



The Rosedalian

ROSEDALE DEVELOPMENT ASSOCIATION NEWSLETTER

www.rosedale.org

Feed-a-Family 2009

This year's Feed-a-Family program was received with much joy. This Thanksgiving, RDA, the Rosedale Ministerial Alliance and KCK FOP Lodge 4 in partnership with businesses, residents and churches provided 20 families with large baskets of food and other household items. Partners helped by donating food, money and time in the effort to provide for 20 families this Thanksgiving.

All in all, the baskets provided food for 28 adults and 61 children. Many of the volunteers who helped out enjoyed the project. Corey Sutton, who helped put together the baskets said "it was fun," and that he enjoyed it because he, "just like(s) people."

KCK Community Officer Amy Allen who took time to help RDA deliver the baskets said, "Each family was grateful beyond belief and most of them had tears in their eyes when receiving

the generous donation." Allen appreciated how, "RDA stepped in and . . . provided miracles and hope for many." But this would not have been possible without the support of so many volunteers and donors.

Officer Allen was also grateful to RDA for providing an opportunity to connect with the community in such a positive way. She noted that officers are "so often . . . present in troubled times that it warms our heart to be there during these times of hope." She added that, "you join the police department because of your love for people and desire to help to make a difference where you can."

RDA appreciated the graciousness of everyone involved with Feed-a-Family. We know that we can unequivocally be grateful for all those community members working to make this community an even better place to be. ☺



Even some of the smallest Rosdilians came out to help make Feed-a-Family a reality.

Nutrition 2010

As the holidays wind down we tend to think about healthy eating again. Here are a few tips to get you started on eating healthier in 2010!

Eat Locally, Eat Seasonally. The fresher the healthier. Try some of these local options:

- Winter Squash
- Spinach
- Broccoli
- Potatoes
- Turnips

Pack your shopping cart with plenty of fresh fruits and vegetables like sweet potatoes, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad or fruit crisp.

Stop eating when you are full. Have your leftovers boxed up, or put them away for tomorrow's lunch. Listen to your body.

If you cannot pronounce the ingredients, pass it up — a sure sign that the item is not nearly as good for us as the manufacturer would like us to believe, that includes many of the foods that look healthful at first glance.

Recipe modification for healthier eating:

- Instead of using 1 egg, use 2 egg whites. This will save 42 calories and 6 grams of fat.
- Serve a Turkey dog instead of a regular hot dog and save 80 calories and 8 grams of fat. Turkey bacon instead of regular bacon saves a whopping 250 calories and 20 grams of fat!
- Simply substituting Lean Ground Beef (92 percent lean, 8 percent fat) for Regular Ground Beef will save 180 calories and 22 grams of fat! ☺

— Erika Devore

Volunteer Spotlight: Gary and Sue Hughes

For Gary and Sue Hughes, giving time to do volunteer work is not so much just a part of what they do, as it is a part of who they are. Their volunteer mentality has helped countless people, and the number among that lucky group is only increasing.

According to Sue, living a life of service is, "always how Gary has been." Gary began to volunteer at a young age, as he tagged along with his father. He particularly remembers helping to build the Johnson county softball field with other community members when he was just a boy.

As he grew up, Gary said he, "just continued it." Gary went to Vietnam as a medic during the war and worked to train the Montagnard people, the French term for the culturally distinct peoples of the mountains of Vietnam who fought with the Americans. He received a purple heart.

At home, Gary continued this giving tradition and worked with the Village Presbyterian Church where, among other things, he helped to organize local sports and create a retirement home out of an old school building.

Speaking of their marriage, Gary joked that Sue, "didn't know what she was getting into." But Sue has led a life dedicated to helping others as well. Sue recently retired from her work as an educational audiologist, helping children with hearing problems. Now that she is

retired, she jokes that she might need to find a job to relax. Indeed, our meeting had to be squeezed in after she finished a knitting session for the "tree of warmth" at Rosedale Congregational Church.

Today, Gary and Sue both volunteer at Crosslines, a nonprofit group that provides food and other basic supplies to needy families, and at the Healthy Kids Club at Rosedale Congregational Church (featured in the November newsletter). Sue also began the "tree of warmth" at her church, which provides knitted clothes for school kids and was a part of beginning the community garden started by Rosedale Congregational and St. Paul AME Zion churches. Sue is also a chair of the Garden Team, an association of gardeners that hopes to help educate children about healthy food choices.

If anything, the couple's lives have been enriched by their volunteer experiences. Sue said that she "loves children," and her work has always been focused around children. Furthermore, she says that her, "life has been so blessed," that she needs to lend a helping hand to give back. Gary and Sue use the things they love and enjoy to enhance the lives of others.

For Gary, service is simply, "a way of life." That way of life has enriched the lives of many others. RDA and the community of Rosedale thank this wonderful couple for their dedication to the people of their community. ☺

ROSEDALE DEVELOPMENT ASSOCIATION

Working in partnership with residents, businesses, and institutions to build a strong and healthy community and to improve the quality of life for those who live, work, and play in Rosedale.

1403 Southwest Blvd.
Kansas City, KS 66103
Phone: (913) 677-5097
Fax: (913) 677-3437
www.rosedale.org
Monday-Friday, 9 a.m.-5 p.m.

Wendy Wilson, Executive Director

Linda Wright, Office Manager

Jordan Penner, Community Organizer

Design, Elizabeth C. Johnston
www.lizardbrand.com

Editing, Cari Holliday

Board of Directors,
www.rosedale.org/
who_board.htm

Glass recycling comes to Rosedale

RDA encourages all Rosedaleans to recycle their glass at a new glass-recycling deposit center courtesy of Ripple Glass. Located at 1010 Southwest Blvd., between Strasser Hardware and E. Edwards Work Wear, it's a short drive. All glass food and beverage containers may be dumped into the bright purple glass drop off point, there is no need to peel the labels. For more information visit: rippleglasskc.com.

In memoriam

Kate Oglebay White, longtime resident of Rosedale, died October 17, 2009. Kate lived for nearly twenty years in Paris, France, working as a translator. When she returned to Kansas City she continued using her French and taught French at many different places while also maintaining many private students with whom she formed strong friendships. Kate was a steadfast supporter of RDA and an important part of the Rosedale community. We are saddened by her passing.



HEIDI HOLLIDAY PHOTO

Gary and Sue Hughes have volunteered countless hours over the course of their lives for the cause of community improvement.

Excellence in Education

George Kemper and the Excellence in Education program are preparing to make 2010 another strong year for the program. The program hopes to change students' mindset toward school.

"This program is a method of supporting or reinforcing good behavior," Kemper said, "not only in school, but in life."

Kemper's interest in reinforcing good behavior began when he served as a community officer assigned to engaging with schools and churches. Kemper said that while schools had programs for problematic children, there were no programs supporting those children who were successful in school.

Excellence in Education gives out trophies to grade school age children who meet three criteria: good grades, perfect attendance, and good behavior. An early evening program is put on for these kids and their families to create a supportive environment that involves the family and can influence siblings as well.

Kemper said that some of the kids, "achieve some great things," and that based on the environment they grew up in, one would not assume that they would be able to achieve what they have.

Kemper stressed that many of these children come from truly adverse situations.

Excellence in Education gives these children much needed positive support. Children who do well need to know that they are appreciated. Kemper said they want to instill in the children the knowledge that if they want to realize that dream in the back of their head, they need to work hard to achieve good grades and exhibit good behavior.

The good habits that Excellence in Education reinforces will be useful life skills that many children need to learn in schools.

Looking forward to the coming year, Kemper sees financing as the biggest hurdle. Though it is a relatively inexpensive program — Kemper works as a volunteer — some costs are necessary.

For the coming year, Kemper wants to compile what they have done, generate even more enthusiasm for the program and secure funding that would make expansion possible. Kemper knows that the children get excited about the program. He just hopes that adults will too. ☞

Healthy Kids Update:

The Healthy Kids Initiative (HKI) continues going strong into the winter months under the leadership of Wendy Wilson, Jane Heide and Heidi Holliday.

Jane Heide and Heidi Holliday attended the national Robert Wood Johnson Foundation conference in Atlanta where they presented a poster showing what HKI has accomplished and learned from others working on similar projects around the country.

The third community forum event of HKI was a National Training Course on Safe Routes to School in early November. The event, held at Bethel International Center of Worship, brought together over 30 people, including parents, community members, religious leaders, school district representatives and community police officers to discuss the barriers of walking to school and how they can

begin to find solutions. The training was led by Steve Petrehn, Walking School Bus coordinator at Bridging the Gap, and Dr. Robert Stokes, professor of Civil Engineering at Kansas State University.

The December Garden Team Meeting featured guest speaker Steve Mann from Food Not Lawns. Mann talked about resources and tips for organic

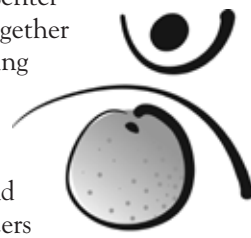
growing and no-till gardening while sharing the overall philosophy of Food Not Lawns. You can see an excerpt of this presentation at www.youtube.com/watch?v=O3b1Qhg40v8. The Garden Team will be meeting again on January 5 at 6:30 p.m. at Rosedale Congregational Church, 4326 Lloyd St. and all community and home gardeners are encouraged to attend.

A recent Healthy Kids Club featured guest speaker Yvonne Dorsey spoke to the kids about the new "Eat Small" campaign. This campaign teaches kids about what constitutes a healthy portion. Large portions, especially for

kids, encourage children to eat more calories than their body can burn, which can result in unwanted health risks. She also spoke about eating a well balanced diet

including lots of vegetables and fruits. This session of Healthy Kids Club will continue through January.

Start the New Year out right with a healthy new year's resolution! Visit HKI's blog (www.rosedalehki.blogspot.com) to share your goals for 2010 and see what other Rosedalians are doing to stay healthy. ☞



Healthy Kids Initiative

Membership application

Annual business dues: \$100 ☞ Annual household dues: \$15

Name of business **or** name of household

Address City State ZIP code

Contact person

Day phone Evening phone Fax

E-mail address

Please mail application, along with check made payable to:
Rosedale Development Association
1403 Southwest Blvd.
Kansas City, KS 66103

Rosedale Business of the Month:

Home Team Solutions

Address: (913) 262-0510, **Phone:** 901 Southwest Blvd Kansas City, KS 66103

If Walter Murphy wanted to make money as a boy, he needed to fix things. Murphy grew up working in his father's shop. He describes his father as a very curious man with a thousand hobbies. There, Murphy gained the skill and curiosity needed to build a strong repair service business.

Today, with the experiences gleaned from his father and his studies in architecture, Walter knows that he can get things done right. And getting things done right is Home Team Solutions specialty. Whether repairing part of a floor or an antique dresser, Walter knows that he can make things as good as new.

Together, Denise and Walter Murphy have owned and operated Home Team Solutions since 1990. Both raised in Kansas City, the Murphys say they are both happy to be located here.

When asked about working for so long together, Denise quickly replied that, "it has been great." Walter provided further explanation and said,




Walter Murphy shows off a tool he fashioned himself inside the Home Team Solutions shop.

"She keeps me on the straight and narrow."

Home Team Solutions started out doing high-end repair service for homeowners. The quality of their work spread by word of mouth. Walter explained that referrals were important because most of their work came from

women, who felt much more comfortable with someone specifically referred to them.

Walter said that moving into the corporate world was an evolutionary process. The Murphys saw an opportunity in gaining repeat business by making this switch. Home Team Solutions now works exclusively for businesses consisting mostly of cable, alarm and moving companies. When one of their teams breaks a piece of their clients' property, especially antiques, they call Home Team Solutions to make the situation right.

After seeing the Home Team Solutions shop, one can see why these businesses entrust such important face-saving work to Home Team Solutions. Walter has a love for old tools and figuring out how to fix or create something. In the shop, one sees that his work is mixed with his play. Walter likes the challenging jobs best. Combine that with Denise and his experience, entrepreneurship, and love for the work make a fine business model. 



**1403 Southwest Blvd.
Kansas City, KS 66103**

Non-Profit Org.
U.S. Postage
PAID
Permit No. 233
Kansas City, KS

RETURN SERVICE REQUESTED