dues online! Go to northavondalecincinnati.com/membership

NANA CALENDAR

- Tuesday, December 9, NANA General Meeting, 7:00 pm, North Avondale Recreation 617 Clinton Springs Ave
- Thursday, January 8, Education/Rental Housing Meeting, 1:30 pm, District 4 Police Station 4150 Reading Rd.
- Tuesday, January 13, NANA General Meeting, 7:00 pm, North Avondale Recreation 617 Clinton Springs Ave.



IMPORTANT CITY NUMBERS/EMAIL/WEBSITES

City Complaint/Request Hotline	591.6000	To learn about Crime in Cincinnati vis	sit: <u>Crimereports.com</u>
	5916000.com	Truancy Hotline	363.0003
N.A. Neighborhood Officer Lori Hamann	569 8654	Track property code violations:	
lori.hamann@cincinnati-oh.gov		http://cagisperm.hamilton-co.org/cpop/	
Neighborhood Liaison Sgt. DeMeco Anderson	0	Neighborhood Yahoo Site: http://	groups.yahoo.com/group/
demeco.anderson@cincinnati-oh.gov		NorthAvondaleOnlineCommunity/	
Police District 4	569.8600	Request A Recycling Cart	591.6000
Nonemergency Police	765.1212	Report Air Odors 24/7.	946.7777
To just make a crime report (no police visit)	352.2960	Where to Recycle Different Things	http://earth911.com/

NANA EXECUTIVE BOARD, COMMITTEE CHAIRS

President: Hanne Loken Larsen loekenlarsen@yahoo.com	Treasurer: Tom Wright thomas.wright@fuse.net
1st VP: Michael Caporalevaricap@mac.com	Beautification: Beth Ewing betha.ewing@gmail.com
2 nd VP: Marvin Masterson mmaster0612@gmail.com	Law & Safety: Marvin Masterson mmaster0612@gmail.com
3rd VP: Carolyn Gillmancgillmanwhhs@gmail.com	Neighborhood Issues John Jones jwjphoenix@gmail.com
Corresponding Sec.:Dana Winn _ nanacincinnati@gmail.com	Rental Housing: Pauline Daly751.8334
Recording Secretary: Nicole Patitucci_nicolelynn23@hotmail.com	Strategic Planning: Tom Wrightthomas.wright@fuse.net

NANA COMMITTEE MEMBERS

Beautification: Beth Ewing (Chair), Jan Banks, Michelle & Darren Baxter, Emily Brown, Edie Gaudio, Ursula Hassel, Emily Harten, Jennifer Harten, Heather Herr, Kim Hubbard, Richard Jackson, John Jones, Mary Ann Knoop, Charlene Morse, Regine Moulton, Pat Paul, Mary Piper, Alva Reid, Vanessa Wayne, Mary Winn, Maura Wolf, Ann Wong

Ecosystem: Clare Sillett (Chair), Pamela Smitherman

Education/Rental Housing: Pauline Daly (Chair), John Jones, Elsa Zum-Brook Finance: Hanne Loken Larsen (Chair), Beth Ewing, Debbie Moore, Maura Wolf

Health & Wellness: Teresa Harten (Chair), Henry Brown, Kim Cooper, Pauline Daly, Judy Harmony, Diana Noyes, Valerie Williams, Mary Winn Health Dept. Liaison: Kimya Moyo

History: Mel Nizny (Chair), Joe Gallo, Mary Ann Knoop

Law & Safety: Marvin Masterson (chair), Carolyn Gillman

Membership/Social: Carolyn Gillman (Chair), Reg & Kristin Crutcher, Jake Gillman, Hanne Loken Larsen

Property Code Communication: Dana Winn (Chair) Michelle Baxter, Andrew Beiting, Shannon Crutchfield, Carolyn Gillman, Nicole Patitucci Streets: Jan & Bob Banks, Bob Novak Urban Forestry: Kathy Holzderber & Myles Harper

Strategic Planning for Land Use: Tom Wright (Chair), Zach Albertiz, Michelle Baxter, Patricia Baxter, Andrew Beiting, Erica Boggs, Keith & Reginald Crutcher, Edie Gaudio, Carol Harten, Steve Kenat, Gerry & Marvin Kraus, Kevin McGraw, Charlene Morse, Ken Pray, Michael Romanos, Jack Rouse, Bryan Sherrod, Albert Smitherman, Brynn Walden, Rebecca Williamson, Maura Wolf, Vanessa Wong, Jack Wolking

At Large General Volunteers: Marla Barone, & Heather Herr for special projects, Vanessa Sorensen, (Graphics), J Miles Wolf, (Photography), Julie Zimmerman - help with written correspondence

Please join one of NANA's Committees ~ your efforts and contributions will be greatly appreciated by the whole neighborhood!!

Cincinnati's Best Address with: Beautiful Homes, Great Neighbors & Civic Passion





NANA MEETING TUESDAY

»December 9™ 7:00 pm»



THANK YOU FOR PAYING YOUR 2014 NANA DUES

Please "Like us" on our Facebook page: North Avondale Neighborhood Association Cincinnati

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