

Canterbury Tales



New Editors for the Newsletter

Tiffany and Phil Kopp are the new editors for the Canterbury Estates newsletter, as well as other publications to support the Homes Association Board and the residents of the community.

We are interested in your inputs on the newsletter. The newsletter is for the benefit of everyone and a place to share information and updates about our community and our residents.

You can contact us at philipkopp@sprintmail.com or 663-5677.

From your Board Pre-Announcement of Annual Meeting

The Board will be holding the Homes Association Annual meeting on January 23, 2006. More details on the meeting will follow in the regular announcement letter.

BOARD MEMBERS

Jim Gromer President	913.451.9036
Dale Williams	913.451.3645
Everett Knapp	913.451.8442
Erwin Stern	913.451.9457
Charles Metzker	913.663.3580
Kathy Boos	913.491.2984
Betsy Graverson	913.661.9228
Bill Deckert	913.451.1877



Kansas City Chiefs

Remaining Schedule

11/20	at Houston Texans	7:30pm
11/27	New England Patriots	Noon
12/4	Denver Broncos	3:15pm
12/11	at Dallas Cowboys	3:15pm
12/17	at New York Giants	4:00pm
12/24	San Diego Chargers	Noon



Roofing Reminder

Please consult the Directory for Roofing Guidelines and have your plans approved by Dale Williams and his committee.

Overland Park Large Item Trash Pickup

Large items can be picked up any time of year by scheduling in advance with Deffenbaugh at 913-631-3300. There is a nominal service fee. Items to be included: appliances, furniture, remodeling debris and other unusual items. Free large item pick-up by the city for addresses East of Antioch will resume in April 2007. (alternates every other year east/west).

General Trash Guidelines: Place your items on the curbside on Sunday prior to the scheduled Monday pickup. For further information on what will be collected and other general rules, please see the following website: www.opkansas.org/_Res/City_Services/Trash_and_Recycling

Canterbury Estates Pan Pizza

- 1 loaf (1 pound) frozen bread dough, thawed
- 1 pound ground beef or bulk sausage
- 2 cups (8 ounces) shredded mozzarella cheese
- 1/2 pound fresh mushrooms
- 1 small onion, chopped
- 2 tsp olive oil
- 1 can petite diced tomatoes, well drained
- 3/4 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp fennel seed, crushed
- 1/4 tsp garlic powder
- 1/2 cup grated parmesan cheese



1. Press dough onto bottom & up the sides of a greased 13x9x2 baking dish.
2. In large skillet cook meat until no longer pink; drain.
3. sprinkle over dough; top with mozzarella cheese.
4. In a skillet, sauté mushrooms & onion in oil till onion is tender; stir in tomatoes and all seasonings.
5. Spoon over mozzarella cheese; sprinkle with Parmesan cheese.

Bake at 350 degrees for 25 to 35 minutes or until crust is golden brown.

Enjoy!!!



Fast Facts - Did you know?
There are 105 homes in Canterbury Estates



New Directory to be Published in December

We would like to make the directory as accurate as possible. If you have additions, deletions, or corrections to the 2004 Directory (the red one), now is the time to call or email Philip Kopp at 913.663.5677 or philipkopp@sprintmail.com. Corrections will be accepted until 12/18/2005. New directories will be mailed to your home address.

Upcoming Canterbury Estates Events



Directory Deadline: December 18th. Submit changes to Philip Kopp.

Annual Homes Association Meeting: January 23, 2006

Winter Wellness

Get your zzzz's - The average adult needs 7 to 8 hours of sleep.

Build your immunity - Eat a diet rich in immune building foods like dark leafy greens, nuts and seeds, citrus, berries, and whole grains.

Vitamins - Vitamin and mineral supplements are easy insurance for those of us too busy to eat right all the time.

Herbal Support - Tinctures, such as Echinacea or astragalus, taken over a period, may help build immunity.

Rub-a-dub-dub - Keep your hands clean!

Hydrate! - Drink at least eight glasses of water every day.

Keep moving - Moderate exercise may strengthen your immune systems as well as boosting your mood.

Shots - Don't forget to get your flu and pneumonia vaccine. A flu vaccine is good for one year and pneumonia is good for five years.

KANSAS CITY SYMPHONY PROGRAM INFORMATION

- January 6 - 8 **Mozart**, Concerto in E-Flat Major for two pianos and orchestra & Symphony No. 40 in G Minor
- January 13 - 15 **Stravinsky**, Chorale & **Schumann**, Concerto in A Minor for Cello & **Mendelssohn**, Symphony No. 5 in D Major
- January 27 - 28 **Mozart**, Symphony No. 36 in C Major & **Wagner**, Siegfried Idyll & **Beethoven**, Symphony No. 4 in B flat Major

“For our Residents”