



ENRIGHT RIDGE  
RECEIVES GRANT



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# ridge runner

Issue Highlights

SUMMER

2007

## INTERVIEW WITH NEW NEIGHBORS AT ZEN CENTER

We'd like to extend a warm welcome to our corner tenants, the Cincinnati Zen Center. We want to formally introduce them to the rest of the neighborhood, as a Zen Center, and as our friends. Below is a conversation we had with Annie, the abbess. Do note that the Zen Center is having an **OPEN HOUSE ON THE 24TH OF JUNE**. Look at our calendar on Page 4 & 5 for more details of Zen Center events.

### WHAT KIND OF ZEN DO YOU PRACTICE AT THE CINCINNATI ZEN CENTER (CZC)?

The Cincinnati Zen Center is nonprofit organization that is part of the Furnace Mountain Sangha, a worldwide Zen Sangha under the direction of guiding teacher Zen Master Dae Gak. Zen Master Dae Gak was given inka in 1986 and Dharma transmission by Zen Master Seung Sahn in 1994. He has been practicing Zen for over 30 years in both the Korean and Japanese traditions.

### WHAT DOES ZEN "LOOK" LIKE?

The best way to understand what Zen 'looks' like is to try it. **CONTINUED ON PAGE 7**

## Author Dave Jacke Holds Workshop at Enright Ridge Ecovillage

Long before our ancestors came to this continent, Native Americans intensively managed the eastern woodlands to harvest the highest amount of fruit, nuts as well as crops for fuel, fiber and herbal medicine. Noted author and permaculture designer Dave Jacke presented the latest research that suggests that



**DAVE IN HIS ELEMENT.**

European colonists, accustomed to tidy rows and annual crops, mistakenly thought that the great forests were wild and uninhabited when they were really supermarkets for tens of thousands of people. **CONTINUED ON PG 2**

#### DAVE JACKE CONTINUED

So how did the Native Americans do it? Fifteen folks, including three from ERUEV, (who received a 25% discount on the workshop), spent the three day Memorial Day weekend learning to “garden like the forest”. The class included indoor presentations on design, guilds, soil, etc., but much of the time we were creating large patches of new forest gardens which include persimmon, Asian pears, chestnuts, etc., as well as smaller shrubs like serviceberry and edible plants like rhubarb, lovage, sorrel and herbs.

Enthusiastic gardeners planted over 200 plants in a layer cake of mulch which started with old hay, followed by a weed barrier of cardboard, then rich compost and finally last year’s leaves gathered around the neighborhood. The idea is that the garden will ultimately require little maintenance and yet at the same time produce lots of food in an environmentally friendly way.

Want to learn more about this technique? Check with Jim Schenk, Amanda Johnson or Nancy Sullivan or stop by 534 Enright to see what is going on. Jacke’s website can be located at [www.edibleforest-gardens.com](http://www.edibleforest-gardens.com).



g r a t i t u d e

**Please take a moment when you see the following people/groups to thank them for their contributions to making the neighborhood healthier, safer and more fun.**

**MARK** - Thanks for your donation of the red maple tree, destined to be planted in the front lawn of 744. Welcome to our community!

**IMAGO** - For your continued support of the ecovillage as we move to be our own organization.

**JOE BELL** - As ever, thank you for your consistent contract labor -- your generosity makes our community thrive!

**JERRY ROPP** - As ever, thank you for your generosity and efforts on the corner building & other projects.

**ED DIGMAN & TIM MCDONALD** - The bike you brought to the street meeting looks absolutely fantastic!

**SHARON WILSON & DENNIS COSKIE, PAT DOLAN, JIM & EILEEN SCHENK, AND NANCY SULLIVAN** -- Thank you for opening your homes to the community for the progressive dinner & for your individual contributions to the event.

**SHARON WILSON & JEAN STAAS** - Kudos for your hard work in planting & maintaining the lovely flowerpots at the corner!

**RAIN GARDEN ORGANIZERS** - Without you, we would have missed this opportunity to grow -- thanks for stepping up and securing the funding, organizing the logistics & contributing to the construction!!!

## COPPER (AND STEEL) KUDOS!

What to do with the seemingly endless amount of scrap metal, from copper pipes to old air conditioners, which accumulates when you are rehabbing? Recycling is the obvious answer. Not only will the metal be reused, requiring less energy to reprocess than to mine more ore, but it can be sold.

Several enterprising Enright residents have taken advantage of the discarded metal from various houses being rehabbed. **DON MCKINNEY**, spotting a new pile of scrap at 534, told his new neighbor Nancy Sullivan about a friend from his Kingdom Hall who is collecting scrap. The man is raising money to send his grandchild to a specialized hospital for surgery. The metal was gone within the hour!

**TIM MCDONALD** and a friend took away an entire truck load of scrap, separated it into copper, steel, aluminum, etc., and also sold it for almost \$100. The odds are good some of the money will be recycled back into the Enright Bike Coop!

Recycling doesn’t end at the green or blue bin at the curb- just ask these master recyclers!

# GRANTS & SPECIAL VISITORS

## ENRIGHT RIDGE RECEIVES GRANT FOR CONSTRUCTION OF THREE RAIN GARDENS

Things might seem quiet around Enright Ridge lately, but nothing could be farther from the truth. Some big projects are brewing in our community, and we want you to know about them!

The first big thing we're thrilled to announce --Enright Ridge Ecovillage has received a grant! We're excited to announce that we received \$5,000 from Metropolitan Sewer & Water District for the construction of three raingardens over the course of the next year and a half.

The long and short of raingardens -- they're just like normal landscaping -- providing aesthetic ground cover and beautiful flowers to look at -- but are built in a way that helps return the land to it's natural state. The plants are often native and have long taproots, returning water runoff to the land quickly and enriching it with nutrients.

### WHY RAINGARDENS, YOU MIGHT ASK?

- 1) They're beautiful & often cheaper than traditional landscaping
- 2) They reduce erosion on your land
- 3) They keep runoff out of sewage treatment plants, indirectly reducing impact during heavy storms (Which often cause raw sewage to be dumped into the water, gross!)
- 4) They enrich the soil in your yard
- 5) They provide educational opportunities for visitors
- 6) Great for native plants & pollinators

As part of our grant requirements we will be having a workshop, so keep your eyes and ears peeled for news coming about that!



**A GROUP FROM THE RAIN GARDEN ALLIANCE COMES TO THE ECOVILLAGE FOR A SITE VISIT.**

### SPECIAL VISITORS VIEW RAIN GARDEN CONSTRUCTION

Even before a rain garden has been completed, we've already received attention from two local tours of people interested in what we're up to!

The Rain Garden Alliance visited us with a healthy crowd of roughly 40 people as part of a three day workshop discussing water issues. Green building & sustainable housing rehab was discussed, with a focus on reducing one's footprint. Rain garden construction & design was also covered. Several people went home with doorprizes of native plants from Keystone Nursery, which focuses exclusively on plants native to this area. The very next day, LISC, responsible for grants concerning housing restoration, received a green building presentation.





# SOLD!

Our community must have something going for it, because 684 sold like a hotcake, even before we could rehab it! Considering the fact that the Ohio presently has record high rates of foreclosure, and *For Sale* signs abound, this is quite an accomplishment.

We had hardly removed the furnace and started to work on the electricals before Mark Skahill stepped up with an offer.

The deal has been closed, the papers signed sealed and delivered. We are happy to have Mark in our community -- already he has given us a tree to plant in front of 744, which is presently on the market.

If you see him and his big golden retriever walking by, be sure to welcome him to our community! Welcome Mark! We're very happy to have you here!



## events calendar

**JUNE 8-10 - Earth Spirit Rising conference, Louisville, Kentucky.-**

**JUNE 24 - 12-2pm - ZEN CENTER OPEN HOUSE - Come by and see how beautiful the storefront has become, and meet some of our new friends who are using this space!**

**JUNE 30 - Zen Center will be having an Introduction to Zen workshop. Please see notice on next page for information.**

**JUNE 30, 8-11pm - UNDER A FULL MOON - A Summer Concert Series at Imago. Matthew Shelton & The Cat Lovers, The Reminiscent. Cost: \$5/members, \$7/nonmembers. Bring a blanket or chair & a few friends to share the evening & a bottle of wine.**

**JULY 7 - CHILI & DESSERT COOKOFF AT IMAGO EARTH CENTER!**

**JULY 10 - Storm Sewer Labeling Event & Talk. 8:30-11am. For information or to volunteer, please contact Deborah Jordan.**

**JULY 28, 8-11pm - UNDER A FULL MOON - Nathan Holscher & Friends. BYOB & A Blanket or Chair.**



**ECOVILLAGE  
STREET PARTY  
JULY 7!**

**CHILI AND DESSERT COOKOFF! GAMES,  
SUMMER FESTIVITIES, SURPRISES & GOOD  
EATS @ IMAGO EARTH CENTER.**

**MORE INFORMATION TO COME!!!**

# BIKE CO-OP GAINING SPEED



Due to the fantastic efforts of Ed Digman and Tim McDonald, Enright Ridge has great shiny adult & children's bikes for sale.

If you came to our street meeting, you saw one of the finished co-op bikes.

Enright Ridge wants to build several sheds that will house the bikes along Enright Avenue. We are also looking for funding to buy padlocks and chains, as well as money for additional parts that will be used for repairs. Once complete, people on the street will be able to borrow the bikes for use during the day-time to run errands, get to the corner quickly to catch the bus, or take a ride.

So if you need a new bike to tool around in the summer, or you have an old rusty bike that needs repairs, Ed and Tim are your men. They can do full restorations & normal tuneups.

They can be contacted at 513-698-2595.

Donations, whether materials, financial, or building are appreciated as this great project gets off the ground! **BRAVO!!**

## Park & Vine Pays Enright Ridge A Visit

Enright Ridge recently had the pleasure of receiving Dan Korman at the ecovillage for a visit & chat about what we're all about.

Dan Korman is the owner of Park & Vine, a brand new green general store that will be opening in early June in the heart of Over the Rhine. He will be stocking various eco-friendly merchandise -- housewares, toiletries, and clothing, to name a few.

Enright Ridge would like to voice their support of Korman's laudable efforts & encourage folks to pay his store a visit. It's about time that Cincinnati had someone like you!

<http://www.parkandvine.com/>

**LOCATED AT 1109 VINE ST (INTERSECTION: 12TH AND VINE), AND CAN BE REACHED AT 513-721-7275.**

### INTRODUCTION TO ZEN

**On Saturday, June 30, 9:00 am to noon, the CZC will host an Introduction to Zen Workshop. The workshop provides an orientation to Zen Buddhism, sitting and walking meditation, open dialogue about Zen, and an opportunity to practice the meditation forms. The format is interactive, with plenty of time for questions. This workshop is good for beginners or for those seeking a refresher. Kosen Osho, our visiting teacher from the Furnace Mountain Zen Center, will lead this workshop with CZC volunteers. Suggested donation of \$25 (\$8 students). Preregistration is required; please email to: [info@cincinnatiizencenter.org](mailto:info@cincinnatiizencenter.org).**

# COMMITTEE UPDATES

## EGG - ENRIGHT GREENING GROUP

This is the cool group to join! We are exploring cost saving and Earth saving energy awareness, conservation, and choices. Most recently, we have met with a new green store owner downtown and with an engineering professor from University of Cincinnati's Sustainable Urban Engineering Center to build partnerships. Did you get your free compact fluorescent at the last street gathering - they can add up to energy savings. On July 10th, we have organized a storm sewer Labeling event. We welcome you to join us!

## HOUSING TASK FORCE - WE DID IT!

A year and a half ago the housing task force set out to do two things.

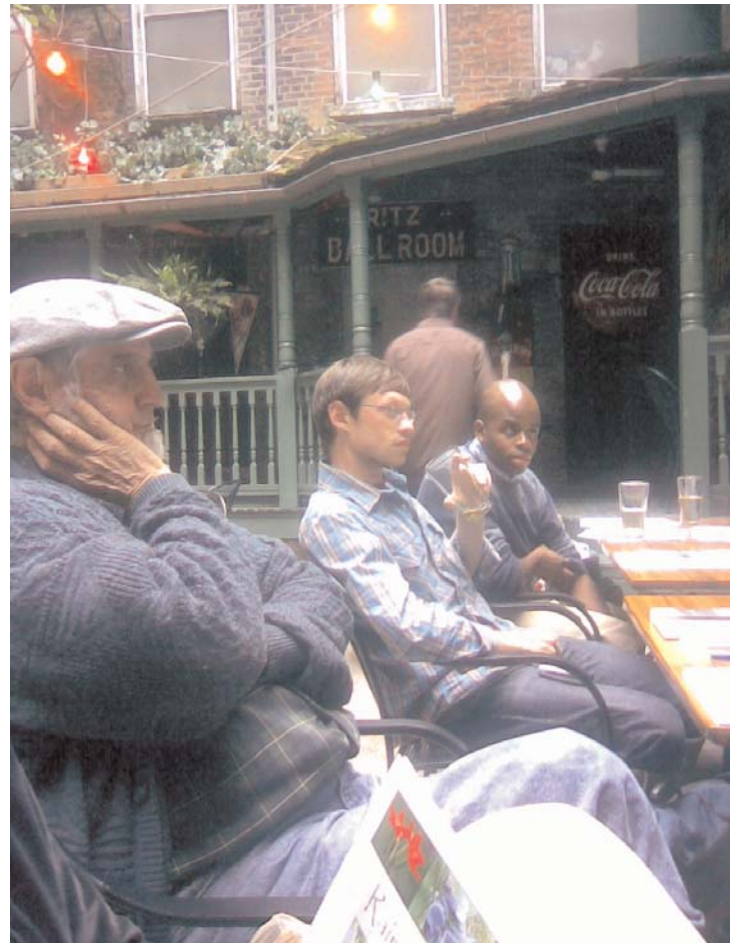
1. Keep the four foreclosed houses in the Eco-village out of the hands of so called investors, and get them into the hands of home owners.
2. To turn the building at the entrance of the eco-village into an asset for all of us.

This has been done, and we have brought some wonderful new residents to our eco-village. Amber, Ruth Haneberg, Mark, Nancy Sullivan and the Cincinnati Zen Center are four new residents, who have moved into these homes! It is exciting having them be part of the eco-village.

We have the house at 744 Enright for sale. It turned out to be a wonderful, attractive house, and energy efficient. If you know anyone interested in buying in the eco-village, please let them know about it!

The buildings have been renovated with energy efficiency in mind. The owners of these buildings will be both comfortable in summer and winter because of the insulation, double pane windows and other energy efficient measures we took and will have affordable energy bills!

While we still have work to do on the corner building, the housing **CONTINUED ON NEXT PAGE**



## JIM SCHENK SPEAKS AT GREEN DRINKS

**ABOVE: SCHENK (LEFT) & OTHERS LISTEN AS ANOTHER PERSON DIRECTS A QUESTION TO HIM.**

Green Drinks is a informal , social gathering of folks in the Cincinnati area who are interested in environmental issues that affect Cincinnati & our nation.

This month the ecovillage was thrilled to be invited to speak! Jim Schenk came and a lively dialogue was had between all, spanning across class issues in the environmental movement, to green energy in Ohio, to fundamental philosophical questions of why a shift to a more ecological mindset is necessary.

Green Drinks meets once a month at Arnolds Bar & Grill downtown, and can be found online at [www.greendrinkscincy.blogspot.com](http://www.greendrinkscincy.blogspot.com)



committee will begin planning for future projects. If you have any suggestions please get in touch with us. The committee members are: Tim McDonald, Dennis Coskie, Mary Danzeisen, Ed Digman, Scott Schaffer, Jim Schenk, Pat Dolan, Jeff Stec and Alan Feibelman. Contact any of them with your ideas.

### **PROMOTIONS/MARKETING TASK FORCE**

Our last event was the second annual dinner held March 24, 2007 that saw about 25 neighbors move from house to house. They had drinks and snacks at the Schenk's, salad at Pat Dolan's, the main dish at Nancy Sullivan's (in progress of renovation) and dessert at Dennis Coskie and Sharon Wilson's. The event was fun and we hope to make next years one that more neighbors will come to.

Often the work of one task force ends up by involving another and that is often the case with promoting our neighborhood to the broader community. In May we had one large group, 50 or so, come to see and hear about rain gardens and several homeowners on Enright who plan to install them. The next day 15 people, who were taking a course in building green, came to view some of the techniques being used at 534 Enright. On Memorial day weekend another group of 16 spent 3 full days at Nancy Sullivan's in a course on the edible Forest Garden. A new group to Cincinnati, but part of a national movement, Green Drinks, invited us to share what we are doing in developing an eco-village. Green drinks appeals especially to young adults and meets at a downtown restaurant and bar, Arnolds, once a month.

We have been planning a summer picnic for July 7th from 5-8 pm at the Imago Earth Center's picnic grove. It will feature a chili cook off contest for the men of the street and a dessert bake off for the women. We will have old-fashioned games for both adults and children. We also are planning hot dogs and burgers. We can use your help putting this together! Call Eileen at 921-1932 or Amanda at 921-5124.



### **...ZEN CENTER CONTINUED**

Zen is a method of spiritual inquiry; it is not a religion. The CZC includes practitioners with different religious backgrounds (e.g. Buddhism, Christianity (Catholics to Quakers), Hinduism, Judaism).

Basically, we are friends that regularly meditate together. Zen practice has 3 essential elements: meditation, kong-an practice, and listening to (and/or reading) teachings. At a regular CZC practice, 3-18 people will come together to sit still and silently, to walk very slowly, and to chant a bit. Individuals might meditate on an assigned question as part of their kong-an practice. There are monthly retreats where we meditate and talk with our guiding teacher at the Furnace Mountain Zen Center. Zen Master Dae Gak and designated Zen Teachers visit the CZC several times during the year for meditation retreats and workshops. Our dress is casual and comfortable; we prefer to wear black or dark colors which tend to be less distracting visually. Those in positions of responsibility might wear rakusus (kasas) and robes.

### **HOW DID YOU HEAR ABOUT OUR ECO VILLAGE?**

For about 5 years, the CZC was located in Oakley. Last fall, a fire in the apartment above our store front condemned the building, so we had to find another place to practice. We looked at a Price Hill storefront that was advertised on Craig's List; it was owned by Imago. They suggested the West 8th Street storefront as a more appropriate space, and introduced us to the EcoVillage.

### **WHY DID YOU CHOOSE TO MOVE HERE?**

Imago and EcoVillage organizers were very willing and helpful in renovating space for a Zen Center. It is a pleasure to be where one is wanted, and can practice peacefully. We could also afford the rent; we are not a rich organization. We love having the Earth Center trails and the cemetery nearby for walking meditations. Why do you practice? Because it is necessary. When I first started meditating once a week, I noticed that I felt more calm during the week. Several months later, I realized that if I did not meditate at least once every other week, I felt distracted and uneasy. My mind would get very loud and full of noticeable chatter - we call that monkey mind - and I had become aware of it. I could not not notice that self-absorbed

**COMPLETED ON NEXT PAGE**

chatter anymore. My mind's constant efforts to judge, exert ego, plan, fantasize.... all that affected my sleep, how I interacted with other people, and how I perceived things happening in my life. After years of this practice, the benefits of meditation and inquiry change, and I change.

**HOW DID YOU BECOME THE ABBOT?**

I was appointed Abbot of the CZC by Zen Master Dae Gak in July 2005.

**WHAT WOULD YOU SUGGEST FOR PEOPLE WHO WOULD LIKE TO BECOME INVOLVED?**

Come sit. The purpose of the Cincinnati Zen Center is to provide a safe and supportive space for people to practice spiritual inquiry. Everyone is welcome. The Sangha coordinates weekly Zen meditation practices, introductory workshops, intensives, weekend retreats, and community outreach. We practice on Sundays 8:00 am to 9:30 am, and Thursdays 7:30 pm to 8:45 pm. Newcomers should arrive 15 minutes before the start of a practice for a review of the forms. We offer a Kids & Family program on the fourth Sunday of each month, from 10:00 - 11:15 am.

**HOW CAN THE CZC BE BEST REACHED?**

It is best to read the information provided on our website: <http://www.cincinnati-zen-center.org/> or stop by the CZC. A senior practitioner is usually available before and after regular practice times. We can be contacted by email at: [info@cincinnati-zen-center.org](mailto:info@cincinnati-zen-center.org). One can leave a voicemail at: 513-684-4216. Please understand that we are a volunteer-run organization, so our time to respond to email and voicemail is sometimes limited.



**ORGANIC GARDENERS NEEDED IN WESTWOOD**

Earth Save is a small, but dedicated group, and is looking for a couple folks with time to spare & gardening experience to join us. We've been growing organic vegetables for Mary Ann Lederer for the past decade. The work involved would take about an hour each week. It's a satisfying shared project, and the benefits include meeting and working alongside some great folks, and the satisfaction of growing healthful produce for Mary Ann.

**If you can help out or want additional information, please contact:**

**KAREN ARNETT** - [karen.arnett@fuse.net](mailto:karen.arnett@fuse.net), 931-7373

**CATHY HALE** - [cathy.hale@fuse.net](mailto:cathy.hale@fuse.net), 541-0540

**FREE KITTENS &/OR MOTHER**

**TO A GOOD HOME ...**

**ALL HAVE BLACK AND WHITE SPOTS WITH VARYING PATTERNS**

**CALL DIANE 251-5267.**

