

# 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](mailto: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](mailto: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](http://www.greenwayfields.org)

## About Town

**S**mall 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](http://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.centralsecuritygroup.com](http://www.centralsecuritygroup.com)



*Shop Small for All at this Year's SBS*



*Gina Valentino Nominated for Spirit Award*

## Jim Gary Neighborhood Spirit Award

**W**e 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

**T**he 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](http://www.yourpeacefulspace.com)



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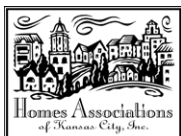
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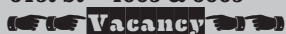


Homes Associations of Kansas City  
4200 Somerset Drive, Suite 216  
Prairie Village, KS 66208

## CURRENT RESIDENT OR

### Neighborhood Block Captains

#### 61st St – 400s & 600s



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**

khhrabe@prairiefiredg.com  
(816) 686-2416

#### 62nd St – 600s

**Patty Moore**

pmoorekc@me.com  
(816) 363-1213

#### 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**

nsipaeth444@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