



NEIGHBORHOOD
ASSOCIATION

Newsletter

REPRESENTING CLIFTON HEIGHTS • UNIVERSITY HEIGHTS • FAIRVIEW

May, 2010

Next monthly meeting:

Tuesday, May 18, 2010, 7:30 p.m.,
Deaconess Hospital,
Cafeteria, Lower Level,
Straight Street

From the President's desk



May is here and there is so much excitement about! Classen Park renovations will be starting. Old St George will have caps on the steeples until they can be fully repaired. We are losing the Friars Club but gaining a new partner for the community in North American Properties and Uptown Rentals. School is coming to an end and summer is almost here!

But I wanted to take a moment out of my normal update to mourn the silent passing of a neighbor. In the Cincinnati Enquirer on Saturday May 8th, I was saddened to read about a man from Clifton Heights who drove to Virginia and committed suicide there. A man not one of us probably knew. Ernest Brooker lived on Lyon Street, alone. He was apparently a man isolated from those around him. While we may never know the circumstances that drove him to suicide, I can only hope it was not social isolation.

Our community should look to this man's life and learn. Look to your neighbors and get to know them. Invite them over to have a coffee or cocktail. Take a walk together. Bring them to a meeting or clean up or Citizens on Patrol meeting. Go to Temple or Church together. Extend the hand that is common to us all if you see someone alone. We don't all have to be best friends, but we need to acknowledge each other's basic humanity. Even when we are different and angry at each other, remember we are just all people. We need each other.

So enough of my soapbox. I do want to draw attention to University Heights again for exemplary behavior. In the warm months, the University Heights group meets for a block party,

for a community yard sale, and for Wednesdays on the Porch. I think they should be commended for continued efforts to get to know their neighbors and tighten the local bonds we share to each other. I encourage you all to do the same in your corner of the neighborhood.

See you at the meeting on May 18th at 7:30 pm!

Rob Neel

CUF Minutes, April 2010

- UC Police report - theft is up at main campus; car break-ins, bicycle thefts
- Cincinnati Police reported on their activities concerning "WheelerFest." There were 46 officers assigned to this event and they feel the strong police presence kept everything under control. Off. Lisa Johnson invited Debbie Gardner to speak about personal safety. to condense her presentation: B = Breath - this is the most important physical response you can make, all outcomes depend on this. S = Space - space you need to keep between yourself and others you don't know. T = throat if you are threatened, don't wait to be attacked, use the side of your hand to hit the throat.
- Pat Ward from the Deaconess Association announced the *Senior Transportation Link*. This is a membership service. The cost is \$75 a year for individuals, \$100 for a couple.
- Cameron Ross, city planner, spoke about the *Revive I-75* project. To summarize his presentation: many good ideas, lofty goals, and pretty pictures but we have seen these before for other projects with mixed or no results.
- Streetcar project received 2.6 million in state funding; the board will recommend moving route from Vine to Clifton.
- Yard waste program has started again
- Caps on the St. George steeples will be completed as soon as the weekend weather allows.

CUF Treasurer's Report

Balance April 1:	\$3495.39
Income:	
Dues	130.00
NSP reimbursement for 2009	5595.92
Total income:	\$5725.92
Expenses:	
FedEx derby decals	\$116.04
St. Bernard derby registration	65.00
Water Works	4.29
Total expenses:	\$185.33
Balance May 1:	\$9035.98

Cincinnati wants twice as many cyclists by 2015

In an effort to become a more bicycle friendly community, the City of Cincinnati has been working with local bicycle advocacy groups to develop a comprehensive Bicycle Transportation Plan for Cincinnati. After 8 months of surveys, open houses and "rolling focus groups", the City has released a draft of the plan and is seeking final comments from the public.

The plan was presented to the public at an Open House on May 5 at the Clifton Cultural Arts Center 3711 Clifton Avenue.



The goal of the plan is to double the number of people bicycling regularly for transportation by the year 2015. The draft plan includes infrastructure (such as bike lanes), and education, encouragement, and enforcement programs. Community support has been critical in turning ideas into action, and citizens are encouraged to attend the final open house to hear about and comment on the draft plan.

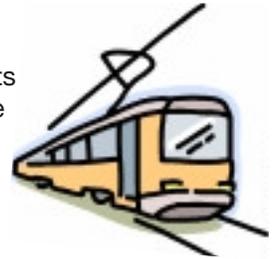
The entire draft plan is available online at www.cincinnati-oh.gov/bikeplan. Citizens may provide feedback online, and the City will be accepting comments until May 14.

Since last May, the City has painted sharrows on the streets in Clifton and O'Bryonville, bike lanes on Dana Avenue, installed a bicycle corral in Northside, and passed a new law requiring bicycle parking to be provided in all new parking garages. For more information about the City's bicycle program, visit www.cincinnati-oh.gov/bikes.

Streetcar!

Neighbors of Clifton Heights, University Heights and Fairview! Plans move forward for the Streetcar and the Streetcar Connector to Uptown.

Routes might include West Clifton, McMillan, and Vine Street. We will be discussing at upcoming meetings and we will need to advocate to City Hall to see how our community might benefit from the Streetcar.



CUF board member elections

The 2010 election of CUF board members will take place in July. Candidates' statements will be printed in the June newsletter. Candidates who have agreed to run for open positions are: Janine Denlinger, Debby Herman, Daniel Lewis, Craig Lloyd, Tom Merriman and Cherie Walpe.

Let's get out and walk!

As spring and summer approach, think about ways to become healthier. Walking everyday is a great way to help your cardiovascular system and also a great way to relieve stress. It is also a great way to take in the parks and streets and homes of our neighborhood. Foot traffic encourages other foot traffic!

Start with equipment:

Not all "walking shoes" are good for walking. Walking shoes should be lightweight, flexible and bending, and slightly bigger than your normal dress shoe in case your feet swell while walking. New shoes should be purchased every 500 miles, so the cushioning is there to protect

your sole and arch. And consider being fit for the right shoes at a technical running shoe store, like Bob Roncker's Running Spot in Oakley. The right shoe can help you avoid plantar fasciitis, knee problems, and muscle problems.

The weather is changing and the mornings are still cool, while the afternoons are warming up. Dress in layers. The inner layer should not be cotton, which holds water next to your body and will cool you down. Instead use a fabric such as CoolMax or polypropylene that will wick sweat away from your body to evaporate. The next layer should be insulating – a shirt or sweater easily removed if you warm up. The outer layer should be a jacket that is windproof and water-resistant.

Wear a hat! Hats provide insulation, and they shield your head from the sun (easy place to sun burn).

If walking at night, wear a mesh reflective safety vest bought at a local biking or running shop or put reflective strips on your night-time walking outfit. Reflective elements on shoes are not enough!

Look up! Good posture for walking should have your chin parallel to the ground, standing straight with shoulders back relaxed, your belly tucked in, and focus your eyes 10-20 feet ahead. This is good for safety, avoiding dog waste, and you might even see money on the ground!

When walking faster, use shorter quicker steps. Using longer strides causes more damage to the heel and to can cause shin splints from increased strike.

Use your arms to counterbalance your leg motion. You can add power and speed by using the arms effectively. Bend your arms 90 degrees and swing them naturally back and forth opposite the leg motion.

Pay attention to fluid balance and stay hydrated! As the weather warms up, remember to bring water with you and if planning on walking more than 1 hour, think about a sports drink (gatoraid, etc) to replenish those electrolytes!

Pay attention to your body. If you are not used to walking, don't start out with a 10-mile marathon walk. Start with 10 minutes of walking 3-4 days a week, and gradually increase your walking distance. You will eventually be walking greater and greater distances!

And as always, make sure you talk to your doctor beforehand if you have any serious health conditions to get an idea about limitations on your level of exercise.

Cincinnati Stimulus Funding

To date, over \$50.3 million in ARRA dollars have been announced for City of Cincinnati-related projects. Additional funds are flowing through other government organizations to fund projects within the City as well. These include:

- * Approximately \$3.5 million in Community Development Block Grants (CDBG)
- * Approximately \$5.3 million for Homelessness Prevention and Rapid Re-Housing
- * \$2.4 million through the Byrne Memorial Justice Assistance Grant to fund criminal justice activities

- * \$3.5 million in Energy Efficiency & Conservation Block Grants (EECBG)

- * \$5.0 million through the Clean Water State Revolving Loan Fund Program (CWSRLF) for one Metropolitan Sewer District of Greater Cincinnati (MSD) project

- * Over \$56.6 million in transportation dollars through the OKI Regional Council of Governments and the Ohio Department of Transportation (ODOT), including:

- Over \$5.5 million for three projects in Cincinnati through the OKI 2030 Regional Transportation Plan

- \$23.5 million in surface transportation dollars to fund The Banks from ODOT

- \$20.0 million from ODOT to fund the Eastern Corridor Development

The Mayor's Green Lecture Series - Krohn Conservatory

When: 6 pm - 8 pm, Free, but limited seating. Reservations Required – call 352-4080.

Where: Krohn Conservatory, 1501 Eden Park Drive.

Living Our Green Life - Mayor's Lecture Series at Krohn Conservatory

- May 25, *Cincinnati Nature: A World without Fish (Fossil Hunting)*
- July 21, *Rain Gardens*
- August 18, *Vegetable Gardening and Food Presentation*
- September 15, *Beneficial Insects*
- October 20, *Why Trees Matter*
- November 17, *Ten Technologies that Will Change the World*

The Mayor's Lecture Series is sponsored by a grant from Duke Energy, and in-kind support by Worm's Way, Park + Vine, Andy's Mediterranean Grille and the Ohio State University Extension.



**CLIFTON HEIGHTS
UNIVERSITY HEIGHTS
FAIRVIEW
NEIGHBORHOOD ASSOCIATION**

2364 West McMicken Avenue, Cincinnati, Ohio 45214

Non-Profit Organization
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Cincinnati, Ohio
Permit No, 4834

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CUF membership

Any person subscribing to the purpose of the CUF Neighborhood Association, Inc. and paying dues set by the Association may become a member. Election of Trustees is held at the annual meeting in July. Eligible voters are residents of the community who are at least 18 years of age and who are fully paid members of the Association and who have attended three general meetings after payment of dues during the year prior to the annual meeting. Non-resident members have voice but no vote in Association meetings and may not hold elective office. Annual CUF dues are \$6.00.

- CUF general meetings: 3rd Tuesday of each month, except August and December, 7:30 pm, Deaconess Hospital Cafeteria, 311 Straight Street
- CUF Trustee meetings: 1st Tuesday of each month, 7:00 pm, Deaconess Hospital Cafeteria, 311 Straight Street
- CUF annual meeting and election: 3rd Tuesday in July, 7:30 pm, Deaconess Hospital Cafeteria, 311 Straight Street



CUF Neighborhood Association
2364 West McMicken Avenue
Cincinnati, Ohio 45214

Name: _____

Address: _____

Phone: () _____

Email: _____

Membership Type:

Voting Membership: CUF resident _____

Non-voting Membership: _____

CUF organization: _____

CUF business owner: _____

Non-resident: _____

Non-resident property owner: _____

Membership fee: \$6.00 per year.
Make checks payable to CUFNA.

(please check the membership expiration date on your newsletter mailing label)

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