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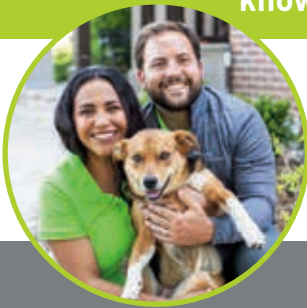


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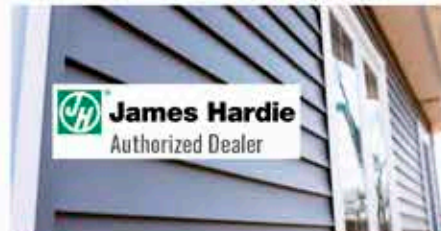
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Stroll Clarkson Valley Preferred Partner, Dave Sylvester of GutterPros with Forest Hills Ridge resident, Steve Rees and his grandsons, Gray, Smith and Rees!

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Meet your *Stroll Clarkson Valley* team! We'd like to thank all of our writers for their valuable contributions to the magazine.



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WE'D LOVE TO HEAR FROM YOU!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make *Stroll Clarkson Valley* the best it can be! Please let us know how we are doing.

Do you have any article ideas? How about ideas on neighborhood events? This is your publication!

WANT TO WRITE FOR STROLL CLARKSON VALLEY?

We are always looking for community members who would like to take an active role in writing stories for *Stroll Clarkson Valley*. We currently have openings for resident article contributors and junior writers — kids who want to get involved, gain valuable experience, and/or build their resumes and portfolios! If you or someone you know might be interested, please email Bill. Tuttle@n2co.com.

NEW TO THE NEIGHBORHOOD?

Are you and your family new to the neighborhood? If so, welcome! Please send your contact information to Bill. Tuttle@n2co.com to be added to our event invitations and contact list.



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CLARKSON VALLEY
Living

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Meet Our Newest *Stroll Clarkson Valley* Preferred Partners!

Please take a minute to familiarize yourself with these local businesses now sponsoring *Stroll Clarkson Valley*. Not only do they make this newsletter free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting *Stroll Clarkson Valley*!



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Through comprehensive evaluations and one-on-one consultations, Dr. Bonnie determines if Natural Health Wins can genuinely help you take charge of your well-being. With expertise in nature's remedies and holistic wellness, she empowers individuals to find balance and vitality, harmonizing mind, body, and spirit. Join Dr. Bonnie on a transformative journey of natural healing.

DO YOU OWN A BUSINESS?

By advertising in our magazine, you'll have the opportunity to reach a captive audience of your neighbors who are eager to support local businesses! We want to know about you and what you bring to the community. For more information on how to showcase your business, email Bill.Tuttle@n2co.com

SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

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NOTICE OF ELECTION DECLARATION OF CANDIDACY CITY OF CLARKSON VALLEY

A Municipal Election will be held in the City of Clarkson Valley, St. Louis County, Missouri, on Tuesday, April 2, 2024, to elect one (1) Alderperson from Ward 1, Ward 2, and Ward 3, each to serve a two (2) year term.

Filing a Declaration of Candidacy for said offices begins Tuesday, December 5, 2023, at 8:00 a.m. The closing date for filing will be at 5:00 p.m. on Tuesday, December 26, 2023.

A candidate for Alderperson must be a resident of the ward from which elected, at least twenty-one (21) years of age, a citizen of the United States and a resident of the city at the time of election for at least one (1) year preceding the election.

Michele McMahon
 City Administrator/CityClerk

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I completely trust Dr. Bonnie Juul with my family's long-term wellness!” –Tiffany



I'M THANKFUL FOR...

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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...**This Time of Year!** It's Fall and I'm thankful that the summer heat has broken. I'm thankful the chrysanthemums and asters are blooming, and my deer are so very thankful to see my winter Pansy plantings — "Oh look - she restocked the salad bar!" (Sigh). Fall displays are everywhere and all things are PUMPKIN: beer, donuts, soup, lattes, ice cream (ok, so maybe we'd be thankful for a little less pumpkin...). Football season is here, and Thanksgiving is just around the corner.

I'm so very thankful about the changes our Council has achieved since April. All of the Council members have stepped up to volunteer for extra tasks including technology improvements, ARPA distribution and the huge task of recodification.

I promised greater transparency and accessibility during the Election campaign, and with truly Herculean efforts by most of our Council members, we've made significant strides

in this direction. Our computer system has been completely revamped and the office staff has all new monitors and laptops with docking stations; no one will have to risk the elements on bad weather days to keep our City running. We have begun to live-stream our monthly meetings (this means you can sit at home in your fuzzy bunny slippers and sip a pumpkin cocktail while you watch our meetings!) and our agendas and minutes will be available and archived on our website.

I am thankful for the dedication and efforts of our Council members as they have struggled with the ARPA funds allocated by the Federal program. This has been a long and challenging process to understand and comply with the Federal Distribution guidelines while sharing equitably between all neighborhoods. Applications for eligible projects have been submitted and all are in the process of or have been reviewed; some have been approved and funds

MAYOR'S CORNER

have been distributed. While most projects target street maintenance, other projects include sidewalk replacements, watershed modifications and structural improvements.

I am thankful for the help Michele and I have received as we complete the formidable task of Recodification, a process which assimilates and integrates the City's ordinances and codes with all of the State statutes passed since 2000. When completed, this will be accessible online to all residents for easy access to any of our codes and will continue to be updated annually.

I am thankful for the opportunity to have attended the annual Municipal League Conference in Kansas City. I had the opportunity to form new relationships with local officials and others from all over the state; all of whom work for their city in many roles and have been more than generous with their time, advice, and friendship.

I'm most thankful for the faith you have placed in me and our Council in allowing us to transition our City into the 21st Century. Regardless of how you spend the 3rd Thursday in November; Too Much Food, Football or Family (!), I hope you will be as thankful as we are for the privilege to live in the City of Clarkson Valley.

Best,
Sue McNamara
Mayor
Clarkson Valley



Sue is a 36-year resident of Clarkson Valley. Her children, Steve and Leah are Marquette graduates. A proud member of a military family, Sue's previous career as a Senior Account Executive at Anheuser Busch spanned 20 years. She previously served on the Board

of Kehrs Mill Estates Residents Association as well as the past five years on the Clarkson Valley Board of Aldermen. Sue is also a Certified Sommelier!



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THE FORES

THANKSGIVING TWINS!

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MEET Kevin and Melissa Fore, and their lively identical twins, Jacob, and Sean. This month, the twins turn three, as they were born on Thanksgiving Day in 2020!

The Fores found their Kehrswood home in April 2018. Kevin, a mechanical engineer at Elesent, is a car guy who has poured his passion into restoring his grandfather's 1952 Chevy pickup from the frame up—truly a labor of love. Melissa, an Internal Medicine physician with Advocate Primary Care, adds a harmonious touch to her love for singing and connecting with friends.

Their family outings often lead to Ascension Parish's playground or lakeside adventures in Horseshoe Ridge. Their neighborhood's tree-lined streets are perfect for leisurely walks, often accompanied by the boys' self-propelled cars—a cherished sight for all.

Enthralled by the many beautiful birds in Clarkson Valley, the Fores have introduced a birdfeeder in their backyard, sparking birdwatching excitement among the family. Their yard also occasionally hosts turtles, bunnies, and deer, captivating the twins.

The family recently enjoyed a fascinating visit to The Spirit of St. Louis Airport's World War II plane exhibit. Melissa's aviation ties through her pilot dad, brother, and uncle added an engaging dimension to the experience.

Thanksgiving holds a special place for the Fores, as they host their extended families at their home followed by a large birthday party for the twins the very same weekend with family and friends.

Their story began when Melissa moved to St. Louis for medical residency in 2012 and met Kevin the day she arrived, literally marrying the first man she met!

They have now found their forever home in a neighborhood they cherish. It's a testament to community, where families grow, and love finds its place amidst Kehrswood's charm.

Get to know your neighbors better by having your family featured in the next available issue and receive a free mini-photoshoot from Jill Gray at Higher Focus Photography or nominate a family and we'll contact them! Email Bill.Tuttle@n2co.com.



Real Estate With Results



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After



Before

GutterPros & Exteriors is a company founded and headquartered in St. Louis. It was created with the aim of assisting homeowners in enhancing the overall quality of their homes through the installation of gutters and other exterior projects. We realized very few gutter companies could offer the same level of customer service and quality as a homeowner-focused business like ours.

Both of our founders were born and raised in St. Louis. They started out with one truck installing gutters themselves, and have since grown to having twelve full-time, three-man crews to service the St. Louis area.

Specialties include seamless aluminum gutters in all sizes, gutter/leaf protection, soffit & fascia, as well as vinyl and Hardie siding. GutterPros & Exteriors is fully insured & licensed.

Gutters are your home's first line of defense against water intrusion into your basement and foundation. Not only do they protect, but they also add to your home's curb appeal. Whether you want to make a bold statement with the increasingly popular black gutters or go for the classic look with white, straight, and clean gutters will undoubtedly help you achieve the look of a well-maintained household. Contact us today for a free estimate!

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After



Before



After



Before



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people cry because they miss their fur babies at home; I understand and give them extra kisses. We also visit other people in the hospital like nurses, staff, therapists, and just about anyone who would like a furry touch and a sloppy kiss!

Blake and I were trained through an organization called "Duo Dogs". Duo Dogs is a nonprofit organization, that breeds, raises and trains dogs to become Service dogs and Touch Therapy Dogs. They also have training for family pets. Mom and Dad are Duo puppy raisers. I was at their house training for service when COVID-19 stopped training and I timed out of my two-year placement requirement. Mom and Dad immediately adopted me for their very own and we trained and became a Touch Therapy team. I have the best life! If you get involved with Duo Dogs you'll get to see my parents. Hope to see you soon!



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Hi, my name is Little Bit and I'm a 5-year-old yellow English Labrador Retriever and so is my black fur brother, Blake who's older than me. My parents and handlers are Bob and Susan Snyder. My brother stays home when I go with Mom and Dad to BJC Progress West to visit patients and families at the hospital. I have a big job, I'm a "Touch Therapy Dog" and we visit to bring joy, comfort and relief to those with stresses and challenges at the hospital. I can tell when people really need me, I relax or sit for them to touch me. When Mom or Dad ask if it's ok, they tell me to, "Rise" and I put my front paws on patients' beds and get wonderful pets and lovins. People often tell me I'm the best thing that's happened to them all day or week! I love making people feel good and happy because I like it too. Sometimes



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AMAZING ATHLETES



been in the Kehrs Mill Elementary Art Show twice now. I also love to fish!

Any advice for the younger children in the neighborhood? Be a leader, not a follower!

Do you have college plans & what do you plan on doing after graduating? No plans yet! But I would love to be able to play hockey on a higher level someday! I would also like to open my own business someday. I go back and forth between a dog trainer/walker, sticker designer, or Logo creator.

What do you like most about the sport? I love spending time with my friends MOST but scoring goals and helping my team win is pretty great too!

What is your proudest moment? One of my proudest moments was being awarded the “Most Skilled Player”

Do you have any other hobbies or interests? I love anything to do with art! I paint, make crafts, and draw all the time, and have

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Getting to Know Hockey Player Chloe Hanak

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What school do you go to? Kehrs Mill Elementary

What sports do you play & how long have you been playing them? I have played Hockey since I was 4 years old. I started with Learn to Play on Affton’s Lady Liberty team. I then started 6U when I was 5 years old and have not looked back! I also love gymnastics!

What positions do you play? I play any position my coach needs me to, but I feel like I am best as a Center.

Have you ever won any tournaments or special awards? Our teams had never taken first place in a girl-only tournament, but we came in second against an all-boys team which was an amazing accomplishment. My co-ed team this last season honored me as the “Most Skilled Player” which was awarded by my coaches.

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JORDAN

BY KEHRSWOOD RESIDENT RICK HUEMOELLER

In 2018 my wife, Sharon, and I traveled to Jordan.

Jordan is an extremely small country located globally in a very rough neighborhood. Its neighbors are Iraq, Syria, Saudi Arabia, and Israel. In my opinion, this tiny country packs more travel adventure in its tiny borders than almost any other place in the world. It's one of the most tolerant and friendly countries I've ever visited. For example, it's 95% Muslim, but Christmas is a national holiday.

Since the end of World War 2, it has opened its border to countless refugees fleeing armed conflicts; and there have been quite a few. For us travelers the number one reason to visit is Petra. If you're an Indiana Jones fan you have seen Petra. Founded by a nomadic Bedouin tribe several thousand years ago, it was conquered by the Romans in AD 106. Since then it has been under the rule of many others. You enter Petra by way of a very narrow gorge called the Siq. This gorge is a little over a mile long. At the end of the gorge, you will see the crown jewel of Petra, a massive burial site carved into the mountainside called the Treasury. Petra continues for about 2 miles more, containing numerous other carved burial sites and many Roman ruins.

The second reason to visit Jordan is the remains of the great Roman city of Jerash. It's the best Roman ruin I've ever seen, that was not located in Italy.

The Dead Sea is another site not to miss. The day we were there I floated effortlessly for over an hour. I spent that time watching dozens of people throwing mud on each other. The mud contains many minerals and is said to be very good for the skin.

Finally, another place to visit is Rumi Rum. It's a desert with amazing sand dunes. It has been featured in many movies, starting with Lawrence of Arabia and more recently in The Martian with Matt Damon. Continue on your way and you'll end up in a small Red Sea Resort.

If I were you and had the time, I would make the easy trip across the Red Sea and visit Egypt. We didn't do that, but we did make a very small side trip when we were in

Aman to Dubai. After our trip to Jordan, our journey was only half finished, we traveled to Israel.

The next travel article will be set in the greatest country in the world, the United States. We will visit parts of the Southwest, the states of Wyoming, Montana, and the Dakotas.

Happy Travels
Rick

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The Club Management Association of America HIGHLIGHTS FOREST HILLS' EMMA GORE & RYAN SCHABEN

ARTICLE SUBMITTED BY RYAN SCHABEN, ASSISTANT GENERAL MANAGER AT FOREST HILLS COUNTRY CLUB
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Emma Gore, General Manager/Chief Operating Officer



Ryan Schaben, Assistant General Manager

What are some issues you have faced being such a young club executive?

Gore: “An issue that I have faced as a young club executive is the perception of some that because I am young, I may not be strong enough or qualified enough to take on a certain role. In my most recent transition from Assistant General Manager to General Manager/Chief Operating Officer, I had one member in particular who questioned my ability to perform. After taking on my new role and proving my capabilities, this member is one of the most complimentary of me and my performance.”

Schaben: “The biggest is having to deal with the perceptions of our younger generations. We all know the stereotypes, but I believe the Clubs that will succeed in the next 10 years, especially on the staffing front, will be those that embrace the changes the Millennials have brought to the workforce and the ones the Gen-Z’s are currently bringing to the workforce. Our Club, for example, has adapted to some of those changes instead of the tendency to talk negatively about the younger generations.”

This issue of the Club Management Magazine is all about people, HR and training. What is some advice that you have been given or want to give regarding HR and training?

Gore: “Get to know your employees. Sit down and have a cup of coffee with the individuals on your team. Sometimes we get so focused on our own tasks that we forget to show our teams that we care about the whole of them, not just the parts we see at work on a day-to-day basis. Ask about how they are feeling about work and home. Why should we wait until an employee is leaving to

tool. My route to Assistant GM is unique, coming from the Membership side of the Club so the best way I find to learn new things is by doing.”

Best learning moment as a club executive?

Gore: “Learning to trust your team. I have often been the type of person that is always at the club to check on every detail even when the team has it covered. There is a fine line between wanting to be available and giving your team the impression that you do not trust them. Once empowered to be decision-makers and leaders in their own right, magical things can happen.”

Schaben: “As a Club Executive I have learned the most by not shying away from the hard decisions. As a leader, the Team looks to you to make decisions. Whether that’s a tough conversation to have with staff on change, a budgeting decision, or an uncomfortable moment addressing a guest.”

Earlier this year, the monthly National Publication, Club Management Magazine, highlighted the GM/COO, Emma Gore, and Assistant General Manager, Ryan Schaben, from Forest Hills Country Club. That issue of the magazine was geared towards navigating the world of HR in 2023 and successful tactics and strategies for managing the next generation of the workforce. Here is the Q&A from that article:

What has been your best learning experience in the industry?

Emma Gore: “My best learning experiences have been in the midst of tough decisions. The unknown result of certain decisions can be intimidating, but more often than not, the result leads you to a better path.”

Ryan Schaben: “My best learning experiences come from taking the opportunity to learn every day. You’re never too old to learn a new trick or

figure out what we would have done to make them stay? This process allows us to understand what motivates our employees and their learning styles to better communicate and teach.

Schaben: “When it comes to HR, I like to stick to the basics; think what your parents taught you as kids. ‘Treat people how you would like to be treated’, ‘If you don’t have anything nice to say, don’t say anything at all’, and ‘Be Kind. Be Accepting. Be Compassionate.’. Everyone has a story to tell so treat your Housekeeper the same way you treat your members. When it comes to training, you need to trust your employees to do a great job.”

Any management books that are must-reads that you would recommend?

Gore: The Dream Manager by Matthew Kelly & Radical Candor by Kim Scott

Schaben: Permission to Screw Up, by Kristen Hadeed, FISH! By Stephen Lundin, Harry Paul and John Christensen & Linchpin: Are You Indispensable?

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