



The Pleasant Run Farms MEMO
 "An Active Community"
 November 2009
 Volume 41 Issue 11
www.pleasantrunfarms.org
 A publication brought to
 you by the PRF Civic Association

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PRF Athletics finishes 2009 strong...2010 to be even better!!



Another soccer season has ended and 2010 is nearly here but let's take a quick look back at 2009. The year started off with nearly 120 kids playing on 10 teams (4 T-ball, 2 softball, and 4 baseball) in the spring. Some of the highlights for spring sports included:

- Increased spring sports participation compared to 2008
- Baseball teams sporting new uniform shirts with the newly designed PRF Panther
- Investment in new team and training equipment including a pitching machine and new bases for the fields
- Relocation and construction of a batting cage (project ongoing) at Clifford George Field
- Participation of a PRF baseball team in the Fairfield fall league

Also on the horizon for 2010:

- Further upgrades to team and training equipment for baseball, softball, and T-ball
- New uniform shirts planned for softball

The excitement and energy created from the spring sports season carried over to the fall as we had a great fall soccer season. Although the weather presented a bit of a challenge, it didn't dampen the kids enthusiasm or spirits. PRF fielded a total of 7 soccer teams (4 Lollipop and 3 SAY teams) with over 70 kids participating. Soccer had seen declining numbers in recent years but Lollipop bucked the trend and saw a nearly 50% increase in participation over 2008. All of the kids worked really hard, learned a lot, and had a great time. In Lollipop and SAY, they concentrated on the basics like throw-ins, dribbling, defense, and goalkeeping. The practicing prepared the older Lollipop kids for next year's transition to SAY and really paid off for the SAY Kickers team as they qualified for the postseason tournament.

As the year comes to an end, I would like to thank all of our volunteers who made PRF Athletics not only possible, but a great place for our kids to play sports. Thank you to Marc Ferguson for coordinating baseball and T-ball, to John and Scarlett Roper for coordinating softball and to Eugene Jergens for coordinating SAY soccer. Thank you to Kelly Girts for stocking and staffing the concession stand. Thank you to Stan Jurgens and Randy Hamann for their countless hours cutting the grass and lining the fields so we had a place to play!! Also, many thank you's to the coaches and assistant coaches of all the teams. A lot of work goes into planning the practices, teaching the kids, and coaching the games and it is much appreciated. Most of all though... to the families who participated in PRF sports... THANK YOU!! We hope to see you back next year!

As we move towards next spring, we take a look at PRF Athletics and realize we could use some help. In 2010, we need people for the following positions: T-ball coordinator, Lollipop soccer coordinator, SAY soccer commissioner, Umpire coordinator, and Athletics Treasurer. We could also use some help with Field Maintenance. All of these positions sound very challenging and daunting, but they sound worse than what they entail. There are procedures and guidelines already in place to allow a smooth transition into the duties of the position.



Article continued on Page 10.....





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www.pleasantrunfarms.org



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YOUR PRF EXECUTIVE BOARD MEMBERS:

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OPEN (Athletics)

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**Memo Deadline for
Advertisements and Articles**

Tuesday, November 24, 2009

The next Memo Delivery will occur on the weekend of December 5, 2009. If you would like to **place an ad in** or **contribute an article to** the Memo, please contact Venita Vivians, Memo Editor, at 825-8756 or vvivians@prodigy.net. If you have any problems with **receiving** your Memo, please contact Susan Schieb at 931-3508.

The Memo and the PRF Civic Association reserve the right to refuse any content. Letters to the editor will be published only with the authors name. Any comments, suggestions, or new contributors are welcome.

PRFCA Membership Applications are available in this memo and on the website listed below or by calling our Membership Chairperson listed above.

Dues are \$25 a year.

Check out the website below for additional news and community information.

www.pleasantrunfarms.org

Brief*



Relief

Saturday, November 7, 2009
7:00 to 9:00 PM

Please join us for a night of music as local musicians gather together to benefit our community. This event will be hosted by:

John Wesley United Methodist Church
1927 Kemper Road,
Cincinnati, Ohio 45240

*** Please bring one package of men's, women's or children's briefs and/or socks. These items will be given to the area homeless.**

Pleasant Run Farms Basketball

Do you like to play basketball? All skill levels are welcome to participate in the PRF adult basketball league. It's just for fun. Come as often as you like. It's pick-up ball. No ongoing commitment required. Come whenever you want for some neighborhood fun.



We will play Mondays at Welch Elementary School Gym. Time to be determined when the level of participation is established. All PRF residents age 21 and older are welcome.

Interested? For details contact Randy Norris at 513-479-0579 (randall.norris@cumulus.com) or Jason Henry at 513-315-1183.

Randy Norris

A Helping Hand for PRF Members



The Fall Yard Cleanup or Light Maintenance for PRFCA Members over 59 years old will be held on Saturday, November 14.

Please contact Peter Mayer at 851-7908 to explain what you want done and to setup a time to have the high school volunteers come to your house.

Also if any high school students are looking for volunteer hours or just want to help out, you should also contact Peter.

Peter Mayer

Springfield Township Neighborhood Meeting

There was a great turnout for the Springfield Township Neighborhood Meeting on October 19th at Welch. It was great to hear our residents' feedback to the township officials on local issues.

It was ironic, however, to hear the response to the question "What do you like most about living in Springfield Township?" The top two answers to that question were: the greenbelt and the community pool.

So why, you may ask, is that ironic? Because the township has NOTHING to do with either the pool or the greenbelt. Both of these are owned and operated by YOUR Pleasant Run Farms Civic Association. Membership fees pay for insurance and maintenance of the greenbelt, and help defray some of the pool costs.

However, less than 10% of the 1300 households in Pleasant Run Farms are members of the civic association. The PRFCA needs your support to be able to maintain these assets for the community.

You have identified these as some of the best parts of living in Pleasant Run Farms. Your civic association membership will help keep the greenbelt undeveloped and the pool open. Membership is just \$25 per year. You can find a membership form in this memo or online at www.pleasantrunfarms.org.

Chip Bergquist
Resident

Springfield Township Master Planning Meeting

Springfield Township Master Planning Meeting for Pleasant Run Farms Update

The master planning meeting for PRF took place on Monday October 19, 2009. The Springfield Township Board of Trustees as well as public officials were also present. There were approximately 20 Pleasant Run residents present including Randy Scheib and Monica Bowles from the Civic Association.

An overview of Pleasant Run statistics was given. Springfield Township consists of 40 thousand residents. There are 6 school districts in the township. There are 12 neighborhoods in Springfield Township. Pleasant Run Farms accounts for approximately 13% of the residents in Springfield Township. There are 1,988 residential units in Pleasant Run Farms of which 251 are rental units. There are currently zero subsidized units and there are 3 bank owned properties. Approximately 25% of Pleasant Run Farms are businesses which are primarily located on the Hamilton Road corridor. The aforementioned are all estimates.

Code violations in the Farms were 10% of the total for the township in 2008. In 2009, that figure increased to 13%. Due to the failure of the previous levy, street repairs have not been made in some locations however 70% of streets are in fair or better condition. There are 37 streets in the Farms which the Township is responsible for maintenance.

Serious crime has been on the decline in 2009. In 2008, PRF accounted for 1.2% of serious crime and the overall township rate was 2.1%. By contrast, this year PRF accounted for just .08% of serious crime against the township of 1.7%. In comparison to surrounding communities PRF is doing well. Forest Park has a 4.0% serious crime rate, Fairfield is also at 4.0%, Fairfield Township 3.3%, Liberty Township 3.6%, West Chester 3.2% and Springdale at 8.7% (mostly due to business crime rates).

PRF does not have its own Fire Department. As such the township contracts with Forest Park. The response time has been only 5 minutes.

Welch Elementary will close (time frame is unknown). Ideas for re-development of the school grounds include a park, a senior center and a community center. The idea of single family home development was mentioned, but did not seem to have support.

Residents shared concerns which included landlord enforcement of violations, empty houses, loose dogs, lack of street lighting, snow removal, speeding on some streets, primarily Elkwood, loitering, people not picking up after pets, and economic development along the Hamilton road corridor.

Overall the meeting was informative and productive. The Trustees expressed a desire to focus fund stability, revitalization of neighborhoods, economic development and improve communication with residents. Residents were also asked to fill out a form if they were interested in serving on a committee to represent the Farms with respect to issues important to the community.

Monica Bowles

Classified Ads

Help Wanted

Sitter needed on an "on-call" basis.

Varying hours (for 1 or 2 kids).

Call Anita 390-5326.

Kids Looking for Work!!!

Following is a list of young residents looking for work. The PRFCA/Memo does not endorse any of those listed; we list these names free of charge as a service to our community....

Babysitting:

Julie McKendry, age 15, 742-3087, Red Cross Certified Baby-sitter

Nefertiti, age 15, 545-4602, Red Cross Certified, CPR Trained, will babysit in my home or yours

Maria Boylson, age 16, 290-4756. Fire Safety classes, basic CPR, first aid

Angela Boylson, age 15, Home 674 - 1760, Cell 545 - 5994, Fire safety, basic, CPR, first aid

Yard Work/Pet Care:

Jeremy Purvis - age 16, 851-2871

Derrick Purvis - age 14, 851-2871

ITEMS & SERVICES:

Cabinet Making: Furniture repair & refinishing. 825-4208.

Sharpening Service: Chain saws, scissors, knives, hedge trimmers (electric & manual), mower blades, etc. Phone 825-4208.

Dependable, experienced childcare in my Christian home. Excellent references! Hot meals, snacks, fenced yard. Lots of TLC. Lots of fun. Non-smoker. Reasonable rates. Any age welcome. Call Dagmar at 825-4508.

Childcare in my safe, non-smoking home. Any age welcome! I will provide a loving, fun and structured educational environment. Please call 674-1926.



November/Thanksgiving Trivia

- Thanksgiving was first officially celebrated in November 1789.
- November was the ninth month of the Roman calendar (there were only 10 months). The Latin translation of "novem" is nine.
- Deer, codfish and boiled pumpkin was served at the first Thanksgiving.
- November begins on the same day of the week as March every year and also February except in leap years.
- November in the Northern Hemisphere is the seasonal equivalent to May in the Southern Hemisphere.
- The pilgrims did not use potatoes for thanksgiving because they thought it was poisonous.



Fighting Cold & Flu Season

Cold and Flu Season has arrived and PRF is feeling its share of the seasonal flu, H1N1, as well as the common cold. Many of our own families, friends and neighbors have been affected by illness this season already. Our schools, day cares, grocery stores and doctor's offices are taking extra precautions to help control the spread of these illnesses. Here's some knowledge to help us fight these illnesses in the Farms.

12 Tips to Prevent Cold and Flu Infection

1. **Wash Your Hands**—Most cold and flu viruses are spread by direct contact. Germs can live for hours, sometimes weeks, on surfaces touched by someone infected who has sneezed onto their hand. So wash your hands often. Rubbing your hands together very hard while washing helps break up most cold germs.
2. **Don't Cover Your Sneezes and Coughs with your Hands**—Germs and viruses cling to your bare hands. When you feel a sneeze or cough coming, use a tissue and throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough into the air or into the bend of your elbow.
3. **Don't Touch your Face**—Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching your face is the major way people catch colds.
4. **Drink Plenty of Fluids**—Water flushes your system washing out poisons. A typical, healthy adults needs eight 8-ounce glasses of fluids each day.
5. **Take a Sauna**—The exact role saunas play in prevention is not clear but a German study found people who steamed twice a week got half as many colds as those who didn't. One theory is the inhaled hot air is too hot for cold and flu viruses to survive.
6. **Get Fresh Air**—A regular dose of fresh air is important. Central heating dries you out making you more vulnerable to cold and flu viruses. More germs are circulating in crowded, dry rooms.
7. **Do Aerobic Exercise Regularly**—The body's natural virus-killing cells are increased by increasing the heart rate, breathing faster and sweating.
8. **Eat Foods Containing Phyto chemicals**—“Phyto” means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. Eat plenty of dark green, red and yellow vegetables and fruits.
9. **Eat Yogurt**— Researchers think the beneficial bacteria in a daily cup of low-fat yogurt stimulates production of immune system substances that fight disease.
10. **Don't Smoke**—Statistics show that heavy smokers get more severe colds and more frequent ones. Smoke dries out your nasal passages and paralyzes cilia which protect your nasal passages and lungs.
11. **Cut Alcohol Consumption**—Heavy alcohol use destroys the liver, the body's primary filtering system which means that germs of all kinds won't leave the body as fast.
12. **Relax**—There's evidence that when you put your relaxation skills into action, your interleukins—leaders in the immune system response against cold and flu viruses— increase in the bloodstream.

Remember, if you are sick stay home. Limit your contact with others in your household to keep from infecting them. Disinfect frequently touched surfaces like bedsides tables, bathroom surfaces, children's toys, door knobs, light switches and telephones. Clorox products are effective against colds and flu germs as well as 2009 H1N1.

Venita N. Vivians



PRF Membership News

PRF Needs You—Membership Dues remain unchanged

I am happy to report that the PRF membership has substantially increased in 2009. We are constantly looking for ways for residents to get involved in the association to help continue to make PRF a stable and prosperous community and protecting our prized investment, our homes. If you haven't already, please join the Civic Association. Annual Memberships will remain \$25.00 for 2010. You will receive a membership card which offers **great discounts** to our local businesses. Your membership provides funds for social events, community activities and insurance for greenbelt areas. You must be a member to play sports or to use the pool. With your support we can continue to make improvements to our community to ensure that our property values are preserved and to attract top notch residents.

We are looking for volunteers to help with membership. We need volunteers to help prepare welcome packets for new residents who move into the community. If you like to bake or have some free time please contact Monica at monicabowles@ymail.com to volunteer.

Monica Bowles

What is the PRF Civic Association?

Over 40 years ago, when the neighborhood known as Pleasant Run Farms was developed, the Civic Association was founded. The intent of the Civic Association was to provide the residents of the Farms with an active community; the Association was the foundation for the sports teams, community pool, activities, and hobby/interest clubs (gardening, babysitting, reading, etc.). Throughout the years, the Civic Association has continued to provide residents with a way of connecting with their community, as well as providing the neighborhood a political voice with Springfield Township.

What has the Association accomplished?

In addition to maintaining sports teams, the pool, and other yearly activities (such as the Fourth of July Parade), the Civic Association has made lasting impacts on the community. As examples:

- Purchase of and retaining the greenbelt areas. These areas stretch behind the pool on Elkwood and back along Broadhurst, and along Hazelgrove, Forester and Hazelhurst, separating the properties owned by Home Depot and the former Kmart from the residential properties. Several times throughout the years, developers have asked about purchasing the land for retail development; the Civic Association maintains the property as a buffer between retail and residents, in order to maintain home values.
- Development of Clifford George Field as a sports complex and Township Park. The property at the corner of Forester and Mill was to be sold and developed into a gas station/minimart. The Association convinced Springfield Township to purchase the land and develop it as a complex for our sports teams. The volunteer hours put forth by residents maintains the fields as part of the agreement with the Township.

How do I join?

Joining is easy, simply complete the form found on the next page of this Memo (or you can get one online at any time at pleasantrunfarms.org). Mail or drop off the form at the address listed.

Membership runs through December 2010.



2010 Pleasant Run Farms Civic Association, Inc. Membership Form

Date: _____ Family last name: _____

Address: _____ Phone: _____

E-mail (please print clearly): _____

PRF Resident since: month _____ year _____ Check One: Membership Renewal _____ New Member: _____

please note your personal information including e-mail address is only used by the PRFCA to contact you regarding events and issues that pertain to our community. We respect your privacy and do not distribute, sell or trade any of your personal information.

Household Member	Birth month/day	Adult/Child

The success of the Civic Association largely depends on volunteers in the community. Volunteers play an integral role in keeping programs in existence and running smoothly. Please check if you are willing to help with any of the following programs and the respective Board Member may contact you for assistance.

Spring Activities____ Scholarship Committee____ Sports____ Neighborhood Watch ____
 Summer Activities____ Landscaping____ Other:____
 Winter Activities____ Memo____ Where needed____
 Fall Activities____ Welcome Committee (Membership)____ Walk/Jog Club____

We publish members anniversary (years living in PRF) and birthdays in the Memo. Please indicate your preference below:

I do want household member’s anniversary and birthdays published in the Memo.

I do not want household anniversary and birthdays published in the Memo.

If you have a child and he/she participates in sports, you must be a member. Annual 2010 Membership fee: \$25.00. Please return this completed form with your check. Please make your check payable to PRFCA and mail or drop off to: Monica Bowles, 11885 Elkwood Drive, Cincinnati, Ohio 45240.

If you have any questions, please call Monica Bowles at (513) 648-0714 or via e-mail at monicabowles@ymail.com

Please check out the PRFCA website at pleasantrunfarms.org. We are also on Facebook under Pleasant Run Farms Civic Association. Please give your comments and upload any pictures which involves the Farms. Please become a fan or join the group! Thank you for your support!

Membership Use Only: Date Received: _____ Check # _____ Amount: _____ Date Cleared: _____ Membership card: _____

PRF Athletics finishes 2009 strong...2010 to be even better!! continued

I have been the Civic Association Treasurer for the last 7 years but am leaving that position to become the Athletic Director in 2010. I am doing this because I feel VERY passionate about giving my sons AJ (7) and Adam (5) the same opportunities that my oldest son Drew, almost 16, had as he grew up in the Farms. It is a great privilege and convenience to have sports teams here in the neighborhood. Drew was able to have all of his practices and half his games within a 1/2 mile of his house!! He improved skills, gained confidence, and developed great friendships that he still has today all because of the sports teams in PRF. Our goal is to continue the rich tradition of PRF sports through increased participation, improved skills, and team successes. To do this, we need your help. I will close this article with a quote:

The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.-- DeAnn Hollis

Helping each other is how we make this a better neighborhood for everyone. If interested in helping with the needed positions or if you have questions or concerns, please feel free to contact me or any other PRF Board member. All PRF Board member contact information is listed in each Memo and on our website at www.PleasantRunFarms.org.

Chris Rowland



12071 Elkwood Drive

All the big things are done. New roof, siding and fence, 2009. Air conditioning, 2007. Heat, 2006. Hardwood floor in all bedrooms and family room. Beautiful, landscaped gardens, front and back. Square footage 1,990 per HCA.



1667 Fellsmere Lane

Show stopper! Delightful family room/hearth room/kitchen addition. Gourmet kitchen with gas stove, Corian counter, 42-inch cabinets, 12-foot island, and stainless steel appliances. All this and more plus a park-like yard. Wow!



12139 Elkwood Drive

Original owner and lovingly maintained home. Open floor plan. Fully-equipped kitchen with island opens to family room with wood-burning fireplace. Finished lower level. Square footage 2,125 per HCA.



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Your Celebration News

Living in the Farms Anniversaries



Hasenohr Fam ~~~~~1965 ~~~~~ 44 years
 Jeff & Ginny Schalk ~~~~~1969 ~~~~~ 40 years
 Leroy & Sharon Oyster ~~~~~1971 ~~~~~ 38 years
 John & Lois Anaple ~~~~~1976 ~~~~~ 33 years
 Gerald & Alice Doody ~~~~~1980 ~~~~~29 years
 Walter & Gail Ulanski ~~~~~1986 ~~~~~ 23 years
 Tom & Amy Agin ~~~~~1987 ~~~~~22 years
 Chris & Julie Post ~~~~~1987 ~~~~~22 years
 Bob & Val Purvis ~~~~~1993 ~~~~~16 years
 Joe & Bev Miller ~~~~~1994 ~~~~~15 years
 Martha Goodwin ~~~~~1996 ~~~~~ 13 years

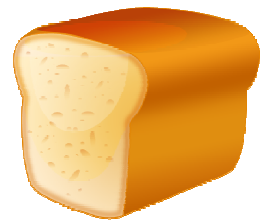
Holiday Recipe

Pumpkin Bread

Cook Time: 1 hr 15 min

Level: Easy

Yield: 1 loaf or 1 1/2 dozen small
muffins



Ingredients

2 cups all-purpose flour	2 teaspoons cinnamon	1 teaspoon baking soda
1/4 teaspoon baking powder	1/2 teaspoon salt	1 1/2 cups sugar
3/4 cup vegetable oil	3 large eggs	1 teaspoon vanilla extract
3 cups shredded fresh pumpkin	1 cup toasted pumpkin seeds	

Directions

Preheat the oven to 325 degrees F

Sift the flour, cinnamon, baking soda, baking powder, and salt together.

In a separate bowl, mix the sugar, vegetable oil, eggs, and vanilla. Combine both mixtures and fold in the shredded pumpkin and pumpkin seeds. Once the ingredients are all incorporated pour into a non-stick 9 by 5 by 3-inch loaf pan. If your pan is not non-stick coat it with butter and flour.

Bake for 1 hour and 15 minutes. At this point a knife inserted into the middle of the loaf should come out clean. Cool for 15 minutes and turn out onto a cooling rack. Cool completely. For muffins temperature should also be 325 degrees F, but bake for 30 minutes.

Source: Food network website



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