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# The Pleasant Farms Memo

June  
2018

[www.pleasantrunfarms.org](http://www.pleasantrunfarms.org) A publication brought to you by the PRF Civic Association

## POOL NEWS FROM PRF SWIM CLUB:

The Swim Club opened on hot and sunny Saturday May 26, 2018 and a lot of people came out to cool off and enjoy. We received a number of memberships that weekend but are still behind last year. If you enjoyed your time there as a guest then please consider joining at [prfarms.org](http://prfarms.org) or by stopping into the concession stand at 11955 Elkwood Drive. Paid guest fees will be deducted from your membership cost. Payment plans are still available. We'd love to hear what we can do to earn your membership so please send any comments or questions or ideas to [prfswimclub@yahoo.com](mailto:prfswimclub@yahoo.com).

Questions, comments, suggestions?  
Contact Ed Mayer @513-407-1174 or email us at [prfswimclub@yahoo.com](mailto:prfswimclub@yahoo.com)



# Hi Neighbor!

## President's Update



The rainy weather this past month slowed down some of the Civic Association projects. The renovation of the parking area and community building in front of the Swim Club is now moving along. The parking area was resealed and striped for parking spaces. The new flowerbeds were inset into the parking area and filled with plants that will grow larger and create an inviting look for the Swim Club. The landscaper removed most of the yellow balustrades by the Community Building. In front and on the side of the Community Building they created a faux stone planter. The flowerbeds have been mulched and will require extra watering this first year as the plants get acclimated. The fence on the west side of the parking area is being repaired and painted. Volunteers from the neighborhood will repaint the Community building. If you'd like to help with the painting give me a call at 513-225-4463. The project should be completed in the next few weeks.

The Swim Club had the linings of the pools repaired and painted this month. They look great! Several members of the Civic Association are coordinating the operation and upkeep of the Swim Club this year. It takes a lot of work to keep it running. If you'd like to volunteer to help they'd welcome the assistance. The Swim Club's first weekend has seen a great turnout.

Mike Gould from Springfield Township is coordinating the street repairs on Cedar creek, Canfield and Centerbrook. So glad to see them set for construction in a few months.

The next scheduled event for the Civic Association is the Fourth of July Parade. We are looking at a new route for the parade that includes Hazelgrove and Forester. Mary Barrera is coordinating the Parade and planning to have some new exciting events for the 4th. If you'd like to help with the event give Mary a call at 513- 678-5011.

We'd like to re-introduce street reps for the PRFCA. These are critical people in keeping everyone in the Farms aware of the many activities we have throughout the year. If you'd like to help out, give me a call at 513-225-4463.

Many thanks for helping us make Pleasant Run Farms a great place to live.

Skip Wicklund

Skip Wicklund, PRFCA President

## Receive Emergency Notifications

Create your  
Safety Profile  
Today!



How will you receive severe weather and other emergency alerts and warnings? Sign up for Hamilton County's notification system, Alert Hamilton County, and be in the know. Alert Hamilton County is the official emergency notification system used by the County to communicate with residents during emergencies. This FREE, safe, and secure system allows you to choose from more than 40 alerts, ranging from severe weather to evacuation. Sign up now to receive free alerts via text message, email, and/or voice message.

- Add your address to receive geo-targeted alerts
- Indicate what types of alerts you want to receive including weather, traffic, emergency, and more.
- Indicate how you want to be notified by text, email, and/or voice message.

### FAQ's About ALERT HAMILTON COUNTY

- Alert Hamilton County (Alert HC) is a mass notification and warning system designed to notify those who live and work in Hamilton County about emergencies and other important information.
- Alert HC is **customizable and allows users to choose what notifications they wish to receive and how they would like to receive them.**
- **42 different alerts available.** Alerts are available via text message, email, and voice call for a select few alerts.
- Alerts available for voice call include: Civil Danger Warning, Civil Emergency Message, Evacuation Immediate, Flash Flood Warning, Flood Warning, Shelter in Place Warning, Tornado Warning, and Municipal Alerts.
- Alert Hamilton County allows Hamilton County Emergency Management & Homeland Security Agency to activate the following tools for public notification: Wireless Emergency Alerts and the Emergency Alert System. Alert HC also allows for the connection to websites and social media feeds, as well as directly to residents via text, email, and phone call.
- Alert HC is linked with the **Smart911 technology.** Upon registration for Alert HC, relevant user information is shared with 9-1-1 call takers and first responders when a user's registered phone number calls 9-1-1.
- Those interested can register for the system at: [www.alerthc.org](http://www.alerthc.org).
- Current users can update their **Smart911 Safety Profile** and/or change their alert settings by logging in to their account at: [www.alerthc.org](http://www.alerthc.org).
- Users are able to provide key information about members of their household (people, pictures, animals, medical information) that they would like 9-1-1 call takers or first responders to know.
- Emergency responders can use this key information to help users faster and more efficiently.
- Smart911 is free, private, and secure. User information will only be available to 9-1-1 call takers and first responders for 45 minutes if 9-1-1 is called by a pre-registered phone number.
- Information is housed in secure facilities with 24/7 physical security, video surveillance, and alarms.
- Smart911 is a nationwide system. If you are traveling in an area that subscribes to Smart911, your Safety Profile will be available to that 9-1-1 Communication Center.
- Users can register for Smart911 at [www.alerthc.org](http://www.alerthc.org). Current subscribers can edit their information at [www.alerthc.org](http://www.alerthc.org).

# Summer Pleasant Run Farms Street Repairs

By Mike Gould

I am happy to share that the contract for the Kempermill Pavement Preservation Project has been awarded to Barrett Paving. Residents in Pleasant Run Farms can look forward to all the deteriorated sections of the concrete curb being replaced and the road being resurfaced on Cedar-creek, Canfield, and Centerbrook. The project is scheduled to start late this summer.

In August, a letter detailing the construction schedule will be delivered to all homes within the project area. If residents have any immediate questions or concerns, they can contact Mike Gould at 728-4285.



Michael Gould  
Director of Infrastructure and Development  
Springfield Township Public Works Department



## Pleasant Run Dry Cleaners

Same Day Service  
In by 10:00AM  
Out by 4:00PM  
Shirt Laundry  
FREE Minor Repairs  
Ask for our 20% of Dry Cleaning Card  
**6106 Winton Road at Mack Road**  
**(between Jay's Food Mart & Domino's Pizza)**  
Fairfield, OH  
829-4441

John Wesley Early Learning Center  
1927 W. Kemper Rd.  
Cincinnati, Ohio 45240  
WWW.JOHNWESLEYELC.COM



2018-2019 ENROLL NOW

CALL OR TEXT BETH HOENDORF,  
THE ADMINISTRATOR

513-236-9338

BETH@JWUMC.COM

WE LOOK FORWARD TO OUR ENROLLMENT GROWING QUICKLY.



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Puppets for Lunch

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Touch A Truck

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Evening Concert with Jay Jesse Johnson



22

Brentwood Bowl Mural  
Kick off With Professional Skateboarders

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ArtsConnect Café  
lunchtime concert with Jon  
Jon's BBQ and Amy Sailor

29

Trihealth Mammogram

### Today's Recipe Greek Lamb with lemon and feta

Serves 4

- 1 small handful fresh oregano sprigs
- 1 small handful fresh thyme sprigs
- fruity olive oil, for drizzling and frying
- salt and freshly ground black pepper
- 1 block good-quality feta cheese
- 1 lemon, juice only, to taste
- 6-8 lamb cutlets

**01** Rip the tender little leaves off the oregano and thyme sprigs, place into a bowl and drizzle over some olive oil. Crumble in the feta (large chunks are fine as they will break up slightly when everything is stirred together in the bowl). Season, to taste, with freshly ground black pepper and lemon juice and mix everything together gently.

**02** Heat a griddle pan until hot, season the lamb cutlets with salt and freshly ground black pepper, and brush each cutlet with a little olive oil before placing on the hot griddle. Cook for a few minutes one each side, or until lightly crisp.

**03** Divide the cutlets between a two warm plates, and while the cutlets are still sizzling, gently spoon over the feta and herb dressing. Eat immediately, while all is hot, herbal and piquant.

Membership Applications are available in this memo and on the website listed below or by calling our Membership Chairperson, **Monica Bowles**.

Dues are \$25 a calendar year.  
(\$35 for monthly hard copy memo distribution)

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

- Hard Copy Issue Advertising Rates
- Back Full Page \$110
  - Regular Full Page \$ 90
  - Half Page \$65
  - Quarter Page \$25
  - Business Card Size Ad \$25
  - Classified Ad \$8

Electronic Issue Rates are 1/2 the cost of Hard Copy Issue Rates  
Contact **Jalisa Harris @ harrisjalisa88@gmail.com** to place your Classified or Business Ad.

## Amazing Grace Day Camp

June 11-15 ~ 9:00 am – 3:00 pm

For children going into grades 1-7 in the fall  
FREE - Space is limited

Registration must be in person by a parent or guardian

May 23, 3:00 - 7:00 pm

May 31, 10:00 am - 2:00 pm



Community Meal, May 20 5:30 to 7:00 pm

**Augsburg Lutheran Church**  
11676 Hamilton Ave. Phone 825-2240  
e-mail: augsburgoffice@fuse.net

### YOUR PRF EXECUTIVE BOARD

#### MEMBERS:

Skip Wicklund skipwicklund@gmail.com  
(President)

Jerome Bouie (VP)

Ed Mayer prfcatreasurer@yahoo.com  
(Treasurer)

Bert Cameron (Secretary)

John Buschmann johnbusch25@yahoo.com  
(Athletics)

Jalisa Harris harrisjalisa88@gmail.com  
(Communications)

Mary Barrera mbarrera@comey.com  
(Community Activities)

Monica Bowles (Membership)

prfswimclub@yahoo.com (Swim Club)



Springfield Township residents participate in an aggregated program for gas and for electric services. Although your billing statement will come from Duke Energy, the Springfield Township aggregated gas provider is Constellation and the provider for electric is Dynegy. Their logos should appear on your Duke billing statement. Recently, unauthorized door-to-door and telephone solicitors have been canvassing neighborhoods, offering gas and electric programs outside of the township's contracted services. Residents do have the authority and right to opt out of the Township's program and into another supplier, however if you choose to switch, do so with caution.

The sales tactics of solicitations are aggressive, sometimes misleading and many times in violation of the Public Utility Commission's (PUCO) rules for marketing. Additionally, terms

## Utility Aggregation Alert

and conditions often include low introductory prices and purposefully hide, in fine print, the often exorbitant price after the relatively short (1 to 3 month) introductory term. These offers may also include hefty early termination fees and/or other terms which may be objectionable to the customer (such as automatic roll-over provisions). Many times, door-to-door solicitors ask to see a resident's Duke bill on the pretext of confirming their current rate, then obtain pertinent information from the bill and switch the account without the resident's consent or knowledge. Never let anyone trying to sell you something see a copy of your bill.

PUCO regulations require sales agents to immediately identify themselves and their company and explain why they are speaking with them. Solicitors must wear an identification badge displaying their photo and full name and the name, logo, and phone number of the company they are representing.

Residents who feel they were pressured into switching have

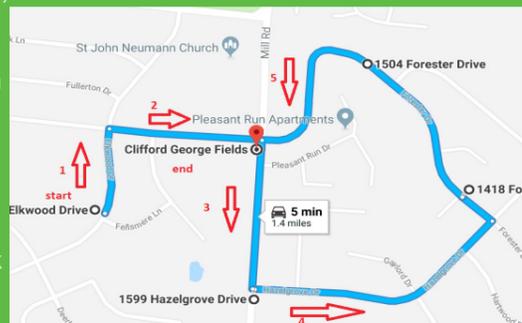
rights: they can immediately call Duke Energy to rescind their enrollment or wait for the Duke Energy letter acknowledging the switch, then call the number provided to rescind the switch during the allotted rescission period. If you feel you were inappropriately switched, call the PUCO at (800) 686-PUCO (7826) to lodge a complaint.

Tips: Residents should always write down the company, the name of the person they spoke with and any other pertinent information (such as promises made, prices and terms offered, etc.). They can also use their cell phone to take a photo of the solicitor's badge and get a supervisor's phone number for their records.

Community aggregation programs continue to be one of the best ways for residents to get a reliable energy supply at a reasonable price from a trustworthy company that community leaders have vetted and chosen. We are providing Springfield Township residents this information so they can make informed decisions on their own behalf.

## SAVE THE DATE!

It is once again time to come together as a community and celebrate our country's Independence Day. Come join in on the Pleasant Run Farms Annual 4th of July Parade! Pending final approval from the township, we are mixing things up this year with a NEW ROUTE! Meet us at the back parking lot of Welch Elementary School (off Elkwood) at 9:30am on Wednesday July 4th to get organized and to line up. We would love to see your kids on decorated bikes, scooters, wagons or whatever wheels they like best! Bring that festive pooch along for a walk as well! Know anyone with a fancy car? The can join too! The parade will head out the parking lot at 10:00am and go north on Elkwood, turn right on Forester, Right on Mill, Left on Hazelgrove, Left on Forester and end back at Clifford George Field. Follow us on Facebook and Nextdoor for up to date route information or call/email Mary at 513-678-5011 mbarrera@comey.com for details. When the parade ends we will gather as a community at the park for family fun! Be sure to join the Facebook group and check out the Facebook event page! Must be a member of the Facebook group to see the event.



PRF Facebook Page - <https://www.facebook.com/groups/186664130502/>  
 July 4th Event Page - <https://www.facebook.com/events/2071788726444266/>  
 NextDoor Event Page - <https://nextdoor.com/events/2188837/>



## TriHealth to Offer Mammograms in Springfield Township

The TriHealth Women's Services Van will be offering mammograms at The Springfield Township Administration/Fire Department (9150 Winton Road, Cincinnati, OH 45231) on Friday, June 29, 2018 between the hours of 10:00 a.m. and 2:00 p.m.

The TriHealth Women's Services Van provides screening mammograms to women ages 40 and over. Screening is provided to women ages 35-39 who are considered high risk or have a strong family history.

"Lack of access to facilities is a major barrier to women receiving annual mammograms," said Nyota Stoker, Mobile Mammography Coordinator for TriHealth. "TriHealth tackles this issue by sending the van out to different communities and provides a convenient, comfortable option for those in our community who have difficulty accessing health care."

People in Springfield Township appreciate what programs like this mean to the community.

"Early detection is critical. By partnering with TriHealth over the past three years, we have been able to offer our community a service that could be life-saving," said Gwen McFarlin, Springfield Township Trustee and long-time healthcare professional.

Patients should expect an appointment to take 30 minutes from start to finish. To schedule an appointment, call 513-569-6565.

It is the responsibility of the patient to make sure their insurance will cover the testing. Funding may be available to those who are uninsured or underinsured.

The screenings and mammograms are all part of the Springfield ArtsConnect Lunchtime Concert that afternoon from **11:30 a.m. – 1:00 p.m. on the Civic Center/Fire Department front plaza.** (Mammography van located behind Fire/Admin building)

# 10 Home Chores to Tackle Annually



While plenty of chores may be on your "To-Do" list, they are probably not on your "Want-To-Do" list. So you put them off and then feel guilty. Perhaps you don't need to feel so bad because you could just be making extra work for yourself. Some chores only need attention once per year. By spreading out the work, you'll feel a sense of accomplishment, keep your home looking good, and have more free time. Consider tackling one chore a month to keep the list bearable.

## 1. Curtains & Drapes

During the year, this fabric collects dust. To wash them, you can follow the instructions on the tags and load your laundry machine or take them to your local dry cleaner for assistance. The exception to this would be valences mounted to boards, as they can usually only be vacuumed. To do this, use a step stool and handheld vacuum and work your way down from the top to suck up dust.

## 2. House Gutters

Gutter guards can be a great investment, especially here in the Farms where we live around trees that seem, to shed all year long. These can keep your gutter cleanings from being too intense, but it is still necessary to check your gutters about once per year. The best time to do this is in the autumn when all the leaves from the trees have already fallen, but if you live in a spot where lots of leaves fall on your roof, you may have to do it again in late spring. There are handy hose accessories that can help flush the gutters, without even getting up on a ladder.

## 3. Fireplace & Chimney

After the winter, you'll want to give your fireplace a thorough cleaning. You can use a shop vacuum to clean

up the embers. You may need to wash down the brick/stone surround with a stone cleaner solution. Make sure to wash down the fireplace tools as well. Go an extra step further and schedule an appointment with a chimney sweeper.

## 4. Carpets

I wish I meant vacuuming, but that's pretty much a weekly or biweekly task for most households. In this case, I mean a deep clean. You will want to have the professionals come and steam clean the carpet to remove ground in dirt, dust and allergens. Properly maintaining your carpets can add years to their life.

## 5. Deep clean your dryer.

To make sure this appliance performs at its best and isn't a fire hazard, you should first unplug it, pull it out and disconnect the duct. Vacuum in, around and under the dryer as much as you can and vacuum as far into each end of the duct from inside and outside the house. There are also long brushes and snakes you can buy to make this easier. Wipe down every surface to remove all dust, and residue. If you have the crinkly foil style vent hose, consider replacing it annually, as they collect lots of lint and are near impossible to clean completely.

## 6. Windows

Often overlooked, dirty windows can have negative affect on their ability to function efficiently, decrease their lifespan, and of course they don't look good! Taking the time to clean both sides of the glass, as well as the frames and sills can really brighten up the inside of your home. Try using the sponge and squeegee method for a streak free shine.

## 7. Mattress

Mattresses have improved through

the years, but they still need a little bit of attention. At least once a year, give your mattress a thorough cleaning and if possible, flip/rotate it. You can use baking soda to deodorize the mattress and detergent to spot clean. If you don't already own a mattress cover, I recommend buying one. Adding a mattress pad between the cover and bottom sheet will help absorb moisture. Along with the periodic deep cleaning described here, these extra layers of protection will help prevent mites, fleas, and other pests from sharing your bed. That should really help you sleep tight.

## 8. Kitchen Cabinets & Pantry

Early November is a great time to clean out kitchen cabinets, drawers, and the food pantry to get them ready for the holidays. Do a section of cabinets at a time and empty them out completely. Wipe down the shelves and reline with shelf paper if needed. Cleaning annually will ensure that you don't find a mystery food item from decades prior.

## 9. Linen Closet

Just once a year, empty out your linen closet and give it a thorough cleaning. Take time to vacuum away dust and spiderwebs and reline any shelves. Organize the items as your return them and use this as an opportunity to thin out items not used over the past year.

## 10. Garage, Basement, & Attic

No one is expecting you to have a perfect garage, basement, or attic. However, a good cleaning at least once a year can help you keep an eye on things, such as moisture or insect problems. It can also feel good to get rid of junk that tends to accumulate in these hidden spaces.

# Around the Farms by Susan Wicklund

Congratulations to all our grads!!  
You have made one large step toward your future.

Summer has arrived. Our pool is open and our children are out of school.

This is a perfect time to share a nature walk with your family. We're lucky to have so many trees, plants and flowers throughout the Farms. It's a great opportunity for our children to have fun and discover all kinds of interesting Botany lessons.

On your walks, take your phone and take photos of some of the plants and flowers that you like. Have your children look up the plants names on the computer and find out if they are edible. Maybe the flowers are used to dye yarn, used for medicine, used for dry flower arrangements or for pressed flower pictures.

With just a piece of white paper and a pencil, your children can visit a tree and take a tree bark rubbing. This helps them learn about different textures and also can help them identify different trees. Collecting leaves will

teach them about different colors and shapes that are found in trees. Researching all that you find on your walk can be fun to do together and teaches your children about both Botany and how to research.

Children like to express themselves about what they see. It is a great opportunity for them to be creative by writing a story or a song about their walk. Some may chose to paint or draw a picture of what they saw.

The best reward for walking around the neighborhood with your children is the communication that can occur between you. Your family is spending quality time together.



## Celebration News: Birthdays and Home Anniversaries



**JUNE 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Resident Anniversari
27	28	29	30	31	1	2	Joanne Glaser & Robert Larson 1977  Jack & Joan Paynter 1979
3 Alex Berquist	4	5	6 Eleanor Gaynor Conner Puccini	7	8	9	Nicole & Jonathan Brearton 1979
10 Justin Berquist	11 Vickie Boschert	12	13 Joshua Strebe	14	15	16	Ed & Julie Mayer 1990  Chip & Nancy Berquist 1992
17	18	19	20 Venita Vivians	21	22 Tom Mayer	23	Troy & Kim Marwehe 2000  Gary & Amber Johnson 2004
24	25	26 Quianna Campbell	27 Robert Larson	28 Mariah Campbell	29	30	Betty Hutzel & Mary Telinda 2012

## Thinking Out Loud

“Enjoy life while you can. It can be taken in a heart beat.”  
— Jasmin Morin

Lately, I've been spending a lot of time thinking about how short life is. How not all moments will be remembered and how people die, grow old and forget. We rush getting to a future that never comes, or stay in a past that is already gone and we miss the demands of the present moment to live fully and wholeheartedly engaged with life. Now that I am a mother, watching a little seed of my own blossom and develop right before my eyes, I sometimes catch myself thinking “what can I do to slow down the hands of time? How can I make my moments with my loved ones count or last a little bit longer?” That's when it dawned on me that yes although life is short, being fully engaged in the present moment slows time down a bit. We are physically present in the present moment, but mentally, spiritually, and emotionally many of us are off to the future or back to the past. It is hard to surrend to the present moment especially with the excitement of the future and the pain of the past that are always tugging for our attention. To surrender and let go, is no easy task. But to live longer, wholeheartedly and full engage demand that we do. Imagine how long your days can be when you are mentally, spiritually, and emotionally present to the demands of the present moment without deference or distraction. Would we then say life is too short?



Hope you Enjoyed!

Jalisa Harris, PRFCA Communications Director