

# LAZYBROOK NEWS

## JANUARY 2015



### President's Letter

Marc Cogle, President (713) 444-3351 [president@lazybrook.org](mailto:president@lazybrook.org)

Has it been a year come and gone? Lazybrook holiday season was certainly joyous and full of good times and 2015 looks us squarely in the eyes now.

Many of you decorated your homes for the holidays to make Lazybrook look festive and the Lazybrook Moms hosted their second annual Christmas Caroling complete with a visit from Santa himself this year. The weather was beautiful and certainly a good time had by all. Thanks to everyone for your contribution to make our neighborhood a special place this year. A special thank you to **Mike Smith** and **the families on Widdicomb** that hosted the pre-caroling party as well as a movie night in November. The families of Lazybrook have deeply appreciated the opportunity to get to know one another and grow as a community.

Speaking of growing, this past year certainly provided that opportunity for me as a first year President. I have learned more about our community and how to serve you better. In reflection on 2014, I first want to thank those of you who stepped forward to support Lazybrook and really elevated your commitment. We had some serious issues facing us between our membership rates and committee staffing. Many of you were willing to spend some extra time and effort to support their community and your time has been deeply appreciated. Hopefully, you will be able to continue serving your role this coming year and maybe even convince some of your neighbors to join in the fun.

Looking forward to 2015, we have made progress this past year and more improvements are always needed. Some of our most critical needs remain around sourcing volunteers to serve our Civic Club. On page 3 is a list of our greatest need areas. If you can find some time this coming year to serve your neighbors, please consider filling a spot in one of the below noted Committees. Also, if anyone has some extra room in their garage for a few storage totes, we are looking for a volunteer to store the Lazybrook sign Christmas decorations until the next holiday season. Thanks for taking the time to read this letter, being kind to your neighbors and serving your community.

*Continued on page 3*

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Newsletter printed by



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for the Lazybrook Civic Club and the  
Friends and Neighbors of Lazybrook.

# NEIGHBORHOOD DIRECTORY

## EXECUTIVE BOARD MEMBERS

### PRESIDENT

Marc Cogle  
(713) 444-3351  
president@lazybrook.org

### VICE PRESIDENT

John Sutton  
(832) 671-3862  
vicepresident@lazybrook.org

### TREASURER

Beth Goodner  
treasurer@lazybrook.org

### CORRESPONDING SECRETARY

Pat Koteraz  
correspondence@lazybrook.org

### RECORDING SECRETARY

Judy Dyk  
recording@lazybrook.org

## COMMITTEE CHAIRS



### MEMBERSHIP

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



### SECURITY CHAIR

Matt Herring  
(713) 823-0794  
security@lazybrook.org

### ARCHITECTURAL REVIEW/ DEED RESTRICTIONS

Roy Locke  
(727) 415-9467  
architecturalreview@lazybrook.org  
deedrestrictions@lazybrook.org



### NEWSLETTER

Crystal Frommert  
(832) 426-2191  
newsletter@lazybrook.org



### BEAUTIFICATION

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

### RECYCLING

Vacant  
**Volunteer for this position!**  
recycling@lazybrook.org

### YARD OF THE MONTH

Carmen Millet  
yard@lazybrook.org

### SUPER NEIGHBORHOOD

Chris Grizzaffi  
superneighborhood@lazybrook.org

### ADVERTISING/DONATIONS

Chere O'Neal  
advertising@lazybrook.org

### WEBMASTER

Greg Frommert  
(832) 426-2191  
webmaster@lazybrook.org

### GRAFFITI

Dorothy Richardson  
(713) 861-0701  
graffiti@lazybrook.org

### BLOCK CAPTAIN CHAIR

Eddie Yarbrough  
(713) 869-1511  
blockcaptain@lazybrook.org

### MOMS CLUB

Jayne Scott  
moms@lazybrook.org

### AROUND THE NEIGHBORHOOD

Vacant- Volunteer Needed!  
neighborhood@lazybrook.org

### HOSPITALITY

Vacant- Volunteer Needed!  
hospitality@lazybrook.org

## IMPORTANT CONTACT NUMBERS

EMERGENCY: 911

HEIGHTS STORE FRONT

HPD DISPATCH

(713) 884-3131

Sgt. Chad Wall

(713) 803-1151

centralpatrol2district@cityofhouston.net

HPD CENTRAL STATION

(713) 247-4400

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



# Membership





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

Remember, per the Lazybrook Civic Club By-lines, only current members of the civic club can participate in voting on items presented at the meetings. If you wish to vote, please pay your 2015 dues immediately by visiting: [www.lazybrook.org/join](http://www.lazybrook.org/join)

**Lazybrook Civic Club Membership Dues**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

I am enclosing:

	<input type="checkbox"/>	25.00	Dues
	<input type="checkbox"/>	_____	Donation: Beautification
	<input type="checkbox"/>	_____	Donation: Security (Citizens on Patrol)
	<input type="checkbox"/>	_____	Donation: Mosquito Spraying

Total: \$ \_\_\_\_\_

Make checks payable to: Lazybrook Civic Club PO Box 926181 Houston, TX 77292-6181

You can also pay online with Credit Card or PayPal by visiting [www.Lazybrook.org/Join](http://www.Lazybrook.org/Join)



## President's Letter continued

**HOSPITALITY** – General responsibilities are to assemble and distribute the Welcome packets, assist in coordination of neighborhood events such as 5th Friday.

**DEED RESTRICTION PETITION** – Seeking chairperson to lead the committee on recommendations and process for updated the deed restrictions for Lazybrook. Also seeking members for this committee.

**MOSQUITO SPRAYING** – In order to continue spraying we must have a chairperson willing to coordinate with the vendor.

**AROUND THE NEIGHBORHOOD** – Keep in touch with the happenings around the neighborhood and provide announcements for the newsletters, births, deaths, anniversaries, etc.

Finally, please consider joining us at **our upcoming meeting on Tuesday, January 27th**. At this meeting, we will hold a confirmation vote to increase dues to \$40 as well as a discussion and vote on the future state of the TC Jester Park area between 610 and Ella, South West of the bayou. To provide adequate time there will be a signup sheet for those wishing to have a voice their point of view on the area and desire for future plans. Let me know as soon as possible if you would like to speak to address this topic or to volunteer for any of the open positions above.

Thanks to Pat Koteris for gathering door prizes from the following merchants for the last Civic Club Meeting:

**Bargain Food Mart - 18th**  
**Demeris BarBQ - NW Freeway @ 18th**  
**Flying Dragon Chinese & Vietnamese - 18th**  
**Heights Mobil - 18th & Ella**  
**YOL Art - 18th**  
**Kojak's Fine Foods - 18th**  
**Pizza Inn - 18th & Mangum**  
**Queen Donuts - 18th**  
**Tony's Mexican Restaurant - Ella**  
**The Spaghetti Western #2 - W. TC Jester**  
Please patronize these generous businesses.



## YOUR Lazybrook Neighbor & Realtor!

As a resident of Lazybrook, I have a vested interest in keeping the values of the neighborhood as high as possible.

When you are ready to sell, give me a call! Your profit is my priority.

I want to be YOUR Realtor!

**JANELL BRYANS**

REALTOR ASSOCIATE - GRI, MBA

713.204.9667

[jbryans@marthaturner.com](mailto:jbryans@marthaturner.com)

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# Your Neighborhood Resource

The Leader Reader's Choice "Best Real Estate Agent" 2013

Texas Monthly 5-Star Realtor Award 2010-2014

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\$859,900



**ACTIVE**

5345 McCulloch  
\$575,000



**ACTIVE**

1244 Chamboard  
\$1,200,000



**ACTIVE**

4614 Verdome  
\$329,900



**COMING SOON**

1326  
Overhill



**COMING SOON**

1322  
Candlelight

**COMING SOON 2015**

810 W 31st  
1406 Chamboard  
1324 Althea  
1345 Martin  
1241 Kinley  
1419 Thornton

Custom  
Home Site  
Available

Custom  
Home Site  
Available

1237  
Lamonte

1235  
Chamboard

## Melodie Matlock

Broker Associate

713-417-8164

Find me on  
Facebook at  
Melodie Matlock  
Properties



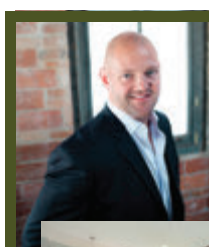
## REAL FOOD *within reach!*

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**jaronhall.com**

# Security

Matt Herring, Security Chair (713) 823-0794 security@lazybrook.org

## Citizens on Patrol Hours Logged

- November 2014- 23.25
- December 2014- 34.5

## Crime in the Neighborhood

- 11/17- burglary- 1800 Haverhill, broke side door to enter house
- 12/11- theft- 1800 Tattenhall, wheels stolen from vehicle
- 12/11- theft- 1800 Watercrest, wheels stolen from vehicle
- 12/15- burglary- 1800 Seaspray

I encourage everyone to report any suspicious persons or vehicles immediately to HPD. If you are unsure about a person or situation please let a trained HPD officer assess the situation and take any action needed. 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](http://www.spotcrime.com)

## Citizens on Patrol

Citizens on Patrol successfully brings together communities and police for a common goal, to improve the quality of life for residents by preventing, reducing, or eliminating crime. You can really make a big difference in crime in our area by patrolling just a few hours a month. Patrolling is as easy as driving a car 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](mailto:security@lazybrook.org) to let me know if you are interested.

## Lazybrook Email Network

Lazybrook has an email network to keep neighbors up to date on important neighborhood info and security concerns. I encourage everyone to send me a detailed email if you have a crime to share with the neighborhood so hopefully we can work together to prevent further crime and help police catch the offenders. If you are not currently receiving the email you can join by emailing [security@lazybrook.org](mailto:security@lazybrook.org) or visiting <http://www.lazybrook.org/network>

## Around the Neighborhood



There is a **Moms of Lazybrook** Group! If you would like more information, contact Jayme Scott at [moms@lazybrook.org](mailto:moms@lazybrook.org).



Lazybrook is now on Facebook. A neighbor has decided to create a new group page as it's been suggested for several years. The new group page is exclusively for news and issues within the Lazybrook boundaries.

Visit <http://www.lazybrook.org/facebook> to join the Group.



Lazybrook Nextdoor is the private social network for the residents of Lazybrook. It's a free and easy way for you and your neighbors to talk online about recommendations, lost & found, crime & safety, classifieds and more.

Visit <http://www.lazybrook.org/nextdoor> for more information.



### Super Neighborhood 14 Meeting Dates

SN 14 meets bi-monthly on Wednesdays at 6:00 p.m. 2015 meeting dates are: Feb. 11; April 8; June 10; August 12; Oct. 14; and Dec. 9. The venue may vary so contact Correspondence Secretary Megan Jackson at [meganjackson79@gmail.com](mailto:meganjackson79@gmail.com) to get on the email list and visit the website at [www.snc-14.org](http://www.snc-14.org). Topics: Jaycee Park CIP; West 11th Street Park Trail Extension; Bryce Chemical Feed Station Rebuild; Southwaste's Proposed Expansion.

**Have Announcements to share with your neighbors?**

Please email [neighborhood@lazybrook.org](mailto:neighborhood@lazybrook.org)

# Wild Weekends



**Live music**  
on the wine deck every  
Friday night

**Sunday Brunch Specials**  
99 cent mimosas  
and champagne

**Sunday Night Specials**  
half price wines  
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## Council Member Ellen Cohen Comes Through for Jaycee Park!

Darlene Wayt, Friends of Jaycee Park [dwayt@comcast.net](mailto:dwayt@comcast.net)

Thanks to **Council Member Ellen Cohen, Silver Eagle Distributors on Washington** donated \$3,000 to fund a much requested amenity for Jaycee Park that was installed at the ballfield's Grovewood/Seamist corner on December 6, just in time for the TMCC's Winter Festival.

At the request of both the Timbergrove Manor Civic Club (TMCC) and the Super Neighborhood 14 Council (SNC-14), CM Cohen has consistently and strongly advocated for this amenity for our park for over two years with the Houston Parks & Recreation Department.



When the private renovation ended in 2012, our transformed park attracted more people who were staying longer than had been the case in decades. The splash pad began attracting families with small children many of whom were yet to be potty trained; the City began programming the tennis courts with some lessons lasting two hours; Grovewood, Seaspray and Foxwood residents reported being bothered and inconvenienced in various ways because our park had no restroom facilities.

At the TMCC's May 13 meeting regarding the park's Capital Improvement Project (CIP) funds, many of you spoke up and requested a restroom facility or at least porto-potty units. **Lisa Johnson**, the Parks Program Manager, clearly said no to a restroom facility. Several weeks later, CM Cohen's office was informed that no funds could be diverted from the CIP for porto-potty units because the CIP is a finite amount and porto-potty units involve ongoing maintenance.

Refusing to take no for an answer, CM Cohen and her staff pursued another avenue, secured the private donation from Silver Eagle Distributors, asked the Timbergrove Manor Civic Club to accept the donation and obtain the two units for the park.

Because the TMCC heard a clear mandate from residents at the May 13 and the September 9 general meetings, the TMCC accepted CM Cohen's request and contracted with Payless Porta Jons to install two units and service them one time per week. However, this private, designated donation is ONLY FOR ONE YEAR. The units will be removed in December 2015 unless another private donor comes forward or the TMCC receives an increase in dues to continue to provide this amenity for Jaycee Park.

Per the TMCC's contract with Payless Porta Jons, the units will be serviced once per week, currently on Wednesdays. If any teams, groups, event and party hosts want an extra cleaning, those arrangements and payment must be between them and Payless Porta Jons ((832) 370-4409) and will not involve the TMCC.

To thank CM Ellen Cohen, her contact info is: [districtc@houstontx.gov](mailto:districtc@houstontx.gov); (832) 393-3004; City Hall Annex, 900 Bagby, First Floor, 77002. To thank **Bobbie and John Nau of Silver Eagle Distributors**, email Caroline Wagner at [cwagner@sedbud.com](mailto:cwagner@sedbud.com) or send a note to their business headquarters at 7777 Washington Avenue, 77007.

In the upcoming months, the TMCC will need your feedback and support in deciding if, after a year: 1) we have a mandate from dues paying residents to continue to fund the units and 2) we have the funds to do so. Direct your instructive comments to me at [dwayt@comcast.net](mailto:dwayt@comcast.net) (preferred) or (713) 385-4465 (Cell) or, better yet, voice your support, concerns and questions, at our general or board meetings.



On Saturday, January 17, 2015 at 9:00 a.m., under the supervision of **Trees for Houston**, volunteers will be trimming the Seamist trees and the Seamist/Grovewood Crepe Myrtles. Last year, we had 7 volunteers and finished in only 45 minutes!

# School Zone Safety

Darlene Wayt, [dwayt@comcast.net](mailto:dwayt@comcast.net)



As a volunteer for Citizens on Patrol and a regular morning walker, I often see drivers using a cell phone or texting while driving through our school zone on Ella Boulevard or crossing our school zone on Grovewood.

Google "Distracted Driving" and you will get facts, figures and stats from all kinds of sources: TX DOT, AAA, the Federal Highway Administration, Stop Texts Stop Wrecks. Bottom line: **using a cell phone while driving is extremely dangerous and accidents happen in a split second.**

Per [www.distraction.gov](http://www.distraction.gov), "Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction."

Using a cell phone to talk or text is especially dangerous in a school zone. As you know, traffic in the Ella/Grovewood area is heavy in the mornings and in the afternoons and "traffic" ranges from walkers and bike riders to subcompact cars to SUVs, vans and school buses. Children are small and hard to see.

In October, I spoke to Sinclair's crossing guard and she told me that unfortunately it is very common to see drivers talking on cell phones and see drivers with their eyes downcast not looking ahead while driving through the school zone. And this happens when the lights are flashing and even when she blows her whistle and raises her crossing guard sign to get children across the street!

Safety is the main concern and goal. Also, Texas has banned the use of handheld phones and texting in school zones. So, please refrain from this dangerous practice in our school zone, and remind others to do the same, for safety sake and also to comply with Texas state law.



Hallie Ray Moore, DVM  
Stephen Turek, DVM  
Susan Cardenas, DVM  
Lisa Box, DVM  
Veterinarian's

713.682.6351 tel.  
713.682.0933 fax  
[www.OakForestVet.com](http://www.OakForestVet.com)

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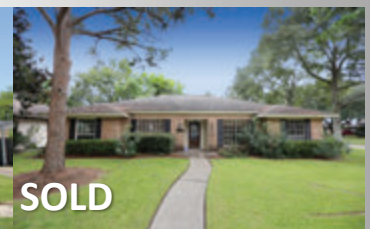
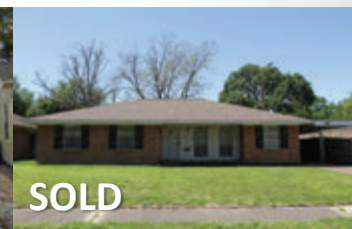
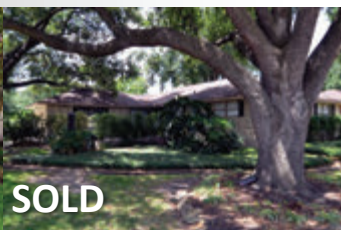
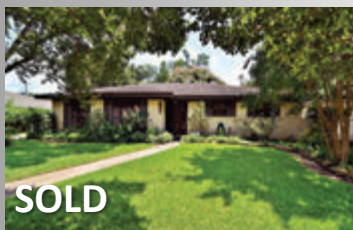
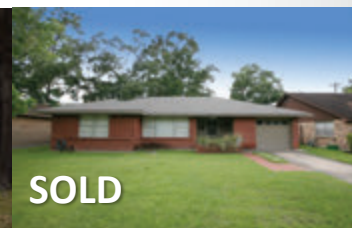
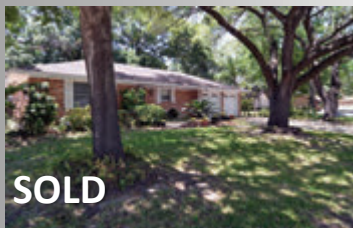
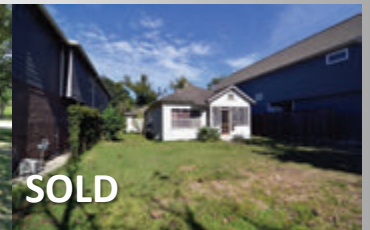
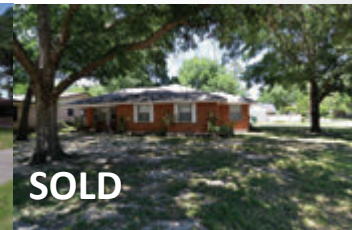


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# 2014 Holiday Lighting Contest Winners

Judge Melodie Matlock

We are pleased to announce the winners of the Lazybrook Holiday Lighting Contest. Thank you to everyone for all of your hard work to light up our neighborhood this holiday season.





**Prettiest:**  
2034 Willowmoss

**Best Front Door:**  
2003 Willowmoss

**Best Front Window**  
1834 Watercrest

**Best Decoration with Wreaths:**  
1603 Willowby

**Best Use of Cartoon Characters:**  
2448 Brookmere

**Most Childlike:**  
1807 Salford

**Most Creative:**  
1823 Foxwood

**Best Animation:**  
1806 Watercrest

**Best Lights in Motion:**  
1811 Greengrass

**Best Use of a Single Color:**  
2010 Brooktree

**Best Santa:**  
1806 Widdicomb

**Best Hanukkah:**  
1603 Tannehill

**Best Block:**  
1800 Widdicomb

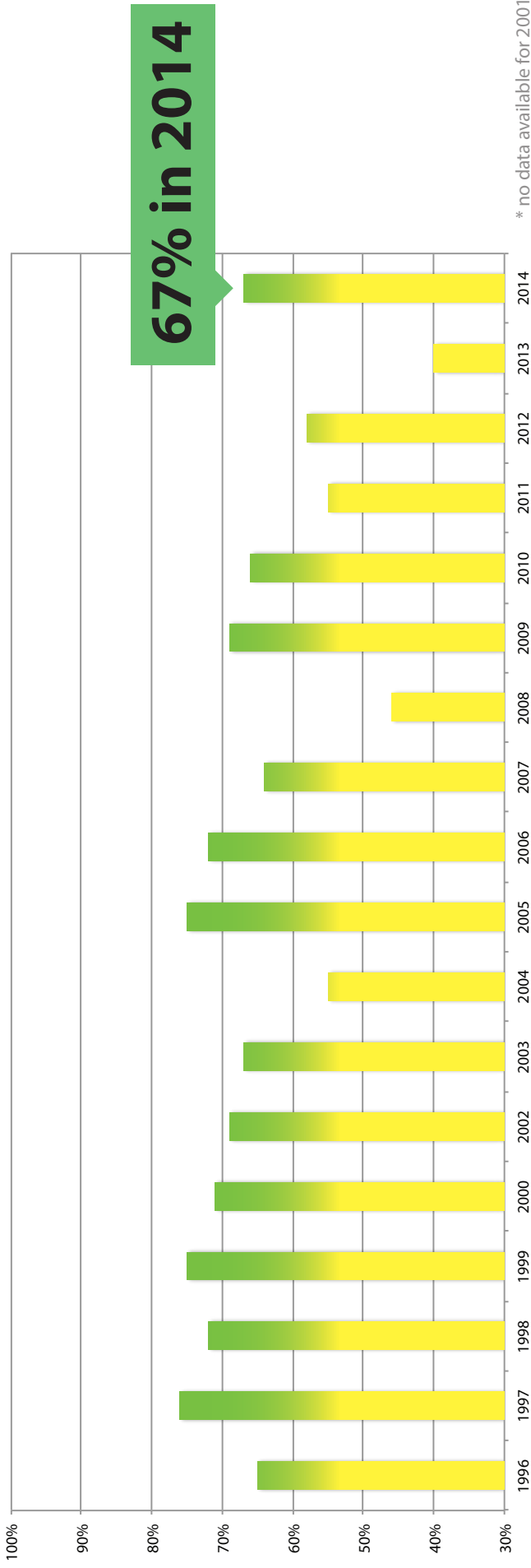
**Honorable Mentions:**  
2019 Widdicomb  
2406 Brooktree  
2210 Brooktree

**Hall of Fame:**  
2406 Brookmere  
1827 Salford  
2314 Lazybrook  
2218 Brooktree  
2007 Greengrass



# 2014 Paid Memberships

Below is a list of the Lazybrook residents who have paid their 2014 dues. The names in bold print have donated additional funds for mosquito spraying, Citizens On Patrol (COPS), or for beautification. We thank you for your payment.



\* no data available for 2001

## Brookmere

- Allen, Betty
- Bernich, Winston H.
- Beverly Oliphant
- Blumberg, Jay
- Boyd, Ruth
- Cotero, Jamie & Nina
- Da Silva, Carolyn & Carlos
- Dobey, Melissa
- Gonzalez, Brian & Trish
- Halbert, John Kenneth
- Hall, Wayne & Janice
- Hartnett, Jack
- Havel, Annie Mae
- Herbrich, Walter
- Hinojosa, Joe
- Hodde, Pat
- Jernigan, Richard & Peggy
- John Raley / Chaz Grelle
- Kleinmann, Ken & Beth
- Lahad, John & Jennifer
- Manis, Matt & Valerie
- Mullens, Jesse & Lorna
- Pena, Craig & Brie Anna

## Foxwood

- Ainsworth, Michael
- Chevez, Jose W. & Marie
- Contreras, Lorraine & Teresa
- Flores, Beverly & Gilbert
- Hobbs, Bettye & David
- Kaehler, John & Joe Ratsky
- Lam, Cheuk Nam & Gan Fong
- McGinn, Deidre
- Wydlar, Patricia

## Lazybrook

- Bailey, H.R. & Sharon
- Beseda, Rev.H.E& Carolyn(Flipp)
- Blanchard, Dennis
- Boriskie, Eugene
- Brooker, William
- Brown, Dahlia & Bryan
- Brunk, Pamela & Timothy
- Bryans, Janell
- Bullard, Ralph & Mary Ann
- Casey, Greg & Jane
- Chote, Bill
- Croft, Jill & Phil
- Denise Theriot
- Eifert, Vic
- Estopinal, Jennifer & Mark
- Fridye, Lena
- Garcia, Maria
- Garza, Lisa
- Goodner, Beth
- Griffin, Dixie & Patricia Schroeder
- Hammer, Aaron & Emily
- Hansen, Jeremy & Crystal
- Heisch, Phil & Samantha

## Millwood

- Castellanos, Hector R. & Julia
- Cogle, Melissa & Marc
- Custard, Chuck & Jane
- Drake, Sarah J.
- Dupree, Rose
- Frommert, Greg & Crystal
- Fuller, Greg
- Gorab, Jim & Mary Clark
- Greene, Jonathon & Meaghan
- Keith, Barbara
- Magouirk, Cindy
- Mayeu, Sara & Chris
- Mazewski, Adam & Antonina
- Mihaly, Judit
- Moore, Vernon & Graciela
- Neuville, Charles & Pat
- Ortega, Frank A. & Jackie S.
- Seabrook, David & Sarah
- Stringfellow, Wesley & Bernice
- Sulak, James & Jenny
- Thompson, James & Jorene
- Vejlani, Juzer
- Wright, Derrick

Roberts, Jay & Tina  
Ruffino, Louis & Cherie  
Rutherford, Duma  
Sims, Joyce & Everett  
Wilhelm, Thurman & Melinda  
Wydler, Maria R.  
Wydler, Wm. G. & Leyla

### **Brooktree**

Albert, Davis  
Anderson, Janelle, & Jean Landry  
Ballard, Vickie  
Bigger, Jo Ann  
Broussard, Chris & Shawn  
Canlas, Michael J  
Cantu, Manuel & Kimberly Peck  
Canuteson, Rosemary  
Denton, Burt (Dr.) & Nancy  
Dunlap, Angela  
Grossman, David  
Guthrie, Melinda  
Junker, Lois  
Lero, Patricia  
Lewis, Michael & Barbara  
Long, Nell  
Martinez, Michael & Kimberly  
McDaniel, Jeanne  
Moore, Kristine & Daniel  
Nguyen, Christy  
Ong, Fong  
Pederson, Rick & Dianne  
Scott, David & Jayme  
Sean & Vonda Bonte  
Stocks, Jeffrey A.  
Szydlik, Michael & Bernadine  
Tyson, Jan  
Uhl, David & Deanna  
Verges, Pauline  
Wilheim, Monica  
Wilson, J. Alan  
Wong, Tina  
Wright, Sandra & Tom

### **Crystal**

Bordas, Karen & Matthew  
Braun, Robert & Lucille  
Cammack, Kelly  
Costa, Janice  
Feece, Akiko & Yvonne  
Hester, Mitzi  
Hildebrandt, Ryan  
Hinojosa, Albert & Ardath Lee  
Hogan, Chris & Anastasia  
Kainer, Alvin and Ann Kainer  
Koteras, Gilbert & Pat

Armsstrong, Jennifer  
Cavajal, Irma  
Cato, Patricia  
Conerly, Collin  
Corporron, Jim & Dolores  
Cross, Donald & Leila  
Curry, Jack & Peggy  
Dames, Frank & Dorothy  
Dedman, Ben & Alicia  
Descant, Jim & Sandra  
Escobedo, Nick & Onora  
Evans, Joe & Arlyn  
Kambourelis, Jason "Jay"  
Markowski, Randy & Peggy  
Martinalbo, Ilyia and David Henson  
Medina, Emilio & Melba  
Pappas, Delores  
Phillips, Angela  
Roznovsky, Kathleen Watts  
Steven Yarbrough  
Tresco, Rick & Kim  
Whitley, Perry & Lisa

### **Guese**

Buzzell, Kent & Edward White  
Diaz, Andy  
Whatley, Bettie  
Wilke, Marvin & Charlotte A.

### **Haverhill**

Akin, Richard & Adina  
Blankenship, Curtiss & Dorothy  
Blinka, Lillian  
Creszkiewicz, Gail  
Clark, Orié & Linda  
Deas, Jeremy & Amanda  
Gola, Christina  
Guilbeau, Todd & Martha  
Hause, Scott & Robin  
Johnson, Lorie  
Kolb, Olen K. & Betty  
Lehnert, Carolyn & Eugene  
Matlock, Melodie  
Poindexter, Johelen  
Price, Christina  
Ross, Walker G.  
Seigle, Mark & Linda  
Sentmanat, Jacqui  
Sultanik, Diah and Mike  
Taylor, Linda  
Thomas, Christine  
Thornton, Rosemary  
Velez, Maria

Henderson, Linda & Bart  
Iden, Mary  
Jamison, Herb & Lynn  
Johnson, Paul & Nancy  
Johnston, Dan & Tammy  
Krakosky, Leona  
Laufman, Lauri  
Louis, Steve  
Maness, Gerald & Barbara  
Melancon, Jill & Tanner  
Moore, Tracy & Andrea Black  
Nowlin, Grace  
Oldham, Sherri & Birgitt Haderlein  
Ringel, Brittany  
Saldana, Felipe & Kristi  
Sowda, Greg  
Stegent, Barbara  
Stoll, Kate & Joan Foster  
Strain, Mack & Beverly  
Suchicki, Ed & Audrey  
White, Benn Reed  
Woodard, Lauren & Taylor  
Zelaya, Jacob & Aida

### **Locksford**

Bailey, Darren & Christina  
Bell, Omar K.  
Brittain, Stan & Barbi  
Cegielski, Dominik & Cecilian  
Fehler, Ann or Gerral  
Harrison, Kelly  
Hatten, Jerry & Rita  
Heiberger, Robert Philip  
Sutton, John  
Tritico, Nathan & Janet  
Wu, Jong Y & Pen-Chi Liu

### **Mill Creek**

Chaddick, Patrick & Lois  
Corbell, Jonathan Ryan & Rachel  
Dorsa, Anthony  
Harvey, Kenneth & Rebecca  
Kopinitz, Johnnie & Rose  
Kubosh, Madeline  
Lanik, John & Judith  
Locke, Roy  
Muller, Brendan J.  
Newell, Ben & Hayley  
Nowak, Edmund  
Sanchez, Miguel & Norma  
Stallones, Jimmie & Barbara  
Stankovich, Patrizia & Joseph  
Turner, Charles & Alison  
Wasson, Mimi

### **Nauts**

Clewis, David & Melba  
Cody, Helen  
Dildy, Don  
Hergenrether, David & Rhonda  
Hunter, Bill & Jo Ellen  
King, Joyce  
Knight, Shirley  
Lamison, Craig & Tshiew-Ling  
Laurent Benkowski & Dina Medley  
Millet, Carmen  
Montano, Julio  
Raby, Roger  
Redfearn, L.F. & Pauline  
Rivera, Michelle & Francisco  
Scott, Laura & Luke  
White, Kathi

### **Salford**

Conklin, Kelly A.  
Dempsey, Chris  
Ellis, Victoria  
Garcia, Cesar & Norma  
Lovat, Lynn  
Marsh, Brennon & Beverly  
Noel, Catherine  
Punneo, Ron & Jon Shaffer  
Ransom, Lane  
Scarborough, Mike  
Smith, Betty  
Stone, Joseph & Rose

### **Seamist**

Alva, David & Dennis McCoy  
Burdine, Carson & blaire  
Dietrich, Henry & Val  
Fedun, Tyler & Heather  
Finney, Doug and Amelia  
Flynn, Earl & Nelda  
Hatcher, Glenn & Cayce  
Hodde, Amy  
Kokes, Patrick & Christine  
Krablin, Greg  
Markert, Martha  
McBrayer, Jessie & Wes  
Moore, James Brock, III & Vennie Wolf  
Pwonka, Nancy M.  
Rolke, Randy

Ruiz, Renee & Mike Baker  
Sassaman, B.J. & Deborah  
Schumann, Blake  
Simpson, Richard E. & Janet Diana  
Taylor, Ed & Renee

Yarbrough, Eddie  
Ysrael, Miquel  
Zimmer, Andrew & Christina Upchurch

### **Sea King**

Bell, Terri and Frank Wallace  
Bowes, David & Jennifer  
Lomness, Travis & Morag MacDonald  
Stevens, Jennifer & Lee  
Trapolino, Mike

### **Sea Queen**

Beresky, Deidre  
Broussard, Mark  
Degeorge, Carol  
Duncan, W. C. & Irene  
Ettinger, Sharon  
Flores, Maria  
Fuchs, Daniel & Erin  
Lentz, Doris  
Motes, Lori & Casey

### **Seaspray**

Byman, Nathan & Deirdre  
Crawford, Jo  
Derkowski, Penny  
Faut, Piper  
Griffin, Tonja  
Ripley, Matt  
Roland, Duane & Judy  
Trahan, Denise & Scott Bryant  
Wall, Sharron

### **Tannehill**

Altomari, Joe & Rosalie  
Anderson, Donna Kay  
Bobo, Sarah S.  
Brown, Helen  
Bryant, Eddie & Mary  
Cardenas, Louis & Esme  
Casey, Matthew & Camille  
Colgin, Paul & Sabrina  
Dudeck, Gilbert & Judy  
Falk, Nancy  
Grizzaffi, Jessica & Chris  
Jacoby, Steve & Erica

Keller, James & Brenda  
Kelly, Dorothy  
Kubiak, Susan  
Lester, Josephine  
MacDougall, Kate H.  
Martino, Virginia  
McCloskey, Maggie & Jason Babineaux  
McMordie, Mary Ann  
Nowak, TheIma  
Pheiffer, Catherine  
Pintsch, Art & Kathy  
Polley, Brian  
Richardson, Bill & Dorothy  
Sera, Jorge & Tania  
Sera, Sherrie  
Speck, Norma & David  
Tomczak, Ada  
Vandenbergh, Mary

### **Tattenhall**

Brock, Kenneth & Rita  
Clark, Ruby  
Dailey, Mel  
Daily, Barbara  
Gomez, Oscar & Lillie  
Hall, Herbert & Mary Jo  
House, Andrew F.  
Lopez, Silvia  
Novak, Kenneth & Frances  
O'Docharty, Chris & Lisa  
Ofsowitz, Jennifer  
Ronczy, Stephen & Jean Linn  
Scott, Jake & Casey  
Simpson, Janelle  
Williams, Phil

### **Watercrest**

Allen, Loren / Bruce Wiley  
Campbell, Jacquelyn  
Corbin, Margie & Jim  
Dennis, Merle  
Erickson, Lief & Gail  
Fitzpatrick, Patrice  
Henry, Walter & Blanche  
Levering, Jim & Laura  
Page, George Wray III & Daryl K.

Page, George Wray, Jr. & Pat  
Peterson, Mary  
Shadle, Wanda  
Ukleja, Phillip  
Walton, Bret & Sandra

### **West TC Jester**

Barnard, Bob and Vinah  
Dean, Fritzzy  
Devries, Jason  
Dube, C.O.(Dr.)  
Garcia, Lou & Rosa  
Griffith, Brooke  
Harrison, Daniel & Kato  
Helfgott, Theodore & Joan  
Hilton, Dora  
Lopez, Nicolas & Rosa  
Mize, Richard & Ann  
Moran, Berylene  
Olivier, Henri (on Foxwood List)  
Scott, Thomas & Jeannie  
Sotis, Steven & Martha

### **Widdicomb**

Chernosky, Tommy  
Diesen, Dennis  
Donner, Craig & Kathy  
Dupree, Phil & Helen  
Dyk, Judy  
Gazdyszyn, Henryka  
Gennity, Brian & Karen  
Haney, Agnes  
Herring, Matthew A. & Melissa  
Johnson, Andrew & Marianna  
Kolb, Kevin & Heather  
Miles, Clarence & Velea  
Morse, Justin & Christine Carter  
Newman, Stephen & Lena  
O'Neal, Chere Ryman  
Pam Holbrook & Sharen Wynn  
Ragaint, Tolbert & Sharon  
Roberts, Valerie  
Schuylfer, Jim & Carol  
Taylor, Jim & Jan  
Yanosik, Jessica  
Zallar, Gary & Ann

### **Willowby**

Borkhoche, Roy P.  
Balderama, Varon & Nezelia  
Brummett, Brenda  
Dailey, Alexander  
Fischer, Sarah & Gregg Kalba  
Hedwiga Weatherford  
Jim Ewing & Steve Brule  
Lane, Robert  
LeDoux, Matt & Angela  
Mahon, Joe & Janet  
McCarver, John & Laura  
Meehleder, John & Florence  
Schoellmann, Sandy  
Syer, Margie  
Walden, Willard & Idabel

### **Willowmoss**

Brennan, Michael W.  
Britt, Julianne  
Burnett, Michael & Sandra  
Chain, Ashley  
Corrigan, Michael & Lillian  
Dinakar, Satish & Tracey  
Haerle, Ann  
Herring, Al & Carol  
Kokes, Doris  
Locklair, Nicole & Rob  
McCall, Patricia A. & Julie Purkey  
McCay, Taylor & Nicole  
Mills, John & Cheri  
Moore, Jonathan  
Morton, Michael & Mary  
Moss, Alison & Aaron  
Mouzourakis, Heather  
Mullens, Clyde, M/M  
Name removed on request  
Osborn, Gary & Teresa  
Simmons, James & Joyce  
Starley, Suzanne  
Warth, Judy & Richard  
Wurth, Thomas & Judy

If you have any questions regarding your dues, please email Janell at [membership@lazybrook.org](mailto:membership@lazybrook.org). (no phone calls, please!!!)



## Real Estate Corner

Brenda Brummett (713) 861-1710



It appears that activity has slowed a bit but then it often does during the holidays. Since this report covers the period of November 1 – December 31 that may explain it all.

As of December 31, 2014 we have 6 homes that are Active listed between \$329,999 and \$645,000. They range from 1,240 square feet to 2,251 square feet – 2/1.5/2 to 4/2.5/2 and have been on the market between 1 and 63 days.

There is one property in Option Pending, listed at \$619,000 with 3 bedrooms/2 baths and is 2,214 square feet. This home has been beautifully updated.

Also one property in Option Pending Continue to Show. This is a 2/2/2 with 1,671 square feet, swimming pool, outdoor kitchen and is listed at \$485,000. I believe that this property may have closed but it has not been changed in MLS as of this writing.

Since November 1, 2014 there has been 1 sale in Lazybrook at \$362,000 (\$259.13 per square foot). It was a 3/2.5/2 built in 1964, 1,397 square feet and was on the market for only 4 days. This was a conventional loan and the seller paid \$6,745 in repair allowance.

### Lazybrook Rentals

As of December 31 there are no homes in Lazybrook listed for lease.

Between October 1 and December 31 one property leased at \$2,800. It was a 3/2 with 2,004 square feet and was on the market for 25 days.

Information as reflected on the Houston Association of Realtors website.



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# What Lack of Sleep Does to Your Body

Birgitt Haderlein, Health and Fitness Coach, tofityou@sbcglobal.net (713) 410-3376

Happy New You! I hope 2014 was as great a year for you as it was for me. It was filled with many challenges that kept me focused and on my toes. And now I look forward to what 2015 holds.

I spend every New Year's Eve reviewing my goals and writing down my top 10 accomplishments. This is important because it gives me the motivation and inspiration to be a great role model for myself and my clients. Yet what I find most of my clients still struggle with is getting the rest they need. So one of my colleagues put together some great facts that I hope we all can use to help us focus on getting better sleep.\*

## *Don't skimp on slumber if you want to be as healthy as you can be.*

According to the National Sleep Foundation, most healthy adults need 7-9 hours of sleep a night. If you consistently fall short of this goal, you may be increasing your risk for obesity, cognitive impairment, a compromised immune system and much more.

In 2011 Harvard scientists estimated that sleep deprivation costs U.S. Companies \$63.2 billion in lost productivity per year.

In one study, middle-aged and older adults who reported 5 hours of sleep or less were 2.5 times more likely to have diabetes, compared with those who slept 7-8 hours per night.

Several studies have found that sleep deprivation raises blood pressure. Half a night of sleep loss has been reported to increase blood pressure in people with hypertension or prehypertension.

When exposed to the cold-causing rhinovirus, study subjects averaging less than 7 hours of sleep a night were about three times more likely to develop cold symptoms than study volunteers who slept 8 or more hours a night.

Insufficient sleep decreases the number of genes that peak and fall in expression during a 24-hour period from 1,855 to 1,481. Less than 6 hours of sleep a night affects more than 700 genes.

Sleeping 5 hours or less may increase mortality risk from all causes by roughly 15%.

I hope these facts help give you the desire to get and work on getting better quality rest. Here are my top 5 suggestions for improved sleep!

1. **Exercise.** It helps you relax! (To the right are 5 great exercises)
2. **Some form of relaxation.** I meditate regularly and it has helped not only my sleep but it has increased my energy.
3. **I create my day every morning.** I do that by asking myself "what is the greatest ideal of myself". The person I don't want to be (negative or pessimistic) and the person I do want to be (happy, joyous and balanced).
4. **I don't watch tv, read, or do anything while I am in bed.**
5. Lastly, before I go to sleep I review my day and **ask myself how I did today** when did I fall from grace and how I can do it differently.

This has increased my quality of sleep and I am happy to report - I sleep a lot better.

Are you ready to get the gift of happiness and health? If you are stuck and need some accountability, call me at 713-410-3376 to coach you in the direction you want to go. You can check out my website [www.tofityou.com](http://www.tofityou.com). Give the gift of health.

Gift certificates available! Yoga class times are Tuesdays at 6:30 pm and Wednesdays at 12:00 pm.

In health,  
Birgitt Haderlein  
1750 Seamist Dr,  
Suite 170 building 1

\*Idea Fitness Journal, January 2015

WARM-UP - 1 Forward / Backward

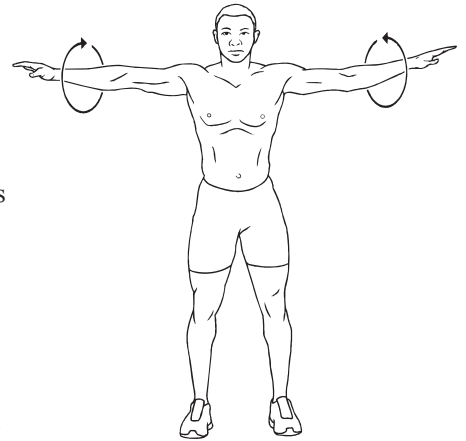
Spread legs wider than shoulders. Stretch hands overhead, slight back arch. Reach between legs as far as possible. Return. Keep movement constant: 2 count down 2 count up. Do not static hold at top or bottom.



Do 2 sets 8 reps.

WARM-UP - 6 Arm Circle: Lateral

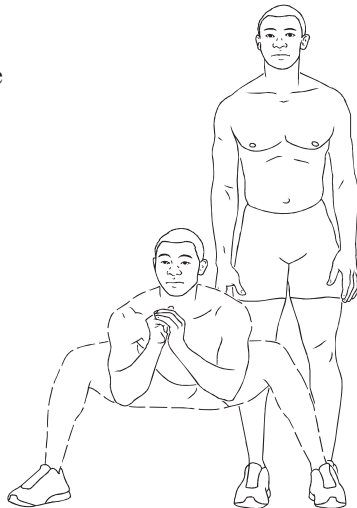
Athletic stance. Arms out to sides. Small circles forward then backward; progress to larger circles.



Do 2 sets  
8 reps.  
Do reps both ways  
for one set.

WARM-UP - 8 Sideways Walk With Squat

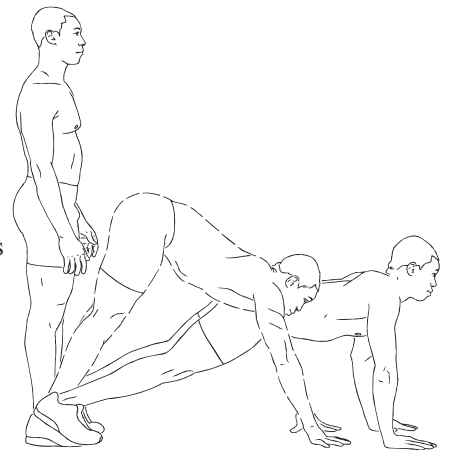
Start in athletic stance. Side step to right and drop hips. Head and chest up, shin vertical. Lunge foot pointing forward. Lift from hips and back foot to standing position. Repeat in walking motion in same direction.



Do 2 sets 8 reps.  
Do reps both ways  
for one set.

WARM-UP - 11 Arms Walk Out and Back

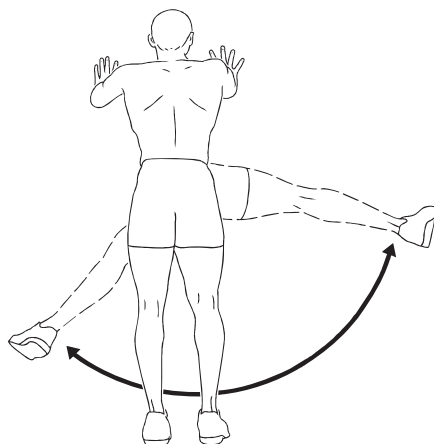
Stand erect. Bend at waist and touch floor. Walk hands out to push up position. Head up, back and legs straight. Walk hands backward to start position.



Do 2 sets  
8 reps.

WARM-UP - 16 Leg Swing: Side

Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.



Do 2 sets  
8 reps.  
Repeat reps  
with other leg  
to perform one set.



## Beautification

Carolyn Lehnert (713) 864-3596 [beautification@lazybrook.org](mailto:beautification@lazybrook.org)

At the January 27th meeting, there will again be a vote on whether to ask the city to mow the rest of the park area along the bayou on West T.C.Jester.

I feel I do not need to repeat all the reasons why the majority of Lazybrook residents have voted in the past to leave the area without mowing. I will just mention that mowing kills species that promote bees and butterflies, kills baby trees, and removes grasses that slow rain run-off and help prevent flooding. Also, if you think homeless people will go away if there is mowing, I would like to point out they are here because of the shelter under the bridges, and because they gather food from the unlocked dumpsters at the area stores and restaurants.

I would like to ask those of you who want to mow to consider that all of the rest of the Lazybrook areas are cut on a regular basis. This includes the esplanades, the bayou banks and the park area along West T.C.Jester from Ella all the way to near Lazybrook Drive. The ONLY area that is not cut is from Lazybrook to 610, and even that area is cut along the bayou pathway, along the curb, and at the paths crossing the area at each Lazybrook street. Is it really too much for you to allow this small area to be left alone? Is there no really no room for compromise here? Thanks for your consideration.

	<p><b>NEW</b>  <b>Fitness training studio</b>  <b>1750 Seamist Dr. #170</b>  <b>Building 1</b></p>
	<p><b>To Fit You is now open near you.</b></p>
	<p>Now in your neighborhood!  Easy to find and I'm ready to help you feel and look your best.</p> <ul style="list-style-type: none"> <li>• Personal training</li> <li>• Group training</li> <li>• Assessments</li> <li>• Post-rehabilitation</li> <li>• Wellness Coaching</li> <li>• Yoga classes (coming soon)</li> <li>• And more</li> </ul> <p>Birgitt Haderlein  B.S. Certified ACSM,ACE</p> <p>phone: 713-410-3376  email: <a href="mailto:ToFitYou@sbcglobal.net">ToFitYou@sbcglobal.net</a>  web: <a href="http://www.ToFitYou.com">www.ToFitYou.com</a></p>



**Get Published!**

If you would like to contribute an article for the Lazybrook newsletter and web site please email [newsletter@lazybrook.org](mailto:newsletter@lazybrook.org).



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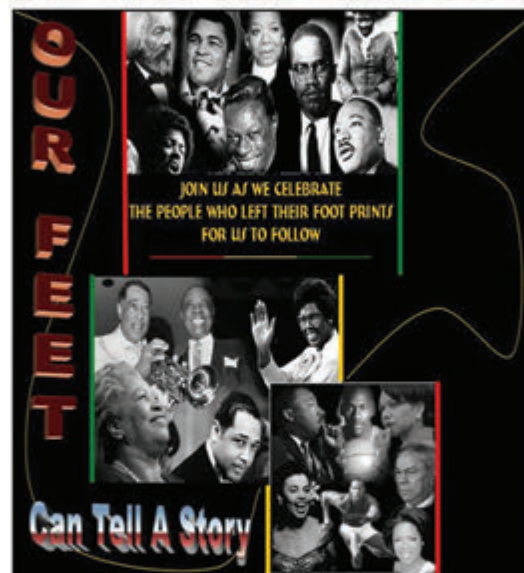
446 Northwest Mall, Houston, Texas 77092 [www.express theatre.com](http://www.express theatre.com)

PRESS RELEASE

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Written by **Thomas Meloncon** Suitable for All Ages/Recommended for Elementary and up. The running time for the show is approximately 45 minutes.

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February 20, 2015 at 9:30am & 11:00am

AVAILABLE FOR TOURING: January 26 – March 7, 2015







Timbergrove Manor Civic Club hosted the annual Winter Festival at Jaycee Park on December 6th. It was sponsored by Carolyn Bryant and featured real snow, a trackless train, bounce house and more!








Hope to see you next year!


Photos by Jeff Wayt

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Year's Day	2 	3
4	5	6	7	8 	9	10
11	12	13 TMCC Meeting 7pm	14	15 	16	17
18 Chevron Houston Marathon	19 Martin Luther King Jr. Day	20	21 	22 	23	24
25	26	27 Civic Club Meeting 7pm	28	29 	30	31

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Groundhog Day	3	4	5 	6	7
8	9	10	11	12 	13	14 Valentine's Day
15	16 President's Day	17	18 	19 	20	21
22	23	24	25	26 	27 GO TEXAN DAY	28

 = Heavy Trash Junk  
(Tree waste is also OK)

# MARCH

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