

Avondale Community News

Volume 4/Issue 2 March 2012

Avondale Initiative to Reduce Crime

Avondale Community Council*** will host the Cincinnati City Council's Public Safety Committee meeting on March 20, 2012 at 6:00 PM at the Hirsch Recreation Center.

At this meeting Patricia Milton, ACC President, will introduce the *Avondale Initiative to Reduce Crime* (AIRC). Other speakers will include the Cincinnati Police Department, CIRV Street Advocates, Avondale clergy and an Avondale resident. We will learn what we as a community can do to reduce crime in Avondale. AIRC has identified one of the high crime areas to target our efforts. We need to let those who are committing the crimes in Avondale know that the violence must stop; that they must own the harm that results from the violence and that we want to help because they are a part of our community; there is a way out.

Please join us and share your thoughts.

***The Avondale Community Council General Body meeting will be held at Hirsch Center in conjunction with the City Public Safety meeting on March 20th.

Cincinnati Initiative to Reduce Violence

The City of Cincinnati Human Relations Commission sponsors the Cincinnati Initiative to Reduce Violence (CIRV). The Street Advocates, who work for CIRV, are the men and women out in the community to help you in the following ways:

- Assist you in finding employment opportunities
- Mediate conflicts
- Attend funerals to support families

The Street Advocates have impacted over 1,000 individuals via street outreach and a host of other venues. The Street Advocates mentored over 80 individuals in 2011.

If you or someone you know can benefit from the services of the Street Advocates contact them at (513) 706-1857.



Avondale Street Advocates
(l) Eugene Thomas
(r) Reggie Brazzile,

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News from Gabriel's Place

What Your Neighbors are Looking Forward to at Gabriel's Place

By Leslie N. Stevenson



Over the past year Gabriel's Place, a collaborative non-profit organization located in the former St. Michael's and All Angels Episcopal Church, has been establishing its presence as a resource for affordable fresh produce, health education, cooking classes and a community gathering space. Read below to learn what your neighbors and our partners are excited about and what they hope you'll experience as we open our doors this spring!

Carla Butler, Program Manager, Gabriel's Place, and past shopper at the Do Right! Market Stand

I'm excited to see community residents working hand in hand in the garden and **shopping at the Marketplace on 1st and 3rd Thursdays from 4-6 p.m.** My hope is that the people from the east side and the west side of Reading Rd. who may have never interacted come together for dialogue. I want people to connect and talk, with the **community garden being a point of connection.**

Greg Howard, Member of Avondale Avenue District Block Club and the Marketplace Volunteer Corps at Gabriel's Place and past shopper at the Do Right! Market Stand I am excited that there will be **fresh food in our community** at a reasonable price and that people in the community may get to know each other at the same time, hopefully **forming friendships.**

Ozie Davis, III, Resident and Executive Director of the Avondale Comprehensive Development Corporation

I'm excited for the impact that Gabriel's place can have on the community. With **spiritual healing, cooking, agricultural training** all on the horizon, the former St. Michael's church will continue to minister to community stakeholders throughout the region. I'm hopeful that we will be able to **continue to expand program offerings.** I'd expect a **sense of renewal** to occur because of the opportunities presented by Gabriel's Place—renewed interest among stakeholders to **grow their own food**, an opportunity to incubate a cooking business, **a place to gather** for spiritual uplift, all inviting renewal.

Patricia Milton, Resident, President of Avondale Community Council and past shopper at the Do Right! Market Stand We have learned from previous years and should have our soil, seed and growing techniques ready to ensure plentiful crops from our gardens this year. I hope the community experiences **fellowship with neighbors** at the Marketplace and **great fruits and vegetables to cook for family meals served with love and laughter!**

Sofia Cifuentes, Sustainability Coordinator, Cincinnati Zoo & Botanical Garden, Gabriel's Place volunteer and past shopper at the Do Right! Market Stand

I am most excited to see so many possibilities available to the community of Avondale. From **growing fresh produce, to learning how to cook it**, to having it made available in the Marketplace, are all wonderful opportunities for the community. Mix that with a **meeting space**, a place for **building relationships**, and **collaboration and support from other organizations/businesses** make for a successful season. I am happy to be a part of it! I hope Avondale experiences a **renewed sense of pride, passion and love for the community** because of Gabriel's Place being open and accessible. Gabriel's Place will offer the benefit of growing fresh healthy, local food and increasing health indicators as well as the opportunity for shopping in the Marketplace. I hope the community feels the support from other organizations and other neighborhood members as Gabriel's Place continues to grow and develop.

Applications for the community garden and for vendors at the Marketplace are now available. To learn more about Gabriel's Place or to pick up an application, please visit us online at www.gabriels-place.org or call the Avondale Pride Center at 513-281-5999.

Avondale Youth ages 13-16, are invited to spend Spring Break at Gabriel's Place! Cincinnati State will partner with us to provide cooking classes on Monday, March 26th and Friday, March 30th. For more information or to reserve your space, please call the Avondale Pride Center 281-5999 or email Leslie at gabrielsplace.vista@gmail.com Space is limited so apply today!

Avondale's Avenue District Block Club

What is the Avenue District?

The Avenue District is a neighborhood within the Avondale community. Boundaries are **Erkenbrecher to Forest and Burnet to Dury Avenues, including Larona, Rockdale, Northern, Wilson and Hearne Avenues.** This area is home to Rockdale Academy School and St. James AME Zion Church.

Please join us for Block Club meetings: All are welcome.

Every 4th Friday of the month
5:30pm-7:00pm, Mar 23rd,
Apr 27th, May 25th, June 22,
Cincinnati Herald Building
3440 Burnet Ave. 1st Floor
C o m m u n i t y R o o m

(park in garage on Northern,
walk in rear of building)

For more information, contact a
block club representative:

Sheila Holmes Howard-Block
Club Chair 543-2333
sholmeshoward@gmail.com

Dan Smith 559-1280

Vera Miles 281-5984

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Senior Safety and Healthy Eating in Older Adults

Over the last several years Serving Older Adults through Changing Times, (SO-ACT) has been able to share the stories and concerns facing the elderly in our community. For 2012, we have decided to narrow our focus to these two important areas: safety and healthy eating. We realize safety and healthy eating are the two most important areas in aging well. How can we help our families and communities in this area? By advocating for these issues.

We can make sure the environment in which they live has access to healthier foods. Aging well, depends a lot on our diet and exercise. We will help promote The Market Stand at Gabriel's Place as an convenient and affordable location to purchase fruits and vegetables in the neighborhood. We will also encourage participation in the Avondale Running/Walking Club; maybe organizing short walks in and around the senior buildings.

Making every effort to keep our seniors safe must include, safety tips and senior workshops like the one, put on one year by the Cincinnati Police, CPOP, Avondale Community Council and SO-ACT. This workshop was able to provide some do's and don'ts if confronted with a dangerous situation. For instance, always be aware of your surroundings and never to take your eyes off the intruder. Call the police if you are in danger or threatened in any way. Never put yourself in harms way.

Recently, I received a call from a senior here in Avondale. Someone shot through her window, and this wasn't the first time. Needless to say, she was frightened and ready to move out the neighborhood. She is currently living across the street from one of our more challenging areas. She called the police several times and noticed there were several officers outside and didn't understand why they never stopped by to speak with her at the time of the incident. The end of the story is that an officer did come by and looked at the bullet and took a report and several days later a detective stopped by and removed the bullet and took another statement. The guys were caught and are now in jail. They were shooting at one another. This story is all so real for many of the members in our community. I shared with her about the Community meetings held at District 4 and also, how important it is to call the police when she or others residents hear gun fire. The non-emergency number for District 4 is 765-1212. This senior is on it and will share this information at the next resident's council meeting.

YOU KNOW THE ISSUES SO-ACT
Sandra M. Jones

March is National Nutrition Month



Before you eat, think about what goes on

your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean products and lean protein foods contain the nutrients you need without too many calories. Over the day, include foods from all the food groups. Try the following tips to "Get Your Plate in Shape."

Make half your plate fruits and vegetables. Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruits to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well s fresh fruits.

Make at least half your grains whole. Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.

Switch to fat-free or low-fat milk. Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.

Cut back on sodium and empty calories from solid fats and add sugars. Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods.

Enjoy your food but eat less. Get your personal daily calorie limit at www.choosemyplate.gov. Keep that number in mind when deciding what to eat. Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home, where you are in control of what is in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. Write down what you eat to keep track of how much you eat. If you drink alcoholic beverages, do so sensibly. Limit to one drink a day for women or to two drinks daily for men.

Be physically active your way. Pick activities that you like and start by doing what you can ten minutes at a time. Every bit adds up and health benefits increase as you spend more time being active.

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Dates To Remember

Avondale Community Council

- Board Meeting—1st Tuesday of every month 6:00
 - General Body Meeting—3rd Tuesday of the month 6:30
- All meetings held at Avondale Pride Center
3520 Burnet Avenue

Avondale Youth Council

- 1st and 3rd Tuesdays 4:30 p.m.

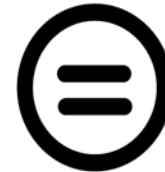
Avondale Business Association/Avondale Workforce Initiative Workshops

- 4th Monday of the month 5:30 p.m.

District 4 Community Meeting

- 4th Wednesday every other month starting in February
6:30 p.m. held at District 4 4150 Reading Road

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3520 Burnet Ave.
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FOR CURRENT RESIDENT OR

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Fax: 513-281-0884**

**E-mail: avondalecouncil5@aol.com
avondalebusiness@aol.com
avonyouthcouncil@aol.com**

Web-Site: www.avondalecommunitycouncil.org

Board of Trustees & Committee Chairs

President	Patricia Milton patriciamilton@msn.com	281-4430
Vice-President	Fulton O. Jefferson, Jr.	614-4775
Treasurer	Anthony Moore	293-1559
Secretary	Sheila Holmes Howard	543-2333
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Membership Chair	Linda Mayfield	325-4188
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Trustee	Charles Houston	236-7216
Trustee	Christopher Heater	520-0671
Trustee	Treresa Adams	349-1745
Trustee (alternate)	Linda Fairbanks	505-2129



Major Projects Consultant	Bill Witten	646-8944
District 4 Police	CPOP Supervisor	368-1720

Important City Phone Numbers

Better Business Bureau	421-3015
Crimestoppers	352-3040
Liter Control	564-1750
Poison Information	558-5111
Senior Program	352-4026
Street Cleaning	591-6000
Weed Property	564-1750
Abandoned Vehicles	564-2277
Building Decay	352-3275
Snow Removal	591-6000
Waste Collection	591-6000
Discrimination, rental/leasing	721-4663

City Council Directory

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