

Published by :The North Avondale Neighborhood Association 617 Clinton Springs Ave. 45229 Voice mail: (513) 401.5356 Email: nanacincinnati@gmail.com Website: Northavondalecincinnati.com Facebook: North Avondale Neighborhood Association Cincinnati Volume LVIII No. 5 President: Heather Herr Editor: Charlene Morse

PRESIDENT'S MESSAGE



Dear Neighbors,

I hope you had a wonderful holiday season. A boisterous winter is certainly upon us. Remember to: stay warm; drive carefully, keep extra blankets and warm clothing in your car and keep your pets safe and warm with plenty of water.

Coyotes

Speaking of pets, we have received some inquiries concerning coyotes being spotted in the neighborhood. We always have a link at the bottom of the monthly newsletter that has some helpful advice on dealing with coyotes. Coyotes are allowed to be in the city. They now occupy everywhere in North America. Here are some helpful links for you:

1. <u>http://www.coyotesmarts.org/what-to-do/</u>

2.https://urbancoyoteinitiative.com/what-to-do-if-youencounter-a-coyote-while-walking-your-dog/

3. <u>https://www.humanesociety.org/resources/what-do-about-coyotes</u>

4.http://wildlife.ohiodnr.gov/Portals/wildlife/pdfs/species% 20and%20habitats/Coyote%20cardR112_F.pdf

Thank You

Thank you to our amazing volunteers Beth Abare Ewing and Michael Caporale for taking the time to purchase and deliver meals and cookies to the N.A. Recreation Center, our local Engine 9 and District 4 Police Station. They were thrilled and beyond appreciative of

the generosity.





2019-2020 NANA Nominating Committee

The Nominating Committee is forming and NANA is gathering names for the Nominating Committee and the

2019/2020 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. Serving on the NANA Board is a great way to give back to your community and help in making our community grow and thrive like we envision. You can make a difference!

Meetings

The North Avondale Neighborhood Association (NANA) meets monthly, on every second Tuesday of the month at 7:00 pm, at the North Avondale Montessori School Cafetorium. All meetings are open to the public and we encourage attendance. The next meeting is February 12, 2019. We have two speakers coming:

- Melba Moore, New Health Department Commissioner
- April Pandora Urban Farmer/Managing Member Eden Urban Gardens, LLC

Meeting minutes are published at: https:// northavondalecincinnati.com/nana-minutes/

Yard of the Month

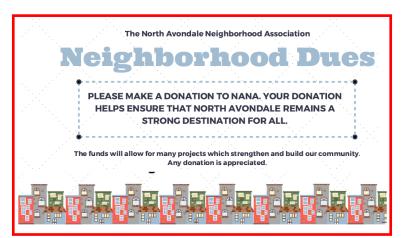
Jolene Struebbe and Jim Miller of 4018 Beechwood Avenue were so excited to be selected NANA Yard of the month for December! Thank you NANA! We so enjoy sitting on our front porch and visiting with neighbors as they walk, run, or drive by our house. Even though we have lived in our home for 33 years, our garden is ever evolving, as is our window box and front door design. We look forward to seeing everyone out in the Spring!

Jolene Struebbe (Beechwood Ave.)

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home. Edith Sitwell, "Taken Care Of"

Happy Valentine's Day and stay warm!

Heather Herr



IN MEMORIAM

Marlen S Adamore, a resident of NA since 1964 departed this life on September, 2018. A life long Educator and traveler, no matter where she went she always returned to enjoy NA on holidays and summers.

Clinton Springs) - February

25, 1926 - December 26, 2018 Goldie was born in Cincinnati, Ohio to Maude and Matt Gibson. She is survived by her daughter Talli Flanigan (Louis); and (7) grandchildren, Miles Flanigan (Tammy), Raven Flanigan, Dawn Flanigan Johnson (Robert), Byron



Moody (Tina), Carmen Crape (Cortney), Robert Stallion, and Tara Stallion; and (5) great-grandchildren, Dajhani Maia, Montez, Kani, Zen, Jazlynn; and a host of beloved nieces and nephews. Visitation and the funeral service was on Saturday, January 5, 2019, at the Walker Funeral Home.

Goldie served on the NANA Board as 3rd Vice President.

≈Rena Kay M.D. (Rose Hill), age 75, passed away

December 28, 2018. Married to Dr. Jerald Kay for more than 50 years, she was a devoted mother of Sarah Kay (Joshua Lewis), Rachel Kay (James



Brennan) & Jonathan Kay (Mary Spadoni), dear sister of Yona Victor & Phil Victor, loving grandmother of Mira & Talia Lewis, Miles Martin Brennan & Naomi Kayla Brennan. Dr. Kay was born in Chevy Chase, Maryland to Selma and Samuel Victor and graduated from Brandeis University and the University of Maryland School of Medicine. She completed her general psychiatry residency and child and adolescent psychiatry fellowship at the former Cincinnati General Hospital. Dr. Kay was a Clinical Professor of Psychiatry at Wright State University and Clinical Associate Professor of Psychiatry at the University of Cincinnati. Early in her career, she directed the adolescent psychiatry hospital unit at the General Hospital and was the recipient of a Robert Woods Johnson grant to improve mental health care for adolescents. As a Training and Supervising Psychoanalyst, she was a beloved teacher and mentor to psychiatric residents and psychoanalytic students. Dr. Kay, a Distinguished Life Fellow of the American Psychiatric Association, also coauthored a number of book chapters and received a special commendation from Wright State University for her exceptional contributions to the education of residents. Dr. Kay was known for her expertise in the in the treatment of those who experienced significant psychological trauma. In addition to her life-long interest in music and theatre, she began to paint during the last months of her life and (Continued

NANA MEETING SPEAKERS

‰Melba R. Moore, MS, CPHA

On April 24, 2018, the Cincinnati Health Department Board of Health voted unanimously to appoint Ms. Melba R. Moore, MS, CPHA, as the new permanent Health Commissioner.



Ms. Moore has extensive experience in public health, serving as the Commissioner of Health for the City of St. Louis Department of Health for the past 17 years. During these years, Ms. Moore was successful in developing and implementing health programs for improving outcomes with asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health, and violent crime. She additionally secured funding to address cardiovascular disease, youth violence and parent mentoring programs to improve early childhood well-being.

A Doctoral candidate for Business Administration with a Healthcare Administration Specialization at Northcentral University, Ms. Moore also has a Bachelor of Arts degree in Psychology from Webster University, and a Masters of Science in Health Management from Lindenwood University.

➢Eden Urban Gardens

Good Evening North Avondale Neighborhood Association, My name is April Pandora and I am an urban farmer and managing member of Eden Urban Gardens, LLC. We are an urban farm business in the city limits of Cincinnati. We have two production sites, one of which is very close to North Avondale. We are going into our 4th season in business and want to reach out to the community so that they are aware who we are and the fresh local produce we have available for purchase. We specifically service the city area with our produce through our Bounty Bag CSA Delivery and sell at local farmers markets nearby in addition to some wholesale. We Do Not sell at any of our production sites.

I am attending the upcoming North Avondale Neighborhood Association meeting to introduce Eden Urban Gardens, LLC and what produce we grow for purchase. You can also see additional photos, videos, and information on our Facebook page-link below.

April Pandora Urban Farmer/Managing Member Eden Urban Gardens, LLC Enriching Lives Through Produce Orders/Inquiries call/text: 513.485.2679 Check us out on Facebook: Eden Urban Gardens LLC

her paintings of still life and landscapes were vibrant in their colors and remarkable for their attention to detail. Services were at Weil Funeral Home on Monday, Dec. 31. In lieu of flowers, memorial contributions to Doctors Without Borders (1.888.392.0392 or https:// www.doctorswithoutborders.org/) would be appreciated.

WELCOME NEW NEIGHBORS

- Jason & Faith Baker at 3661 Alter Pl.
- Primarius Real Estate Group LLC at 975 Burton Ave.
- Leo J P & Michelle R Dcruz at 718 Clinton Springs Ave.
- Gholson 41 LLC at 669 Gholson Ave.
- Victoria K Shannon at 506 Glenwood Ave.
- Matthew W Cahall at 631 Greenwood
- Bella Development LTD at 32 Merzen Ct.
- Jon Camp Jr at 141 Mitchell Ave.
- Reginald D Lewis at 815 Mitchell Ave.
- Amy E Gregory at 517 Norway Ave.
- Gribbleman Properties LLC at 4050, 4054, 4056, 4058 Reading Rd.
- Ian R & Clare M Rexroad at 1041 Redway Ave.
- Andrew Fisher S at 675 N Fred Shuttlesworth Cr.
- Tahoe Real Estate Investments at 3603 Washington Ave.

RECYCLING TIPS

Rumpke does **NOT** accept plastic bags, so don't put them in your bin or place your recyclables in them. However, these plastic bags can be recycled if taken back to a retailer like Kroger, which offers a plastic bag collection program. **Note - 12** percent of the material that enters the Rumpke recycling plant is sent to landfill because of contamination.

Marian Miller (Red Bud)



FROM YOUR NEIGHBORS

Dear Friends, You can make your reservations now on Eventbrite for the Cincinnati CD Release Party of "Because We're Night People" by Cincinnati native, vocalist Petra van Nuis (SCPA & CCM grad), and pianist, Dennis Luxion (pianist to trumpeter/singer Chet Baker in Europe in the 80's). The Chicago duo will be coming to Caffe Vivace on: Monday, February 25, 2019 CINCINNATI CD RELEASE PARTY "Because We're Night People" Petra van Nuis/Dennis Luxion voice/piano duo 7:30-10 pm Caffe Vivace www.caffevivace.com 975 E McMillan St. Cincinnati, OH 513.601.9897 \$10 general, \$5 musicians (cash cover) https:// www.eventbrite.com/e/because-were-night-peoplecincinnati-cd-release-10-cover-at-door-tickets-52324175016 www.petrasings.com

Hope to see you there!

Rosalie van Nuis (Burton Woods Lane) A Lifetime Of Happiness If you're struggling to stay happy, calm and focused, it can be hard to break the cycle. If you feel trapped, frustrated or overwhelmed in your life... you can't just 'wish it away'. Deep down, you know it's time to make a change. Through a tried and tested combination of yoga, powerful breathing exercises, meditation and practical wisdom, the **Art of Living Happiness Program** will help you live life the way you've always wanted to: Calmly, confidently, and armed with the tools you need to deal with whatever life throws at you.

A three (3) Day Workshop. A Lifetime Of Happiness right in our neighborhood.



Sandesh (Barry Lane) 513.550.5473

 ➢ Ben Blaney (Burton Woods Ln) is preparing for another season of singing on Thursday afternoons at nursing and retirement homes with *The Troubadours*. We're looking for a few more men and women to participate in this "low-pressure" group. Contact Ben at 861.1220 if possibly interested in joining.

PARKS & RECREATION

North Avondale Recreation Center • 617 Clinton Springs Ave. • 961.1584

Hours: Monday - Thursday: 9:30 am to 9:00 pm; Friday: 10:30 am to 9:00 pm; Saturday 9:00 am to 1:00pm



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Center Closed: February 18

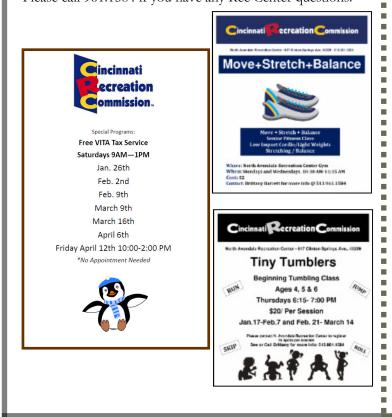
Memberships: Youth (5-17) \$2.00; Young Adult (18-24) \$10.00; Adult (25-49) \$25.00; Senior (50+) \$10.00; Weight Room \$10.00/3 months, \$35.00/year

Spinning: New Times: Tuesday & Thursday 6:15 to 7:00 pm, Saturday 10:00 (Jan 26 to March 16) 10:00-10:45 and Sonja Warner still teaches on Thursday at 10:15 to 11:00 am. All classes \$5 or purchase a Class Pass for 10 classes - \$50 for Non-member Or \$30 For Members. Try a class with this guest pass!



Yoga for Adults Yoga Basics with Relaxation Focus began January 9th, 2019. The class will be offered **Wednesdays from 6:30-7:30 pm** at North Avondale Recreation Center. Each class is \$7.00. Mats are available for use during class.

Pick up an **Winter Schedule** at the Recreation Center. Please call 961.1584 if you have any Rec Center questions.



Շincinnati Park's Explore Nature Division

FEBRUARY

Love in Your Backyard: A Valentine's Date Night

Fri., February 8, 6:00 - 8:00 p.m.

Krohn Conservatory, Eden Park 1501 Eden Park Dr., Cincinnati, OH 45202

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Plants you encounter in backyard, from trees to the weeds in your lawn, are at some point in their life going to engage in the passionate pastime. Some have promiscuous means to tantalize bees and other pollinators often with the promise of a reward. Join other adults for an entertaining evening with an educational presentation by Park staff focused on our backyard flora and fauna (wildlife) and their unusual ways of reproduction. Wine and other beverages with a small plate of light bites will be served. During a break in the program, enjoy the beauty of Krohn at night. Program Fee: \$25.00 per person or \$40.00 per couple. **Register before Feb. 4** at: <u>https:// krohn.regfox.com/krohnvalentinenight</u>. Call 421.4086 for more information or to check on available spaces after the deadline.

The Stars in Your Eyes

Fri., February 15, 7:00 - 8:00 p.m.

Trailside Nature Center, Burnet Woods 3251 Brookline Ave, Cincinnati, OH 45220

Join us for a special evening of romance under the stars in our historic planetarium. Listen to some of the greatest love stories ever told as we slowly make our way through the seasons. Consider this as your belated Valentine's Date Night. Fee: \$5 per adult. The Wolff Planetarium... where the stars come to life. **Call 751.3679 before Feb 13** for paid registrations.

Maple in Mt. Airy

Sat., March 2, Breakfast seatings starting at 9:00 a.m.

Mt. Airy Forest, Oak Ridge Lodge 5083 Colerain Ave, Cincinnati, OH 45223

This event is perfect for scouts, organized groups and families of all ages! A free pancake breakfast including sausage, maple syrup and beverages is provided in the lodge before your program begins. After breakfast, head outside to interact with sugar makers from the past and present. Participants visit 4 stations to learn how the trees make sap, discover how we turn the sap into syrup and meet costumed staff demonstrating Native American and Pioneer maple sugaring methods. Yum...lots of tasting!

The program including breakfast takes approximately 1.25 hours. Fee: \$8 per person (children ages 3 and under are FREE). Reserve your seat for this popular event before March 1 at <u>https://www.cincinnatiparks.com</u>. Call 321.6208 for additional information.

Brittany L. Ashcraft, Explore Nature! Clerk Bettman Natural Resource Center 513.321.6070

For Monthly Activities at the St Bernard Library: <u>http://cincinnatilibrary.evanced.info/</u> <u>signup/Calendar</u> (limit calendar to St. Bernard by month for their calendar or chose other libraries for their activities)





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

NAM February Calendar

4 - No School

7 - Club Pictures - NAM Fathers Group meeting - 7pm Weideman Brewery 4811 Vine St.

9 - NAM Family Dance! 1pm to 3pm - Gym

15 - NAM Fathers group Dad's and Doughnuts Breakfast 7:15am to 7 :45am - Gym

- 18 President's Day No School
- 21 3rd quarter Parent-Teacher Conference Night 4 to 7pm (By appointment)
- 22 Black History Month presentation at NAM
- 23 Makeup date for Family Dance.
- 27 District LSDMC meeting 6pm Board Office
- 28 Student wear red to school day!

NAM Students to attend "We Care Day of Learning Conference."

The day of learning is a partnership with **CPS Girls To Women Leadership Collaborative** and support the districts **Positive Behavior Intervention Supports (PBIS)** goals. The goal of this gathering is to unite 5th and 6th grade girls from different schools to share, talk, learn how to be an upstander and how they can make a difference in their school. Under the direction of Superintendent Ms. Mitchell, we are pleased to announce **12 students** have been selected from NAM to participate in this event.

"We are honored our school has been selected to participate in the day of learning. I selected six 5th grade girls and six 6th grade girls to represent our school. All 12 students are leaders in our building and this will be a tremendous experience for them. Our goal is for our students to share the information they have learned with their peers when they return to school," said Principal Lewis.

The conference will be held on **Thursday, February 7th, from 9:00am to 2:00pm** at the University of Cincinnati, Tangeman University Center.

The following NAM students will attend the conference: Carina D. N., Cat K., Nadia L., Grace O., Precious H., Maria P., Ravnett A., Sawyer G., Ashley M., Camille S., Tazara P., Charlotte B.

Roger Lewis, NAM Principal



THE NEW SCHOOL MONTESSORI (TNSM) 281.7999 • 3 Burton Woods Lane www.newschoolmontessori.com

New School Montessori (3-6) Students Brush up on Their Birding Skills.

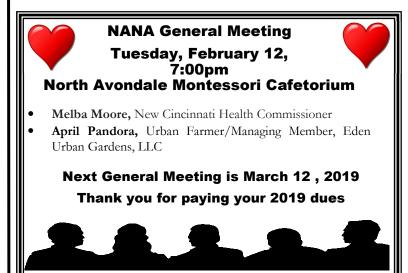
Blue jays, robins, cardinals, chickadees. New School Montessori preprimary students have become avid birdwatchers and budding ornithologists as they focus their binoculars on birds visiting the Preprimary Woods. While indoors, students study bird songs and bird nests, marveling at the savviness of these creatures and their nest-building skills. Students showcase a bit of their own resourcefulness as they repurpose orange-rind cups as receptacles to be filled with birdseed to be strung in the trees along with garland-threaded popcorn and dried cranberries.

The children have been learning a lot about birds - even creating a sequencing work that shows a bird's life cycle. They were surprised to hear how different birdsongs are from one another. Students study in pairs and take turns being the one to close her eyes or to activate each birdspecies' song by squeeze-prompting the toy bird to sing.

Students spot birds in pictures that have been hidden around the room and they mark each bird type off their birdcounting tally on their clipboard. This activity is perfect for visual discrimination and for recognizing differences in birds. Another work that focuses birders' attention on differences in wing, head, tail and body color is the magnetic work which requires students to follow the printed pattern as they build the pieces of the birds to match the pictures.



Ann Baumgardner, Communications Director



NANA CALENDAR

- Tuesday, February 12, NANA General Meeting, 7:00 pm, North Avondale Montessori School Cafetorium Center, 617 Clinton Springs Ave.
- Tuesday, March 12 NANA General Meeting, 7:00 pm, North Avondale Montessori School Cafetorium Center, 617 Clinton Springs Ave.

NANA EXECUTIVE BOARD & COMMITTEES			
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Important Fair Housing Survey

The City of Cincinnati and Hamilton County are collaborating to look across the region and identify barriers to fair housing. Fair housing laws in the United States make it illegal to discriminate against people based on race, color, religion, place of national origin, sex, family status or disability in their choice of housing. Every so often cities and counties are asked by the federal government to review their local housing markets and identify any barriers to fair housing or discrimination that may be taking place, and to recommend changes that might improve people's options. The Community Building Institute is working with the City of Cincinnati and the Hamilton County to identify unfair and illegal housing practices in our area. An important part of this work is to hear from all kinds of people in the region about how they are finding housing, how their housing works for them and how easy it is to move when they want to. We hope you will take about five minutes to respond to the survey in the attached link to tell us about your housing experiences in Cincinnati and Hamilton County. We want to hear from owners and renters and people from all over the county, if you live in Hamilton County we want to hear from you, so thanks in advance for your time and your participation. If you have questions or want additional information about this process please feel free to contact CBI. You can email Emma Shirey at shireye@xavier.edu.

Housing Provider/Professional Survey: https://xavier.co1.qualtrics.com/jfe/form/ SV agkk8FkdIxaP6tL Housing Resident Survey:

Housing Resident Survey: https://xavier.co1.qualtrics.com/jfe/form/ SV_9ENeaNquCuObqrX

