



NANA NEWS

MARCH 2019

Published by :The North Avondale
Neighborhood Association
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Association Cincinnati
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President: Heather Herr
Editor: Charlene Morse



PRESIDENT'S MESSAGE



Dear Neighbors,

In talking to a friend who has been president of numerous organizations, she mentioned when looking for ideas for the monthly newsletter article she would look at previous year's articles from that month. So I discovered the following article which was so good, I decided to use it in its' entirety. Thank you Bill Stevens NANA President (2010-2012).

"Do you complain to your family, friends or neighbors about criminal activity we have in NA? Do you wonder why things are not done that would improve the neighborhood's appearance? Do you question why our elected officials seem to act in a manner that does not protect the best interests of NA? A successful neighborhood association does not complain, wonder or question.....it identifies and jointly acts to remedy and solve areas of concern.

Now comes the biggest questions of all...are you willing to personally become involved with helping NANA do what you would like to see happen in our community? Are you willing to give some of your time voluntarily and actively serve on the Board and Committees and to participate in projects that can get the things done that you want to happen? There is much talent and leadership ability in NA. We need people to "step up to the plate." Without the citizens of NA accepting leadership roles, our community will not prosper and be seen by others as "Cincinnati's Best Address."

I realize that many have time constraints of family, work and personal hardships. But, all can help in some fashion if you truly want to make some contribution. Some of the tasks needed to help NANA can be done from your home....like making phone calls or writing letters to our Police Department and City Council members. Writing notes and articles for the newsletter would be a wonderful contribution. Or, you can serve NANA by helping to plan events or providing your ideas for action plans that can result in community betterment. Your input is sincerely needed to help your community! Simply coming to the monthly NANA GENERAL MEETING that lasts for no more than an hour and a half provides a forum for you to get involved.

All must take being a member of NANA seriously! If we do not, who should we blame for the goals of NA not being met?

Think long and hard about serving actively in NANA. If you really care about our North Avondale, step up and be recognized. NANA needs you!.....*Bill Stevens*"

Thank you to Bill for writing something so relevant today.

Happy St Patrick's Day and remember Dairy Queen in St Bernard opens March 1. Spring must be right around the corner!

Heather Herr

COMMITTEE UPDATES

HEALTH & WELLNESS

DID YOU KNOW?

The City of Cincinnati has a **new Health Commissioner, Melba Moore**, who hails from St Louis, Missouri where she led St Louis' Health department as it's Commissioner of Health for 17 years. She brings to Cincinnati a wealth of experience including improvement programs for asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health and violent crime. She is currently a Doctoral candidate for Business Administration with a Health Care Administration Specialization.

The Elm Street Health Center was renamed for Bobbie Sterne (formerly Rose Hill). Sterne was a former City Council person who was a strong supporter of the Health Department. She was the voice for the voiceless and an early supporter of LGBTQ rights. She led the campaign to redo the sidewalks of the city so that people confined to a wheelchair could more easily traverse the city. She led the fight for health clinics for the underserved and for pre and post-natal care for those with no access to health services. The City of Cincinnati is proud for the name **Bobbie Sterne** to grace its Over-the-Rhine Health Center doors.

"Tobacco 21" passed City Council which raises the age to sell tobacco products to customers from 18 to 21 in Cincinnati.

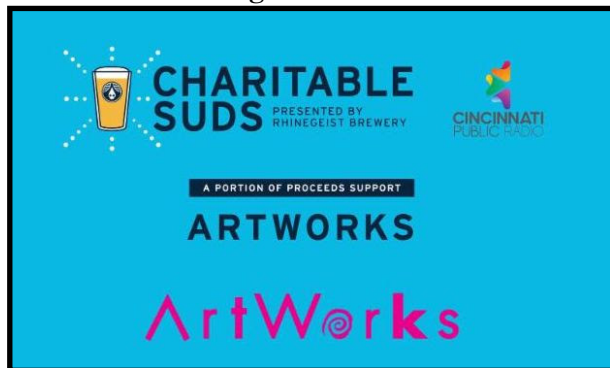
A syringe exchange program operates at the following health centers:

NorthSide: 1670 Coopers	Mondays: 2:00 – 5:00
Mt. Auburn: 659 Hollister	Wednesdays: 10:00 – 1:00
Westwood: 2420 Harrison	Wednesdays: 2:00 – 5:00
Corryville: 250 William Howard Taft	Thursdays: 2:30 – 5:30

Kimya Moyo, Health Liaison

FUN AROUND TOWN

Join ArtWorks at Rhinegeist for Charitable Suds March 6

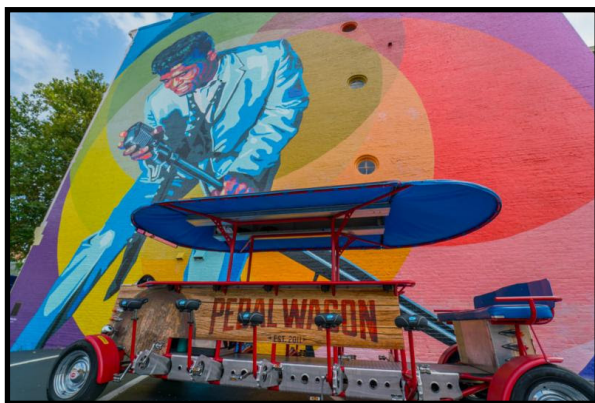


ArtWorks is thrilled to be part of the Rhinegeist Brewery's Charitable Suds series on March 6 from 5-8pm.

Join us in the taproom for a cold beer and a portion of sales from the evening comes back to us! RSVP now. <https://www.facebook.com/events/2276060712446911/>

•ArtWorks teams up again with Pedal Wagon

We are excited to be partnering with Cincinnati Pedal Wagon again for a fun and exciting way to see our murals.



Hop on board one of their wagons and let their ArtWorks trained tour guide lead you on a journey through Downtown and OTR, highlighting some of our murals. New dates just launched last week and run March through November. 10% of proceeds are donated to ArtWorks. Book your tour today!

LifeSpan's Annual Spring Brew Review

LifeSpan's Annual Spring Brew Review



Beer and wine enthusiasts, come celebrate spring with us!

Sample local craft beers from Municipal Brew Works, Rolling Mill Brewing Company, and DogBerry Brewing specially paired with gourmet appetizers while supporting LifeSpan. Fine wines will also be available.

Thursday, March 21, 2019
5:00 – 7:00 pm
Courtyard by Marriott
Hamilton

Stout Sponsor **FIRST**
first financial bank

\$50 "All Spirits" or \$25 "Designated Driver"

To purchase tickets: www.lifespanohio.org/events/brew-review
or contact Denise Holton at 513-868-3210.

FUN AROUND THE NEIGHBORHOOD

North Avondale Montessori 2nd Annual Golf Outing



The North Avondale Montessori School Foundation and NAM Father Group are excited to be jointly hosting our 2nd Annual Charity Golf Outing at Avon Fields Golf Course on Saturday, May 18, 2019 (8am shotgun start, please arrive for check-in at 7:15am)!

Funds generated from this event will be used to support the many excellent programs and events that both the Foundation and Fathers Group sponsor throughout the year.

Email for Player/Team

Registration:

namrockets.org/golf

Sponsors: namrockets.org/sponsor

18 MAY 2019

Registration Fee:
\$75 per person/\$300 foursome

Avon Fields Golf Course
8am shotgun start

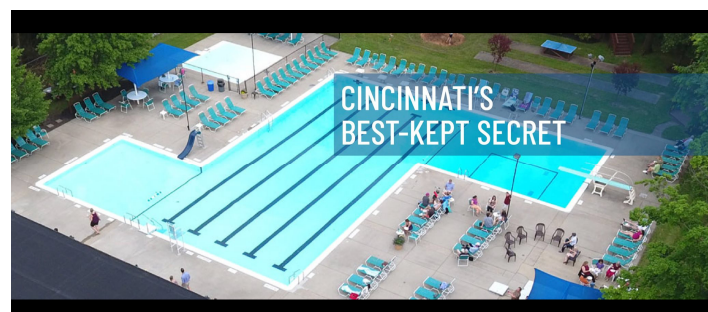
Register now at:
namrockets.org/golf

Information & Sponsorship
Opportunities:
golf@namrockets.org

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://www.youtube.com/watch?v=AfZl7V1-Np0> or go to their website: clintonhills.com or their Facebook page for more.





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

NAM March Calendar

- 1 - International Day sponsored by Ms. Hansbhai and Mr. McClellan - Rec Center 9:30 am to 11:30 am NAM Foundation Art Gallery - 6 to 9 pm - AY Design - 4722 Vine St. 45217
- 4 - Joint LSDMC/ILT Meeting - 3:30 pm - Art Room
- 6 - Educational Parent Series - 6 pm - Cafeteria
- 7 - NAM-Fathers Group meeting - 4811 Vine St. Weidemann Brewery
- 8 - NAM Talent Show - 6 pm - Gym
- 11 - Penny Wars begins!
- 12 - NANA Meeting at NAM-Cafeteria - 7 pm
- 14 and 15 - 6 to 9 age level Oratory Festival - 8:30 am to 10 pm - Cafeteria
- 16 - NAM Fathers Group presents their 11 Annual Father-Daughter Dance! 1 pm to 3 pm - Gym
- 18 - Penny Wars ends!
- 19 - Students leave for Grade 6 Washington, D. C. Field Trip!
- 21 - Hat Day - Teacher Appreciation Day - Last day prior to spring break.
- 22 through March 31 - Spring Break
- April**
- 1 - Students return to school!

Student Council celebrates Black History month at NAM!

For the fourth consecutive year, NAM Student Council celebrated Black History Month with a school wide event. Students from all age levels attended the performance that featured dancers from the School For Creative and Performing Arts (SCPA), NAM dance students, and NAM faculty and staff members. "I really liked watching our tap dancers perform. Their shoes had plates making this really cool sound," said Michael.



The SCPA Dance Ensemble, under the direction of Pat Rozow, Department Chair & North Avondale resident, performed modern dances from Africa. Students were amazed with their flexibility and athleticism. "The SCPA dancers have always done outstanding performances. I enjoyed watching their creative dances and the fun they were having performing for our students. Pat always has her dancers well prepared and does an excellent job," said Principal Lewis.

The emcee for the event was Grade 6 student Miles Spieler. "Miles did a great



job being our emcee. His voice resonated throughout the audience and he was very poised," said Student Council Director Ms. Shockley-Matthews. When hosting events at NAM, students play a big role in the show.

Students were also entertained by members of the faculty and staff at NAM. Mr. Davis and Mr. O'Bryant sang songs and Ms. Wadsworth did a reading for the students. Mr. Barnfield and his Orf students did a tremendous performance on the drums. "I did not know we had so much talent on our staff. May be they can perform at the NAM-Talent Show in March," said Ms. Hawkins, 3 to 6 Age level Teacher.



Student Council enjoyed planning the program and arranging the different performances. "I can't wait until next year to plan another show," said Ms. Shockley-Matthews, Student Council Director!

Shockley-Matthews, Student Council Director!

Roger Lewis, NAM Principal



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

New TNSM Kindergartners Learn to Marble Paper



Mixing liquid starch and water



Dropping acrylic paint onto starch surface



Combing different colors into a swirling pattern



Placing paper facedown on the marbled paint



Lifting the object to reveal the desired effect



And that's how you create marbling on paper!

(Continued on page 4)

WELCOME NEW NEIGHBORS

- Illyria Investments LLC at 518 & 520 Clinton Springs
- Adrienne Ongolea at 798 Clinton Springs
- Megan S & Paul N Karalambo at 1015 Valley Ln
- Javid & Antwaunette Rzaguliyev at 3916 Vine St
- Elizabeth Dunning & Rico Mcneela at 3975 Warwick
- Sherri Gillette at 195 Wedgewood Ave.
- 3801 Winding Way LLC at 3801 Winding Way

Veterans Employment Workshop Series

Get the job you want through our FREE Professional Readiness Workshops.

JOIN US FOR THE FOLLOWING EVENTS:

3/05/19 10AM AND 4PM	RESUMES THAT ROCK Create a resume that best represents YOU. Learn how to implement proven techniques that will make your resume stand out from all the others.	3/12/19 10AM AND 4PM	ACING THE INTERVIEW Feel prepared and confident in your interviews after learning impactful techniques.
3/19/19 10AM AND 4PM	LEVERAGING LINKEDIN Learn key strategies to use LinkedIn to be discovered by recruiters and employers.	3/26/19 10AM AND 4PM	EFFECTIVE JOB SEARCH STRATEGIES Turn your motivation into action! Learn how to determine which companies will be a good fit and how best to connect with them.

TO RSVP FOR YOUR SPOT VISIT <http://bit.ly/OHVeteransWebinars>
QUESTIONS? CONTACT SAMANTHA MEREDITH AT SAMANTHA.MEREDITH@NHCD.COM
NEW HORIZONS COMPUTER LEARNING CENTERS - CINCINNATI
10653 TECHWOODS CIR.
SUITE 100
BLUE ASH OH 45242

NHCD.COM



(Continued from page 3)

New School Montessori teacher Ryonen Ignatius introduced her (3-6) art students to a technique they used with paper and acrylic paint called marbling. Students looked at samples of marbling on the colorful edges of old books and in beautifully marbled paper created by masters..

This marbling effect is similar to suminagashi, which means "floating ink" where artists drop ink into water and create patterns by blowing across the surface. Confectioners also use a marbling-type technique when they drag a toothpick from one color of icing into another.

The students enjoyed learning the process of mixing the liquid starch with alum to provide a ready surface, dropping acrylic paint onto the starch puddle, dragging a comb or toothpick across the top to intermingle the colors, placing a piece of paper on top, removing and righting the paper to be face up to dry.

Ann Baumgardner, Communications Director

FROM YOUR NEIGHBORS

Looking for short-term stay

One of our long-time residents, a former NANA Officer, living abroad is coming back to Cincinnati in June and would like to stay in North Avondale for two or three months. **Do you have a room in your house that you would be willing to rent?** If so, please send a message to Charlene at nanacincinnati@gmail.com.

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

The Secret to Natural Stress Relief

Learn Sudarshan Kriya™
A simple yet powerful rhythmic breathing technique that de-stresses, and cleanses at the cellular level.

Dramatically Reduce Stress with YOUR OWN BREATH!

HAPPINESS PROGRAM

The Easy Breathing Technique That Can Lower Your Anxiety 44%

Research Highlights

Well-Being	Deep Sleep	Stress	Depression
INCREASE 50%	INCREASE 218%	REDUCTION 56%	REDUCTION 70%

From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on the quality of life.

Workshop Includes

- ✓ Powerful breathing exercises
- ✓ Take home practice
- ✓ Timeless wisdom
- ✓ Weekly drop-in practice group

MAR 1st - 3rd

1070 Barry Lane
Cincinnati OH 45229

Rupa Chordia
513-237-6373
rupa.chordia@nana.org

Shruti Bradar
757-355-9708
shrutibradar@gmail.com

We Serve Society by Strengthening the Individual. 36 years | 370 million+ lives touched | 155 countries

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

The North Avondale Neighborhood Association

Neighborhood Dues

PLEASE MAKE A DONATION TO NANA. YOUR DONATION HELPS ENSURE THAT NORTH AVONDALE REMAINS A STRONG DESTINATION FOR ALL.

The funds will allow for many projects which strengthen and build our community. Any donation is appreciated.



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



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

March Break Mini Day Camp: March 25-29, Camp 7am to 6 pm. \$25 a day with 3 days minimum You must pay in advance. March 29 - Special Ballet trip for *Aladdin*. Will leave at 5:00 and return by 8:30.

Summer Day Camp June 3 to August 9. Call for more information or wait for the flyer in the *April NANA NEWS*

Spinning: Tuesday & Thursday 6:15 to 7:00 pm; Thursday at 10:15 to 11:00 am.; Saturday 10:00 -10:45 (Jan 26 to March 16). 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!

NORTH AVONDALE RECREATION CENTER

Be My Guest Free Class Pass

SPIN/INDOOR CYCLE

N. Avondale
617 Clinton springs
Cincinnati, OH
45229
513.961.1584

Tuesday 6:15-7:00 PM
Thursday 6:15-7:00 PM
Saturday 10:00-10:45 AM

Yoga for Adults Yoga Basics with Relaxation Focus class is be offered **Wednesdays from 6:30-7:30 pm** at North Avondale Recreation Center. Each class is \$7.00 or pay \$50 for 10 classes Mats are available for use during class.



Special Programs:
Free VITA Tax Service
Saturdays 9AM—1PM

Jan. 26th

Feb. 2nd

Feb. 9th

March 9th

March 16th

April 6th

Friday April 12th 10:00-2:00 PM

*No Appointment Needed



Cincinnati Recreation Commission

North Avondale Recreation Center • 617 Clinton Springs Ave., 45229

Tiny Tumblers

Beginning Tumbling Class
Ages 4, 5 & 6
Thursdays 6:15- 7:00 PM
\$20/ Per Session
Feb. 21- Mar.21 & Apr. 4 - May 2

Please contact N. Avondale Recreation Center to register
to space our classes!
See or Call Doreen for more info: 513.961.1584

SKIP ROLL RUMP

Images: 513.961.1584 • 513.961.1584

Cincinnati Recreation Commission

North Avondale Recreation Center • 617 Clinton Springs Ave., 45229 • 513.961.1584

Move+Stretch+Balance

Move + Stretch + Balance
Senior Fitness Class
Low Impact Cardio/Light Weights
Stretching / Balance

Where: North Avondale Recreation Center Gym
When: Mondays and Wednesdays, 10:30 AM-11:15 AM
Cost: \$2
Contact: Brittany Barrett for more info @ 513.961.1584

Senior Fitness
\$2.00 per class
10:30am- 11:15am
Membership Required

Move + Stretch + Balance
March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 @cincyrec						
3	4 <i>Chair Yoga</i>	5	6 <i>Bands</i>	7	8	9
10	11 <i>Balance Bar</i>	12	13 <i>Weights</i>	14	15	16
17	18 <i>Core</i>	19	20 <i>Bands</i>	21	22	23
24	25 <i>Flexibility</i>	26	27 <i>Weights</i>	28		

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

Hirsch Center

•3620 Reading Road • 751.3393

Is closed for renovations. Some programs are at South Avondale School.

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



NANA General Meeting
Tuesday, March 12, 7:00pm
North Avondale Montessori Cafetorium

Next General Meeting is April 9, 2019

Thank you for paying your 2019 dues



RECYCLING TIPS

Glass containers for food and drink are usually made from soda-lime glass which can be recycled by Rumpke.



Kitchenware, Pyrex, casserole dishes and electronics are usually made of borosilicate glass which withstands higher temperatures than any other glass. They are not recycled by Rumpke.



Any glass that you're recycling should be relatively clean, rinse it out at least, and remove top or cap. Broken glass is acceptable. **One ton of carbon dioxide is reduced for every six tons of glass repurposed.**

Marian Miller (Red Bud)



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

NANA CALENDAR

- Tuesday, March 12, NANA General Meeting, 7:00 pm, North Avondale Montessori School Cafetorium Center, 617 Clinton Springs Ave.
- Tuesday, April 9 NANA General Meeting, 7:00 pm, North Avondale Montessori School Cafetorium Center, 617 Clinton Springs Ave.

NANA EXECUTIVE BOARD & COMMITTEES

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2nd VP: John Jones	jwjphoenix@gmail.com	Law & Safety: Carolyn Gillman Dirk Pastoor	cgillmanwhhs@gmail.com dpastoor1@gmail.com
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