



NEIGHBORHOOD  
ASSOCIATION

# Newsletter

REPRESENTING CLIFTON HEIGHTS • UNIVERSITY HEIGHTS • FAIRVIEW

October, 2012

## Next monthly meeting:

October 16, 2012,  
Deaconess Hospital Cafeteria,  
Lower Level, Straight Street

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Welcome to October, neighbors, friends, and visitors in CUF! We all can look forward to a beautiful fall with all the leaves turning those beautiful shades of yellow, orange, brown, and red.

As part of our continued communication from the Board, we each take turns writing the monthly newsletter article.

What are ways we can live healthier? The American Heart Association recommends regular exercise as part of a healthy lifestyle. No, you do not need to turn into Lance Armstrong or Michael Phelps to have a healthy exercise plan. Many people wonder where to even start. The AHA recommends 150 minutes of moderate exercise (that's 30 minutes for 5 days per week) or 75 minutes of vigorous exercise per week.

Why do this? Exercise increases the efficiency of the heart and the cardiovascular system. It also allows you to stretch your muscles and tendons and ligaments and keep joints from becoming stiff. The AHA even has a simple walking program for people who do not know how to begin.

Check the website out at: [http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/American-Heart-Association-Guidelines-for-Physical-Activity\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/American-Heart-Association-Guidelines-for-Physical-Activity_UCM_307976_Article.jsp)

Another part of a healthy lifestyle is diet. The AHA recommends having 5 servings of fruits and vegetables per day. Limit soda: those are empty calories! Try to eat more chicken and fish, rather than pork and beef. Try to decrease processed foods and processed meats. And try to decrease your sodium intake. They even have ideas for recipes and planning for your family on that website with simple ideas to make eating at home still healthy. I have attached the link to the AHA nutrition center below.

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Healthy-Diet-Goals\\_UCM\\_310436\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Healthy-Diet-Goals_UCM_310436_SubHomePage.jsp)

The last part is a shameless plug for preventive care. I know that every 5000 miles, I need to take my car in for an oil change, and at 30,000 miles I need to have a service check. I do not think twice about it because I need to get to work and to family and I cannot do it easily without my car. So why do we not go to the doctor for prophylactic "oil changes?" I am not sure. But even people who consider themselves very healthy need routine maintenance work, like pap smears and mammograms for women, and prostate exams for men, and cholesterol check and blood pressure checks for everyone. Please think of your body the same way you would think of your car and get those brakes checked! Make an appointment with a primary care doctor and talk to him/her about keeping that body working at its best.

And please: register to vote!

Rob Neel  
Vice President, CUF

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## Minutes, CUF Neighborhood Association General Meeting, September 18, 2012, 7:30 PM Deaconess Hospital Cafeteria

Board Members Attending:  
Cherie Wallpe, Julie Zavan, John Ligon, Rob Neel, Sally Larson, Daniel Lewis, Chip Kussmaul, Craig Lloyd, Nathan Hess, Ken Jordan, Janine Denlinger, Rolf Kuhn, Sharon Buckner and Tony Walsh.

Meeting chaired by Cherie Wallpe.

### Police Report

Officer Lisa Johnson noted that there have been numerous robberies and urged residents to exercise caution. Anything suspicious should be immediately reported to 765-1212. She also noted that air conditioner parts have been stolen and that there scappers with trucks in the neighborhood.

Officer Johnson conferred with trash/lit-

ter control and was informed that indoor type furniture will be allowed as long as it is under a covered porch. However, if the furniture is smelly or otherwise noxious warning will be issued to problem sites with orders for removal.

Email Officer Johnson with any litter complaints; she has requested weed killer to be used in alley ways. Email Officer Johnson and Christian Huelsman regarding any trash bins or recycling bins that are left out after the weekly pickup.

#### **UC Police**

Officer Aaron Fry, UC Crime Prevention Officer reported that thefts on campus are up especially bike thefts. He does security surveys for the various UC campuses and notes areas where more lighting may be necessary or other safety measures. He welcomes community feedback regarding any observances of inadequate safety measures.

Football season has started so there will be more crowds and traffic. UC has designated tailgate areas on the campus. District 5 will now have undercover officers at games and open container violations will be enforced. NIXLE is the online website for entering information regarding problems.

#### **Guests**

Pat Ward, Director, Deaconess Association Foundation

Mr. Ward reported that the Deaconess radiology service is still in operation and that it is a cost effective service especially for individuals with high deductible insurance coverage. Other services of the foundation include the following:

- School based health center where 300 children were seen in the first days of school.
- A 24-7 transportation program for seniors and visually impaired adults - 10,000 rides so far; covers the entire I-275 loop.
- 1400 clients on life line service.
- Automated medication dispensing.
- Beyond Driving with Dignity, a program using cognitive exercises for dealing with individuals who should no longer be driving and thereby reducing the stress for families of this often difficult intervention.
- Free membership in Active Life Program for social activities for seniors.

Christian Huelsman, Spring In Our Steps

Christian is with the Recycle Bank, a rewards program for recycling. He is also founder along with Pam Sattler of Spring In Our Steps, a program for taking back Cincinnati's pedestrian infrastructure by addressing neighborhood steps and alleys. Along with volunteers from UC's Preservation Action Network, a student group, Christian, Pam et al have been doing major cleanups in city neighborhoods including

CUF's own Schorr Alley. The group believes that restoring these areas can enhance property values and improve safety and perceptions about city life. The next work detail is scheduled for Saturday, 9/22, 10AM at Schorr Alley. The group would like to see more community involvement. Contact information: springino-ursteps@gmail.com; recycling hot line: 352-3200.

#### **Membership**

No report.

#### **Treasurer's Report**

The August report was approved at the September board of trustees meeting.

#### **Meeting With Assistant City Manager**

Cherie Wallpe reported on the meeting she and Rob Neel had with Assistant City Manager Scott Stiles, Bill Jacoby, Robert Ambach, Sr. VP at UC, and other city personnel. Discussion involved trash/litter issues with rental turnovers at the end/beginning of the school terms. City wants to meet again to address plans for future rental turnover times. Attendees at CUFNA meetings are encouraged to report any problems with trash, litter, building codes, etc by noting them on the list available at the sign in desk prior to and during meetings.

#### **Business Association**

John Ligon, CUFNA trustee, is the designated representative to the business association.

#### **CHCURC**

Cherie Wallpe continues to serve as the CUFNA member of the CHCURC board. She reported that roof and gutter repair work at Old St. George is now underway.

The business association has proposed having an electronic kiosk that will interact with smart phones placed on Calhoun Street. The CUFNA board has emphasized that a balance between local business and community interests and national chain businesses should be assured with regard to advertisements and other notices posted to the kiosk. The kiosk will be directed to pedestrians and will face away from vehicle traffic.

#### **Entertainment District**

The plans for a district are in place. The CUFNA board noted a small area of contention which will be communicated to Councilwoman Quinlivan's office.

#### **Neighborhoods of Uptown**

Rob Neel reported that the next NOU meeting is September 24.

#### **Block Captains**

A weekly litter pickup happens every Sunday evening. Meet at Suzanne Summer's 308 Em-ming at 7PM.

#### **Email to Members**

Cherie Wallpe is working to set up a system for

sending regular email messages to our members.

#### **MSD - Storm Water Management**

Julie Murray reported on the MSD proposals for the Storm Water Overflows in the Lower Mill Creek Watershed. This is a major infrastructure project and is part of a consent decree to reduce flooding and sewer backups. Many cities with older systems have also had to respond to the same issues of inadequate and antiquated sewer systems.

#### **Local School Decision Making Committee**

Cherie Wallpe is contacting the new principal, Dorothy James, at Hughes Stem School to determine if there is a vacant slot for a community representative. Chip Kusmaul and Linda Ziegler have both agreed to serve.

#### **By-Laws and 501(c)3 Not For Profit Status**

The executive committee of the board of trustees met to discuss and draft a revision to the by-laws that would address the distribution of assets in the event of dissolution. The revised language has been published in the newsletter and will be voted on at the October general meeting. The group also addressed re-confirming our not for profit status with the IRS. The appropriate forms and financial information will be submitted to the IRS.

#### **New Business/Announcements**

- Daniel Lewis announced the annual block party on Riddle Road, Friday, September 21 from 5-8:30 PM; 663 Riddle Road to Mont Michel.
- K&E Market at Clifton and Warner is transferring its carry out liquor license to the new owner. No problems with this location have been noted.
- Cincinnati Public Schools are having an open house at the CINTAS Center.
- On October 7 from 12-4 at St. Francis de Sales Church, there will be free medical care and food for pets.
- COP administrator, Jan Kusmaul, raised a question regarding a major emergency that involved an evacuation of the campus. How would the community as a whole be impacted?

She pointed out that there will be Community Emergency Response training on 4 Wednesday evenings in October. However, she noted that we don't know anything about UC or Cincinnati State. What are their plans? Could we have someone come and speak about this at a general meeting?

- Tony Walsh noted that the Cincinnati Preservation Association is having a house tour of an historic house at 2343 McMicken on Saturday, 9/22 from 10-12; cost is \$10.

Meeting adjourned at 9PM.

## **CUF Treasurer's report**

Balance: September 1, 2012      \$4,774.71

Income:  
membership dues                      \$12.00  
Total Income:                              \$12.00

Expenses:  
Pik Sticks                                  \$65.97  
Straight St. corner upkeep      \$85.30  
newsletter printing                      \$231.77

Total Expenses:  
- \$383.804

Balance: October 1, 2012      \$4,403.67

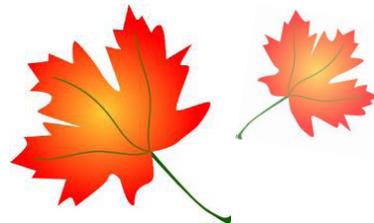
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## **CUF By-laws Update**

The CUF Neighborhood Association by-laws are in need of a statement of dissolution in order to be in compliance with the Ohio Revised Code for non-profits and the IRS. The proposed language for the ammendment to the by-laws is as follows:

SECTION 3. If the CUF Neighborhood Association should ever dissolve, in accordance with Ohio Revised Code Chapter 1702, all assets remaining after payment of obligations will be distributed to a valid exempt 501(c)3 successor organization or to a valid exempt 501(c)3 organization doing similar charitable and community work in the neighborhood. In the event that the successor organization(s) does not exist or is not so qualified under Section 501(c)(3) of the Internal Revenue Code, any assets remaining upon dissolution of this corporation shall be paid over to such other organization as may be qualified under Section 501(c)(3) of the Internal Revenue Code.

On October 16 the ammendment will be voted on at the general meeting.



## LWVCA speaker at CUF meeting

On October 16 CUF will host Chris Moran from League of Women Voters Cincinnati Area (LWVCA). She will give balanced presentation of current levies and ballot issues, and will handout copies of The League annual publication The Who & What of Elections for Hamilton County.

For more information log on to either: <http://www.votehamiltoncounty.org> or <http://www.smartvoter.org/2012/11/06/oh/hm/ballot.html>

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## Breakfast Lecture Series

The Cincinnati Masonic Center (317 E 5th St) invites you, your family, friends and business associates to The Breakfast Lecture Series at the Cincinnati Masonic Center on Wednesday, November 14th.

Featured Speaker: Stephen G. Leeper, President and CEO of Cincinnati Center City Development Corporation (3CDC)

3CDC was formed in July 2003 as a non-profit real estate development organization, recommended by a City of Cincinnati Economic Development Task Force as part of an overall system to increase the effectiveness and efficiency of development activities in the City of Cincinnati. Then Mayor Charlie Luken and members of the Cincinnati corporate community joined together to create 3CDC, agreeing that the economic future of Cincinnati depended first and foremost on a strong and vibrant downtown business and entertainment district. More than 30 corporate leaders make up 3CDC's Board of Directors.

Learn more about recent 3CDC development successes and what is being planned for the future. Complementary Breakfast starts at 7:45am. Mr. Leeper's presentation begins at 8:10am. Question and Answer period to follow. The event is scheduled to conclude at 9:00am. The event is free and open to the public. There is no admission charge but space is limited and an RSVP is required.

Please register online at [www.cincinnati-masoniccenter.com](http://www.cincinnati-masoniccenter.com) (then click on "Read more" link) or call the Cincinnati Masonic Center at 513-421-3579.

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## City Council terms debate

The Woman's City Club, with other Cincinnati civic organizations, is presenting a town hall debate on extending Cincinnati's City Council terms from two to four years – Issue 4 on this November's ballot. The event will take place Monday, October 15, 2012, 7-9 pm. at Mt. Auburn Presbyterian Church Geier Room, 103 Wm. Howard Taft Rd.

Dan Hurley, Director, Leadership Cincinnati, Cincinnati USA Regional Chamber, will moderate the debate. The panel consists of a Council member and community supporter for and against the issue. Laure Quinlivan, Cincinnati City Council member and Rev. Damon Lynch, Jr., pastor, New Jerusalem Baptist Church will present arguments for extending Council terms. PG Sittenfeld, Cincinnati City Council member, and Matt Davis, Vice President, Government Affairs, Cincinnati Chamber of Commerce or his designate will present arguments against the proposal.

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## Old St. George update

Work continues on Old St. George. Clifton Heights Community Urban Redevelopment Corp. (CHCUTC) has contracted with Kettering Roofing and Sheet Metal Inc., a family-owned business located on Jefferson Avenue that specializes in slate roof repairs and historic restorations. \$400,000 will be invested in replacing the roof and gutters. The company has erected scaffolding, finished working on the west side and is currently working on the front and east sides.

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## Citizen Service Requests

The Cincinnati Customer Service Request line is 591-6000. Additionally, you can contact the city by following the link below and submitting a message about a problem you may have. It allows you to search a map of your specific area.

<http://cagismaps.hamilton-co.org/csarcincinnati/>

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## Let's clean up Fairview Park!

We missed the fall clean up this year, gang, but we can still do something to make a big difference in our community. Every year we have attacked the weeds and plants that fill the entrance to Fairview Park off of McMillan.

Let's get together on November 3rd at 8:30 am (we will have coffee and donuts) and clean the wall again and put down landscaping fabric and mulch to keep the site pristine for next year.

'See everyone there on the 3rd!



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## Toolbank

The Cincinnati Community ToolBank offers an inventory of tools—shovels, rakes, drills and so much more—to help nonprofit organizations, religious and educational institutions, community groups and their volunteers increase their impact.

The Cincinnati ToolBank is part of a national network of tool-lending programs and comes as the result of nearly one year of collaboration between greater Cincinnati leaders.

The Cincinnati ToolBank inventory will feature more than 140 types of tools available for community projects. Charitable organizations may borrow high-quality tools—shovels, ladders, drills, wheelbarrows, and other essential tools—to increase the impact of volunteers while reducing expenses. Membership is required (free) and a nominal rental fee is charged. For more information, visit their web site: <http://www.cincinnati.toolbank.org/Home.aspx>

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# Household Hazardous Waste Drop-Off Program

## Open April 21–November 3

**FREE to Hamilton County Residents Only.**

Bring proof of residency, such as a driver's license or utility bill.

Remain in car at all times.

**This program prohibits the acceptance of hazardous waste from businesses, churches, schools and non-profit organizations.**

**Dates: April 21 - November 3, 2012**

**Locations: Environmental Enterprises, Inc.**

4600 Spring Grove Avenue **MAP**  
Cincinnati, OH 45232  
(Directly across from Winton Road)

Tuesdays – 2:00 p.m. - 6:00 p.m.  
Saturdays – 9:00 a.m. - 1:00 p.m.

10163 Cincinnati-Dayton Road **MAP**  
Sharonville, Ohio 45241  
(Corner of Cincinnati-Dayton Road and Crescentville Road)

Wednesdays – 2:00 p.m. - 6:00 p.m.  
Closed July 4 and October 31

Hamilton County covers the cost per car dropping off material to encourage proper disposal of your household hazardous waste.

### Acceptable Items:

- Pesticides/Fertilizers
- Solvents/Thinners
- Lawn/Pool Chemicals
- Cleaners
- Household/Auto Batteries
- Fire Extinguishers
- Propane Tanks
- Oil-based Paint
- Mercury
- Fluorescent Bulbs
- Driveway Sealer
- Gasoline/Motor Oil
- Antifreeze
- Thermostats

### Unacceptable Items:

- Latex Paint\*
- Radioactive Materials
- Medical Waste
- Explosives/Ammunition
- Smoke Detectors
- Tires
- Yardwaste
- Garbage
- Roofing Materials
- Appliances
- Computers/Electronics
- Heating Oil or Fuel Tanks
- Unmarked Cylinders
- Fireworks/Gun Powder
- Prescription Drugs

*\* Latex paint will be accepted only if resident brings other household hazardous waste. If resident brings only latex paint, resident will be charged \$1.50 per gallon of paint (\$5.00 minimum charge). Check or credit card only – Cash NOT accepted.*

**More Information:** Call 513-946-766 or visit [www.HamiltonCountyRecycles.org](http://www.HamiltonCountyRecycles.org)



CLIFTON HEIGHTS  
UNIVERSITY HEIGHTS  
FAIRVIEW  
NEIGHBORHOOD ASSOCIATION

2364 West McMicken Avenue, Cincinnati, Ohio 45214

Non-Profit Organization  
U.S. Postage Paid  
Cincinnati, Ohio  
Permit No. 4834

## 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: 3<sup>rd</sup> Tuesday of each month, except August and December, 7:30 p.m., Deaconess Hospital Cafeteria, 311 Straight Street
- CUF Trustee meetings: 1<sup>st</sup> Tuesday of each month, 7:00 p.m, Deaconess Hospital Cafeteria, 311 Straight Street
- CUF annual meeting and election: 3<sup>rd</sup> 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.

W W W . C U F N A . O R G