

## **ABC Streets Neighborhood Association**

General Membership Meeting – Theme: Healthy Living

Thursday April 17, 2014

1600 East Avenue, 6:30–8 pm

About thirty neighbors assembled for the Spring meeting, including guests City Council member Elaine Spaul and Southeast Neighborhood Service Center Administrator Nancy Johns-Price (now at 320 N. Goodman St. in Village Gate [pricen@cityofrochester.gov](mailto:pricen@cityofrochester.gov), 428-8814).

**Social** A healthy refreshments buffet was provided by several neighborhood businesses:

- various kinds of smoothies from Real Life Food & Fitness, 1290 University Avenue, 441-9441
- strawberries with yogurt and a variety of balsamic vinegars from F. Olivers, 747 Park Ave, 244-2585
- veggie tray from Wegmans, East Ave

**Events** After welcome by Susan Glenz and introductions all around, Nancy Sears reviewed upcoming events scheduled, which can be found on the ABC website calendar, and will be communicated by semi-monthly Upcoming Events email blasts: Happy Hour, Clean Sweep, Spring Planting, Neighborhood Garage Sale, ABC booth at Park Ave Fest, Summer Picnic, outdoor Movie Night, etc. Nancy circulated a sign-up sheet for attendees to express interest in upcoming events. She also displayed new ABC photo card packets, with neighborhood photos taken by Dave Burnet: two packets of four each, available for \$5.

**Project** Jim Hondorf described the new Street Sign project, with samples of what the signs, with the ABC logo, will look like, at a cost to us of ~\$1600; the talented Kevin Hamblin provided logo design. This was the project that was most desired in a poll taken last year, and treasury funds have been used to initiate the project, in advance of a fundraising activity to offset the cost. Signs are made in the County sign shop in accord with Federal guideline for ease of reading. The project is slated for completion this summer. Thanks to Jim & Kevin for their efforts.

**Gas Mains** Susan Glenz described the upcoming RG&E gas main replacement project that will affect houses on Harvard and Colby. She will be maintaining ongoing contact with the RG&E project manager, Rick Mason and communicate as necessary to neighbors by email. She noted that RG&E is required to replace a specified number of miles of gas mains each year, historic districts included. Digging will occur on the South side of Harvard and the West side of Colby. Each house will then be connected to the new main and a meter with safety shutoff will be located adjacent to each house at the side/front. The contractor, Liberty, will consult with homeowners re the options of locating the meter. A landscaping crew will follow-up the process.

**Membership/Treasury** Mike Pretty provided a treasury and membership update. There were 115 household members in 2013, an all-time high; we have set a goal for 120 for 2014. Revenue and expenses were and are on track and the treasury is healthy.

**Open Forum** Questions about persistent bottle collectors were addressed. Call 911 with a description and follow-up by letting Nancy Johns-Price know; she noted that there are church groups happy to pick up returnable bottles. If issues with 911, ask to speak with supervisor, or email Nancy for follow-up. She also noted that for issues re recurring house parties, give her a “call for service.” Properties with absentee landlords are required to have a property manager. For parking that is blocking street/driveway, call 311 or 911. Also contact Nancy if this occurs at a consistent time of day so she can request

targeted ticketing. In response of a question, our PAC-TAC Proto-group is not currently active; a champion would be needed to revive the effort.

### **Healthy Living Guest Speakers**

**Scott MacRae, MD** Bicycle Commuting Rochester Cycling Alliance [www.rochestercyclingalliance.org](http://www.rochestercyclingalliance.org)

The RCA mission is to promote the use of bicycles for transportation, sport, recreation and health, to foster development of cycling roads/trails, and to facilitate information on bicycle safety and active transportation. Dr. MacRae, a URM Refractive Surgeon, described a “peddling revolution”: In Holland, childhood obesity is five times lower than in the United States, and there are no school busses. Increased bicycling in a community “traffic calms” the driving over time, resulting in fewer accidents, with lower fatality rates for motorists, bicyclists, and pedestrians. Communities where bike commuting is prevalent include Boston, Portland, Madison, Minneapolis. In addition to health and safety benefits, there are economic benefits in terms of reduced transportation costs. Rochester is among the top ten quickest growing cities for bicycling. Buffalo has a downtown Bike Share program: 200 Social Bicycles at hub locations around town – reserve via phone app, unlock, travel, relock in rack; there is also a CarShare program there. He described Bicycle Boulevards - streets with low traffic volume and speed where bicycles, pedestrians and neighbors are given priority; while there may have been initial resistance to this concept, now streets compete for this designation. For further information, including instructional videos re bike commuting, much is readily available via internet search; he suggested gloves, lights, and not riding on a street if you are uncomfortable.

**Ellen Brenner** Fleet Feet Sports The Armory, 155 Culver Rd 697-3338 [www.fleetfeetrochester.com](http://www.fleetfeetrochester.com)

Fleet Feet Sports is a locally owned and operated specialty store carrying footwear, apparel and accessories and providing service/support for walkers, runners and fitness enthusiasts of all abilities. Ellen Brenner and her husband Boots Boutillier are Park Ave area residents. She described the 9000 sq ft Armory space (behind the main building) as having a retail floor (with a track where you can be video'd running/walking), a community room, and training program space. There are Saturday morning and Tuesday evening scheduled group runs/hill workout that originate at their location. A Calendar of Events is on the Fleet Feet website.

Fleet Feet also sponsors YellowJacket Racing - Western NY's largest and fastest growing race management and timing company. Formed in 1998, they produce over 35 of our own events each year, and provide chip timing, equipment, and management services to over 100 others (road races, trail races, triathlons, swimming, cycling). She described the Flower City Challenge April 26 & 27, designed to showcase the city (city streets, historic areas and scenic neighborhoods) which includes a Half-Marathon, Family 5K, Duathlon/Triathlon (run, bike, paddle), Kids Races – with thousands of participants/spectators. The 5K is in the Susan B. Anthony neighborhood; the half-marathon includes Park and East Avenues and Highland Park. Non-profit organizations can adopt-a-mile, and there are also “spirit contests” where neighborhood organizations can compete for prizes: past winners have been Highland Park and Susan B. Anthony; she noted East Avenue is available. As an early Sunday morning opportunity.

**David Brickman** Body Mind Float Center 622-1 Park Ave, 413-0616 [bodymindfloatcenter.com](http://bodymindfloatcenter.com)

David Brickman is a concert violinist, as is his wife, RPO member Patricia Sunwoo. He described his growing interest in the benefits of flotation, which culminated in their recently opened Body Mind Float Center. Inside each float tank, eight hundred pounds of pharmaceutical-grade Epsom salt is dissolved in ten inches of water warmed to skin temperature. This extremely dense solution, far saltier than the

Dead Sea, enables people of all body types to float effortlessly and, to a large extent, escape the pull of gravity. The float tank is light-proof and sound-proof, greatly reducing sensory stimulation (although lights can be left on and music played). This unique environment frees the brain from the bulk of its processing duties and prompts the production of theta waves. The nearly universal response to floating is one of profound relaxation and a sense of well-being, even joy. Floating offers relief for back/ neck aches, fibromyalgia, migraines, addictions, sleep disorders, stress, PTSD. Salt is also beneficial for respiratory health. Many people find their creativity is enhanced during/after floating and it can be useful for athletic performance visualization. Most people experience space within the tank as limitless, in terms of fears of claustrophobia. The entire volume of water is filtered three times between float sessions, with ozone during filtration and 35% hydrogen peroxide as needed. Every client is required to shower on site before entering the tank. There is a well-equipped dressing room as well as an entry area with tea. A session is up to 90 minutes.