

LAZYBROOK NEWS



NOVEMBER 2013

President's Letter - Thank You and Looking Forward to 2014

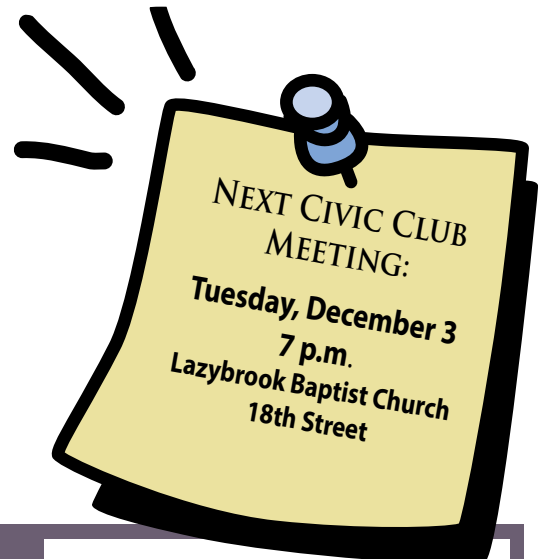
Richard Akin, President (713) 869-5676 president@lazybrook.org

First I would like to take the time to thank everyone who came out for **National Night Out** on October 2, 2013. I especially want to thank everyone who hosted or helped coordinate a block party. I want to give a big thank you to all block captains as well. Thank you to the patrollers who drove in the parade and who help protect our neighborhood on a daily/nightly basis. Thank you also to those who brought out their classic cars for the parade. A big, big thank you needs to also go to the **HPD Heights Storefront officers** and **Fire Station #62** for their help in conducting the parade. Last but not least thank you, thank you to **Eddie Yarborough** and **Matt Herring** because without your efforts NNO for the last 2 years would not have come together.

I also want to say thank you for everyone's help over the years. I could list them here, but I know I would leave out someone. So for everyone I ever called for advice or for help I needed on a project, I thank you. Thank you also to all who served on the board with me over the years. Volunteering can be personally rewarding and challenging at the same time.

For those new to the neighborhood, I have served as either the president or vice president for the past 14 years. I have had the pleasure of being involved in a number of projects and have enjoyed working with many neighbors that call this neighborhood home. I have seen many people/families move in and then move out due to work as well as see many pass on after a lifetime of living in this neighborhood. The experience has been a pleasure and an educational one for it was a chance for personal growth. I was about 28 or 29 when I first began serving in an executive position for the neighborhood. I look back and I see many lessons learned and many friends made over that time. **Adina** and I have no plans to leave this great neighborhood, but it is just time for me to go onto something new.

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

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

VICE PRESIDENT

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

TREASURER

Beth Goodner
treasurer@lazybrook.org

CORRESPONDING SECRETARY

Judy Dyk
correspondence@lazybrook.org

RECORDING SECRETARY

Pat Koteris
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

Gregg Kalba
(713) 864-7369
architecturalreview@lazybrook.org



NEWSLETTER

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



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

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

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Kelly Schuler
(713) 802-0847
neighborhood@lazybrook.org

HOSPITALITY

Jo Crawford
(713) 864-0685
hospitality@lazybrook.org

GRAFFITI

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

MOSQUITO SPRAYING

Alison Moss
mosquitospraying@lazybrook.org

BLOCK CAPTAIN CHAIR

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

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HEIGHTS STORE FRONT

Sgt. Chad Wall

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centralpatrol2district@cityofhouston.net

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Membership

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

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President's Letter continued

That new thing as some of you may know is scouting with my son **Matthew** and my wife Adina. Matthew joined BSA Tiger Den number 540 at St. Ambrose. Not long after, a few parents asked if I would be den leader. At first I was not sure if I wanted to take on that challenge. However, after speaking to a former Lazybrook neighbor, Boy Scouts of America Employee and Eagle Scout (**Jon Yates** who lived with his family Haverhill and later Tannehill before moving to Round Rock), we decided this would be a great adventure for us. And so, Adina and I are now Co-Den Leaders for the Tiger Cub Den. I am not sure who is more excited me or Matthew.

Adina and I have been taking Boy Scouts of America training and setting up the agenda's to move our den through the ranks. As another scout leader describes it, we have become geeks wearing our uniforms to meeting and campouts. As a lifelong outdoorsman, I am excited about the opportunity to guide my son through the program and watch him grow as an outdoorsman and person. I am sure we will be out at a Lazybrook clean-up/beautification day in the future wearing our uniforms and maybe Matthew might find an Eagle Scout project for the neighborhood many years from now. He has already told Adina and I that he wants to live here in this neighborhood forever and that maybe he will buy the house next door someday.

As I leave my position, I know I will always be involved with Lazybrook. I grew up here in many ways. First I was at my grandparents and great grandparents' houses on Tannehill and later serving on the executive board of Lazybrook. I hope that as the years go forward both the new and the more seasoned residents can come together and work together as one. Lazybrook really has a charm about it, and is a great community. I have seen some families move due to work, but chose to lease their homes rather than sale them so they had the ability to move back to the home/neighborhood they loved. I have seen others move away only to wish they could find an affordable home in our neighborhood when they decided they would rather be back here.

In the years ahead I know we will have many who see this neighborhood as just a place to make a monetary investment to flip a house before they move on to the next project. However, I hope that we will also remember those who are making a life investment and want to live here through retirement and still have the feel of the neighborhood where they raised their children and spent their lives. Such is the challenge of "progress" as we know it.

Good luck and best wishes to all who volunteer their time to this great neighborhood in the future. It will truly be a 'value added' experience for you.



The Akin Family at National Night Out 2009.



Richard at the 2010 Lazybrook Civic Club Holiday Social.



Richard at the 2012 National Night Out.



Richard volunteering to help plant trees in 2010.



Walter Herbrich, who resides on Brookmere, celebrated his 92nd birthday on August 18th. He is part of our awesome citizen patrol team and is one incredible man!

Have Announcements to share with your neighbors?

Please email neighborhood@lazybrook.org

Thanks to Pat Koteras for gathering door prizes from the following merchants for the September Civic Club Meeting:

- Bargain Food Mart - 18th**
- Demeris BarBQ - NW Freeway @ 18th**
- Flying Dragon Chinese & Vietnamese - 18th**
- Heights Mobil - 18th & Ella**
- Hughie's Tavern & Vietnamese Grill - 18th**
- Kojak's Fine Foods - 18th**
- Pizza Inn - 18th & Mangum**
- Queen Donuts - 18th**
- Tony's Mexican Restaurant - Ella**
- YOLArt - 18th**

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Security

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

Citizens on Patrol Hours Logged

- August 2013- **59**
- September 2013- **66**
- October 2013- **71**

Crime in the Neighborhood

9/1- Theft- 2200 Lazybrook, from garage/carport

9/11- Theft- 1800 Watercrest, car unlocked rummaged thru, garage door opener stolen, opened garage to steal tools and bike

9/13- Burglary of a Motor Vehicle- 2000 Willowmoss, car parked in circle drive, window broken, items stolen

10/26- Theft- 1800 Nauts

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.

National Night Out

We had a great turn out for National Night Out this year, including 15 block parties that brought out new neighbors and old friends. I want to thank everyone that was involved in National Night Out by hosting a block party, attending one with our great neighbors, or joining the parade. This event was a great chance to meet our new neighbors and spend some time catching up with old friends. If you weren't able to attend NNO, I encourage you to talk to your neighbors and plan to join the fun in 2014.

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/directory/>

Holiday Fit Facts

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

Well the season is upon us already and my hope is you have all your health priorities in line. Whether you want to maintain your weight, your activity level or even start an exercise program the key is to revisit your commitments daily to make sure you are staying on track. What I love about my clients is that they keep me on track with my goals when they share their commitment and determination to enjoy the holidays but not at their health expense. Although this is the time to see family and friends it doesn't mean you have to give up yourself in order to enjoy time spent with them. This year, you be the health leader and stay focused on your well being. So you decide, do you want to take mini fit breaks or fat breaks during this time of year.



I am doing a few presentations these next few weeks and I want to let people know to be healthy is not difficult, it just takes a commitment to being your best in spite of what is going on around you. The biggest challenge I hear is the "everybody else syndrome." You may know about this. Where you tell yourself that everyone is overindulging so I will too. This is a sure sign you are giving up on yourself and letting your circumstances control you. Ward off this stinking thinking by telling yourself "my health and well being are important to me and I will remind myself to taking control of my choices."

So here are five sure ways to keep yourself on track to a healthier and happier holiday season.

1. Do push away when that second plate is calling your name, don't give in. Drink more water to keep you full.
2. Eat before you go to a party. If you leave the house hungry you will eat more than you intended.
3. Eat some protein at 9:30 and 3:30 to keep your blood sugar stable and the snacks at bay and cookies away.
4. Stay away from the food at a party so you are not tempted to graze mindlessly.
5. Stay away from food pushers. Just say "No"

There are many tips to keep you on track keep it simple and stay focused on what you want and need to keep you healthy and fit no matter what comes your way. The most important choice to remember is portion control. You may be thinking what about aunt Matilda's homemade pecan pie! I love it! I look forward to eating it every holiday!

I am not saying not to indulge in your aunts pie. I'm just saying to not eat the whole pie. Enjoy what is important; family, friends, exercise, and eating healthy so you can be proud of maintaining control when everything around you is tempting you. Have a great holiday season. Be safe and be accepting of your self and others. Be the change you want to see in others.

Last but not least let me know what you want to hear about. You can email me at tofityou@sbcglobal.net and let me know what matters to you.

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 explore. You can also check out my website at www.tofityou.com.

Give the gift of health. Gift certificates available.

In health
Birgitt Haderlein

photo credit: Christmas Socks by RVWithTito, on Flickr



Project K (IH 610/US 290)

W. Little York Bridge - First Section is Now Open!

The contractor opened the new eastern portion of the bridge overnight and traffic was switched to new pavement. The western side of the bridge is now closed and crews will work to demolish and rebuild that section of the bridge over the next three months. New detours are in place from the US 290 frontage road to the new section of bridge: outbound traffic will turn right just before the W. Little York Bridge and proceed to the signal, inbound traffic will turn right just after passing underneath the W. Little York Bridge and proceed to the signal. Detour signs are in place to help guide motorists.

Be sure to visit the Houston TranStar website at www.houstontranstar.org for a complete list of Houston District closures. All closures are subject to change due to inclement weather. Follow @my290houston for updates.





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National Night Out 2013

National Night Out is a program sponsored by HPD to join neighbors together in an effort to "Give Neighborhood Crime and Drugs a Going Away Party". Lazybrook has traditionally had neighbors gather to get to know each other and share fellowship and snacks. 2013 was no exception. Make plans to attend next year and meet your neighbors!









Real Estate Corner

Brenda Brummett (713) 861-1710



HOT w/some cooling continues to describe sales in Lazybrook. Between September 1 and October 31 there were 8 sales during this period and the average time on market was 29 days.

As of November 1, 2013 we have 3 homes that are either Active, Option Pending or Pending Continue to Show ranging in price from \$349,000 for a 3/1.5/2 original condition property to \$395,000 for a 3/1.5/2 updated home.

Lazybrook had EIGHT closings between September 1 and October 31 asking prices ranged from \$225,000 to \$550,000 and the sales prices ranged from \$225,000 to \$532,055.

Average time on the market 29 days (Minimum 2 day, Maximum 88)

Average Asking Price: \$334,133

Average Per Square Foot Asking: \$188.59

Average Sales Price: \$321,882

Average Per Square Foot Sales Price: \$182.86

Average Square Feet: 1,768 - 3 bedrooms, 2.5 baths

Five of the sales were Cash and the other three were Conventional loans. Only one property had a repair allowance (\$5,000) and none of the sales had Seller contributions for closing costs.

Lazybrook Rentals: There are currently two Lazybrook homes listed with Realtors for lease. The first is a 3/1/2 with 1,496 sq. ft. listed for \$2100; the other is a 4/2/2 with 2,004 sq. ft. listed at \$2590.

Between September 1 and October 31 four Lazybrook properties were leased for between \$1950 and \$2900. The average time on the market before a lease was signed was 22 days.

Information as reflected on the Houston Association of Realtors website.

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CrossFit – Functional Fitness in Lazybrook

Phil Heisch, dwayt@comcast.net



What is CrossFit? CrossFit is a fitness program targeted at high quality results, quickly, but designed to serve you your entire life.

CrossFit is constantly varied, high intensity, functional movement. That means that it's not just sprint running: high intensity and functional. It's not daily life: constantly varied and functional. It's not the gym weight machines; high intensity and constantly varied. It's all of the three.

Why? Functional movements like squats (think standing and sitting), presses (think loading shelves), and carries (groceries), are skills and strengths we really use every day. Constantly varied means that

doing one thing really well won't help you, you need to be able to do all the things life throws at you. And high intensity means that you won't get stronger at any of the above unless you train those useful muscles harder than you may need them, so when you do need them, they are healthy and prepared to exceed the challenge.

CrossFitters are constantly running, lifting weights of all shapes and sizes, jumping, pulling, pushing, the list goes on. The objective is to work every muscle, use and improve every joint, and become stronger, faster, and healthier overall. Do you need to lift 500lbs to be healthy? Absolutely not. Some do, and a healthy knee that can support a 500lb load is surely up for a stairclimb at the office. But any heavy weightlifting is only part of the CrossFit picture. CrossFit works to build skills in 10 total areas, not just strength, but equally in cardiovascular endurance, balance, gymnastic movement, and coordination.

And, because CrossFit is designed to be a lifelong pursuit, it doesn't matter where you start. That's the best part about CrossFit, everything is "scalable". That means that if you can't do a single pushup, we've got a version of the pushup you can do! And you do those right alongside everyone else.

Nutrition is a foundation of successful CrossFit. We guide you to eat the best nutrients your body needs to compliment the strengths and health we're building. Some eat 100% "Paleo", a diet based on eating nutrients similar to our Paleolithic ancestors. Some are vegan, vegetarian, Whataburgeratarian. What works for you can work for CrossFit, and nutrition, like your body health, will constantly evolve as you strive to be your healthiest.

There is a concept out there called the "wellness continuum" that characterizes health as a curve that lasts from birth to death. The curve peaks at your healthiest, and valleys when you are least healthy. Some witness that peak in their early 20's, and a sharp decline starts soon after. We CrossFitters want to make a "plateau": a higher average level of health that lasts for years and years.

Weightloss, better fitting clothes, and muscle tone: Yep, that comes with it too.

It's about lifelong health.

Come check us out at Iron Oak CrossFit, 5 minutes from Lazybrook, just east of 11th and Ella!

Phil and his wife Sammie are residents of Lazybrook subdivision and both passionate CrossFitters. Their dog, Bear, keeps them constantly varied at high intensity.

Jaycee Park Update

Darlene Wayt, Friends of Jaycee Park dwayt@comcast.net

Capital Improvement Project (CIP) Update

Jaycee Park is entering into the next exciting phase of the renovation project that began in 2009. Accepted onto the City's Capital Improvement Project (CIP) list in early 2011, the park's \$250,000 allocation will become available in 2015. During the next four months, the General Services Department will be enlisting a Landscape Architectural firm that will assist with an evaluation of the park with visits, surveys and photographs. After gaining community input they will complete a design and a preliminary budget.

Our Super Neighborhood Council 14 (SNC-14) is our area's liaison with Parks concerning the CIP and submitted a proposal to Parks on September 4 for consideration. The Parks' evaluation, however, will be independent of any group's or person's proposals. In early 2014, the Parks Program Manager will present their assessment and budget forecast to the SNC-14 at a public meeting.

Per the Parks Program Manager, the Master Plan for Jaycee Park is the guideline for the allocation. The ball field Lighting & Fencing and a Covered Shelter are the only two items on the Master Plan that have not been renovated or replaced. The Parks Program Manager cautioned that the \$250,000 allocation must cover all project costs which include: Design Costs, Testing, Insurance, Contingency, Environmental Impact Issues and Construction Costs.

There is a high probability that the CIP allocation would only provide Jaycee Park with new ball field lighting if that is the community's priority. New ball field lighting systems have poles with energy efficient lighting that can be controlled remotely. If funding allows, other repairs or replacement of the existing fencing on the south and northwest corners of the park can be addressed.

In early 2014, the SNC-14 proposal as well as input from residents, stakeholders, interested parties and **CM Ellen Cohen's** office will be considered before Parks finalizes plans. All SNC-14 meetings are open to the public but a special SNC-14 meeting may be held in early 2014 to accommodate more people, venue and date to be determined.

Keep checking the Lazybrook Newsletter, Lazybrook.org and Facebook sites Friends of Jaycee Park, Timbergrove-Lazybrook and Timbergrove Manor. Contact the SNC-14's Correspondence Secretary at meganjackson79@gmail.com to get on the SNC-14 email list for info about this important upcoming 2014 meeting regarding the City's CIP for Jaycee Park.



Boy Scout Troop 604 in Jaycee Park

Boy Scout Troop 604, under the direction of **SM Ed Sherwood** and **ASM David Jackson**, will hold their meetings and will do community service work in Jaycee Park including sweeping and rinsing the splash pad and de-littering the grounds. The scouts met in the park this past October and plan to be in the park January, April and July, 2014. If the scouts provide exact dates, look for that info in the Lazybrook Newsletter and FB Friends of Jaycee Park. The scout masters will be happy to talk to anyone who has questions or interests in scouting.

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<p>FOR SALE</p> 	<p>FOR SALE</p> 	<p>FOR SALE</p> 
<p>1603 Viking 2/1/2 \$249,900 Oak Forest</p>	<p>4814 Scenic Woods Trl 4/3.5/3 \$259,900 Woodstream</p>	<p>827 W 17th St Lot Houston Heights \$250,000</p>
<p>PENDING SALE</p> 	<p>PENDING SALE</p> 	<p>PENDING SALE</p> 
<p>0 JW Peavy Lot Central Park/Buyers Rep \$90's</p>	<p>6436 Woodbrook 3/2/2 \$349,999 Timbergrove</p>	<p>5450 Navigation Lot Esperson/Buyers Rep \$100's</p>
<p>JUST SOLD</p> 	<p>JUST SOLD</p> 	<p>JUST SOLD</p> 
<p>1522 Wakefield 4/3.5/2 Oak Forest \$800's</p>	<p>13726 McKinney Creek 4/2.5/2 Summerwood \$180's</p>	<p>5401 Verdome 3/1.5/1 Oak Forest \$170's</p>



Sharon Ettinger

713.299.5149









setting@msn.com

www.sharonettinger.com

THE METROPOLITAN

KELLER WILLIAMS
REALTY



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 1		2
3	4	5	6	7  	8	9
10	11	12	13	14 	15	16
17	18	19	20  Heavy Tree Waste	21  	22	23
24	25	26	27 Hanukkah Begins	28 Thanksgiving	29 	30

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Civic Club Meeting & Holiday Social 7pm	4	5 Hanukkah Ends  	6	7
8	9	10	11	12 	13	14
15	16	17	18  Heavy Trash Junk	19  	20	21
22	23	24	25 Christmas	26 	27	28
29	30	31 New Year's Eve				

JANUARY 2014

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