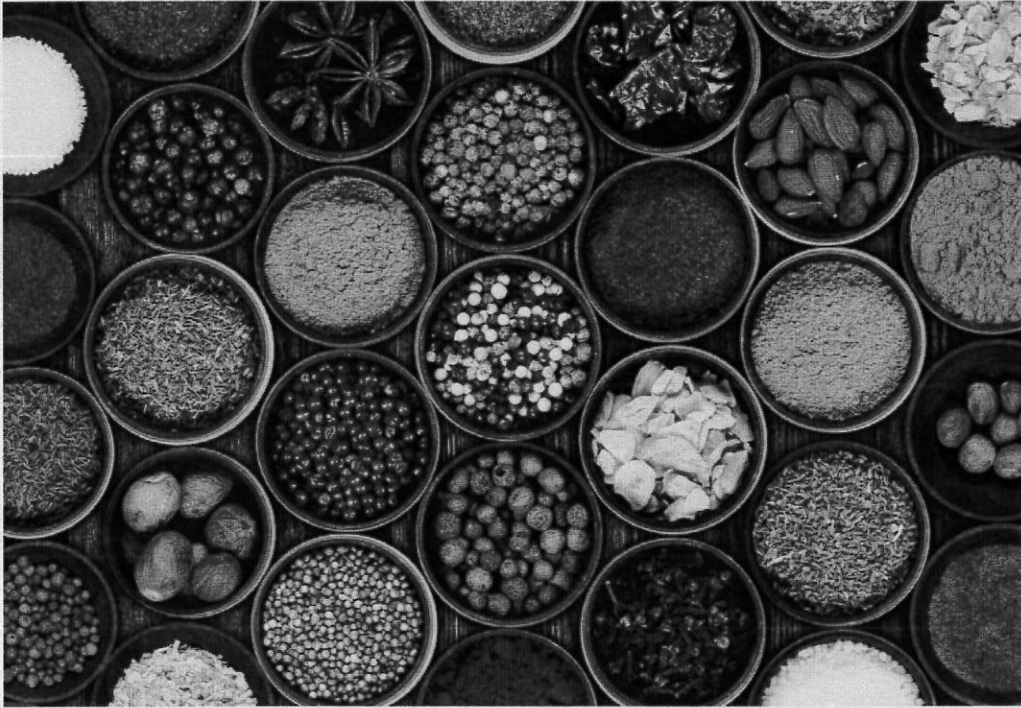


Greenway Fields

HOMES ASSOCIATION NEWS • KANSAS CITY, MO 64113 • 4Q 2015



Myriad & Sundry Spices

President's Letter

With fall in full swing and winter quickly approaching, we as a neighborhood need to be alert to our surroundings. Quickly changing weather patterns, darkness arriving earlier, holidays just around the corner, all give us potential cause for concern and stress. As you might be aware, we have seen an increase in crime, in particular theft, in our neighborhood recently. Although our community is still one of the safest in the city, as shown on websites like crimereports.com, the Board is taking this information very seriously. We have reached out to our current security staff and are reviewing other alternatives to help keep our streets and homes safe. Unfortunately, crime happens and all we can do as a community is provide the most up-to-date and effective deterrents possible. Off duty police, security companies, and even neighborhood watch groups won't eliminate crime in our neighborhood; they do provide impediments and a faster response when it happens.

You have a part in this safety measure also. Locking your home and automobiles, maintaining adequate outdoor lighting, reporting suspicious people or behaviors to authorities are all good examples of things that you can do to help. Look out for your neighbors. Offer to pick up newspapers and mail when your neighbor is away, and alert a neighbor who isn't home when you see a package on their doorstep. Plus, check out the article inside for more tips on keeping your home safe.

The Board is dedicated to sharing information within our neighborhood in a timely and efficient manner. We will continue to focus on utilizing mail chimp, this newsletter, and our Block Captains to disseminate important information. And if you haven't joined the Greenway Fields Homes Association Group on Facebook yet, check it out. It's another great way to stay informed and communicate with your neighbors.

Here's to a safe and happy holiday season.

David Slawson

Upcoming Events



GFHA Annual Holiday Party

Sun, Dec 6, 5-7 PM

400 W 63rd St

Home of Lee Johnson

& David Slawson

Please no children except infants

RSVP by Dec 1 to:

board@greenwayfields.org



86th Annual Plaza

Lighting Ceremony

Thanksgiving Evening

5-8pm



Holiday Lighting Contest

Vote for your favorites by Dec 14 on

our Facebook Group or email

board@greenwayfields.org

in the following categories:

Best Block

Best of Show

Most Architectural

Most Classic

Most Colorful

Most Elaborate

Most Elegant

Most Original

Most Whimsical



Join our facebook group



www.greenwayfields.org

About Town

Small Business Saturday (SBS) was launched by American Express on 11/27/2010 in an effort to promote small businesses on the Saturday after Thanksgiving, *Shop Small for All*. This initiative has proven very successful and in 2014, an estimated \$14 billion was spent at small independent businesses that day as communities recognized and supported locally owned businesses. This year's SBS will be November 28th and we are fortunate to have more than 80 shops, restaurants, and services within walking distance. Perhaps you could invite friends to breakfast

or lunch and then explore Brookside to purchase one-of-a-kind items you can actually touch and feel.

Explore the recently opened **Savory Spice** at 6245 Brookside Blvd. Family owned by Mike and Janet Johnston, the shop offers over 400 spices, herbs, and blends that are milled weekly.

Brookside gift cards are also an option. **Bank Midwest** sells Brookside gift cards and if you buy \$50 in Brookside gift cards, you get a free \$10 gift card during the holiday season, ending December 31st.

www.brooksidekc.org



Keeping Your Home Safe

BY TOM O'CONNOR

A monitoring station for a home security company is a great place to identify trends in residential crime. Every year we see an increase in home burglaries between Halloween and the end of January. And, you might be surprised to learn that most home burglaries happen during the day.

Easy ways to make your home safer.

- If you work from your house or at home during the day, answer the door if your doorbell rings. You do not have to open your door, you can talk through your door.
- If you are leaving for the weekend or a few days, please have a neighbor pickup your newspapers and flyers left at your front door.
- Install backyard or garage lights that are motion activated.
- If you have just moved into the neighborhood, have your locks changed and if you have an outdoor lock for your garage door, change your code occasionally.
- If you have a monitored alarm system, you may consider having a contact installed in your detached garage.
- If you have an alarm system but are not being monitored, at least use the system, as the exterior alarm horn will work.
- Don't recycle that new TV box. Besides letting people know that you have a new TV, the cost of replacing that box is over \$100, in case you need it again.

www.centalsecuritygroup.com



Shop Small for All at this Year's SBS



Gina Valentino Nominated for Spirit Award

Jim Gary Neighborhood Spirit Award

We were pleased to nominate Gina Valentino as a candidate for the Jim Gary Neighborhood Spirit Award. The award was established to honor the memory of Jim Gary, a man who served as a neighborhood leader for over 40 years. Jim was a tireless champion of neighborhood associations. This award is presented annually to a member of an HAKC (Homes Association of Kansas City) who has served his or her neighborhood in extraordinary ways over a long period of time.

Gina Valentino was a member of the GFHA Board of Directors from 2005–2012 and served as President of the Board from 2007–2012. Gina was instrumental in the development,

ratification, and implementation of the Greenway Fields Community Improvement District (GFCID) beginning in 2008. Gina was a very *hands on* President, who did everything from walking door to door to speak with residents about the fairness of a CID and how all homes should pay their fair share of dues—to organizing town hall meetings between residents and the city in 2009 when flooding dumped sewage into their homes—to leading the Homes Association and CID to their current status as fiscally sound and equitable organizations.

We are very appreciative of Gina's contributions then and now, as she continues to provide so much to our neighborhood.

Stuck by the Clutter?

BY NICKI CRAWFORD, PH.D

The process of de-cluttering is often spurred by a significant life transition. A transition holds the place of just before and just after, the line to cross, the threshold to step over. These are the markers of life. I find myself referring to events as they relate to these transitions, *oh, that was before I moved*, or, *that happened after my daughter left for school*. Regardless of the initial reaction to a job change, divorce, or empty nest—I've come to appreciate the experience for what I eventually learn about myself and what the *after* has to offer. I feel energized by the newness and openness of my reality. I am driven to re-set my personal surroundings to mirror the inner shift in perspective.

Often, while in the process of clearing out what now feels like clutter, I expend a lot of emotional energy. After about an hour I feel stuck, sad, tired and overwhelmed. I try to remember to be kind to myself, it takes effort to consider each item and choose which to keep and which to donate. These uncomfortable feelings are typical but they don't have to stop progress. I pay attention and do the following when I feel stuck.

- Notice the stuck feeling and take a 10-minute break.
- Pay close attention. I step outside and focus attention on what is around. How my feet feel on the ground, what I hear, what I see. I breathe slowly and deeply.
- Move. I go for a walk around the block, stretch or dance.
- Care for myself. A cup of tea, sparkling water or glass of wine.
- Resume the de-cluttering for another 30 minutes, knowing it's okay to take a break if I feel stuck again.
- Deal with de-cluttering projects in short chunks; no more than two hours at a time.
- Take before and after pictures to share and remind myself of how much I've accomplished.
- Spend a few minutes appreciating myself for focus and efforts.

www.yourpeacefulspace.com



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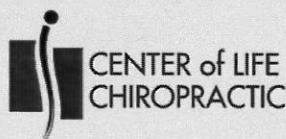


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Homes Associations of Kansas City
4200 Somerset Drive, Suite 216
Prairie Village, KS 66208

CURRENT RESIDENT OR

Neighborhood Block Captains

61st St – 400s & 600s

Vacancy

If you're interested contact Bob Deeg at bob.w.deeg@sprint.com

61st Ter – 400s

Nola Devitt
nola.devitt@gmail.com
(816) 876-1985

61st Ter – 400s

Don McGee
816-809-1804

61st Ter – 600s

Bob Deeg
bob.w.deeg@sprint.com
(816) 926-1045

62nd St – 400s

Kelley Hrabe
khrabe@prairiefiredg.com
(816) 686-2416

62nd St – 600s

Patty Moore
pmoorekc@me.com
(816) 353-1213

62nd Ter – 400s

Karen Grover-Pierce
karengrover@yahoo.com
(816) 523-6951

Valley Rd (6200), Pennsylvania (6100 & 6200), Summit St (6200)

David Thompson
ddtkc41@aol.com
(816) 333-2282

63rd St – 400s

David Slawson
davidslawson@hotmail.com
(816) 379-0231

63rd St – 600s

Julie Nelson Meers
julien@mobank.com
(816) 510-0735

Greenway Ter – 400s

Cady Seabaugh
cady.seabaugh@greenwayfields.org
(314) 452-4104

Greenway Ter – 600s

Amy Hart
amymclineyhart@gmail.com
(816) 665-9969

W Meyer Blvd

Cynthia Spaeth
nspaeth444@aol.com

Wornall Ter & Wornall Rd

Christian Schulz
afusio@me.com
(816) 536-4564

Washington St

Kathie Allison
katiea@planetkc.com
(816) 361-6378

Pennsylvania Ave 6400s

Bob Jump
bob@thejumps.org
(816) 289-6847

Jefferson St

Scott Kaiser
scott.kaiser@greenwayfields.org
(913) 636-0924

Summit St & 6400s of Valley Rd

Michelle Murphy
michellemurf@msn.com
(816) 835-9276

Let your block captain know if your contact info changes to receive regular email updates.

Board Members

David Slawson—President

david.slawson@greenwayfields.org

Sarah McCracken—Treasurer

sarah.mccracken@greenwayfields.org

Jeanette LePique—Secretary

jeanette.lepique@greenwayfields.org

Bob Deeg—Director

bob.w.deeg@sprint.com

Nola Devitt—Director

nola.devitt@greenwayfields.org

Scott Kaiser—Director

scott.kaiser@greenwayfields.org

Cady Seabaugh—Director

cady.seabaugh@greenwayfields.org