



Northaven Hills Neighborhood News October 2018

Neighbors united for a better community

Time flies

The first issue of Northaven Hills Newsletter was published in November 2011. Wow, that's almost seven years ago -- it doesn't seem that long to me. I've enjoyed putting together every issue of the newsletter and interacting with folks in the neighborhood.

The Northaven Hills board of directors is retiring this fall. Formation of neighborhood groups was facilitated and encouraged by the City of Gladstone in 2011, but their effort may have run its course.



I have a second granddaughter in Texas now and increasingly spend more time there. (I can't resist including a photo of her; you know how proud grandparents can be). Her name is Marian.

Recently there have been several homes for sale in Northaven Hills, with the

promise of new neighbors coming to the neighborhood. Northaven Hills picnics and ice cream socials were an opportunity to get to know new neighbors who, otherwise, could have been strangers. Hopefully, those activities might occur again in the future.

The remainder of monies in the Northaven Hills treasury, approximately \$150, raised by garage sales and donations by the board, will be donated to a local charity, to be decided at our upcoming, and last, board meeting, and reported in the next, and last, newsletter.

Carol Elkins, Editor

Farmers Market



The market has moved back to Linden Square, west of city hall, and is open for business on Wednesdays from 2:00 p.m. to 6:00 p.m. and on Saturdays from 8:00 a.m. to 1:00 p.m. **The market will continue through October 31st.**



Northaven Hills Board of Directors

Joe Day,
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Tom Pritchard
6713 N. Garfield
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May through September 2018 Report

from Gladstone Public Safety

05/11/18 – 6700 block of N. Euclid – 911 call, found to be child playing with phone.

05/30/18 – 6700 block of N. Michigan – Check welfare of resident, officer provided resources.

06/06/18 – 6700 block of N. Michigan – Domestic disturbance.

07/03/18 - 2000 block of N.E. 67th Street – Assist Clay County Sheriff Department in serving a protection order.

07/20/18 – N. Michigan and N.E. 65th Street – Suspicious person. Area checked, person not located.

08/02/18 – 6700 block of N. Garfield – Suspicious vehicle checked and found to be legally licensed and parked.

08/10/18 – 6700 block of N. Euclid – Persons shooting pellet gun, advised of ordinance and complied.

08/13/18 – 6700 block of N. Garfield – Verbal argument between juvenile females.

08/17/18 – 6700 block of N. Garfield – Suspicious vehicle gone prior to officer’s arrival.

08/25/18 – 6700 block of N. Garfield – Prowler. House checked, all ok.

09/09/18 - 6700 block of N. Garfield – Suspicious person sleeping on back porch. Person located and identified.

09/09/18 – 6700 block of N. Euclid – Suspicious person/Spectrum. Worker located and found to have gone to wrong address.



Friday Fright Night October 26, 6:00 p.m. Oak Grove Park, 76th & N. Troost

Halloween means fun at Friday Fright Night in Oak Grove Park for kids 12 and under. Cost is \$2.00 or 2 canned goods, to be donated to Northland Christmas Store.

Don your Halloween costumes and come to the park for trick-or-treating, snacks, spooky stories and other fun activities.

Looking for help?

Handyman **Don Frederick** is experienced, efficient and fast. We have been very pleased with the results of his work at our house. His phone number is 816-668-2069. He resides in Liberty.



Steve Tuey does power washing and painting. He is also willing to do general handyman projects. He power washed and stained our front porch, ramp and deck. He also painted the railings on our front porch. He pays attention to detail and we are pleased with the results. Steve lives in Gower. His phone number is 816-424-3750.



Recommended by Carol and Ann Elkins.



Halloween 2018



Chef's Corner

Pot Roast and Vegetable Soup

Nutrition and economy

Double-duty cooking

Two recipes that provide the staples of my wintertime diet are pot roast in the Crock Pot and left-over beef for vegetable soup. I have fish, poultry, dairy, fresh vegetables and fruit in my diet but sometimes I crave beef, especially in the winter.

For the pot roast:

- One chuck roast
- 4-5 small Russet potatoes, peeled and halved
- 2 large carrots, cut into thick slices
- 1 medium white onion, cut into eighths
- 1 cup chicken stock or water
- 2 Tbsp. Kitchen Bouquet
- 1 Tbsp. Worcestershire Sauce
- Salt and pepper to taste
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. thyme (optional, but I love it!)

Place carrots, potatoes, onions and roast in Crock Pot in that order. Combine chicken stock or water with seasonings and pour over roast. Cook according to your Crock Pot's instructions, at least 6 hours on high or 8-10 hours on low. Meat should be "falling-apart" tender at end of cook time.

This was my go-to dinner when I was a full-time working mom. Start the crock pot in the morning -- dinner is ready when you arrive home from work! Enjoy.

For the soup:

- Left-over chuck roast, cut into bite-size pieces, plus left-over liquid from Crock Pot
- Vegetables, 1 can each with liquid:
 - Corn
 - Green beans
 - Diced tomatoes
- 2 Russet potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 1 onion, diced
- 2 stalks celery, diced
- Seasonings:
 - 1 tsp. garlic powder
 - 1 tsp. onion powder
 - 2 tsps. ground thyme,
or fresh if you have it
 - Salt and pepper to taste
- 1 Tbsp. Kitchen Bouquet
- 2 quarts chicken stock (beef stock can overwhelm the flavor of the vegetables)
- Water as needed
- 2 Tbsp. butter to finish off soup

Bring all ingredients to boil in a large pot. Cover and reduce to simmer and cook for two hours or so. This recipe makes approximately five quarts of soup. You can reduce amounts of ingredients for an amount of soup appropriate for your family. Seasonings can be adjusted, or others added, to taste. I experimented with this soup for some time to season it just the way I like it. It makes economical and healthy meals and will keep in the refrigerator for several days; it also freezes well.

Submitted by Carol Elkins



Don't forget to take advantage of the many activities offered at Gladstone's Community Center

The Center has activities geared for children and adults, as well as special activities for senior citizens. The swimming pools are first-rate and offer year-round swimming activities. The indoor pool also is used by the North Kansas



City School District for their swimming program. Various swim meets throughout the region are held at the Center. It's a great facility that offers many activities, including workout gym facilities, for all Gladstone residents. Check it out for your entire family at <http://www.gladstone.mo.us/CommunityCenter/>.

Falls Prevention Awareness

Statistics show that every year one in three senior citizens will be injured in a fall. Among common hazards in homes are area carpets and floor mats, items placed on stairs, lack of handrails or proper lighting in stairways, lack of night lights in your home, and use of stepladders and step stools.

The following advice is from first-hand experience of "yours truly" (editor): If you are a senior citizen please get into the habit of thinking "don't fall," and take great care when *hurrying* to do anything. Always use hand rails if available.



Do you have a question or concern about the neighborhood? Please send your comments to Carol Elkins, newsletter editor, at northaven3news@gmail.com, or call 816-452-3709.

A message to Northaven Hills dogs



When the first Northaven Hills newsletter was published in 2011 there were NO dog parks north of the river. Good news, that has changed. So just keep barkin' at your humans to take you out to a park for some off-leash rompin' and fun!

Current dog parks north of the river are:

- Waggin' Trail Dog Park, N.E. 32nd and Swift, North Kansas City
- Liberty Dog Park, 810 S. LaFrenz Road. From downtown Liberty take East Mill to Richfield Road, continue east to LaFrenz Road, turn south (right) to the dog park.
- Platte Landing Dog Park, South Main Street, Parkville



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