

LAZYBROOK NEWS

MARCH 2012

President's Letter

Richard Akin, President (713) 869-5676 president@lazybrook.org

I keep having this song stuck in my head - "Back in the Saddle Again". It is likely because I am once again the president of Lazybrook Civic Club (LCC). I am happy to be serving the community again and look forward to the year ahead. I have a new vice president - **Joel Copeland**, who is our representative to the Super Neighborhood council that was formed last year for Timbergrove and Lazybrook. Before I go any further, I want to thank **Shane Davis** for her service and dedication to LCC and on behalf of LCC I want to wish her and Richard the best with their move to Conroe. They will be missed.

This year is sizing up to be very busy. One item is regarding the houses located at the end of Tannehill. You may know many of the residents that reside in this new section of houses for they have been volunteers at events and they have voluntarily paid dues for some years. However, under the bylaws/deed they are not Lazybrook residents. They are a separate neighborhood. They would like to become another section of the neighborhood, but we have to see how that can be accomplished through the city and proper channels.

Another item that is on the agenda is to bring back National Night Out and to have a parade. This was done for many years and was always a hit. However, over the years the parade ended because we did not have a volunteer to organize it. Working with Joel Copeland and others, I hope to bring this back. This will be in October, but the groundwork will need to start soon. This event brings together neighbors and helps deter crime by neighbor knowing neighbor. Plus, you might as well get to know your neighbors since you will likely live next door to them for many years. Many times neighbors realize they have more in common with each other than just living next door, friendships develop. Our membership chair - **Janell Bryans** - is working on a neighborhood directory to help with neighbors being able to contact neighbors.

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IMPORTANT CONTACT NUMBERS

EMERGENCY: 911

HEIGHTS STORE FRONT

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(713) 803-1151

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<http://www.Lazybrook.org>
for up-to-the-date
news, events and more!



April Is Membership Month

Janell Bryans, Membership Chair membership@lazybrook.org (713) 426-0148

It is membership time again! Your voluntary contribution of \$25.00 per year enables us to make our neighborhood a wonderful place to live. It is a small investment in your home's value. Please also consider a contribution to the Beautification or Security committees.

Your block captains will be visiting with you soon about the Civic Club dues. Please fill out your dues form and mail it to the address shown below. Or, you can pay via PayPal at www.Lazybrook.org.

And, tell your block captains "thank you" for their hard work!!!

Lazybrook Civic Club Membership Dues

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January Meeting Highlights

Highlights taken from minutes recorded by Sherri Oldham, Recording Secretary, recording@lazybrook.org

Shane Davis stepped down as President and Richard Akin is now President. The new executive committee is Joel Copeland, VP, Pat Koteras, Sherri Oldham and John Sutton.

Lazybrook/Timbergrove Super Neighborhood

Joel Copeland and Vernon Moore attended. The items that will be discussed later in the summer are:

1. Additional road humps on 1800 block and 2800 block of Millwood
2. Sidewalk repairs at 1812 Locksford and 1830 Locksford (also curb repair)

The item that will be attended to soon:

1. Mulch curb to curb on esplanades at intersection of West TC Jester and 610 and 18th street and 610.

Committee Reports

Block Captains- Updated by Ilya Martinalbo. If you are a block captain let Ilya log you in. There will be a block captain appreciation dinner in March.

Hospitality- Janell is volunteering at the Food Bank. No report.

Recycling-No report

Newsletter/Website- Crystal Frommert is looking for someone to take over the newsletter at the end of the year. 62 new visitors to the site.

Security-Matt Herring. 75 hours logged in for volunteers. Crime in neighborhood is still trending to kick in burglaries. Alarms do shorten the time the burglar is in the house.

Architectural Review- Deed Restrictions Greg Kalba reports commercial work is up and looks like more houses will be developed. There is concern over the deed restrictions on 1 1/2 and two story houses. May need to update deed restrictions.

Architectural Petition- Per Mike Brennan

Treasurer- John Sutton out of town.

Beautification- Carolyn Lehnert. Nothing to report. Richard and Matt will put out leaves and we need volunteers.

Advertising- Melissa and Marc Cogle took over. No news

Membership- Janell Bryans reports that less than 60% have signed up.

Unfinished Business

- 1500 Tannehill coming into Lazybrook legally. Will need to replat
- We are creating a print directory for the neighborhood. Forms are available to sign up. It will not be published online.

Announcements

- a. Qualified person for Constable for Precinct 1 Cindy Vara-Leija introduced herself.
- b. Marc Cogle is getting an estimate for the Lazybrook signs and is starting a garden club.
- c. Yard of the Month– Jim Gorab is now the judge
- d. Laura McCarver volunteered to help with plants

Thanks to Pat Koteras for gathering door prizes from the following merchants:

Clean This - Mangum
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HEB - Ella & TC Jester
Pizza Inn - 18th & Mangum
Kojak's Fine Foods - 18th
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President's Letter continued

Thinking of National Night Out brings me to my final thought. That thought is more serious. Shortly after becoming president, the area crime seemed to spike; we had home break- ins and car break- ins. It wasn't just LCC, but also Timbergrove and really all over the area. Our security chair – **Matt Herring** – has the details. We have had spikes like this over the years and it usually coincides with certain criminal releases and gang activities around Houston. Our citizens on patrol work very hard to combat this. At the upcoming meeting we will have some of the local storefront HPD officers present and will discuss crime in the area. We can also report what we have learned over the years about paid patrol and other ideas.

As of the time I am writing this article, it seems to have quieted down. That may be due to the arrests of some of the suspects. We all need to be on the look-out for anything suspicious and err on the side of caution. If you feel uneasy about a vehicle, person or other activity it is best to contact the authorities immediately.

I invite you to attend the March meeting to discuss these and other topics.

Need for Food Donations

Please bring nonperishable food items to the next Civic Club meeting for the Lazybrook Baptist Church food pantry. As you know many needy people/families stop by the church for assistance. The church staff always gives them a package of food to tide them over. Anything that we bring on the night of the meeting is placed in the pantry to help with this effort. The church has been very kind to offer the use of a comfortable meeting place. The need for food to help some of our community members is great. Thank you for any donation you can bring.



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at <http://www.Lazybrook.org>



CONTACT us with your
feedback and ideas!

SEE the Yards of the Month
in full color!

READ past and current
neighborhood news!

Come and join the discussion! All are welcome to participate in the cultivation of our great neighborhood.
Door Prizes will be available!
[Continue reading >](#)

Paver Push and 2nd Annual Coin Drive for Jaycee Park

by Lazybrook Civic Club - August 29th, 2010

Your generosity and that of local businesses has allowed us to change the park considerably and soon we'll add a new playground, splashpad, and renovate the basketball court. However, we still need to fund the walking trail, tennis court renovations, and a new open pavilion. So, save your coins (we still even take checks and cash!) over the next four weeks

View All Events

- Sep 6 - Labor Day
- Sep 9 - Trash Pickup
- Sep 16 - Heavy Tree Work

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Security

Matt Herring, Security Chair (713) 864-2823 security@lazybrook.org

Citizens on Patrol Hours Logged

- January 2012 – 55.25

I appreciate the continued support of our patrollers and welcome the new patrollers. We are looking for more volunteers to join our Citizens on Patrol program to help do our part to protect ourselves and our neighbors. If you are interested please send an email to security@lazybrook.org to learn more.

Crime in the Neighborhood

- 1/11- Burglary of Residence, 2500 Brooktree, 1PM
- 1/29- Burglary of Residence, 1800 Seamist, 3:15AM
- 1/29- Burglary of Residence, 1800 block of Sea Queen,
- 2/1- Burglary of Residence, 1700 Tannehill, 11AM-4PM
- 2/5- Burglary of Vehicle- 1800 Widdicomb, early AM
- 2/5- Burglary of Vehicle- 1800 Widdicomb, 9PM
- 2/5- Burglary of Vehicle- 1800 Willowmoss, early AM
- 2/5- Burglary of Vehicle- 1800 Crystal, early AM
- 2/5- Burglary of Vehicle- 1800 block of Nauts
- 2/16- Theft- 2400 Lazybrook, planter stolen from driveway in the early AM
- 2/16- Theft- 1800 Greengrass, tailgate stolen from truck in early AM
- 2/16- Burglary- 2300 Brookmere, 11PM

We have seen an increase in home burglaries, typically occurring during the middle of the day with the criminals typically gaining entry by kicking in the side door or back door to the house and stealing electronics and other small valuables. We had a weekend when thieves broke into 5 vehicles, please keep valuables out of sight or out of your vehicle. I encourage everyone to report any suspicious persons or vehicles immediately to HPD at 713-844-3131 or 911 for cases of emergency.

Please call HPD to report all crimes and get a case number, this is how we are assigned manpower from HPD. HPD Dispatch 713-884-3131.

Crime Statistics

The latest crime statistics are posted on the web at: <http://mycity.houstontx.gov/crime/> or www.spotcrime.com

Citizens on Patrol

Just a few minutes a week can really make a big difference in keeping Lazybrook safe. Patrolling is as easy as driving a car or riding a bike through the neighborhood with a cell phone and calling in any suspicious persons or activities. We will train you, the hours are flexible to fit any schedule, and you are reimbursed for the cost of gas. Please email security@lazybrook.org to let me know if you are interested.

Lazybrook Email Network

We have over 420 neighbors signed up to receive email updates. If you are not currently receiving the email you can join by emailing: security@lazybrook.org If you change your email address please drop me a line so I can make the change and keep the list current.



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Volunteers Needed

Fellow Lazybrook neighbors,

If you are looking for a rewarding way to give back to your community please consider the following volunteer opportunities within the Lazybrook Civic Club.

Block Captains Needed

Eddie Yarbrough, Block Captain Chair (713) 863-1511 blockcaptain@lazybrook.org

As the new Block Captain Chair who is valiantly attempting to replace the former Chair, Ilya Martinalbo, I want to thank all of the current Block Captains and Newsletter Walkers for all that you do! These folks, in my opinion, are the fuel that keeps Lazybrook cooking on all burners!

The civic club hosted our 2nd Annual Block Captain and Newsletter Walker Appreciation Dinner at Kojak's on March 6 with 30+ attendees. This is a great tradition and opportunity to salute the volunteers and express our appreciation for all that they do.

FYI: We have 41 block captain positions, five of which are still without captains (although Newsletter Walkers have responded to my email blasts and volunteered to deliver newsletters). They are:

- 2002-2111 Lazybrook - 18 homes
- 1800 Locksford - 23 homes
- 1800 Nauts - 20 homes
- 1800 Tattenhall - 19 homes
- 1800 Watercrest - 20 homes

Please consider becoming a Block Captain for one of these blocks. You don't have to actually live on those blocks to be a Block Captain, but it is helpful. And, frankly, I'm quietly hoping and crossing my fingers that the Walkers will realize that becoming a Captain isn't much more work than delivering the newsletters 5 times a year. So....If you want to volunteer at the grass roots level and have any questions, please contact me at blockcaptain@lazybrook.org or (713) 869-1511.

Next time you see your Block Captain or your Newsletter Walker, please thank them. After all, they're spending some of their precious spare time working on your behalf.

Help is Here

If you would like to have your contact information published in the next newsletter, we are looking for residents who would like to help out fellow Lazybrookers. Possible services:

- | | |
|---------------------|------------------------|
| Computer/Technology | House Sitting |
| Lawn care | Baby Sitting |
| Pet Sitting | Sewing/Alterations |
| Dog Walking | Minor Household Repair |

Get Published!

If you would like to contribute an article for the Lazybrook newsletter and web site please email newsletter@lazybrook.org.



Now's The Time For Change!

If you're thinking about selling your home, you'll want to carefully choose the real estate professional you work with. You should choose someone who specializes in residential real estate and has specific knowledge of the area. You should choose me ... as a resident of Lazybrook, I have a vested interest in keeping the values of the neighborhoods as high as possible. *So, when you're ready to sell, give me a call. Your profit is my priority!*



JANELL BRYANS
MBA, GRI

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LAZYBROOK Gardening CLUB

Recently some of the Lazybrook residents met to socialize and discuss various gardening ideas. Our first meeting was a great success with many participants cultivating great ideas for future topics, discussions and group activities. The Garden club would like to welcome any residents who have interest in sharing stories of landscaping or gardening with their neighbors and generally having a good time. No experience gardening is necessary and everyone is welcome.

Future meetings will be held monthly during gardening season (January - May and September - November). Spring meetings through May will be held the second Tuesday of each month from 7 - 9 pm.

The next meeting scheduled for March 13th and we'll be having a short presentation on the various types of soils and amendments that are available and common in this area. Future meetings will be held on April 10th and May 8th. If you are interested in attending our next meeting please email Marc Cogle at mcogle@yahoo.com



Gardening Tip of the Month:

Beautiful Azaleas are in bloom throughout Houston in March. Azalea blooms set quickly after each year's Spring bloom, so if you are interested in trimming back your azaleas, doing it as soon as the blooms fade is best. If you trim later in the summer or fall, you will likely experience less blooms during the following year.

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The coach approach to your well being

Birgitt Haderlein , tofityou@sbcglobal.net 713-410-3376

Spring is in the air, the birds are singing and people are outside enjoying this warm weather. It's that time of year when we think about spring cleaning and getting things organized. Whether that is the garage, house or shed. I would like for you to think about organizing your self and throwing out old outdated self thoughts and finally live the healthy and happier life you want.

I have been coaching clients for the last 20 years on what they can do to feel better about their health and wellness. There are a variety of reasons why people can't stick with their commitments. In the last few months people have asked about my wellness coaching and personal training practice and how it can help them get the life they want.

So here is an introduction to how wellness coaching and personal training can complement one another, what it is and how this powerful way of living can keep you moving in a forward direction. I have had coaches on and off for the last 10 years my self and it has changed the way I think and feel. It has given me many tools to enhance my business and increase my life satisfaction.

Coaching clients to a higher level of fitness...

A fitness coach combines a systematic coaching process and personal training (or fitness instruction) to empower clients to develop a fit lifestyle as well as the ability and self confidence to maintain a fit lifestyle. A fit lifestyle includes a level of regular physical activity sufficient to:

- increase physical, mental, and emotional energy
- manage weight and stress
- prevent or treat health risks and medical conditions
- improve self-image and self-esteem

Coaches focus on helping clients find their own answers, rather than just providing the answers. While psychologists and therapists help clients understand how the past is influencing the present, coaches focus on the present and help the client move towards the future. Coaches do not make diagnoses and may recommend that clients seek a psychologist or therapist for treatment, if appropriate. Clients think that having a coach can help them move to

a new place in their lives, and help them make changes happen. Having a coach is particularly powerful when a client has decided to fully commit to making significant changes in one or more areas of his/her life.

The process of fitness coaching progresses through several stages:

1. Clients provide background information through a comprehensive questionnaire and during the first coaching session, so that their fitness coaches are well-informed on the key issues, including medical limitations.
2. During the first 30-45 minute fitness coaching session (face-to-face alongside a training session, or by telephone), clients and coaches commit orally to a three-month fitness coaching program. Clients confirm that they are ready to make changes in at least one area. A personal fitness vision, three month priorities and realistic goals are reviewed and agreed in detail. Clients also commit to 3-5 goals, or small steps toward the three-month goals, for the following week.
3. In each subsequent 15-30-minute coaching session, each week or as needed, coaches and clients review the progress towards the last week's goals, learn something new or develop a solution to overcome an obstacle, and then agree on a set of goals for the following week.
4. After a few weeks of coaching sessions, clients begin to notice improvements in how they feel and look, and their motivation to continue efforts to change increases.
5. Often in the second and third months, clients hit one or more obstacles. Both coaches and clients work hard to find solutions to overcome each obstacle to reach the goal of establishing new fitness behaviors.
6. By the end of three months, clients typically reach more than 70% of their three-month goals and are energized and confident to commit to the next stage. Increase physical, mental, and emotional energy
 - manage weight and stress
 - prevent or treat health risks and medical conditions
 - improve self-image and self-esteem

Fitness Coach

- ☑ Attentive inquiry and listening (the motto is to “listen until I don’t exist”)
- ☑ Encourage realistic expectations and goals
- ☑ Help clients decide whether and what they are ready to change
- ☑ Through a coaching inquiry, encourage clients to identify their fitness visions, motivators, obstacles, and strategies to overcome obstacles
- ☑ Be honest, direct, and firm with feedback when needed
- ☑ Help identify creative solutions to get around roadblocks
- ☑ Provide advice and instruction for engineering fitness activities in a client’s busy life
- ☑ Is punctual and responsive
- ☑ Recognize early whether the chemistry with a client is good or not optimal, and if not optimal, refer client to another fitness coach or another professional

Client

- ☑ Ready to take responsibility to make and sustain changes in at least one area of fitness
- ☑ Ready to invest at least three months to make changes
- ☑ Ready to share personal information that is relevant to fitness
- ☑ Ready to become more self-aware
- ☑ Open to suggestions and trying new things
- ☑ Understands that setbacks are normal on the path of change
- ☑ Is punctual and responsive

Are you ready to take your health and well being to the next level? If you are stuck and need some accountability call me at 713-410-3376 to coach you in the direction you want to explore. You can start today by signing up for one of my fitness classes listed below.

2012 Strengthening and Walk fitness class. (Six weeks)

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- » July 11
- » September 19

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Beautification

Carolyn Lehnert, Beautification Chair beautification@lazybrook.org (713) 864-3596



Spring is here! Wildflowers are blooming profusely on T. C. Jester. I spotted Mexican Hats, a lot of Blanket Flowers, some toad flax (which look like baby Snapdragons), some Daisies, and a few Bluebonnets.

The trees have been fertilized and mulching is complete. Thanks again to Nancy Huegel and her volunteers for a great job.

Please do not bring any more leaves to the medians because mulch amounts are now adequate and any you bring will have to be removed.

No watering has been needed since the awful last summer because of our wonderful rains, but as soon as it gets really hot this will be needed again. Thanks to those of you who donated to the beautification fund and the general civic fund, we had the money to save almost all of our trees.

If you would like to attract Red Finches to your yard, plant sunflowers now. These pretty little birds will hang onto the branches like circus performers if you leave the blossoms on for the seeds to mature. The seeds called Black Oil Sunflower Seeds sold for bird food work very well. Choose a sunny spot, make a small trench, fill with potting soil, add seeds and cover with another inch of soil. Water daily until sprouted, then keep moist.

Around the Neighborhood

Julie Kleine, (832) 971-4731 jkleine@stewart.com

- Longtime Lazybrook resident, **Walter L. Prater, D.D.S., M.S.**, 73, passed away Feb. 13, 2012. A Funeral Mass was held Feb. 17 at St. Rose of Lima Catholic Church. Survivors include his wife, Dolores M. Prater; and daughters, Wendy Prater Dear and Holly Prater Schlosser.
- **Jack & Helen Lawson** are moving from Willowmoss to The Woodlands to be near their daughter. The Lawsons have lived in Lazybrook 42 years and Jack handled the printing of the newsletter (and now the pick up) for a great many of those years. We will miss the Lawsons as valuable neighbors & great Lazybrook supporters. We wish them the best.

Have Announcements to share with your neighbors?
Please call or email Julie Kleine at jkleine@stewart.com or 832.971.4731

Think Beyond the Neighborhood — We Bring Buyers from Everywhere.

<p>JUST LISTED</p>  <p>7718 Kings River Cl 4/ 5/2 /3 \$2,100,000</p>	<p>JUST LISTED</p>  <p>1807 Maux Dr 4/2/2 \$204,900</p>	<p>JUST LISTED</p>  <p>2807 Houston Ave 3/1 \$150,000</p>
<p>PENDING</p>  <p>12434 Meadow Lake Dr 4/2.5/2 \$175,000</p>	<p>PENDING</p>  <p>1810 Seamist Ct 3/3/2 \$300,000</p>	<p>PENDING</p>  <p>1335 W Bell St 4Plex \$295,000</p>
<p>NEW PRICE</p>  <p>4019 Oak Ridge St 2/1 \$199,000</p>	<p>JUST SOLD</p>  <p>6110 Hurst St 3/1</p>	<p>JUST SOLD</p>  <p>1019 Nashua St 2/1/1</p>



Sharon Ettinger

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THE METROPOLITAN

KELLER WILLIAMS
REALTY

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please note: = Heavy Tree Waste 				1 	2	3
4	5	6	7	8 	9	10
11 Daylight Savings Begins	12 HISD Spring Break	13	14	15 North 	16	17 St. Patrick's Day
18	19	20	21	22 	23	24
25	26 South 	27 Civic Club Meeting 7pm	28	29 	30	31

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 April Fool's Day	2	3	4	5 	6 Good Friday	7
8 Easter	9	10	11	12 	13	14
15 Tax Day	16	17	18	19 North 	20	21
22 Earth Day	23 South 	24	25	26 	27	28
29	30					Please note:  = Junk Waste

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please note: = Heavy Tree Waste 		1	2	3 	4	5 Cinco de Mayo
6	7	8	9	10 	11	12
13 Mother's Day	14	15	16	17 North 	18	19
20	21	22	23	24 	25	26
27	28 Memorial Day	29 South 	30	31 		