

# THE RIDGE RUNNER

APRIL 2018  
VOLUME 13 ISSUE 4

## Message from the Treasurer

By MerryBeth McKee

It's hard to shy away from all that's happening in our world. I feel overwhelmed by the challenges that we face as a civilization, as a people. Some days when I hear news of the latest unspeakable tragedy I find myself weeping. It's difficult to understand why people choose to do what they do and to see beyond actions that clearly make no sense.

But there is hope in the world. There's hope in the good choices we exercise as individuals. Hope in the effort we put forth to make things better. Hope in our community, and a collective of people that is working to support one another. There's hope in the goodwill of neighbors, in the exchange of hellos and the how are you doings. Hope in taking the time to know each other and in the acts of kindness, generosity and gratitude that we exchange. There's hope in returning good things to the earth and each other.

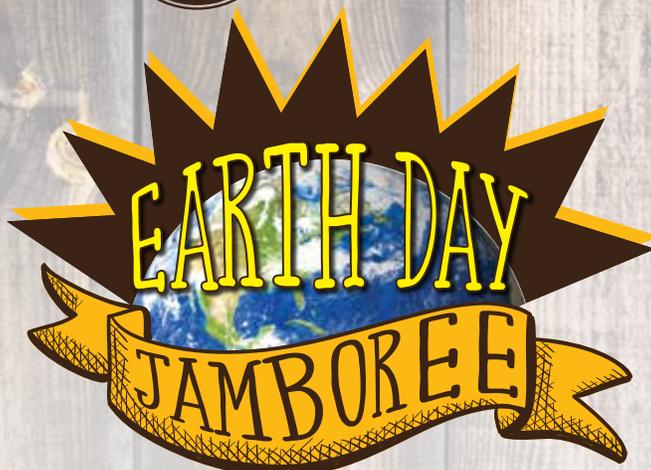
As spring emerges, I look forward to embracing all the hope this community has to offer and to doing my best to help pay that forward.

I leave you with a quotation by Henri Nouwen that has been rattling around in my brain the last several months, 'Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.'

**SATURDAY  
APRIL 21  
4-11PM**



*Common  
Roots*



**LIVE MUSIC**

*featuring the talents of*

**THE WILLOW TREE  
CAROLERS**

**JAMON ZEILER**

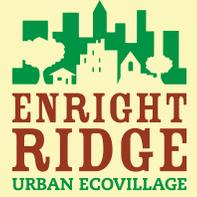
**TWIG AND LEAF**

**RAW VELVET**

**Purchase Tickets from Common Roots Pub or  
visit us online at [facebook.com/CommonRootsPub](https://www.facebook.com/CommonRootsPub)  
\$10 in Advance / \$15 at Gate**



# 9th Annual Spring Plant Sale



Get your garden started with vegetable, leafy green, herb, and flower starts. Many perennials and heirloom varieties available! All proceeds go to Urban Earth Farms Community Supported Agriculture (CSA) projects.

Sat & Sun  
May 5 & 6

10am - 3pm

Sat & Sun  
May 12 & 13

10am - 3pm

824 Enright Ave.  
Cincinnati, OH 45205  
[www.enrightecovillage.org/csa](http://www.enrightecovillage.org/csa)

## Plogging

This is a picture of the trash Tim McDonald, who lives at 554 Enright, found in the woods behind his house. He has no idea how the perpetrators got it there or who they were. He was able to recycle a good deal of the materials and the rest went into his garbage can. He suggests that, if you have a woods in your backyard to keep an eye on it. Thank you, Tim, for collecting the garbage out of the woods.

Perhaps we can take Tim's action one step further as a community of health conscious, non-polluting individuals who support a love of the earth and ecological values. We could adopt and promote our own version of Plogging.

Plogging is a combination of jogging with picking up litter (Swedish: plocka upp). It started as an organized activity in Sweden around 2016 and spread to other countries in 2018, following increased concern about plastic pollution. As a workout, it provides variation in body movements by adding bending, squatting and stretching to the main action of running. The Keep America Beautiful organisation is now promoting plogging to its affiliates and has found that some already combined exercise with clean up, such as the Trasherize program in Tennessee.

Individually, or in groups, let's walk through our woods and our neighborhood carrying trash bags and collect the trash to recycle and dispose of in our trash cans. This will be an easy, practical activity we can do to beautify and teach what the earth means to us. What kind of a message could we send as others see us caring for our community in such a concrete way? Join us on Sunday, April 22 from 10am to 12noon, beginning from homes and ending at Common Roots for our version of Plogging!



# A LOVE AFFAIR WITH DUKE ENERGY

By Jim Schenk

It may surprise you, but it seems that a number of people have a love affair with Duke Energy. How else would you explain their donating hundreds of dollars a year to Duke. This is what they do when they choose not to insulate their homes. Why else wouldn't they insulate their homes. Insulation makes the home more comfortable, warmer in the winter and cooler in the summer, it makes it less noisy and it reduces energy costs. So, there is every incentive for insulating one's home. The only reason I can think of for not doing so is having a love affair with Duke – or it could be the initial costs. However, in most cases the cost of insulating will be paid off in just a couple years, which is an incredibly good investment, much better than almost any other investment.

And remember, Duke may be two timing you – it seems there may be a number of people in love with Duke! I would strongly encourage you to give up this love affair and have your home insulated.

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## Ask EGG: Advice for Our Ecofriends

*It's not always easy to be green, so let us help. Ecovillage Green Group will be doing our best to answer your ecological, environmental, and green questions.*

**Dear EGG,**

Spring is starting to set in, and so is the warmer weather. I have had the great fortune of enjoying a few leisurely nature walks in the past couple of weeks. On one such occasion I walked by a small pond, and happened to notice hundreds if not thousands of mosquito larvae! My question for you is -- how do we, as eco-minded individuals, deal with the warm weather nuisance that is mosquitoes? What are some environmentally friendly repellents, and is there anything we can do to safely reduce the mosquito population?

**-Yours,  
Bugged Benny**

**Dear Benny,**

Thank you for your inquiry, and you are very right, now is the time to begin taking preventative measures against mosquitoes. The first and safest method of deterring these insects is not only easy, but beautiful: Plants! Many common and useful plants also act as excellent repellents, so use them around your entryways, windows, and outdoor seating areas. Some of these plants include lavender, basil, rosemary, marigold, citronella grass, and catnip. Consider taking a couple potted plants of lavender and mint along with you on your next picnic or camping trip.

The trick to the plant's success in deterring mosquitoes is in its scent -- which means we are in luck! Natural scent can be bottled in the form of essential oils, and applied to the skin and clothing to further deter the bugs. When dealing with essential oils, be mindful that some people (and animals) react to certain oils with skin

irritation. It is best that you do your own research to find out exactly what mixture will work best for you, and verify that it is pet-safe if you will be using it on your dogs. Two websites that offer multiple natural recipes are [survivalathome.com](http://survivalathome.com) and [wellnessmama.com](http://wellnessmama.com). Do be sure to check them out, as some recipes are as simple as two or three ingredients!

Standing water is a common place to find the little guys. Around your property, be sure to empty any buckets, uncovered trash bins, outdoor furniture, planters, gutters, ditches, etc. that might have collected water over the winter season. Mosquito eggs need water to hatch. From when the egg is first exposed to water, it only takes 9 to 16 days for the mosquito to fully mature, after which point the females can live for over a month while the males only live about two weeks. The females are the real terrors, for while the males simply survive on nectar, the females require blood and can produce up to 500 eggs in her first brood. Considering a female can have as many as 10 broods, and the eggs and larvae can survive the winter, it is important to maintain your preventative measures year-round.

One last bit of advice -- also look in to natural remedies to soothe the skin once a mosquito has taken a bite. Our bodies do not recognize the saliva of the mosquito and react by inflaming the area around the site. Some natural soothers include vinegar, aloe, honey, lemon or lime juice, and a baking soda & water mixture. Go online for more information on how and when to use each option.

**Wishing you a bite-free April,  
-EGG**

## Common Roots Events

**Last Call Trivia** 8-10pm Wednesdays, April 4 & 18

**Karaoke Night** 8-10pm Wednesdays, April 11 & 25

**Open Mic Night with Rockne Riddlebarger** 8-11pm Thursdays

**Kundalini Yoga** 1pm-2:30pm Saturdays, April 7, 14, 21 & 28

**Live Music with Cookin Hearts** 8:30-10:30pm Friday, April 6

**Live Music with Bellowing Pines** 9pm-11pm Saturday, April 7

**Live Music with Danbient** 9pm-12am Saturday, April 14

**Common Roots Work Party** 8am-2pm Saturday, April 28

**Live Music with Mitchel Evan** 10pm-12am Friday, April 20

**Earth Day Jamboree** 4-11pm Saturday, April 21

*Common Roots Fundraiser*

## Common Roots Work Party

Bring your tools and talents to Common Roots to help tackle maintenance jobs for the upcoming busy events season.

*Lunch will be provided.*



## An Update from Urban Earth Farms

We at Urban Earth Farms wish everyone an abundant and healthy Spring season! We have a few CSA shares still available, but they are limited and will go fast. First day of CSA pick-up is May 12th 10 am – 1 pm at the Greenhouse Market, 824 Enright Ave. For more information, visit our webpage [www.enrightecovillage.org/our-csa/csa/](http://www.enrightecovillage.org/our-csa/csa/) or call/text Gretchen Vaughn at (859) 445-5044.



We're happy to announce we finally broke ground April 15th on our new farm plot located at the corners of Enright & Price Avenues! This has been in the works for over a year. Thanks to the generosity of Keep Cincinnati Beautiful and Price Hill Will, we have purchased 12 fruit trees and over 180 feet worth of raspberry brambles to be planted on the vacant site. The site will also host two annual vegetable beds, plus pollinator and herb gardens. Further funding for this project is provided through the City of Cincinnati Department of Community & Economic Development.

## Current Enright Ecovillage Leadership

When one has a question, concern, advice or wishes to pitch in, look here for contact info. All of our volunteers will respond as quickly as they can.

### EXECUTIVE BOARD

**President:** Jane Gensic, [President@EnrightEcovillage.org](mailto:President@EnrightEcovillage.org)

**Vice President:** Kim Brown, [VicePresident@EnrightEcovillage.org](mailto:VicePresident@EnrightEcovillage.org)

**Treasurer:** MerryBeth McKee, [Treasurer@EnrightEcovillage.org](mailto:Treasurer@EnrightEcovillage.org)

**Secretary:** Michelle Savoti, [Secretary@EnrightEcovillage.org](mailto:Secretary@EnrightEcovillage.org)

### BOARD COMMITTEES

**Common Roots-** Alison Gensic, [CommonRoots@EnrightEcovillage.org](mailto:CommonRoots@EnrightEcovillage.org)

**Communications-** Dennis Cook, [Communications@EnrightEcovillage.org](mailto:Communications@EnrightEcovillage.org)

**Eco Green Group (EGG)-** Jim Schenk, [EGG@EnrightEcovillage.org](mailto:EGG@EnrightEcovillage.org)

**Membership-** Jamie Gaines, [Membership@EnrightEcovillage.org](mailto:Membership@EnrightEcovillage.org)

**Urban Earth Farms-** Angela Larck, [UrbanEarth@EnrightEcovillage.org](mailto:UrbanEarth@EnrightEcovillage.org)

## Ecovillage Tour

Tours will resume April 28.

If you would like to be notified of the next date and time, please e-mail [communications@enrightecovillage.org](mailto:communications@enrightecovillage.org)

For more information visit [www.enrightecovillage.org](http://www.enrightecovillage.org).



P.O. Box 5206  
Cincinnati, OH 45205  
[www.enrightecovillage.org](http://www.enrightecovillage.org)