

INSPIRATION: YOUR NEWS

FAIRFAX

Breast cancer survivor giving back to others with the exercise that healed her emotionally, physically

Susan Kraemer, a wife and mother to four children, was diagnosed with triple negative breast cancer in June of 2010. She underwent a double mastectomy in July 2010, followed by five months of chemotherapy.

Following her reconstructive breast surgery in March 2011, she recovered both emotionally and physically by doing mat Pilates at home.

As part of her recovery regime, she also joined the Cincinnati Sports Club and began swimming in their saltwater pool at the suggestion of her physician.

Since she enjoyed the mat Pilates classes so much, she decided to try the reformer Pilates classes as well. She started training three times per week with Cincinnati Sports Club Pilates instructor Anne James in 2013, and credits her reformer classes with helping her regain her mental and physical strength after her chemotherapy sessions and battle with cancer.

Susan eventually decided that she wanted to give back and help others reap the benefits of Pilates, and committed herself to becoming an instructor. In 2021, she participated in the PEI (Pilates Education Institute), comprehensive 450 hours of training, becoming the newest certified Pilates instructor at Cincinnati Sports Club. She loves teaching others the exercise that she credits with making her stronger and healthier over the past 14 years.

“Pilates helped to heal me both emotionally and physically, especially after chemotherapy took so much out of me,” Susan said. “The Pilates reformer provides the benefits of both stretching and strengthening simultaneously, two critically important factors that we all need to incorporate into our workouts, particularly as we age, supporting an active lifestyle. It is a progressive exercise, continuing to challenge us while benefiting our strength, flexibility, balance and focus. I find that it also has a meditative property, which helps support the whole person.

“I have also made many lifelong friends through this wonderful exercise platform, and we all support and share our lives and learn from one another. I am now giving back just as Pilates gave so much to me. I still take classes three times per week with Anne, and am so grateful that she introduced me to something so wonderful that has changed my life in very many unexpected ways.”

For more information, visit <https://www.cincinnati-sportsclub.com>.

Julie Whitney, Phillippi-Whitney Communications LLC



Susan Kraemer, left, and Anne James in the reformer room at Cincinnati Sports Club. PROVIDED BY JULIE WHITNEY



The Sonder Brewing team after a day of volunteering at Kingswood Park. PROVIDED BY BETHANY MILLER

GREATER CINCINNATI

Corporate volunteer spots are available to aid in area parks habitat restoration

This year Ohio River Foundation (ORF) has been able to expand its habitat restoration work thanks to \$100,000 in funding for its Invasive Species Removal Strike Force (ISRSF) activities in Greater Cincinnati.

This program allows ORF to partner with additional volunteer groups and expand its service area to protect additional public spaces.

Funding for this program is provided in part by The Duke Energy Foundation, L.L. Nippert Charitable Foundation, and The H.B., E.W., and F.R. Luther Charitable Foundation, Fifth Third Bank, N.A., Trustee.

The ORF restoration team is partnering with corporate volunteers from all over Greater Cincinnati and has additional volunteering opportunities available. Volunteers will participate in hands-on restoration work to remove invasive plant species and, in some cases, plant native trees in removal areas.

Additionally, participants are able to learn more about native and invasive plant identification and the importance of native plants in reestablishing the biodiversity that results in healthier ecosystems – including cleaner waterways.

The ISRSF combats invasive species on public lands in the 22-county area around Greater Cincinnati that makes up the focus region of the Ohio River Valley Cooperative Invasive Species Management Area coalition. ORF is the coordinator of the coalition that is made up of several organizations and local, state, and federal agencies.

Ohio River Foundation has ongoing invasive species removal projects at several partner parks throughout Great-

er Cincinnati and is still signing up corporate partners for employee volunteer days.

To reserve a spot for your company in 2024, contact Sara Brandts, ORF volunteer manager, at sarabrandts@ohio-riverfdn.org.

Bethany Miller, Ohio River Foundation

MOUNT ADAMS

National exhibit sponsored by the Cincinnati Art Club at the Eisele Gallery

The Viewpoint 56 Visual Arts (National) Exhibition is free and open to the public Aug. 24 to Sept. 12, Tuesday through Friday, 10 a.m. to 5 p.m. – and Saturday, 10 a.m to 3 p.m.

Join the Cincinnati Art Club, at the Eisele Gallery for a celebration of talented artists from across the nation. The Cincinnati Art Club celebrates its 56th annual Viewpoint Exhibition with the Eisele Gallery.

Immerse yourself in a diverse range of artistic styles and mediums, showcasing the best of contemporary visual arts. This in-person event is a unique opportunity to experience the creativity and innovation of artists from around the nation.

Judge Lon Brauer from Illinois will choose a first, second and third place award recipients and a Special OKI (Ohio, Kentucky and Indiana) recipient.

Guests throughout the duration of the exhibition will be able to see the award recipient’s works.

Don’t miss out on this exciting exhibition. Explore the Viewpoint 56 Visual Arts (National) Exhibition from Saturday, Aug. 24, to Sept. 12.

In addition, the club offers a Viewpoint56 Workshop for artists, conducted by the Viewpoint 56 judge Lon Brauer, on Aug. 23-24.

For more information on the workshop, visit <https://www.eventbrite.com/e/comparing-apples-to-apples-a-viewpoint-56-fine-arts-workshop-tickets-875331579317>

For more information on the show go to: <https://www.cincinnatiartclub.org/viewpoint-56-prospectus/>

For more information on the Eisele Gallery go to: <https://www.info@eiselefineart.com>

Gary Eith, Cincinnati Art Club

LOVELAND

Loveland Art Festival at Whistle Stop Clay Works set for Sept. 7

The Loveland Art Festival is being held on Saturday, Sept. 7 from 11 a.m. until 4 p.m. at Whistle Stop Clay Works, 119 Harrison Avenue in Loveland.

The show highlights local artists from a wide variety of genres, including pottery, fiber art, photographs, jewelry, paintings, wood working, mixed media, fresh flowers, and much more. It’s not

too soon to start thinking about holiday shopping, and this is a wonderful opportunity to support local artists with some unique, handcrafted purchases for friends and loved ones.

This family-friendly event will have an El Vaquero food truck to keep shoppers fueled and hydrated. There will be free raffles and live music by local musician Ellen Mershon.

The Loveland Art Festival will be a juried show this year with monetary prizes for winning artists. There will also be a ‘People’s Choice Award’ where the winner will be determined by public voting.

Also new this year are free, reusable shopping totes that will be distributed on a first-come, first-served basis.

The show will be supporting two local nonprofits: Angels by the Trail and Loveland Legacy. They will have educational material and raffles that will go directly to fund their organizations. In addition, the show will have a booth featuring high school art students who will be displaying, talking about and selling their work.

The Loveland Art Festival has partnered with Loveland High School for four years and is pleased to facilitate this real-world experience for art students looking to sell their work.

For a list of participating artists and a map of the venue visit lovelandartfestival.com or call (513) 683-2529 for additional information.

Bonnie McNett, Loveland Art Festival

AMELIA

East Cincy Yoga celebrates 10-year anniversary Aug. 17

East Cincy Yoga and Wellness Center (ECY) is celebrating its 10-year anniversary on Saturday, Aug. 17, with a day of fun at its studio on 64 Main St. in Amelia.

The celebration, to be held from 2-10 p.m., will include several activities such as free yoga classes, a concert by Mayan Ruin and several vendors.

“Since we opened our studio 10 years ago, we have taught more than 1,500 people, including many people who had never tried yoga,” says Lori Kirsch, who along with husband Eric owns and operate ECY. She adds that ECY has trained approximately 40 students to become certified to teach yoga through a rigorous, multi-week program that meets national and international yoga training standards.

Lori and Eric are certified yoga instructors themselves, as are several other yoga instructors who teach at ECY.

As part of its mission to enhance awareness of yoga’s many health benefits throughout the community, ECY has offered free yoga classes in local parks for several years, as well as introduced youngsters to yoga through its popular kids’ series, yoga camps and free teen classes. Lori stresses that ECY’s various yoga classes are all-inclusive to age, gender and fitness level.

Additionally, ECY offers:



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