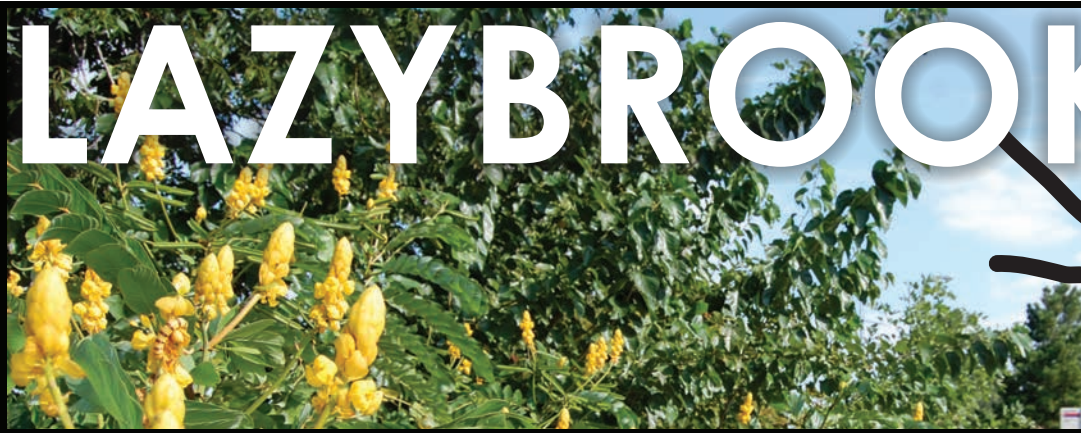


LAZYBROOK NEWS



MARCH/APRIL 2016



Need an extra \$100 of cold hard cash?

Janell Bryans & Eddie Yarbrough membership@lazybrook.org

April is our membership month to pay your dues! And to sweeten the incentive, there will be a drawing for 5 neighbors to win \$100, provided you pay your \$40 dues before midnight on April 30. All who have paid by that deadline will be eligible for a drawing to win \$100. That's cold hard cash, neighbors, to be delivered ASAP after May 1. Winners will be announced in the May newsletter.

Annual dues are \$40 but you can contribute extra monies to Beautification, Citizens on Patrol and Mosquito Control. You can pay by check, mail, credit card or PayPal at www.Lazybrook.org/Join. Make sure we have contact info for you in case you win!

Why pay dues (you may ask)? Why donate extra money to the other groups (you may wonder)?


- Do you like maintaining your property values by keeping our esplanades mowed, green and inviting?
- Do you like having our own neighbors patrolling our streets, presenting a sense of vigilance and protectiveness?
- Do you like the additional protection against mosquitos, especially now that the Zika virus is in Houston?


Dues help fill the coffers that fund these activities (and more!) and ensure that our beautiful neighborhood remains vibrant, protected and healthy. **PAY TODAY!!!**


Lazybrook Civic Club Membership Dues


Name _____
 Address _____
 Phone _____
 E-mail _____

I am enclosing:

 40.00 Dues

 _____ Donation: Beautification

 _____ Donation: Security (Citizens on Patrol)

 _____ Donation: Mosquito Spraying

Total: \$ _____

You can also pay
 online with Credit Card or
 PayPal by visiting
www.Lazybrook.org/Join



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

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EXECUTIVE BOARD MEMBERS



PRESIDENT
VACANT- Volunteer for this position!



VICE PRESIDENT
VACANT- Volunteer for this position!

TREASURER
Beth Goodner
treasurer@lazybrook.org

CORRESPONDING SECRETARY
Pat Koterias
correspondence@lazybrook.org

RECORDING SECRETARY
Judy Dyk
recording@lazybrook.org

COMMITTEE CHAIRS

MEMBERSHIP

Janell Bryans & Eddie Yarbrough
(713) 426-0148 (713) 869-1511
membership@lazybrook.org



NEWSLETTER
Crystal Frommert
(713) 858-5622
newsletter@lazybrook.org



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



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

ARCHITECTURAL REVIEW/ DEED RESTRICTIONS

Melodie Matlock
(713) 417-8164
architecturalreview@lazybrook.org
deedrestrictions@lazybrook.org

BLOCK CAPTAIN CHAIR

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

YARD OF THE MONTH

Vicki Ballard & Rachel Corbell
yard@lazybrook.org

SUPER NEIGHBORHOOD

Chris Grizzaffi
superneighborhood@lazybrook.org

ADVERTISING/DONATIONS

Vacant - Volunteer for this position!
advertising@lazybrook.org

WEBMASTER

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

GRAFFITI

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

RECYCLING

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

MOMS CLUB

moms@lazybrook.org

AROUND THE NEIGHBORHOOD

Shawn Broussard
neighborhood@lazybrook.org

HOSPITALITY

Shawn Broussard
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!



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Newsletter printed by



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



facebook

Lazybrook is now on Facebook. A neighbor has decided to create a new group page as its 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.



Nextdoor

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.

Civic Club Meetings

The Lazybrook Civic Club meetings occur on the fourth Tuesday of every other month (Except July). Please join us to participate in cultivating our great neighborhood. You can meet your neighbors and possibly win a door prize.

Remaining 2016 dates: May 24, September 27, November 29 (Holiday Social)

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

Hughie's Tavern & Vietnamese Grill - 18th

Bargain Food Mart - 18th

Checkers - 18th & Mangum

Demeris BarBQ - NW Freeway @ 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.

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Security

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

Citizens on Patrol Hours Logged

- January 2016- 31
- February 2016- 34.75

Crime in the Neighborhood

2/11- burglary- 1800 Tattenhall, 9:45-10:50AM, broke back window to enter and exit

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

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 to let me know if you are interested.

Lazybrook Email Network

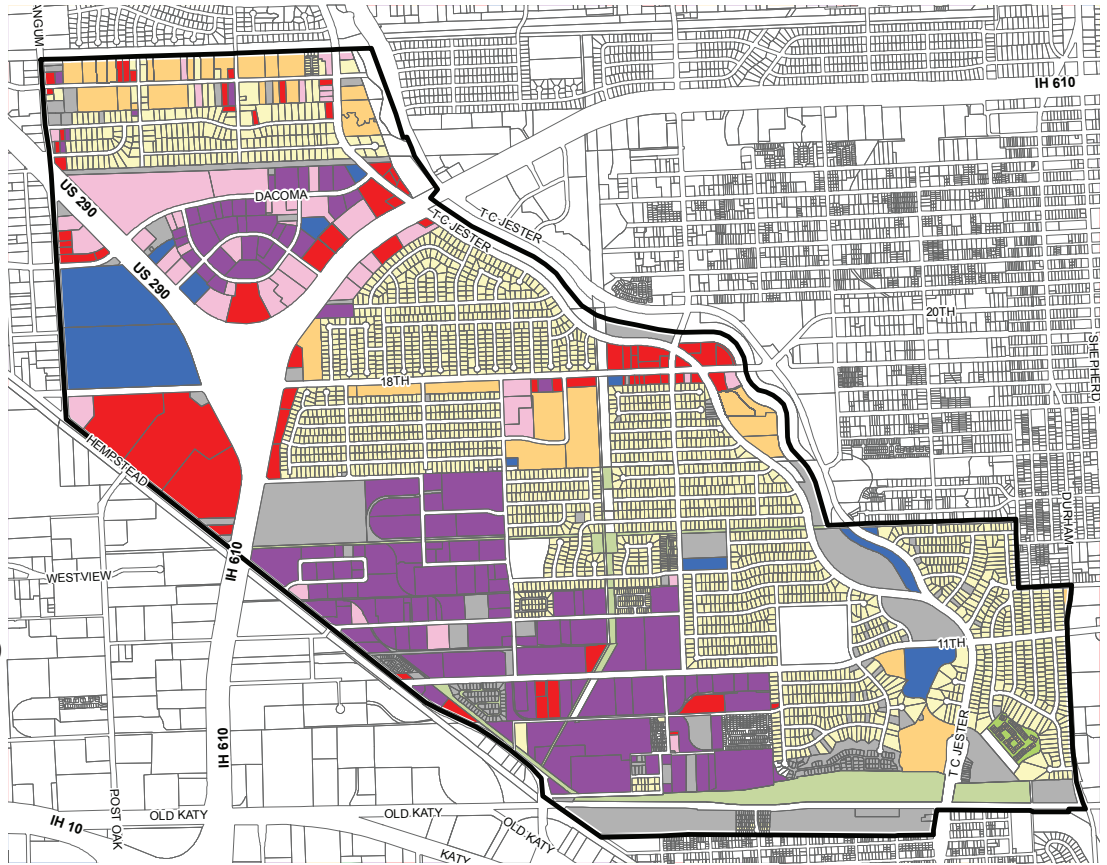
Lazybrook has an email network to keep neighbors up to date on important neighborhood info and security concerns. I encourage everyone to send me a detailed email if you have a crime to share with the neighborhood so hopefully we can work together to prevent further crime and help police catch the offenders.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

Our Super Neighborhood

Super Neighborhood 14 - Lazybrook / Timbergrove

Recognized 10/04/2011

Lazybrook and Timbergrove are deed-restricted subdivisions located along the wooded banks of White Oak Bayou in the near northwest quadrant of the city. In the pre-freeway period after World War II, this area remained undeveloped while suburban development was exploding in every other direction. Now, this community of ranch style brick homes built in the 1950s and 1960s is easily accessible to Loop 610, and prices are rising as demand increases for close-in housing in attractive settings. The northwestern corner of the area, located outside of Loop 610 on both sides of US 290, includes Brookwood, a large lot subdivision, the Brookhollow business park, Northwest Mall and HISD's Delmar Stadium complex.



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We are always looking for volunteers to help our community

Can you see yourself in the following positions, helping to keep our neighborhood great?



President

- Chair, Conduct and facilitate all meetings
- Appoint Committees, their responsibilities and chairperson
- Contribute to the newsletter
- Uphold constitution and by-laws
- Participate in Executive Committee



Vice President

- Prepare all Meeting Agendas/Programs
- Assist the President with discharge of all duties
- Occupy chair in president's absence
- Ex-officio any committee chair
- Uphold constitution and by-laws
- Participate in Executive Committee

If you wish to volunteer for any of these positions
please email board@lazybrook.org

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Fun ways to burn extra calories effortlessly

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


Hope your new you is treating you well. I had several responses to my last article that talked about changing your life for the better. I hope most of you are taking this to heart and enjoying your new year to the fullest. I have worked with all kinds of clients in the last 25 years and the most common question I have is how can I lose this weight? As fast as possible with the least effort, is what they really want to say once we get to the truth of the matter. Look, there is no cookie cutter approach to weight loss. It has so many facets and with food available 24/7 we are being bombarded at every turn. As with all change it is an ongoing process and it takes a commitment to be a different person.

You may have to change your playmates or tell them what you want to do especially when it comes to your family. It helps to have the support of the whole team. The best way is to be clear about the changes you want to make and be a role model for others. Here at To Fit You we ask clients to do a food log for seven days and then we review their week get the client to see their eating habits. So they can make small

Here are some creative calorie hacks from Idea Fitness Journal 2016. No problem feels trickier to clients who are trying to lose weight than calorie intake and balance. The following science based calorie hacks uncover unique ways to boost the metabolism.

1. In Trends Endocrinology & Metabolism, scientists advocated for a dose of cold weather to boost calorie burn, stating, "most young and middle aged people. Non-shivering thermogenesis increases by between a few percent and 30% in response to mild cold exposure."

2. According to a study that appeared in International Journal of Obesity, "genuine, voiced laughter" increases energy expenditure and heart rate by 20% above resting values. Laughing for 10-15 minutes a day could increase energy expenditure by 10-40 calories.



laughter increases energy expenditure and heart rate by 20% above resting values

changes to meet their needs. It can be as small as this - Just focus on drinking one extra glass of water. The challenge is not going zero to hero. This creates stress so in turn it triggers your survival mode in the brain and you start storing extra fat. Your body can't discern if you are running from a lion or not. Yet with the willingness to pay attention throughout your day, slowing down and breathing, your body can learn to relax. This allows us to make better choices when we are less stressed.

3. The Journal Annals of Internal Medicine reported that people burned, on average, 400 additional calories by sleeping for 3 or more hours - an extra 2,800 calories burned in 1 week.

4. Stepping in place at commercial breaks burns an average of 148 calories and results in about 2,111 steps taken in 25 minutes or so of TV viewing, according to a study in *Medicine & Science in Sports & Exercise*.

5. A study published in the *Journal of Clinical Endocrinology & Metabolism* found that drinking 500 milliliters of water increased metabolic rate by 30% in both men and women.

6. A 2009 study published in *Clinical Nutrition* found that when combined green tea and capsaicin - active component in chili peppers - curbed the appetite of 27 volunteers, reducing the number of calories they ingested.

So today pick one of these and remember weight loss is a process and it takes a committed effort to stay on track. It's one step at a time and one meal at a time. If you overeat at one meal, start over with the next meal. So remember it's a lifestyle change. Don't set yourself up for failure by expecting perfection. Meditation aids in slowing your mind down and will help you stay off the hamster wheel of insanity doing the same thing over and over. As always keep it simple. To Fit You is here to get you there with more fun, vitality and accountability.

Do you need to get fit, lose weight, eat healthy and feel great? Give us a call to coach you in the direction you want to go. Call or email me today to book your complimentary consultation!

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Photo: dit Lachen by Robert Agthe on Flickr

Block Captain Update

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

Lazybrook Block Captains and Walkers are our quiet heroes! They are the life blood that ensures that signage is posted for civic club meetings 5 times a year (January, March, May, September and early December); they walk your newsletters to your doors and post signs reminding you that our membership drive month is April – at least in 2016 – and many host or arrange with others to host National Night Out.

Be sure to thank them when you can – they do these tasks to serve Lazybrook and YOU – they will appreciate your thoughtfulness.

We currently need block captains for:

- 2414-2451 Brookmere (I have a Walker) = 13 homes
- 1800 Locksford (I have a Walker) = 23 homes
- 1800 Salford = 20 homes
- 1800 Watercrest (co-captains have wanted to retire for years & I have a Walker!) = 20 homes

Please consider becoming a Block Captain or grab a neighbor and become co-captains. You don't even have to live on the same block to be a Block Captain!



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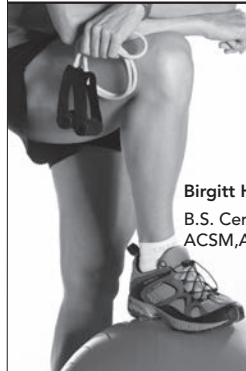
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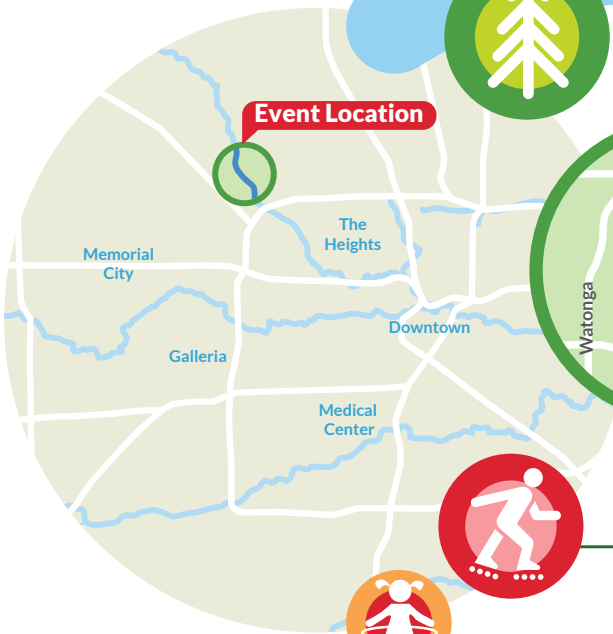


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Bayou Greenway Day



A Houston Parks Board Event



Event Location



T.C. Jester Park on
White Oak Bayou Greenway

bayougreenwayday.org

Saturday, March 26, 2016
11 am to 4 pm

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#BayouGreenwayDay



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Yard of the Month

Vicki Ballard & Rachel Corbell yard@lazybrook.org



Beautification

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

For those of you who did not see the e-mail about the park, the city decided to mow all the area. Unfortunately this included the areas where Lazybrook Civic Club spent time, effort, and money to plant wildflowers. There will be few, if any, this year because they were too near bloom time, which is March. There may not be any next year either because there will be no seeds put on this year .

Also, the wildflowers in the two esplanades on 18th Street and the one on T.C. Jester were also cut, despite the signs saying "Wildflower Site, Do Not Mow." The Jester one will come back but there will probably be very few Bluebonnets on 18th. I cannot tell you why they chose to mow at such an inopportune time. For years since the efforts of First Lady Ladybird Johnson, the maintenance people in charge of our public areas in this state have respected our flowers and left them alone until the seeds are formed. I can only shake my head in dismay. We will have to decide if we want to plant any more. They were just beginning to naturalize and increase and now we may have to start over.

Wild Weekends



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Sunday Night Specials
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SATURDAY, APRIL 23, 2016

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West 11th Street Park
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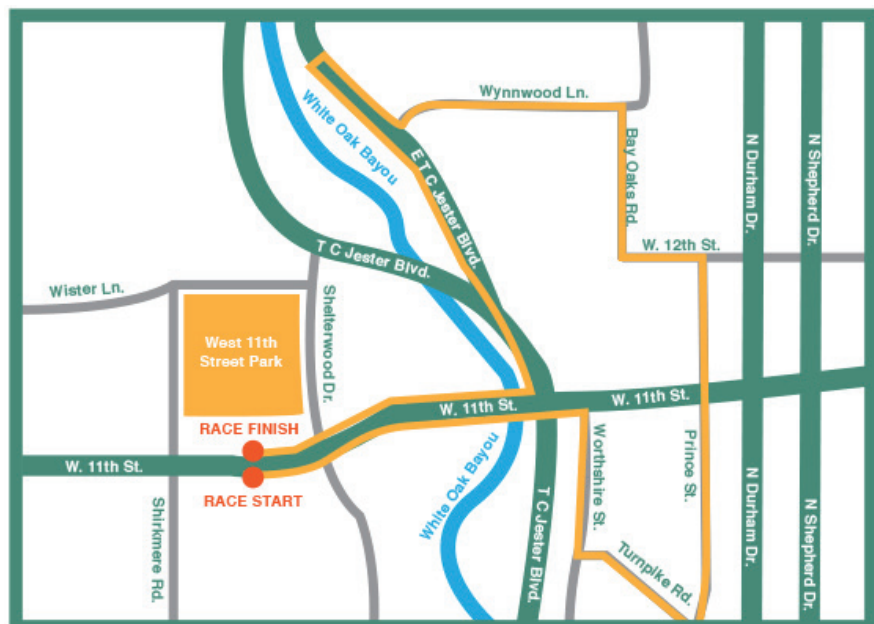
Timbergrove Manor Run the Grove 5K

The first goal of the **Run the Grove 5K** is to fund the revitalization of the common areas of Timbergrove through the City of Houston's Adopt an Esplanade Program. Beautiful, well maintained public spaces reflect community pride, enhance the urban environment, and support rising property values. Working together to bring this project to fruition is a win-win for everyone!

Our second goal is to support trail maintenance and preservation efforts at West 11th Street Park, a true inner-city gem. Designated as a wilderness area, interpretive trails guide you through an area dedicated to native Texas trees and plants. Because TMNA wants to be instrumental in making the park more accessible, we are pledging to contribute generously to this 20.2 acre park.

Registration Fees

	Early Bird	Regular	Race Day
5K	\$25	\$30	\$35
Kid's Fun Run	\$15	\$20	\$20



LAZYBROOK NEWS is on the web at <http://www.Lazybrook.org>

Pay your dues and
donate using PayPal!

Lazybrook News

LAZYBROOK

Home About Lazybrook Calendar Contact Us Join the Civic Club Neighborhood Resources Volunteer

Civic Club Meeting on Sept. 28

by Lazybrook Civic Club - August 31st, 2010



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 will even take checks and cash!) over the next four weeks and we will have 2nd Annual Coin Drive on September 25 from 10:00 a.m. until Noon!

[Continue reading >](#)

Remodels and Additions

by Shane Davis, President - August 26th, 2010

It is steadily coming to my attention we have neighbors who are substituting a cement board such as Hardi backer for the deed restrictions required brick or natural stone. Each section of Lazybrook has a set of deed restrictions for the particular section you live in. Just because you see a type of construction in one area [...]

Upcoming Events
View All Events

- Sep 6**
» Labor Day
- Sep 9**
» Trash Pickup
- Sep 16**
» Heavy Tree Waste - North

Recent News

- » Trash Pickup
- » Recycling
- » Civic Club Meeting on Sept. 28

Categories










- Around the Neighborhood
- Events
- General News
- Latest Newsletter
- Letters from the

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CONTACT us with your
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MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 	4	5
6	7	8	9	10  	11	12
13 Daylight Savings Time Begins	14 HISD Spring Break	15 HISD Spring Break	16  HISD Spring Break	17 St. Patrick's Day HISD Spring Brk 	18 HISD Spring Break	19
20	21	22 Civic Club Meeting 7pm	23	24  	25 Good Friday	26 Bayou Greenway Day 2016
27 Easter	28	29	30	31 	 = Heavy Tree Waste	

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 = Heavy Trash Junk (Tree waste is also OK)					1 April Fool's Day	2
3	4	5	6	7  	8	9
10	11	12	13 	14 	15 Tax Day	16
17	18	19	20 Earth Day	21  	22 Passover Begins	23 Run the Grove 5K
24	25	26	27	28 	29	30 Passover Ends

MAY

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