



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

CURRENT RESIDENT OR



Neighborhood Block Captains

- | | | |
|--|---|--|
| 61st St.
Cathy Stephens
(816) 361-2385 | Valley Rd. (at Pennsylvania)
David Thompson
(816) 333-2282 | Wornall Ter. & Rd.
Christian Schulz
(816) 536-4564 |
| 61st Terrace 400's
Don McGee
(816) 444-0638 | 63rd St. 400's
Vlad Gjorgjioski
(913) 486-2801 | Washington St.
Lesley Reller
(816) 523-5225 |
| 61st Terrace 600's
Bob Deeg
(816) 926-1045 | 63rd St. 600's
Julie Nelson Meers
(816) 510-0735 | Pennsylvania Ave. 6400's
Bob Jump
(816) 523-7942 |
| 62nd St. 400's
Kelley Hrabe
(816) 686-2416 | Greenway Ter. 400's
Blythe Robertson
(816) 363-4130 | Jefferson Ave.
Pat Bement
(816) 444-0805 |
| 62nd St. 600's
Patty Moore
(816) 363-1213 | Greenway Ter. 600's
Tom O'Connor
(816) 363-2926 | Summit Ave. & 6400's of Valley
Michelle Murphy
(816) 835-9276 |
| 62nd Terrace 400's
Karen Grover-Pierce
(816) 523-6951 | W. Meyer Blvd.
Frank Hendricks
(816) 674-7605 | |

GFHA Board Members

- | | |
|---|--|
| Clem Helmstetter
President
(816) 729-4900
clem.helmstetter@greenwayfields.org | Mike McAdam
Director
mike.mcadam@greenwayfields.org |
| Julie Nelson Meers
Vice President
julie.nelsonmeers@greenwayfields.org | Beth Noble
Director
beth.noble@greenwayfields.org |
| Ryan Felton
Treasurer
ryan.felton@greenwayfields.org | Christian Schulz
Director
christian.schulz@greenwayfields.org |
| Jennifer Martin
Secretary
jennifer.martin@greenwayfields.org | The GFHA board serves our neighborhood. Please contact us with any questions. |
| Scott Kaiser
Director
scott.kaiser@greenwayfields.org | |

www.greenwayfields.org

Greenway Fields

HOMES ASSOCIATION NEWS • KANSAS CITY, MO 64113 • 4Q 2012



Upcoming Events

★
Brookside Christmas Tree Lighting
Thur., Dec. 6, 6-7 p.m.
Enjoy entertainment, hot chocolate and cookies. Experience a charming evening in Brookside.

★
Annual Holiday Party
Sun., Dec. 2, 5-7 p.m. 635 W. Meyer Blvd.
Home of Marianne Roos & David Bland
No children please except babies-in-arms.
Please RSVP by 11/30 to
Clem Helmstetter at
clem.helmstetter@greenwayfields.org

★
Annual Holiday Lighting Contest
Judging the night of Mon., Dec. 17
Lights, wreaths, snowmen...
it's time to channel your inner Clark Griswold! Winners will be chosen in the categories of Most Original, Most Colorful, Best Block and Best of Show.

★
Leaf & Brush Pick-Up
North of 63rd. St.: Thur., Nov. 8
South of 63rd. St.: Thur., Nov. 29
There is one fall collection this year.

★
No-limit Trash Pick-up
Dec. 25-Jan. 1
The regular two-bag limit for garbage collection is lifted during the week between Christmas and New Year's Day. You may place additional bags on the curb without buying a tag for them, which ordinarily costs \$2 per bag. Please note that this does not apply to bulky trash items; you still must schedule a pick-up with the city to dispose of these items.

President's Letter

I am proud to say the City Council's discussion of sweeping changes to all CID's (Community Improvement Districts) is coming to a close. The latest update to the CID Resolution is **great news!** The changes affect future retail CID's that want to impose sales tax. This resolution is aligned with what Councilman Ford and the other committee members told us at the last hearing. They don't want to change criteria for CID's formed by neighborhoods and ours remains a model.

Please join me in welcoming two new Board members, Elizabeth Noble and Scott Kaiser. I would like to thank them in advance for their contributions and providing a helping hand by serving on the board. If you see them, please express thanks for their volunteer time and efforts while on the Board.

If you would like to be more involved with your neighborhood association, you may want to become a Board Member. Please call me to learn more about the commitment and/or have your name added to the ballot. Elections are held at the Annual Meeting (Feb 2013).

In closing I would encourage you to join us for the Annual Holiday Party on Sunday, December 2th at 635 W. Meyer Blvd., at the home of Marianne Roos and David Bland from 5pm-7pm. Marianne and David are happy to host again this year and we are grateful for their hospitality. The Holiday Party is casual and fun, another great opportunity to visit with neighbors and meet your board members. We provide refreshments and beverages. Please kindly RSVP by November 30th to board@greenwayfields.org or 816-729-4900.

Clem

Home of the Month

Celebrating our beautiful neighborhood



October

**Robert & Jeanette Le Pique
6418 Wornall Ter**

If you find the Home of the Month sign in your yard, please contact Jennifer Martin at jennifer.martin@greenwayfields.org so she can include a photo in the next edition of the newsletter.

Trees: 'Tis the Season

Brookside has a unique urban forest comprised of all species of tree and fauna. The species here include linden, which line the grand streets of Berlin; the sycamore, which adorn the streets of Paris; and the great maples, which color our fall season. The other varieties of tree include the grand ash and the mighty pin oaks which canopy Meyer Boulevard. We also have other tree species which are complementary to those mentioned. Considering this diversity, the GFHA board has entertained an idea adopted by our neighboring homes associations: conducting a tree census of trees located in the easement between the streets and the sidewalks of our neighborhood, to both maintain and preserve our great urban forest resource. We have identified software, *i-Tree* (<http://www.itreetools.org>) from the USDA Forest Service, to assist in this effort. This software will map and link to our website to allow review of all trees and identify where new plantings should occur. Additionally, we can monitor issues such as drought, beetles, fungus and other harmful pests which may be of concern to preservation. We can further plan to improve the canopy and eliminate heat islands through new tree plantings.

Trees are vital to our area. They add 10–20% to the value of a home, save 5–10% of heating/cooling costs and add to the air quality we all enjoy. These often under valued assets give our neighborhood character and desirability.

In this season where evergreens so dominate our attention perhaps we can also celebrate our urban forest. Your interest and support of the tree census is important as is any participation you might offer, or suggestions you might have. Please contact us.

Enjoy the evergreens, and the beauty of the trees.
Elizabeth Noble, Ph.D.

Five Easy Ways for Keeping off the Winter Blues

Seasonal Affective Disorder (SAD) is common during the long, dark winter months, leaving many people feeling sluggish, irritable, and blue; however, being prepared for the transition, and focusing on the balance of primary food—healthy relationships, regular physical activity, a fulfilling career and a spiritual practice—in our lives, allows us to maintain a positive worldview and fully enjoy the excitement and energy of the holiday season.

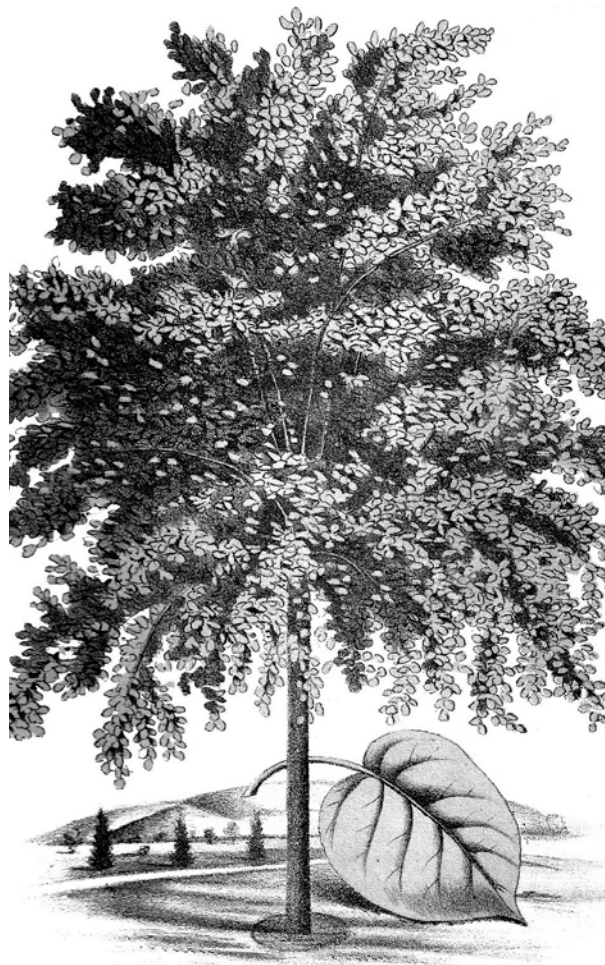
Take it outdoors – Make it a priority to bundle up and get outside for a short walk during the daylight hours—even if it's chilly! The fresh air, sunshine and your Greenway Fields neighbors will brighten your spirits.

Get regular exercise – You might be inclined to hibernate under warm blankets as the temperatures drop, but that won't do anything for your mood. Working out releases endorphins in your brain that make you feel happy, and a regular exercise routine will do wonders for your energy levels.

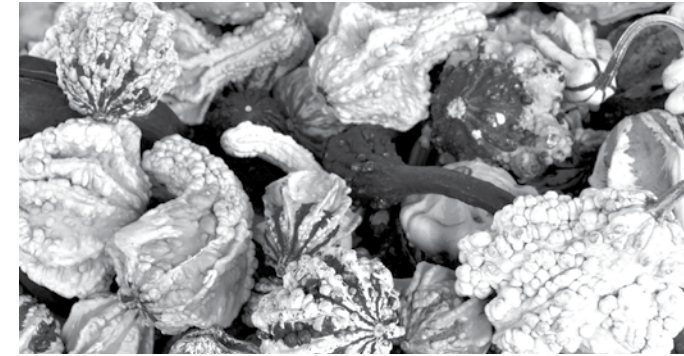
Keep it social – Friendships provide the support we need to live fulfilling, balanced lives. Sharing stories and laughing with friends can lift our spirits and give us a fresh perspective. Make plans to meet for a visit at a Brookside shop, or schedule a phone call to keep in touch.

Journal for gratitude – Take time in the morning or evening to make a list of things you are grateful for. Studies show that cultivating happiness helps combat depression. When you focus on the positive things in your life, there's no room for the negative!

Wear your chef's hat – Prepare nourishing meals at home to create a sense of warmth and inner peace. Incorporate a variety of local and seasonal foods—apples, broccoli, pears, squash, sweet potatoes, turnips and turkey, to name a few—into your meals to boost your mood, experiment with new recipes or comforting family favorites and share your favorite treats with your Greenway Fields neighbors.



Linden Tree Illustration




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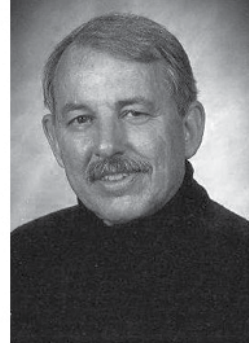


Brian Hedgpeth
Board Certified Health Practitioner
American Association of Drugless Practitioners

816-210-9195

brian@pivotalmomentshealth.com
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