YIKES!!!

DON'T MISS THE NEWSLETTER!

If you have not renewed your membership please take the time to join the Eastern Hills Neighborhood Association and continue receiving your monthly newsletter.

JOIN ONLINE @
www.EasternHillsFortWorth.com

Or you can use the membership form on the last page of the newsletter and mail in your dues.

MARCH 2023

s from the Hills

astern Hills Neighborhood Association • Fort Worth, Texas

23 is Looking Good!

have an exciting year planned.
your calendar for all the upcoming events this year.

2ND ANNUAL PLANT SALE *get your green thumb ready*	
MAY 5-6	SPRING GARAGE SALE *do a little spring cleaning*
ANNUAL SPRING POTLUCK *hanging with your neighbors*	
JULY 4	JULY 4TH PARADE AND PICNIC *red, white and hotdogs*
NATIONAL NIGHT OUT *connecting the community*	
NOV 4	3RD ANNUAL FALL FESTIVAL *pumpkins & s'mores*
HOLIDAY PARTY *annual holiday celebration*	
DEC 10	HAYRIDE & CAROLING *joyful singing with friends*
HOLIDAY LIGHTING CONTEST *sparkles and bling*	
	MONTHLY WINE NIGHTS *mingling with neighbors*

MARCH 2023

News from the Hills

Published by the Eastern Hills Neighborhood Association • Fort Worth, Texas

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Let's Stay CONNECTED

EasternHillsFortWorth.com

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INSTAGRAM:
@EasternHillsNeighborhood

2023 is Looking Good!

We have an exciting year planned.
Mark your calendar for all the upcoming events this year.

APRIL 22	2ND ANNUAL PLANT SALE	*get your green thumb ready*
MAY 5-6	SPRING GARAGE SALE	*do a little spring cleaning*
MAY 16	ANNUAL SPRING POTLUCK	*hanging with your neighbors*
JULY 4	JULY 4TH PARADE AND PICNIC	*red, white and hotdogs*
OCT 3	NATIONAL NIGHT OUT	*connecting the community*
NOV 4	3RD ANNUAL FALL FESTIVAL	*pumpkins & s'mores*
NOV 28	HOLIDAY PARTY	*annual holiday celebration*
DEC 10	HAYRIDE & CAROLING	*joyful singing with friends*
DEC 10	HOLIDAY LIGHTING CONTEST	*sparkles and bling*
	MONTHLY WINE NIGHTS	*mingling with neighbors*

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SOCIAL COORDINATOR 214-868-4741	**Nichelle Lang**

MARK YOUR CALENDAR

EHNA General Meeting
No General Meeting in March due to Spring Break
April General Meeting will take place on April 3, 2023
(See District 11 City Council Candidate Forum Below)

Prairie Sky/Star Party
Saturday, March 25, 2023 begins at sunset
Tandy Hills Park, 3325 View Street, FTW 76103
other upcoming dates April 29. May 27, June 24
www.tandyhills.org/prairie-sky-/-star-party

District 11 City Council Candidates Forum
Monday, April 3, 2023, 6:30 to 8:30pm
Meadowbrook-Poly United Methodist Church
3900 Meadowbrook, FTW 76103

Eastern Hills Bulk Waste Collection Week
Monday, April 10, 2023
Place items at the curb by 7AM Monday

Eastern Hills Annual Plant
Saturday, April 22, 2023 8am-12pm
1744 Yolanda Dr.
(See Page 9 for details)

Mindful Market: Farmers and Artisanal
Saturday, April 22, 2023 11am-2pm
(Upcoming dates: May 27, June 24)
Texas Wesleyan | 1201 Wesleyan Street, FTW 76105
www.coatntx.org/mindful-market

EHNA Monthly Wine Night
Thursday, April 27, 2023, 6:00-8:30pm
5604 Blueridge Dr.

EHNA Monthly Wine Night
April 20-23, 2023 (Thursday to Monday)
Downtown Fort Worth
www.mainstreetartsfest.org

Eastern Hills Neighborhood Garage Sale
Get Ready for Your Spring Cleaning
Friday, May 5 & Saturday, May 6, 2023

hello from Julie West

PRESIDENT, EASTERN HILLS NEIGHBORHOOD ASSOCIATION

Dear Fellow Neighbors and Friends,

Congratulations on living in an award-winning neighborhood! I was bursting with pride when our exceptional neighborhood won two categories and was a finalist in a third category at the Mayor's Neighborhood Awards Luncheon. It was wonderful to get those "bragging rights" and for other neighborhoods to take notice of the great things happening in Eastern Hills.

Please update your membership if you have not already had the chance. Also, check out all the wonderful happenings in our neck of the woods. Maybe I will see you at Wine Night this month. I would love a chance to get to know more of you. A big thank you to the Landrys for hosting last month in their beautifully renovated home. I love seeing the insides of some of our beautiful and unique homes here in Eastern Hills and Wine Night is the perfect time to do that.

This time of year, with its new beginnings and fresh blossoms is such a beautiful reminder that we always have a chance to make a fresh start and bloom where we are planted. Happy Spring to all of you and enjoy all the sights and smells of this beautiful time of year. — Creatively, Julie West

Eastern Hills Neighborhood Association
Comparative Profit & Loss
One Month Ended February 28, 2023 and 2022

	Jan-Feb 23	Jan-Feb 22	Change
Income			
Advertising	$ 900.00	$ 450.00	$ 550.00
Membership dues	1,050.00	625.00	425.00
Total Income	1,950.00	1,075.00	875.00
Expense			
Printing-Kwik Print	25.65	28.50	(2.85)
Printing-Speedpro	289.57	-	289.57
Printing-Printplace	-	-	-
Donations	-	-	-
Meeting expense	-	-	-
PO Box 1 YR Renewal	-	-	-
Rent expense	-	200.00	(200.00)
Square Reader	-	-	-
Website: Name & Hosting	168.26	-	168.26
Zoom Acct Renewal	-	-	-
Potluck Dinner	-	-	-
July 4th parade/picnic	-	-	-
National Night Out	-	-	-
Fall Festival	-	-	-
Holiday party	-	-	-
Total expense	483.48	228.50	254.98
Net operating income	1,466.52	846.50	620.02
Other Income (Expense)			
Interest Income	-	-	-
Net Other Income (Expense)	-	-	-
Net Income	$ 1,466.52	$ 846.50	$ 620.02
Cash in Bank			
Wells Fargo Checking	$ 9,759.72	$ 9,174.65	
CD Pinnacle	7,482.68	7,464.93	
Total cash in bank	$ 17,242.40	$ 16,639.58	

WINE NIGHT

Come out to the next Eastern Hills Wine Night for sipping, eating and mingling with friends and neighbors.

Thursday, April 27, 2023
6:00 PM - 8:30 PM
@ 5604 Blueridge Drive
Host: Dee & John Cloud

Please bring a snack/appetizer and a bottle of wine.

Would you like to host a Wine Night?
Contact: Nichelle Lang • 214-868-4741

Meeting Minutes

from February 21, 2023

RECORDED by Crystal Thomas

The EHNA February 2023 General Meeting was called to order at 6:53 PM. President Julie West welcomed those in attendance. The January minutes and treasurer's report were approved and seconded. Julie mentioned some board members attended the City of Fort Worth Neighborhood Awards in February and our outstanding EHNA Newsletter won another award, and we also won the Fort Worth Neighborhood Pride award!

This month guest speakers were local organizations and businesses — excited for the opportunity to come and speak to some of our residents.

Suzanne Yowell with **Meals on Wheels** advised that they are currently recruiting new delivery drivers to deliver meals to clients. Suzanne explained that when Meals on Wheels first started in Fort Worth there were 25 clients and now they are up to 5,000. Volunteers are asked to deliver once a week, usually taking less than 60-90 minutes in the EFW area. Many volunteers deliver on their work lunch hour. They are also looking for substitute drivers who deliver as needed, sometimes as little as a few times a year. For more information please reach out to info@mealsonwheels.org, 817-336-0912 or www.mealsonwheels.org

Tanner Landry with **Boutique Assisted Living** spoke about their premium assisted living home right here in Eastern Hills at 1717 Jacqueline Court. Tanner explained the journey to get the home up to code with the city and state as well as a bit about the property with 6 bedrooms and a limit of 10 residents. Tanner and his wife, Emily, look forward to many years to come in our community and hope to become an important asset for residents of Eastern Hills.

For more information please reach out to Tanner@timelesscarehomes.com, 817-207-5813, or www.timelesscarehomes.com

Travis Ehrhardt with **Mindset Fitness & Yoga** shared that he lives in Central Meadowbrook and opened his eastside business in 2004. Travis often refers to exercise as "movement" and he reminded us that we all need to move more every day. He also advised that one of the benefits of exercise that is often overlooked is brain health which can:

- Decrease anxiety
- Improve focus and concentration
- Promote growth of new brain cells
- Protect brain from aging & neurodegenerative diseases

Travis encourages everyone to exercise to benefit brain health. For more information please reach out to Travis@mindsetfitnessandyoga.com, 214-315-6127, or www.mindsetfitnessandyoga.com

Barbara Boyett is a lifetime eastsider and Eastern Hills resident since 1996. She has been a realtor for 39 years and is currently with Austin Realty Consultants. Barbara told us that when she started in real estate interest rates were high. Barbara advised us to expect interest rates to increase but reminded us that house prices come down as interest rates increase. She encourages homeowners not to call those cash home buyers from the postcards we get in the mail. They will not give you what your house is worth. A real estate agent is the best person to help you buy or sell your home. For more information please reach out to Barbara@austinrealtyconsultants.com, 817-475-2939, or www.austinrealtyconsultants.com

Julie West with **Paper Planet** has had her shop in Handley since 2001. The building was built in 1927 and is located in Handley's Wedding District where all businesses on that strip are wedding related. Paper Planet was voted the outstanding business on the Eastside in 2020 and has six full time employees. As an artist, Julie has always enjoyed working with paper and established a business where she could do what she loved.

[Continued on Page 10]

OUT & ABOUT

with your neighbors Cynthia and Carlos

Judging by the weeds waking from their slumber and the critter holes in our backyard, it's Spring - and it's your signal to get out and enjoy something new, free (or at least cheap), and interesting.

AIRFIELD FALLS TRAILHEAD

We wrote about this in the last installment, but since then we visited with our dogs, walking about 3 miles one afternoon. It's a no-miss if you like good, paved trails! The dogs approved.

Carlos and the dogs at Airfield Falls

Anyone interested in military history will enjoy the two historic markers there. One describes the history of the airfield long known as Carswell AFB. Turns out, our friend Amon Carter led negotiations with the U.S. Army in January 1941 to build an aircraft plant for B-24 Liberator bombers. Crew training was soon added, and the site opened in August 1942 as Fort Worth Army Air Field, training 4,000 pilots over the next two years. The site made a substantial contribution to victory for the U.S. and Allied Powers.

Located next to the Naval Air Station JRB, the park has Tarrant County's largest natural waterfall. The park features parts from a McDonnell Douglas C-9 aircraft, hike and bike trails, a butterfly walk, shady seating and two historic markers.

200 Pumphrey Dr in Westworth Village

PANTEGO FARMER'S MARKET / ARLINGTON FOODIES

If you like community events, this third-Saturday event is solid! They advertise 95 vendors and judging by our visit last spring it's easy to believe. There was a great live band (www.sombati.com), a craft beer booth, good food and a super selection of vendors. Some of our favorites were the African imports, a local turkey farm, and a lady making specialty dog biscuits. We had our first pickled carrot. There were vegetables, pickles and jams, jewelry, candles, clothing and some yummy bakery items.

This is a fun event for a family, a date night, or - as we did - a friends' night.

Bicentennial Park
3206 Smith Barry Rd. 76013
www.arlingtonfoodies.com

FORT WORTH PUBLIC LIBRARY FOUNDATION

Y'all. Somebody at the FW Library is busting out with creative ideas for fun things to do, for kids and adults. They have guitar lessons. Writing workshops. A painting club. STEAM events (Science, Technology, Engineering, Art and Math). An all-ages Jam Session, where you can bring your own instrument or borrow one. A knitting club. A competition to see who can complete a 500-piece puzzle the fastest.

By the way...did you know that with your library card you can download the Libby app for access to hundreds of e-books and audio books?

[Continued on Page 6]

Research keeps pointing to the health value in community and developing friendships at all ages. Let's get out there.

- www.fortworthtexas.gov/departments/library/services/friends
- www.fortworthtexas.gov/departments/library/library-events

SELF-GUIDED TOUR OF PUBLIC ART

Tabachin Ribbon

Flight

A group called FWPA (Fort Worth Public Art) has 10 mini self-guided tours of public artworks in various parts of town. Each tour has three artworks, questions to ponder, and an interactive map so you can find them! You can also print a map.

I particularly like driving along the north edge of downtown and seeing the lighted steer horn installation.

www.fwpublicart.org

NOTE FROM CYNTHIA:

Carlos gave me a Ukulele for my birthday. Anyone interested in a beginner Ukulele group? Let me know! *brinkassociates@gmail.com*

Don't throw away those old potatoes! Or those romaine lettuce ends! There are lots of foods you can regrow from scraps — it's easy and free!

TOPS

Carrot, Daikon Radish, Beet, Pineapple, & Parsnip.

Choose the freshest specimens with new growth of leaves on top. Cut off 1 ½ inch of the tops. For the pineapple, twist off the top. Place tops in a dish of water. Add one teaspoon of activated charcoal to the water. When roots are 3 inches

GROW IT! DON'T THROW IT!

by Dee Cloud

in length, plant in a sunny spot in your garden with ⅓ of the vegetable above the soil line. The pineapple will need to be planted in a pot and brought in during the winter. Be willing to share your crops with neighborhood wildlife.

BOTTOMS

Ginger Root, Onions, Garlic, and Shallots.

Fill a shallow dish with clean pebbles and add water to the top of the pebbles. Place bottoms with roots or cloves in the water. Enjoy the fresh greens as the plant grows. Another option is to plant roots, bottoms, and cloves directly in the soil to a depth of 6″. I now consider my ginger root I planted three years ago a perennial.

TOOTHPICK REQUIRED

Avocados, Jicama, and Sweet Potatoes.

After removing the seed from an avocado, place three toothpicks, equidistant from each other, around the seed ⅓ from the top. Place in water with the remaining ⅔ of the seed submerged in water. Use the same method for jicama and sweet potato. Once the roots have grown to at least six inches in length, plant in a pot containing soil that is large enough to allow roots to spread. Leave ⅓ of the tops exposed when planting. I have found that avocados are slow to root and grow, but once the plant is established, it is a lovely addition to any plant collection. If we lived in CA, we could expect fruit production after twenty years. Alas, the reason to grow avocados in TX is simply for the beauty of the plant. Sweet potatoes are easy peasy and the plants are full and sprawling.

SEEDS

Beans, Peas, Corn, and Unroasted Peanuts.

Soak beans, peas, and/or organic popcorn kernels in a large pot overnight. Ensure that all seeds are covered with water. Rinse expanded seeds and place them in a shallow pan that has been barely covered with water. After the seeds have sprouted, plant to a depth of 4″. Another option is to experiment with microgreens and enhance your diet with sprouts. The sprouts of beans, peas, and corn are delicious. You will rinse the sprouts daily and lower the amount of water in the shallow pan as the sprouts grow. After five to seven days, enjoy your sprouts. To grow peanuts, start by buying unroasted peanuts. You can break up the shells a bit or unpeel the peanuts completely. Place in soil to a depth of 1″.

What foods are a part of your diet?

Yams, mangoes, kiwis, tomatillos, squash. Pick a method listed above and experiment with growing, not throwing!

CRAFTING NIGHT

Friday, March 31, 2023
6:30 PM - 8:30 PM
Host: Julie West
Location: 1744 Vinewood

Join us for a fun evening of crafting to benefit the EHNA Spring Plant Sale.

Supplies will be provided.

For additional information contact:
Julie West @ 469-569-0446
westjulianam@gmail.com

EHNA WINS BIG!!!

Eastern Hills Neighborhood Association was honored at the Mayor's 2022 Fort Worth Neighborhood Awards Luncheon.

The 2022 Fort Worth Neighborhood Awards were announced Saturday, Feb. 18, during the Mayor's Neighborhood Awards Luncheon. The City of Fort Worth created the Neighborhood Awards to recognize the best projects and activities that bring neighbors together and make Fort Worth a stronger community. The Community Engagement Office accepted nominations in five group categories. There were also individual award categories.

This year several members of the Eastern Hills Neighborhood Association were in attendance: Julie West, President; Barbara Boyett, Vice-President; Crystal Thomas, Secretary; Kris Reynolds, Dee Cloud and Tonya Ferguson.

Neighborhood Newsletters are judged on content and appearance, as well as how well they reach their intended audience. Eastern Hills was among this year's winners.

The Fort Worth Pride Award is given to an organization that improves physical aspects of the neighborhood, such as beautification or cleanups. This year's winner is Eastern Hills.

Dee Cloud, Kris Reynolds, Crystal Thomas, Tonya Ferguson, Barbara Boyett and Julie West

COWTOWN
Great American
CLEANUP

Come out and join us for Cowtown Cleanup on March 25th!

The Annual **Cowtown Great American Cleanup** is just a couple of weeks away - Saturday, March 25. Keep Fort Worth Beautiful hosts this single largest litter cleanup and beautification event where volunteers from neighborhood, schools, churches, and businesses pick up litter.

Join **Keep Fort Worth Beautiful** and thousands of volunteers across the city for the 38th Annual Cowtown Great American Cleanup

DETAILS:

DATE: Saturday, March 25, 2023
TIME: 9:00 AM — 11:00 AM
MEET UP AT: 5416 Brentwood Stair Rd
(Corporate Image Parking Lot)

To sign-up contact Kris Reynolds:

817-480-9373 or kreysooner@sbcglobal.net

FWISD Cesar Chavez/Dolores Huerta Day of Service at Eastern Hills Park

In partnership with the Keep Fort Worth Beautiful, nine locations throughout the city will be part of the clean-up. One the selected locations is Eastern Hills Park.

Join the EHHS students, staff and other volunteers and make our park beautiful.

DETAILS:

DATE: Monday, March 27, 2023
TIME: 8:30 AM — 10:00 AM
MEET UP AT: Eastern Hills Park
CONTACT: Julie West @ 469-569-0446

SPRING PLANT SALE

Mark Your Calendar!

Saturday, April 22rd
8:00 AM - 12:00 PM
Location: 1744 Yolanda

The 3rd Annual EHNA Spring Plant Sale will be here before we know it. Hopefully, you have given some thought to what plants you can donate and what plants you would like to add to your collection. If you have irises, spider lilies, amaryllis, daylilies, or any other bulbs, you have a donation to make! Other plants that are easy to divide include aloe vera, chrysanthemums, and many herbs.

Do you have any plants that need to be split?

Do you have seeds that you can plant now and donate the seedlings?

Do you have extra seeds?

All your donations are welcome!

Also, we will be accepting any garden related crafts too!! Be creative!

LET'S GROW TOGETHER!

To Participate/Donate Contact
Pam Nelson 816-812-5701 or
mommanelson48@gmail.com

Meeting Minutes, *continued from pg 4*

She brought examples of some of the more extravagant invitations Paper Planet has made and explained that it is their job as designers to tell the love story of the engaged couple within their budget. Paper Planet also has a retail section in the store. For more information please reach out to hello@paperplanetdesign.com, 817-451-8898, or www.paperplanetdesign.com

While wrapping up the meeting Julie reminded us that because of Spring Break there is no March general meeting. March **Wine Night** is at 1708 Danciger Drive on March 16th. EHNA will have our first **Craft Night** on March 31st and the **EHNA 3rd Annual Plant Sale** will be April 22nd from 8-Noon. She also reminded us that each time we gather, EHNA will be requesting donations for the Eastern Hills High School Care Closet. Tonya Ferguson advised that there will be a district 11 candidates forum on April 3rd. Tobi Jackson announced that the EHHS Varsity Basketball team is in the area playoffs.

Check the newsletter and social media for updates on events.

Julie thanked everyone for coming and the meeting was adjourned at 8:05 PM.

Get Well

To LaWayne Hauser

~ and ~

To Mary Jane McNeely

Sympathy

To the family of Viktoria Stanley

~ and ~

To the family of Thomas O'Neal

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817-475-2939

barbara@austinrealtyconsultants.com

Preparing your house for sale may seem like a daunting task. There are steps to take before listing your home that will increase interest and provide the highest return on one of your most valuable assets. I always provide a to do list when I first visit with a prospective client. Below are things you can do to help get your process started.

- Clear your clutter. Remember that you want your home to show its best side.
- Clean your closets. Remove out of season clothes to make your closets look bigger.
- Remove personal and family pictures. Prospective buyers must mentally see their family in your house.
- Limit your knick-knacks. Remember that "less is more".
- Clean your windows and carpets. Clean windows bring the beauty of the outdoors into the room.
- Your yard should be mowed and manicured. Also, remove all leaves and dead plants.
- Scrape and paint any peeling paint on the exterior of your home.

Remember the important thing is to make your home look welcoming and well maintained. Give me a call if you want my complete list of ways to prepare your home for sale.

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COMMUNITY RESOURCES

CODE COMPLIANCE: IBN ABDUL-RAHMAN, East District
C: 682.444.6214
e-mail: Ibn.Abdul-rahman@fortworthtexas.gov

CITY COUNCIL MEMBER: ALAN BLAYLOCK, District 4
O: 817-392-8804 **FAX** 817-392-6187
e-mail: District4@fortworthgov.org

COMMUNITY ENGAGEMENT:
Hazel Harvey Peace Center for Neighborhoods
O: 817-392-6201 **e-mail:** engagement@fortworthgov.org

MAYOR OF FORT WORTH: MATTIE PARKER,
O: 817-392-6118 **FAX** 817-392-6187
e-mail: mattie.parker@fortworthgov.org

FWISD TRUSTEE: TOBI JACKSON, District 2
O: 817-457-7816 **e-mail:** tobi.jackson@fwisd.org

CODE BLUE CAPTAIN: ROGER WOERNER
T: 817-319-4215 **e-mail:** rosswo2@swbell.net

ADVERTISING RATES

Business Card:	$10 per month	• $100 per yr
1/4 Page:	$25 per month	• $250 per yr
1/2 Page:	$50 per month	• $500 per yr
Full Page:	$100 per month	• $1,000 per yr

Paid advertisements may be submitted to mcwattigney@gmail.

Ad payments should be sent by mail to:
PO Box 8294, Fort Worth, TX 76124-0294

Checks are made payable to: EHNA Any ad that has not been paid within 60 days of renewal will be removed until paid.
EHNA reserves the right to publish and accept or reject submissions for its publication. Acceptance of any ad by EHNA does not imply endorsement.

"News from the Hills" is published 11 times per year. Its purpose is to keep members informed of upcoming events in the Eastern Hills Neighborhood and Fort Worth area.

Newsletter Submissions: The deadline for submissions is the 1st of each month by email to: mcwattigney@gmail.com. Please include your name and phone number.

JOIN ONLINE @ www.EasternHillsFortWorth.com

2023 Eastern Hills Neighborhood Association Membership Application

Name/Names: _____

Address: _____

Email Address: _____

Email Address: _____

Telephone: Home: _____ Cell: _____ Work: _____

Please Select Your Newsletter Version

☐ Digital: Emailed Interactive PDF

☐ Printed: Delivered to Your Home

Participation Opportunity
Eastern Hills Neighborhood Association exists because residents like you volunteer to serve as officers, board members, planners, newsletter couriers, Code Blue and more. Volunteer positions are always available.

☐ Yes, Call Me — I would like to help

☐ No, Thank You — Maybe later

Annual Dues
Your 2023 dues are $25.00 per household. Please make your checks payable to EHNA. Mail your application to:

EASTERN HILLS NEIGHBORHOOD ASSOCIATION • PO BOX 8294 • FORT WORTH, TEXAS 76124-0294