



The Rosedalian

ROSEDALE DEVELOPMENT ASSOCIATION NEWSLETTER

www.rosedale.org

Girls & Moms on the Move making tracks

Talk about Girl Power! A group of 40 girls and women from the Frank Rushton Elementary community are empowering themselves, keeping their hearts healthy and leaving low self-esteem in the dust. They're participating in Girls & Moms on the Move, a running club designed by the Minneapolis Heart Foundation. The 6-week program comprises weekly hour and a half sessions where the group shares a healthy snack, talks about an aspect of healthy living and runs or walks around the neighborhood. The routes become progressively longer, culminating in a 5K, and the Frank Rushton group will be running in the Kansas City Express Mother's Day 5K on May 8.

Karin Morgan and Sarah McGinty, both cardiac nurses from KUMC, approached the Rosedale Healthy Kids Initiative with the idea of bringing the program to Rosedale, an area they feel "is underserved in areas of health education and disease prevention." Working with area residents at KUMC connects them to the community; they feel it is "important to take care of our neighborhood." And of course their work in the medical field ties in with the goal of



STEPHANIE KOLLMANN PHOTO

The girls and moms get moving down Minnie Street.

the program: "To motivate and support mothers and daughters to live healthier lives and prevent heart disease by empowering them with knowledge."

The first three weeks have been a blast for the participants and Karin and Sarah couldn't be happier with the results: "Our hope is that healthy habits taught to both mothers and daughters

will encourage their entire families, leading to the involvement of the entire community." The Girls & Moms on the Move program began in Minneapolis in 2008 and in 2010 there were ten groups across two states. The Frank Rushton group will have run 13 miles together by the end of the program. Cheer them on in their 5K at 8 a.m. in Overland Park!

One more way to get Rosedale moving

Fisher Park is a relatively unobtrusive park on Fisher Street and W. 39th. It's 4.16 acres, complete with playground equipment, an exercise area, an outdoor basketball court and picnic tables. There's nothing particularly special about Fisher Park to look at it, but the Kansas Health Institute has \$8000 that says we can make it spectacular! RDA recently won a Wyandotte Healthy Communities Mini-Grant to start a community walk-

ing club and urban trails program in and around Fisher Park.

Designed by Josh Hoffman (Rosedale Healthy Kids Initiative) and Stephanie Kollmann (RDA), the aim of this project is to increase physical activity in the population surrounding Fisher Park by creating a social support network. The proposed plan is for the club to meet Tuesday and Thursday evenings at Fisher Park. Tuesday sessions would host

a community speaker before the walk, focusing on health, community or exercise. The last Thursday session of each month would incorporate a community give-back event, such as trash pick up or graffiti clean up.

RHKI has made huge strides in making physical activity a special priority for youth in our neighborhood; it's time the rest of the community joined

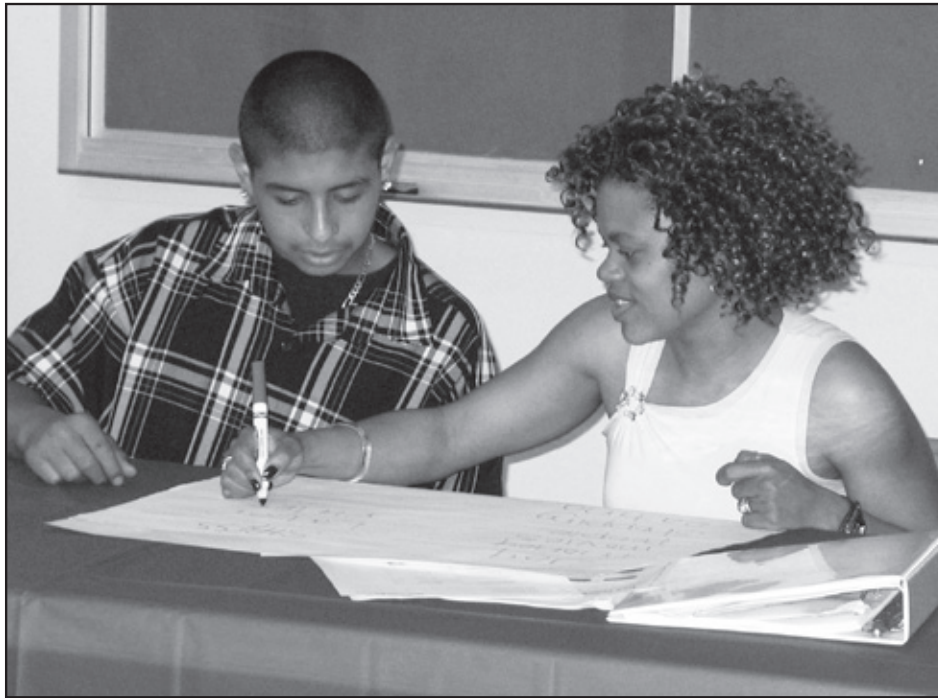
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(Rosedale moving continued)

in. Routes would begin and end at Fisher Park and the club would attempt different routes with the goal of eventually marking three of the best routes with urban trail markers. The budget also has room for new street lights and benches within Fisher Park. The club will run

May through September and RDA is looking to involve area businesses, government leaders, churches, schools and of course residents! Call RDA or contact Josh Hoffman (hkivista@gmail.com) or Stephanie Kollmann (sekollmann@gmail.com) to get involved. ☞

SYE provides training, placement for eager workers



STEPHANIE KOLLMANN PHOTO

Summer Youth Employment participant Christopher Richard takes part in a workplace training program

Attention Rosedale workers! RDA's Summer Youth Employment (SYE) program is now accepting recommendations for applicants. The program provides work placement for Rosedale youth, giving them valuable employment experience before they officially enter the workforce.

SYE accepts 14-16 year olds, with preference given to Rosedale residents. The program runs for 6-8 weeks in the summer, with the youth working approximately 20 hours per week. They receive a weekly stipend based on minimum wage, generously provided by a grant through the BPU.

Aside from gaining real work experience, participants also receive training through RDA, including money management tips, application and interview advice, help with taxes, W2s

and timesheets and instruction in work environment behavior. RDA makes all hiring decisions and monitors the progress of participants throughout the summer.

Several participants in the program's twelve years of operation have received employment offers at the end of the summer. Last year SYE had 12 participants successfully placed in businesses throughout the neighborhood, including Rosedale Middle School, Annedore's Fine Chocolates, Deco Catering, Vox Theatre and Little Angels Day Care. RDA strives to place youth in work environments where they can explore their personal interests. Space is limited, so contact RDA now to make recommendations for participants or to have an application sent to you. ☞

Gearing up for Bike Week!

Love to bike? Want to learn more about alternate transportation in the greater Kansas City area? Then be sure to check out *Bike Week 2011*. Bike Week runs May 14-22 and one of the week's biggest events will be hosted right here in Rosedale. On Thursday May 19, bikers from all over the city will have the chance to attend a Bike-In Movie at the Boulevard Drive-In on Southwest Blvd. for a \$1 suggested donation. There will be booths from local non-profits and bike businesses, goldsprints, a bike valet, a bike rodeo, "fix-it" stations, night ride training and general cyclical celebration!

The fun begins at 7 p.m. and the movie (TBA) will start after sunset. Bring chairs or blankets if you bike. Space will be provided for those who drive. Other local bike week activities include a bike rodeo at Frank Rushton (May 18) and "Bagels on the Boulevard" in front of RDA (5 a.m.-9 a.m., May 17). Learn more about Bike Week and KC bicycling activities at <http://bikewalkkc.org/>. ☞



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.

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Rosedale briefs

Keep an eye on I35 for the I Need a Sidewalk campaign billboard going up May 2.

A community garden strategy team meets at Rosedale Congregational Church at 6:30 p.m. on the first Tuesday of each month. Community members interested in the new community gardens popping up in the area can come at 5:30 p.m. on May 3 to learn more about getting involved.

Last reminder: The Rosedale Farmers Market kicks off Sunday May 1!

Join us for a Walking School Bus to Frank Rushton Elementary from St. Paul AME Zion (4000 S. Minnie) every Wednesday at 8:15 a.m.

RDA is seeking candidates for minor home repair projects. Homes must be owner occupied and cannot be tax delinquent. Volunteers are able to perform a wide array of activities such as yard work, painting, carpentry, dry wall and stair installation and light plumbing. Contact RDA to request a minor home repair.

The UG Commission approved a Complete Streets initiative on April 7 that will encourage a cooperative environment for motorists, pedestrians, and bicyclists. This initiative will help focus strategies for safe routes, sidewalks, trails and safe transportation for all of Wyandotte.

The KCK Police Department is on Twitter. Follow kckpdSouth to keep up with local crime announcements.

2011 Household Hazardous

Waste Collection:

- Wyandotte County residents
- April 16, May 21, June 18, July 16, August 20, September 17, October 15
- 8:30 a.m. to 1:00 p.m.
- 2443 South 88th Street, Kansas City, Kansas (South on 88th Street from K-32 or East of I-435 using Woodend exit near Kaw River)
- Label or identify all items
- Items include: motor oil, batteries, antifreeze, degreasers, paints, varnishes, solvents, insecticides/pesticides, household cleaning products and tires (limit 10 tires, rims must be removed)
- Additional information: call (913) 573-5400

Forget big, bulky, and yellow

They're taking off in countries all over the world, found in every U.S. state and now you can participate in this international movement right here in Rosedale. Walking School Buses are steadily gaining momentum, and in an area with worryingly-high childhood obesity levels, this solution couldn't be simpler.


In 2005, Walking School Buses became a priority for the National Safe Routes to School campaign, and over 3,000 schools participated in 2010's National Walk to School Day.

Walking to school. Seems easy enough, but the health and environmental benefits are surprisingly multifaceted. Only about 10 percent of children nationwide walk to school, but even a short walk in the morning contributes to the thirty minutes (minimum) of physical activity that kids should get a day. Walking School Buses also combat pollution by replacing the emissions that would otherwise be released and emphasize the need for safe sidewalks.

Peter Wetzel, a third grade teacher at Frank Rushton Elementary started a Walking School Bus program in fall 2010 through Bridging the Gap (BTG), an organization dedicated to making

the Kansas City region sustainable through environment, economy, and community. Wetzel was happy to get involved when Frank Rushton was approached as part of BTG's campaign. "We joined on as a part of the initiative to get kids in Rosedale more physically fit and exercise conscious. We also wanted to make one more link with our parents, community organizations, and students outside the school setting," Wetzel says.

Several teachers, parents and other community volunteers meet at St. Paul AME Zion on Wednesday morning to walk neighborhood kids to school. Some participants wear bright traffic vests labeled "Walking School Bus" and a crossing guard directs the group past traffic at street crossings. The school teamed up with the Rosedale Healthy Kids Initiative (HKI), which provided the vests, stop signs, and adult volunteers. Frank Rushton students who participate in the Walking School Bus, Girls & Moms on the Move or a Tuesday after-school walking club receive small foot charms for each healthy activity they participate in.

Get involved in a walking group in your neighborhood to keep yourself and your neighborhood healthy! (statistics from walktoschool.org.) 

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, Kan. 66103

Local group breaking down barriers

Too often, Rosedale is associated with its borders, the Kansas River to the north, State Line to the east, County Line to the south and the 18th Street Expressway to the west. These boundaries help define Rosedale, but they can also hinder us, keeping our neighborhood strictly divided from neighborhoods. A new business group forming in the area has something to say about that. The Rosedale Business Stakeholders group — in conjunction with RDA — formed in March with the aim of organizing and connecting the business owners in and around Rosedale. The group seeks members who own businesses in Rosedale or have customers from the Rosedale area.

Alistair Tutton, owner of the Vox Theatre on Southwest Boulevard, serves as president of the group, and calls Brian Hedrick, a former Rosedale business executive and current Vice President of Talent Management at Careers Partners International in Overland Park, his right hand man in the operation. Both men are RDA Board members. Hedrick was a business executive for many years in Rosedale and found himself battling many difficult issues alone, like relations with the UG and area crime. He saw a serious need for stronger Rosedale business connections and

approached Tutton with the idea of a business group.

Tutton came to KCMO in '97, but moved his photography business base into Rosedale in '09, when he discovered what a great events space the theatre had. Tutton feels one of the biggest issues facing Rosedale business is a lack of streetscapes to enhance bikeability and walkability, which leads to less consumer traffic, empty storefronts and a decrease in urban population. He'd also like to see greater communication and collaboration between area businesses. Tutton hopes the group will essentially act as a "marketing campaign for Rosedale."

Both Hedrick and Tutton would like to see the group "cross the natural boundaries" of the area and overcome the "forgotten corner" syndrome from which Rosedale seems to be suffering. Hedrick feels that Rosedale's borders can be a hindrance, but they also lend the neighborhood a unique position in the city, offering several shared corridors that have the potential to connect Rosedale to other neighborhoods. There were about 18-20 business represented at the first meeting and interest has been growing since. Businesses outside of Rosedale are definitely invited and Hedrick believes the group will be "dynamic enough to affect community development outside of Rosedale."

RBS will be structured as a board with officers and dues-paying members. They are forming ad hoc committees within the group to deal with specific issues like crime, utilities, sidewalks, trash and communities outside of Rosedale. The group also wants to be actively involved in the neighborhood, organizing trash picks ups or community events.

RBS meets on the first Thursdays of the month at noon and will be rotating to different locations in and around Rosedale until settling on a permanent spot. The meetings will consist of member discussion and speakers on topics pertaining to business management; the first meeting hosted a speaker from the Central Industrial District Association. It's important to note that RBS will be working closely with RDA to unite the residential and business aspects of our community. The leaders in RBS believe the organization will be an essential element in unifying Rosedale: "So members know who is doing what in the community, helping each other out, getting to know each other and each other's businesses, discovering solutions among themselves. Things are looking positive." Contact Alistair Tutton (info@rosedalestakeholders.org) or Brian Hedrick (bhedrick@cpikc.com) for information about the group, or visit rosedalestakeholders.org.



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