

# Paddock Press

A publication for the neighborhood of Paddock Hills, Cincinnati, Ohio. Funded by the Neighborhood Support Program.  
 Newsletter address: PO Box 16028, Cincinnati, Ohio 45216-0028

A Bimonthly Newsletter

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## Community News

- Ethnic Potluck Dinner
- Community Planters
- Make Your Car a Hard Target
- Passing the Baton
- Nominating Committee
- Directories
- Saying Yes



Pages 1, 2, 3, 4 and 5

## Neighborhood News

- Community Gardens
- Fitness Corner
- Too Cold to Walk?
- Remembrance
- Home for the Holidays
- Congratulations
- Neighbors



Pages 6, 7, 8 and 9

## Paddock Hills FAQs

- Calendar
- Upcoming Events
- Frequently Called Numbers

Page 10

## Ethnic Potluck Dinner

Thanks to Liz Swain for organizing and hostessing the annual Ethnic Potluck Dinner in December at Avon Woods Nature Center.



And thanks to all the neighbors who brought delicious food to share.

Iris Silverblatt, Susie Galvin, and Jean Dowell sample the sides.

Liz Swain steps back to inspect her work.

# Community News

## Neighborhood Planters

The community response to the planters that mark the gateways to our community has been very positive.

The Trustees have allocated funds to participate in the program again this year. Plaques have been secured to commemorate the generosity of neighbors who sponsored a planter.

The planters are refreshed three times during the year with seasonal plantings. New spring plantings are due to arrive in late March.



We are inviting residents and community members to sponsor a planter again this year.

\$200 covers the costs to plant and maintain one planter for the year.

Residents of a street or block could share the expense of sponsoring a planter or a business or organization could sponsor one.

If you are interested in sponsoring a planter contact Susan Glas [susang1@fuse.net](mailto:susang1@fuse.net).

## Is Your Car a Hard Target?

We have probably all heard that there has been an uptick in crimes related to cars across the city, including car theft.

District Four reminds us to remove temptations from the car and lock our cars.

When possible park your car in well-lit area visible from your home.

In cold weather it is tempting to leave your car to warm up for a few minutes, but unwise.

Neighborhood Officers will be helping Paddock Hills residents assess how well they are doing by handing out "Report Cards" on cars parked in the neighborhood in coming weeks. The report cards will point out things that make the vehicle vulnerable or tempting.

# Community News

## Changing of the Guard

The trustees would like to thank Jake for his years of dedicated service to Paddock Hills, as Trustee and President.

As he steps down, Joe Galvin has stepped forward as interim President until the position is filled at the annual election in April.

## Passing the Baton

Around five years ago, I volunteered to join the Paddock Hills Assembly board as a trustee. At the time, I was concerned with one (and only one) issue — addressing the cut-through traffic that passed by my house at all hours of the day. I was welcomed aboard by the other trustees, and quickly discovered that I could help in other aspects of improving our community too; social engagement, crime and safety, and process improvement. I helped the board execute projects like the spring Block 'n Rock party, install the speed humps and neighborhood cameras, as well as modernize our membership communication systems. I'm proud of what we accomplished together, and to this day, I enjoy pitching in to help the cause.

It's been a wonderful experience over the past two years as President of PHA. But as with all endeavors, it's time for me to pass the baton to the next President, and give my seat to another interested party. As of December 31, of 2017, I am officially "retired" from the PHA board, although I hope to stay on, participating in a committee (or two). We have two trustees joining (one to replace me and another filling an empty seat) and we will hold elections in April to affirm two other seats on the board. From here forward, PHA will hold annual elections to make sure that we keep our neighborhood leadership representative of our entire community.

Change, so long as it respectful, is good. Without regular turn-over in our neighborhood council, we run the risk of becoming stale and complacent. I firmly believe that complacency is the kiss of death to a vibrant community. You cannot hold on to what you love by simply maintaining. We must keep adapting, fixing and improving if we want to remain a desirable place to live. To that end, I hope you'll find time in your busy schedule to raise your hand and pitch in to keep Paddock Hills a great Cincinnati neighborhood. You'll enjoy getting to know your fellow neighbors and I also believe you'll find joy in making your neighborhood an even BETTER place to live.

Jake Weyand

# Nominating Committee

The Trustees have formed a Nominating Committee to develop a slate of nominees for Trustee, and Assembly Officer positions.

The slate will be presented to the Community at the March 26th meeting, and voted on at the April 9th meeting.

Terms run June to June.

If you are interested in serving, or may be interested in serving please contact the Committee Chairs prior to March 12th.

Nominating Committee Chairs:

Joyce Coleman 242-3737

Don Swain [dleeswain@fuse.net](mailto:dleeswain@fuse.net)

“The idea of service leads to community.” Mies van der Rohe.

## Directory Reminder

Members in good standing of the Paddock Hills Assembly receive a print directory of community residents. If you have not received your copy they will be available at the February Community Meeting. If you can't make it, please contact Joyce Coleman who has the stock. You can reach her by phone at 242-3737.

If you are not yet a member you can join or renew your membership by mail.

Join or renew your Paddock Hills Assembly membership by mail.

PO Box 16028, Cincinnati, Ohio 45216-0028

Suggested dues:

Single Membership \$20

Family Membership \$40

Other Donation Amount \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Preferred email \_\_\_\_\_ Preferred phone \_\_\_\_\_

# Saying Yes

Shortly before retiring in 2008, one of the best things I did was to accept a position as trustee on the Paddock Hills Assembly board. In so doing, I ignored the sage wisdom of neighbor, Martha Highsmith.

Shortly before retiring in 2008, Martha warned me not to say yes to anything for a year. Ignoring her advice, when Lina Orr asked me to be a Paddock Hills trustee, I said yes.

I couldn't ignore the chance to follow in the footsteps of both my parents, who were active in the neighborhood from the time we moved here in 1964 until they left in 2007. Saying yes has given me the opportunity to work with long time residents as dedicated to the neighborhood as my parents were - folks like Luekicious Brown, Donald & Liz Swain, Lina Orr, Janice Lambert, Pat Jones, Joyce Coleman, Ellie Johnson, and Lynne Stone. I cannot imagine how many years of service are represented by that list.

In recent years, the Board has added a few new, younger board members – Jake Weyand, Joe Galvin, and Karl Daniels. It's always good to get an infusion of young blood. They bring fresh ideas and energy to the discussion, but I never underestimate what our long-tenured members bring to the table. The relationships Mrs. Brown has established and her tenacity in dealing with the city are legendary. "It takes the wisdom of the elders, the young people's energy," as Common rapped in the song Glory.

Following in my father's footsteps, I took on the role of Neighborhood Support Program (NSP) manager, when Bill Williams stepped down several years ago. In that capacity, I have met people from most of Cincinnati's neighborhoods, learned about their challenges, gained inspiration from their accomplishments, and brought some of their ideas back to Paddock Hills.

I've met people at NSP meetings who have served their communities for 30-40 years, people who could stop volunteering and "let somebody else do it." I've also met young people, barely in their twenties, who step up and take on the responsibilities of community council president, treasurer, or NSP project manager, sometimes all at once, while juggling first jobs, living in first houses, and raising young children. It's impressive.

We're all busy. Young or old, life doesn't slow down. It's great to see everyone come out for social events, but we need folks on the planning side of things, people willing to serve on the board, help plan events, and volunteer for committees. We need fresh ideas, and we need people to turn ideas into reality. It doesn't matter how long you've lived here or whose house you live in. We need you to get involved, to maintain what we love about Paddock Hills and make it even better.

There are many ways to do it; one of them is bound to fit your schedule. Become a trustee. Join a committee. Chair a committee. Contribute to the newsletter. Suggest a new idea. Tell us you're available for one-time projects.

Come to community council meetings to meet neighbors and city representatives, share your ideas, and volunteer. Say yes to something.

You'll be glad you did.

Susan Glas  
Paddock Hills resident 1964-1976, 2007-present

# Neighborhood News

## Community Gardening Anyone?

Have you had enough snow?

Have the plant catalogues gotten you dreaming of spring?

Now's the time to start thinking about spring gardening, and if you don't have sunny, level land in your own yard, Xavier University's NEXUS (for Norwood, Evanston, & Xavier) Garden has a plot for you.

These are small plots, about 4 x 8 feet, in which you can plant whatever vegetables and flowers you like. We also provide free seeds and seedlings, compost, soil & water testing kits, water, and tools, as well as plenty of good advice and help getting started.

The goals of the community gardening movement are multiple, but they include building community, helping people learn to grow food organically, encouraging us to eat more fresh and raw vegetables and try new ones, educating a new generation of gardeners about old and new methods of growing foods, and providing fresh vegetables to local food pantries in Norwood and Evanston.

If you're interested in learning more about this project, contact MaryCarol Hopkins at [hopkins@nku.edu](mailto:hopkins@nku.edu) or Jerry Braun at [braun@xavier.edu](mailto:braun@xavier.edu).

March is a good time to get a little tour of the garden, choose your plot, and perhaps get in some early crops like lettuce and peas. We order in bulk early, so you can start seedlings indoors if you like.

Whether you've never gardened or are an old hand, this is the perfect time to start preparing the soil, choosing the right crops and varieties for the local climate and soil, and timing your planting for a three season harvest.



# Fitness Corner

## Fitness trends for 2018

The American College of Sports Medicine (ACSM) surveyed more than 4,000 fitness professionals, and the results are in: High Intensity Interval Training (HIIT) is forecast as next year's most popular trend in fitness.

HIIT training is made up of bursts of all-out exercise followed by short periods of rest for recovery.

The top ten trends from ACSM's Health and Fitness are:



- 1 High-intensity interval training
- 2 Group training
- 3 Wearable technology
- 4 Body weight training
- 5 Strength training
- 6 Certified, and experienced fitness professionals
- 7 Yoga
- 8 Personal Training
- 9 Fitness programs for older adults
- 10 Functional fitness

Lynne Stone ACSM Certified Personal Trainer

## Too Cold to Walk?

You may not realize that the New Vision Methodist Church on Reading Road has an indoor track on the second level. The Lindner Walk for Wellness Indoor Track is named in honor of Cincinnati philanthropist Carl Lindner, who made a financial contribution to help with the construction.

This track is open free of charge to the entire community (donations are accepted). You don't have to be a member of New Vision UMC or attend on Sundays to take advantage of this facility!

The track has state of the art cushioning that is kind to joints and the lower body. This is superior to the mall, most gyms and of course outdoor sidewalks. The track is accessible by stairs or elevator. Children 4 and older may walk with the supervision of an adult.

The New Vision United Methodist Church:  
 website <http://newvision-umc.org/health-wellness/>  
 telephone (513) 961-4817

## In Remembrance

I thought it only right that we as a community remember our longtime neighbors who have "passed" away this past year.



Viola Grace

passed away December 12th, at 81.

Ms. Grace resided at 1227 Avon Drive since 1969. Viola was the mother of Michael, who many of you have seen around the neighborhood and recognize, he has a special gait. Viola kept to herself and probably only a few neighbors new her well. Periodically, she would attend Paddock Hills Community Meeting, but she attended most of the social events and her presence was noted this past year at the "in between" for the Block & Rock. She will be remembered and missed by the residents who knew her.

Mary Theresa Payne, had lived in Paddock Hills for, I think, over forty years when she passed in September at the age of 84. She was a very quiet person who loved her time with her family. Her love of the arts lead her to the symphony and the opera. Mary enjoyed traveling and spending time in her second home in Hilton Head, where she swam, gazed at the water, swam some more and enjoyed the beautiful ocean sunsets.

I knew her as a kind person who had great pride, after all she was the mother of five wonderful children, and if I am correct all five attended and graduated from Notre Dame University in South Bend Indiana. One of her grandchildren also answered the Notre Dame call. A reason to say with great pride "Go Irish"!

Joyce Coleman

## Home for the Holidays

The Paddock Hills Community has sent many young people out into the world. It is always fun around the holidays to catch up on some of their accomplishments. We caught up with neighbor Aaron Greenlea this holiday season. Reverend Greenlea was looking forward to a visit with all his children and with his Los Angeles son.

Rob J. Greenlea is a director with a diverse entertainment background. He began his career as a child actor/singer in theatre, musical theater, commercials and educational television. Rob attended the Cincinnati School for the Creative and Performing Arts, Webster University's theatre Conservatory, and the New York Center of Media Arts. Along the way he worked as a photographer/videographer, gaffer, key grip, best-boy grip/ electric and dolly and finally director. He has worked on numerous successful stage, motion-picture film, video and television productions. You may have seen his work as a director on one of your favorite television shows. Rob has directed episodes of *Greenleaf*, *Grey's Anatomy*, *Madam Secretary*, *NCIS New Orleans*, *Stitchers* and *The Catch* among others.



## Congratulations

Paddock Hills resident Maurice Brown has been elected Vice Chair of the Southwestern Ohio Regional Transit Authority (SORTA). Mr. Brown is president of the American Federation of State, County and Municipal Workers (AFSCME) Local 250 representing City of Cincinnati employees. He has been an employee with the City since 2007 and was a minority business owner for fifteen years. Mr. Brown is a board member of the city's Community Development Advisory Board.

## Snow Angels

Once again,

the Snow Angels have been out shoveling my walk even before I was out of bed!

We all know Paddock Hills is the greatest neighborhood for many reasons, but highest on my list are the wonderful neighbors who struggle into their boots and mufflers at the crack of dawn to shovel and de-ice the sidewalks for others. Thank you, Chris and Jen, and to all the Snow Angels on other streets who make walking safe for the rest of us. I know there's a special place on Mt.Olympus for you!

MaryCarol Hopkins

## Watchful Eye

Our family is extremely grateful for the welcoming we have received since moving to Paddock Hills.

Today my Father-in-Law came by our house to bring us some pizza... we weren't home, but there was a package that had been left at our door... he grabbed the package and was going to take it with him for safe-keeping.... before he could get back to his vehicle a neighbor spotted him and immediately asked "is that your package?!"... he explained to her that he was bringing it to us and all was well.

I write all of this to express how grateful I am that we are in a community that notices when things don't look right and also speaks up about it!!

It feels good to live in a community where everyone is looking out!!

Thanks so much neighbor!!

Bianca Freeman

## Moving Sale

House and lots of its contents for sale!

It's time to move from my dear Paddock Hills.

HUGE moving / downsizing / kids moving on Garage Sale.

Saturday, April 7. 8:30am to 1pm. 1336 Westminster. (No early birds.)

Furniture. Small appliances. Toys. Cds. Books. Décor. Etc. Etc.

Thanks for being such great neighbors and a great neighborhood.

MiMi Chamberlin

# Calendar/Upcoming Events

<b>Monday February 26</b>	<b>6:00 - 7:00 PM</b> <b>7:00 - 9:00 PM</b>	<b>Trustee Meeting</b> <b>Community Meeting</b>	<b>Avon Woods Nature Center</b>
<b>Monday March 26</b>	<b>6:00 - 7:00 PM</b> <b>7:00 - 9:00 PM</b>	<b>Trustee Meeting</b> <b>Community Meeting</b>	<b>Avon Woods Nature Center</b>

## Invitation

Monthly Paddock Hills Community Meetings are a place to share neighborhood concerns and advocate for our community. Opportunities from the City of Cincinnati, the Neighborhood Support Program and others are presented.

Our Neighborhood Officer LaDon Laney and Engine House 9 report on Safety and Security at each meeting.

Everyone is welcome.

## Thank You

Did you ever wonder who puts up the signs announcing Community Meetings and Events?

Thank Kathy Grant, long time Paddock Hills resident and dedicated volunteer.

## Frequently Called Numbers

**Unattended, abandoned cars, litter, overgrown weeds, snow removal, pot holes, dead animals, sidewalk repair and graffiti, etc.**

To report concerns or request services from the city:  
Cincinnati Public Works 591-6000  
[www.5916000.com](http://www.5916000.com)

### Cincinnati Police

District 4  
569-8600

Officer LaDon Laney Neighborhood Officer  
[ladon.laney@cincinnati-oh.gov](mailto:ladon.laney@cincinnati-oh.gov)  
569-8676

**Avon Woods Nature Center**  
861-3435

### Paddock Hills Media

Paddock Hills Neighborhood website <http://www.paddockhills.org>  
Nextdoor Paddock Hills <http://paddockhills.nextdoor.com>  
Facebook <https://www.facebook.com/Paddock-Hills-266186546751105/>

## Paddock Hills Assembly Officers

**Joe Galvin - Interim President**  
**Lynne Stone - Treasurer**  
**Stacy Bird - Secretary**

## Paddock Hills Assembly Trustees

<b>Stacy Bird</b>	<b>Luekiucius Brown</b>
<b>Joyce Coleman</b>	<b>Karl Daniels</b>
<b>Joe Galvin</b>	<b>Susan Glas</b>
<b>Ellie Johnson</b>	<b>Nicole McWhorter</b>
<b>Lina Orr</b>	<b>Lynne Stone</b>
<b>Liz Swain</b>	

## Committee Chairs

**Communications -**  
**Safety, Security and Traffic - Luekiucius Brown**  
**Environment/Beautification - Lynne Stone**  
**Neighborhood Support Program - Susan Glas**  
**Social - Liz Swain**  
**Joyce Coleman - Membership**  
**Economic Development - Karl Daniels**  
**Youth Programs - Joe Galvin**

## Paddock Press

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