

ABC Streets Spring Newsletter



The ABC Streets Neighborhood Association is a non-profit organization that encourages a vibrant, well-connected neighborhood which exhibits pride of ownership, celebration of diversity and a strong sense of community.

From Our President

Dear neighbors,

Spring has sprung, or at least I hope it has by the time this newsletter hits your doorstep! We certainly had a long and bitter cold winter, yet we made the best of it with events like our annual holiday party, the chili cook-off and several happy hours. It's nice to stay warm with good friends and good food & drinks. Thank you to everyone who made all of our winter events possible.

Looking ahead, we have a full calendar planned for the Spring and Summer. We have our annual kids' events like the East Egg Hunt and Summer Movie Night, as well as events for the grown-up kids like Wine Tasting and Beer Tasting. We will again have a booth at the Park Ave Fest in August along with our Annual Summer Picnic. New to the calendar this year is a neighborhood garage sale weekend in June, so start preparing now to de-clutter! I encourage all members to bring new neighbors to these events as it's always nice to see new faces. If you know of

someone who is new to the neighborhood, whether they are a homeowner or renter, please email me at abc.streets@gmail.com so that we can deliver a welcome kit to them.

I also encourage everyone to join us for the upcoming General Membership Meeting on April 17th. We will have a "Healthy Living" theme with three guest speakers to share ways to improve your well-being. We will also share information about a project we have commissioned to replace our street signs. Come see what the new street signs will look like!

Lastly, if you see Linda Hasman, take a moment to thank her for joining our Board. Linda brings a fresh perspective to our group with a pulse on children's events and needs. She helps keep all of us young and hip. Thank you, Linda, and welcome! Let's make it a great year.



See you around the block,
Susan

Meet the ABC Streets NA Board

Susan Glenz – President

36 Ericsson Street
Rochester, NY 14610
abc.streets@gmail.com
SusanGlenz@hotmail.com

David Burnet – Vice President (Harvard St)

Mike Pretty – Treasurer (Ericsson St)

Esther Brill – Secretary (Ericsson St)

Kevin Hamblin – Newsletter (Harvard St)

Additional Board Members:

Linda Hasman (Harvard St)

Jim Hondorf (Harvard St)

Marianne Pastecki (Calumet St)

Nancy Sears (Calumet St)

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<https://www.facebook.com/pages/ABC-Streets-Neighborhood-Association/106701582728302>

Follow us on Twitter:



[@abcstreets](https://twitter.com/abcstreets)

MARK YOUR CALENDAR! Thursday April 17th for our spring general membership meeting. 1600 East Ave Apartments, Lower Level Rec Room (around back on the building), 6:30-8:00PM. Come hear about healthy living, new street signs, upcoming events and meet other neighbors from the ABC streets.

Highlighting an ABC Streets' business: Tim Harrison - Home Maintenance, Construction and Renovation

ABC Streets: How did you get your start?

Tim Harrison: I was a Main Frame/ Linux/ Unix/ PC software installer for a software development company based in Toronto and they closed our office in Rochester. I traveled all over the US and Canada installing software for different companies in several different cities. All the employees were laid off and the office in Rochester was closed.

I was in the home maintenance/ remodeling/ renovation/ construction business on a part time basis at that point and decided to go into the business on a full time basis. This was in May of 2003.

ABC Streets: *“What one word describes your business?”*

Tim: *“Dependable.”*

ABC Streets: What services do you provide? (Do you have a specialty?)

Tim Harrison: I offer services in construction, remodeling, electrical, plumbing and carpentry.

This includes (but not limited to) work such as drywall, painting, roofing, bathroom and kitchen remodeling, carpentry including deck, fence and shed construction.

Essentially, any work in the construction and renovation trades.

ABC Streets: If you weren't at work what would you be doing?

Tim Harrison: My wife and I own some property in the southern tier where we enjoy working on the construction of a cottage in the woods. If I were not working at my business I would like to be in the woods cutting and trimming trees for firewood and to allow the forest to grow and flourish.

ABC Streets: As a business what motivates you?

Tim Harrison: I love the work I do and I try to do good work for all my customers. My customers are

very loyal to me and I feel I must be just as loyal to them and provide good quality work for a fair price.

ABC Streets: What makes you different from other businesses? What's your business philosophy?

Tim Harrison: I offer a good quality product at a fair price for work that other companies cannot offer. I am a sole working proprietor and can keep my prices lower than others because I have lower overhead. Lets face it, the price of material is essentially the same for everyone. The price of labor is where the cost varies.

ABC Streets: What one thing would you like potential patrons to know about you that they might not know?

Tim Harrison: I offer 10 years of experience in our neighborhood in this business. I offer a good quality product at a fair price. I am fully insured. I am local. I am dependable!



From a new roof, new hardwood floors or a cottage in the woods built from the ground up, these are a few of Tim's past projects

Tim Harrison - 585-704-6732

Home Maintenance, Construction & Renovation

New business in our area: Real Life Food and Fitness

The doors opened on February 24th of this year and features the old charm of a 130 year old post and beam warehouse. The newly renovated 3100 square foot space is tucked behind the new Revelry and located in front of Pomodoro at 1290 University Avenue. It features a juice bar and a (HIIT) High Intensity Interval Training gym.



We recently met up with Real Life Food and Fitness owners Amy Skalny (L) and Anissa Buckley (R)

ABC Streets: What made you want to open a place like Real Life Food and Fitness?

Real Life: We both worked in corporate positions in the food and nutrition industries. Being on the road and traveling all the time, even if still hitting the hotel gym there were two things they missed; healthy meals and the sense of community

ABC Streets: What services do you provide? What makes you different from other gyms?

Real Life: We've belonged to other big name gyms in the area. We don't see ourselves in competition with those facilities. We look to build relationships and help fill in any gaps to help individuals meet their overall goals. We do offer HIIT training as well as nutrition and food planning. We will be adding yoga and plan on adding a personal trainer in April. We're not membership based, again the focus is to work with each client to help fill in any or all the gaps depending on individual need.

As for the food, we've partnered with a local business. Chef Keith trained at the CIA (Culinary Institute of America) and worked under Wolfgang

Puck in California before returning to Rochester. The meals were developed over a year period with help of The Hearts kitchen (Portland, OR). The key was using spices to replace fat and sodium. These meals are meant to have a local flair, taste great, while being healthy; all around 500 calories per serving.

ABC Streets: Can you share your pricing with us?

Real Life: Classes start at \$15 for a single class. Clients can buy a 12 pack for \$120, about \$10 a class for a reduced cost. For food customers can buy meal plans of 20/40/60 servings; 60 running at \$10 each... 20 run at \$11 each. Orders can be placed on-line or with phone app per week. Meals are prepared fresh and delivered every day. Meal plans make up about 80% of the food service. The other 20% is available as grab and go – pick-up ready right from University Avenue location where the goal is to keep a stocked cooler, although the meals go fast!

ABC Streets: What makes you different from other training centers?

Real Life: Training is great and other places in the area have great programs. For us food is the hook. 80% of weight loss is attributed

“For us food is the hook. 80% of weight loss is attributed to diet.”

to diet. We make it easy to order, place, pick-up and purchase healthy food on a daily basis or at your leisure. Call, visit online or order through a smart-phone app. You can also track your progress online.

ABC Streets: What one word describes Real Life Food and Fitness?

Real Life: “Personal”; we want to build individual relationships and by working together help each person obtain their personal wellness goals.

Real Life Food and Fitness

1290 University Avenue Rochester, NY 14607

Phone: 585.441.9411

Hours: M/W/F 6am -7pm; Tu/Th 6am – 8pm;

Sat 8am – 1pm; Sun classes only, juice bar closed

For more information visit their website:

<http://reallifefoodandfitness.com/>

or follow them on Facebook:

<https://www.facebook.com/reallifefoodandfitness>

Highlights from previous events

Fall cleanup through HGTV



Neighbors gather to prepare the park for winter hibernation

FALL CLEAN-UP

Saturday November 16th, 2013. The weather cooperated on Saturday with bright sunny skies and warm temps as a troop of neighbors, armed with rakes and trimmers, got together to put Morrison Park “to bed” for the Winter. The hostas were cropped and the leaves were raked and some new tulip bulbs were planted so that we can capture the first hints of Spring. Thanks to everyone from the neighborhood who participated and thanks also to Nancy Johns Price and her city team that lent us the gear and made sure the street got cleaned up when we were done.

ANNUAL HOLIDAY PARTY

Saturday December 15, 2013. The swirling snow softly fell on the party-goers for the annual ABC Streets Holiday Celebration. Suspended icicles twinkling with color, beckoned all from behind a veil of sparkling snowflakes. The warm and inviting home of Nancy & Brian Sears greeted the revelers dressed in full holiday regalia. Winter greenery adorned the fireplace mantel and



Jim and Joe at the holiday party

lights danced on the decorated glass ornaments and dangling faceted crystals. A vintage toy train traveled around the decorated Christmas tree and completed the holiday ensemble.

Festive finger foods, dreamy desserts and bubbly beverages kept the revelers happy in catch-up conversation.

As the celebration concluded, a winter wonderland lay waiting. As all walked out of sight, the winter winds whispered “Happy Holidays to all and to all a good night.”



Tom with his silver ribbon as Susan looks on. Chili cook-off held this year on Harvard Street

CHILI COOK-OFF

On Saturday, February 8th the ABC Streets Neighborhood Association held its own Olympic challenge – our annual Chili Cook-off. Six chefs vied for the honor of Gold, Silver and Bronze Medals. Two dozen spectators tasted and compared the options – from vegetarian to hearty meat variations. Our esteemed judging panel – Elaine Spaul, Barb Kraus and Susan Glenz – handed down the final decision and the prizes were awarded:

Gold – Susan Hondorf – Hondorf Secret Family Recipe

Silver – Tom Pastecki – Beefy Beer Chili

Bronze – Nancy Sears – Turkey Chili with Walnuts

Several excellent homemade corn bread options and yummy desserts were available as an accompaniment to the chili. Thanks to our generous hosts, Dave and Irene, who made sure the chili’s stayed hot and the assortment of beverages stayed cold and also supplied the winner’s prizes.

SUSAN GLENZ ON HOUSEHUNTERS

February 26th at 10pm on HGTV our Neighborhood president Susan Glenz was showcased on House Hunters. Susan is a realtor for Keller Williams Realty and over the last year worked with a couple, who were renting in the ABC Streets, find a home for their growing family. Seeing the energy and skill that Susan puts into her career as a realtor this is a deserving honor. If you see Susan in the neighborhood be sure to say hi and congratulations.

SAVE THE DATE - UPCOMING ASSOCIATION EVENTS

1. Easter Egg Hunt - April 12
2. Membership Meeting - April 17th
3. Clean Sweep - May 3
4. Wine Tasting - May 17
5. Happy Hour - May
6. Ice Cream Social - June
7. Neighborhood Garage Sale - June
8. Happy Hour - July
9. Garden Tour - July
10. Park Ave Festival - Aug 2 and 3
11. National Night Out - Aug
12. Neighborhood Picnic - Aug
13. Beer Tasting - Sept

Additional details see our site: www.abcstreets.org

Enjoy Jazz?! April 11 featuring Three Stories Tall with Chris Wilson, Bill Welch and Hayden Welch and May 16 which will be a jam session with Friday Jazz All Stars headed by Bill Tiberio. For details see <https://www.facebook.com/pages/Friday-Jazz-at-Immanuel/117162128333339>

Want to help support the ABC Streets Neighborhood Association and your community? Consider helping out at our booth park Ave weekend Aug 2nd and 3rd - contact abc.streets@gmail.com

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Appt. _____ Time _____

Do you have a new neighbor or tenant moving in? Contact abc.streets@gmail.com to have a **Welcome Packet** delivered!

Includes a map of nearby Park Avenue businesses, recent neighborhood Newsletter, helpful city ordinance info and a Neighborhood Association Membership form.

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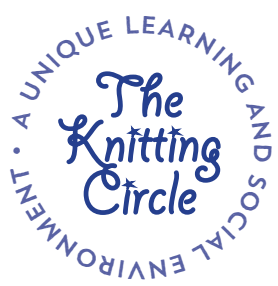
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Our neighborhood has had an explosion of new retail and food spots in the past 6 months. Here is a list of some of them. Please consider supporting these new neighbors.

University Avenue

Real Life Food and Fitness

1290 University Avenue

Suite C

Rochester, NY 14607

Phone: 585.44.9441

Website: <http://reallifefoodandfitness.com>

Universal Liquor

1250 University Avenue

Rochester, NY 14607

Phone: 585.241.0039

Email: universalliquorstore@gmail.com

Coming Soon: Bakery/Café – owned by Pomodoro's
– next to Real Life Food & Fitness

Culver Road Armory

Fleet Feet Sports

155 Culver Road, Suite 110

Rochester, NY 14620

Phone: 585.697.3338

Website: <http://fleetfeetrochester.com>

D. Kent & Co. (Boutique & Spa)

145 Culver Road

Rochester, NY 14620

Phone: 585.563-7804

Website: <http://www.dkentandco.com>

Alex and Ani (Women's Accessories)

145 Culver Road, Suite 165

Rochester, NY 14620

Phone: 585.730.8018

Website: <http://www.alexandani.com/rochester>

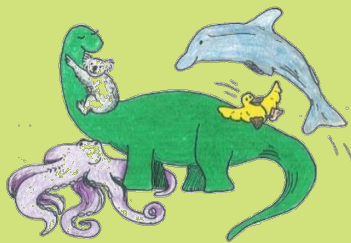
Not a member or not receiving our emails?
contact us at abc.streets@gmail.com

St. Paul's Child Care Center

St. Paul's Child Care Center is a non-denominational, not-for-profit program providing quality care for families with children ages 8 weeks to 5 years old.

- ♥ We offer children a rich, nurturing environment in which our highly educated and enthusiastic teachers encourage children to participate in exploring a wide variety of activities and interests at all developmental levels.
- ♥ St. Paul's Child Care Center is located on the corner of East Ave and Vick Park B across from the George Eastman House. Our convenient location between the Neighborhood of the Arts and Park Ave., provides our center with easy access to local museums, parks and gardens.
- ♥ We offer an exciting summer program filled with exploration and imagination. Each week will include a variety of field trips, in house Zumba® kids classes, cooking and art activities.
- ♥ We are currently enrolling children in our full day Universal Pre-Kindergarten program for next fall.

Please call to schedule a tour: (585)244-4527 or reach us by email: stpaulschildcare@rochester.rr.com
Mention this ad and we will waive your registration fee!



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Don't forget to file your taxes by April 15th!

Here are some fun tax facts: <http://blog.shoebboxed.com/10-fun-facts-about-taxes/>

Want to know what's going on in Rochester?
visit the city's recreation and culture page:

<http://www.cityofrochester.gov/index.aspx?id=8589938437>

Have a good idea for the neighborhood?
Send your idea to abc.streets@gmail.com

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Join/Renew Your Membership in the ABC Streets Neighborhood Association

Membership is only \$5 for renters and \$10 for homeowners. Membership includes free admission to all neighborhood association social events. Your dues also help fund association activities, such as printing newsletters, maintaining our website, upkeep of Morrison Park and providing food and supplies for our summer picnic and winter holiday party.

Please return completed form and payment to: Mike Pretty at 34 Ericsson Street

Name: _____ Phone: _____

Address: _____ Email: _____

Year Moved into Neighborhood: _____ Renter (\$5) Homeowner (\$10)

New Member Returning Member

I can help by: Volunteering @ Events Delivering Newsletters Serve on the Board

Other _____

Give a Gift of Membership to a Neighbor!
Attention Landlords! Several in the neighborhood have paid memberships for their tenants!

(We also accept PayPal-visit our website @ www.abcstreets.org for PayPal payment info).