

Remington Community Newsletter

Peter Morrill

Twelfth Edition

December 2016

Wyman Park Playground at 30th & Miles Funded and Moving Forward in 2017

By Rose Weeks, playground committee leader

Remington is getting a revitalized new playground and green space at 30th Street and Miles Avenue. This is the largest playground in our neighborhood and one of the most heavily-used on city Recreation & Parks property.

A group of neighbors, in collaboration with GRIA, decided to strengthen this neighborhood asset. Based on a survey of more than 60 neighbors and approximately 100 students,

consultations with other users, and feedback at two community forums with approximately 40 total people in attendance, we developed several objectives for the renovation:

Provide **safe play space for kids 2–5**.

Strengthen a **neighborhood meeting place** for a range of residents including older children and teenagers, dog walkers, and other park users, for example, by adding seating.

Provide **recreational opportunities** for teenagers and adults.

Enhance **green space** immediately surrounding the park to reinforce the recreational opportunities.

This summer, we learned that our funding requests were accepted. The playground is slated for renovation starting as early as fall 2017.

The drawing above shows the design of the new playground and surrounding green space. Key elements include:

New benches, some under a large tree and some by the 30th street entrance.

New trees and plantings by the church.

Nature play area with logs and boulders.

Ground mural.

Picnic tables under a large tree by 30th street.

Dome climber suitable for toddlers and older kids.

Spin cup & play mounds.

Ping pong table.

New fencing between the playground and 31st street.

Most current play structures stay on—the beloved red playground set is getting a face-lift! Sarah Hope, the project manager with the city, said she would address the graffiti using the following approach.

“My plan is to use a chemical remover and then pressure wash. Afterward, all the poles will get painted with a clear coat of anti-graffiti paint that should restore the faded color. I can’t guarantee it will be perfect, but it should help significantly. I typically don’t use anything harsh to remove graffiti because it’s bad for the rubber, and the kids!”

Thank you to our supporters!

We are grateful to our funders, including Abell Foundation, France-Merrick Foundation, Kaboom! (special thanks to GRIA board member Blaine Carvalho), and the HCPI Spruce-Up Competition, a gift made possible by JHU and the Baltimore Regional Neighborhoods Initiative of Maryland’s Department of Housing and Community Development.

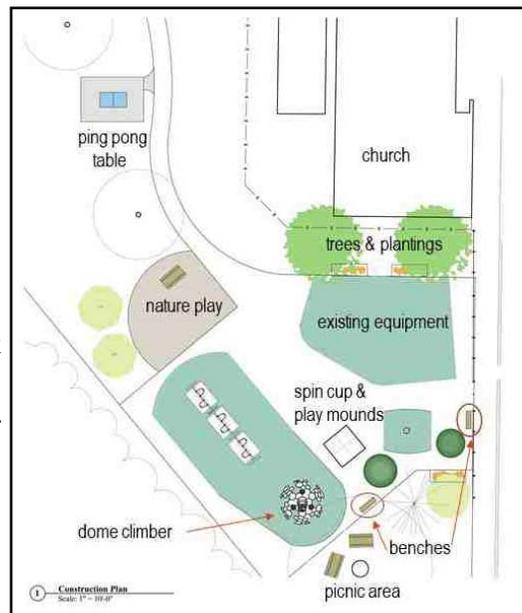
These contributions are joined with gifts from local businesses including R.W. Fewster Painting on Fox Street, Allen N. Walpert & Son on Hampden Avenue, Anderson Automotive Group on 25th street, and Seawall

Development, who led our fundraising drive with local businesses. We thank you all so much!

To individuals or businesses that haven’t given so far, **we can still include you in our marketing and signage with the supporters mentioned above!** Contact treasurer@griaonline.org to contribute to the effort.

Maintaining our beautiful new space

We are working with users such as the GreenMount School to establish an enhanced year-round maintenance plan, especially during the long days of summer when outdoor spaces are so important to our children (and our canine friends, too!). If you have suggestions for how we can keep the playground litter-free, or if you have any other ideas for the playground project, please write to Rose Weeks rweeks@jhu.edu. **R**





SWEET 27 CAFÉ BREAKFAST MENU

3 EGG OMELETTES: Served with TOAST

CHEESE.....	\$9
SPINACH, MUSHROOM & CHEESE.....	\$10
CAPRESE OMELETTE (ROASTED TOMATO, BUFFALO MOZZARELLA, BASIL PESTO).....	\$11
RANCHERO OMELETTE (Ranchero sauce, chorizo/onion/cheese)	\$11
VEGGIE (spinach/mushroom/tomato/onion/green pepper/cheese).....	\$11
THE SPICY INDIAN (onions, tomato, cilantro, jalapenos).....	\$11
THE WORKS (bacon chorizo, spinach, mushroom, tomato, jalapeno).....	\$12
EGG WHITE OMELETTE (CHOOSE ANY OF THE ABOVE OMELETES).....	\$14
VEGAN TOFU SCRAMBLE (onions, tomatoes, cilantro, jalapenos, corn tortilla).....	\$12

HUEVOS RANCHEROS

2 corn tortillas, black beans, fried eggs, Chorizo/ranchero *sauce/salsa*\$10

BURJI PAAV (spicy scramble with toast)

Eggs scrambled in butter with onions, green chilies tomato cilantro and spices.....\$10

KHEEMA PAAV (SPICY INDIAN BEEF HASH)

Spicy ground beef hash served with a fried egg and toast.....\$10

PAAV BHAAJI (SPICY INDIAN VEGGIE HASH) VEGAN OPTION AVAILABLE

Spicy mixed vegetable hash served with Buttered bread.....\$10

FRIED PLAINAINS

WITH BLACK BEANS SALSA AND YOGHURT.....\$7.50

PANCAKES (2 PER ORDER)

PLAIN.....	\$6
BLUEBERRY.....	\$8
CHOCOLATE CHIP.....	\$8
BANANA (CHECK FOR AVAILABILITY).....	\$8
CINNAMON FRENCH TOAST.....	\$9

COMBOS:

<u>EGG COMBO</u> (2 eggs, bacon, toast, Hash Brown).....	\$9
<u>PANCAKE COMBO</u> , Pancake, Eggs, Bacon, Hash Brown.....	\$10

SIDES:

ONE EGG ANY STYLE.....	\$2.25
BACON (3 slices).....	\$2
TOAST (2 slices).....	\$2
HASH BROWNS (spicy shredded potato, onion, cilantro, eggs).....	\$3.50

Dude, where's my article? Your community newsletter is volunteer-written and -edited, and sometimes we're short on articles and have to skip a month. December was looking that way, but Sweet 27 wanted a full page ad to share their new breakfast menu. Kismet! The December issue was reborn. Back to normal next month. If you'd like to write for us, contact the editor, we have ideas ready.

**Join the Greater
Remington
Improvement
Association!**

Every third *Wednesday*
night, 7pm
Dec. 21st, Jan. 18th
Church of Guardian Angel -
Kromer Hall
335 W. 27th Street
(green door)



Grants Available for Storefront Improvements in Remington

By Peter Morill

Over the past few years, GRIA has worked tirelessly to have many of the neighborhood's historic corner stores rezoned to once again permit commercial activities. Anyone who lives in Remington has seen corner stores with worn out signs, flaking paint, and boarded up windows. Now that many of these properties have been successfully rezoned, GRIA is taking the next step by offering a matching grant to help property owners improve their commercial storefronts. GRIA was awarded \$50,000 of Baltimore Regional Neighborhood Initiative funds from the Maryland Department of Housing & Community Development for the creation of the Remington Commercial Façade Improvement Program.

Grants worth up to \$20,000 are available to owners and tenants of commercial properties for the purpose of making physical improvements to the exterior of their stores. The grants can be used for a wide range of projects including new signage, window repair and replacement, lighting, painting, and more. The grant program can only be used for exterior improvements on street-facing facades of a property and cannot be used for interior or other projects that are not visible from the street. Applicants will need to provide matching funds. For grants under \$10,000, applicants will need to provide 25% of the total project cost and for grants more than \$10,000, applicants will need to provide 50% of the total project cost.

More information on the grant program, along with project applications, will be available on the GRIA website shortly. In the meantime, please e-mail facadegrant@griaonline.org for more information. **R**



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Business Showcase: Movement lab

By Erin Colligan

On the second floor of the old Anderson Auto Body building that is now R-House is an upbeat and modern dance and exercise studio called Movement Lab. Its founder, Lola Manekin, aims to provide Remington and surrounding neighborhoods a space to treat the body, mind, and soul. Movement Lab offers a variety of classes from hip-hop dance to mediation and its signature aerial yoga. Manekin's goal with Movement Lab was to be an alternative to the traditional exercise studio that overspecializes and caters to a specific crowd. She craved diversity in classes and clients, and Remington seemed like the perfect place to realize that vision. Movement Lab's mantra is "Every BODY welcome." Manekin sees a variety of shapes, sizes, and races in Remington and wants to help them all develop a better relationship with their bodies.

Manekin's motivating question in forming Movement Lab was "how to make people come alive." She wants to move people physically and emotionally. She believes people have lost the power to make their own decisions in a world where they're bombarded with messages on what to eat and how to exercise. Instead, they should tune in to their body's needs. She rates classes B1-B3 based on physical effort and M1-M3 based on mental effort and individuals can adjust their movements to better suit their abilities and needs. Manekin says that at Movement Lab "fitness is a consequence, not the goal."

Movement Lab aims to be a community more than simply a gym. Manekin earned her fitness bona fides teaching NIA, a holistic approach to health and fitness, and experienced a supportive village among NIA teachers in Baltimore. Manekin wants to recreate that sense of community at Movement Lab. Rather than just working out and leaving, students can hang out after class and have a kombucha or coffee at the café on the premises. Parents and children can take classes simultaneously as Movement Lab has many options for kids. The studio also offers corporate team-building activities.

Additionally, Movement lab partners with nonprofits such as the Baltimore Dance Crew Project and the Holistic Life Foundation, which promotes mindfulness techniques and has worked with the Baltimore City police department to teach trauma de-escalation.

Remington residents can drop in to most Movement Lab classes for \$15. They also have several community class options with reduced prices. If someone wants to test out several classes, they can purchase a \$20 introductory student weekly pass. Unlimited membership packages are available for \$125 per month. Manekin and her staff are open to hearing from the community about what they need and how they can make their classes more accessible. **R**

India Tandoor

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This newsletter is produced for the residents and businesses of Remington in partnership with GRIA and the Church of the Guardian Angel. Distribution by Julie Dael. All are welcome to contribute about activities and events in Remington. Contact the editor at (443) 650-8733 or CraigBettenhausen@gmail.com.