

# LAZYBROOK NEWS



## SEPTEMBER 2013

### President's Letter - The Best Event of the Year to Meet Your Neighbors

Richard Akin, President (713) 869-5676 [president@lazybrook.org](mailto:president@lazybrook.org)

As we approach our next meeting on September 24, 2013, my thoughts are on another date. That date is October 1, 2013. On that night of Tuesday October 1st, we have the opportunity to join our neighbors at block parties. This night is National Night Out (NNO) for the residents of Texas. In Texas we do things a little different than the rest of the nation. We hold our night out in October rather than August to avoid the heat and mosquitos. Our neighbors who are north of the Red River have a more agreeable climate for holding this event in August than we do.

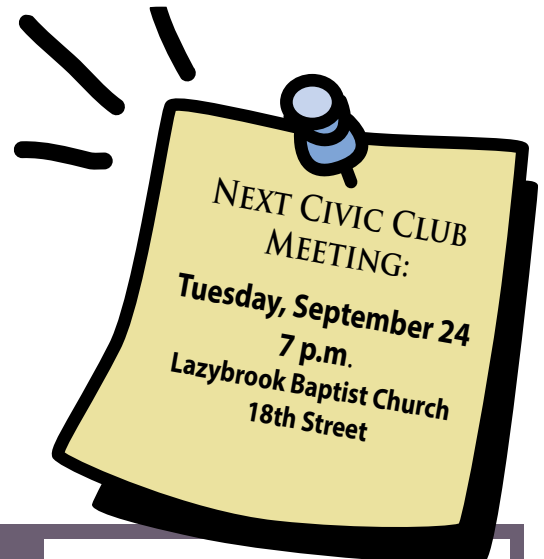
This is the best opportunity for us to meet our neighbors and fight crime at the same time. We are hopeful to continue the tradition that was started many years ago and then faded. That is the NNO parade. Last year we brought back the parade. This year we hope to continue the tradition and build on it. The parade is usually made up of our Citizens on Patrol and neighbors who have classic cars. If you are a neighbor with a classic or antique automobile who would like to be in the parade, please send an email to **Matt Herring** – Lazybrook Security.

If you have not already heard from your block captain, please reach out to them to find out who will be hosting the block party on your block. If no one has volunteered, please consider hosting. This will be a fun event that will bring neighbors together.

#### Upcoming Civic Club Meetings

Add these dates to your calendar and join us:

- 12/03/2013 (moved due to 4th Tuesday in Nov. was right before Thanksgiving holiday)
- 1/28/2014
- 3/25/2014
- 5/27/2014



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

# NEIGHBORHOOD DIRECTORY

## EXECUTIVE BOARD MEMBERS



### **PRESIDENT**

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



### **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**

advertising@lazybrook.org

### **WEBMASTER**

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

### **AROUND THE NEIGHBORHOOD**

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**

Helen Brown  
mosquitospraying@lazybrook.org

### **BLOCK CAPTAIN CHAIR**

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

## IMPORTANT CONTACT NUMBERS

**EMERGENCY: 911**

**HPD DISPATCH**

(713) 884-3131

**HPD CENTRAL STATION**

(713) 247-4400

**HEIGHTS STORE FRONT**

Sgt. Chad Wall

(713) 803-1151

centralpatrol2district@cityofhouston.net

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

## Lazybrook Civic Club Membership Dues

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

I am enclosing:

- 25.00 Dues  
 \_\_\_\_\_ Donation: Beautification  
 \_\_\_\_\_ Donation: Security (Citizens on Patrol)
- Total: \$ \_\_\_\_\_

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



### 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).

## I WANT TO BE YOUR REALTOR!

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*Martha Turner*  
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REALTOR ASSOCIATE

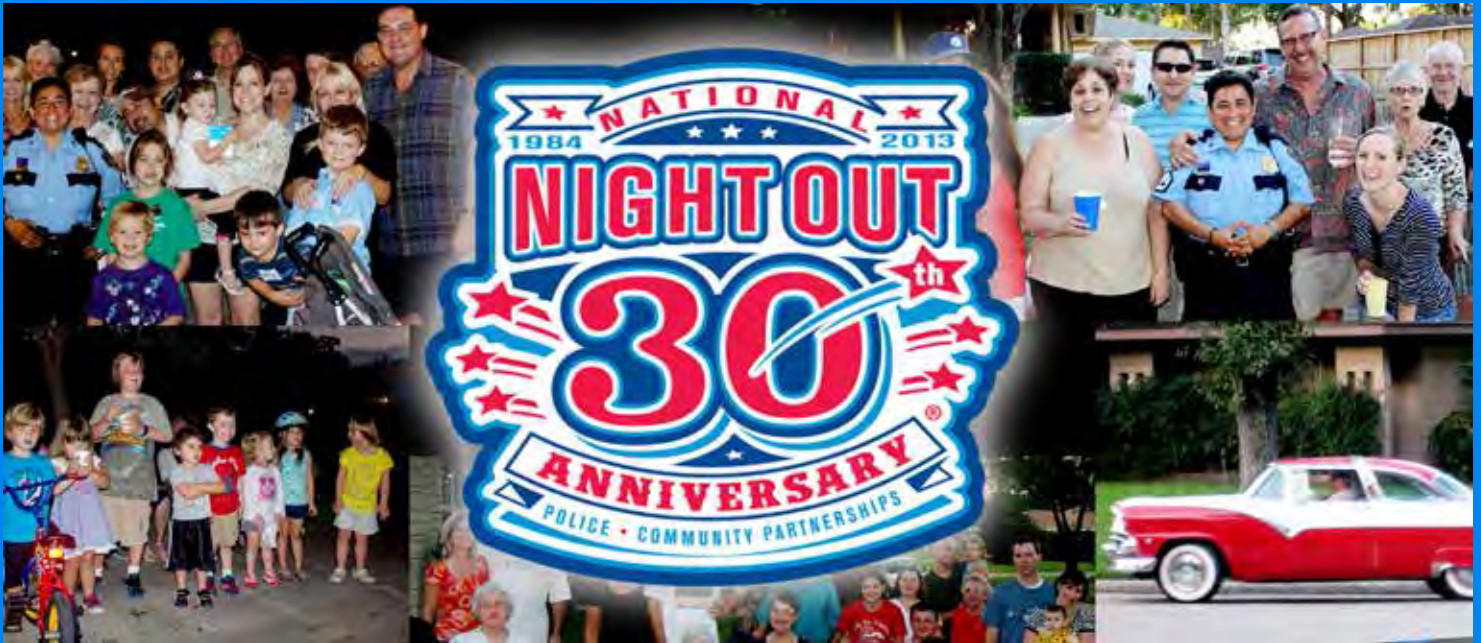


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## Neighbors Night Out (NNO) is on the horizon!! Tuesday, October 1!!

### **Others may call it National Night Out but we know it is all about the Neighbors!**

NNO is an excellent opportunity to meet, greet, and eat with your immediate neighbors. You don't have to be best buddies but in the event of an emergency or a break-in or suspicious activity (and we all know these are distinct possibilities), it makes good sense to know your neighbors enough to be on the alert or be available to help. To rephrase an old (but apt) expression: it takes a village to maintain a village!

We want to celebrate our village, Lazybrook, focusing on our homeowners, our families and especially our Citizens On Patrol who spend at least 4 hours a month as a presence against the Bad Guys.

To that end and in these challenging times, we want to make this a positive neighborly EVENT and bring back the EXCITEMENT of a parade in Lazybrook on NNO:

- All C.O.P. folks are invited to put their patrol signs on their cars (other decorations are optional) and form the heart of the parade.
- Lazybrookers with a vintage car are also invited to join the parade.

***Please notify Matt Herring ASAP at [security@lazybrook.org](mailto:security@lazybrook.org) or 713-823-0794 if you wish to be a part of the parade as we need a headcount. We hope to post the parade route beforehand.***

Block Captains: if you haven't already started, please be preparing for a block party on that evening. This is a BIG DEAL, folks, and you don't even have to clean your house for company!! If you can't host one, please locate someone (or several) on your block to generate some interest and excitement for a block party. You might even want to combine 2 blocks for a party! It can be as fancy or as simple as you want to make it. Buy or make some noisemakers or bring out some old pots to bang on when the parade comes around. Make this time together memorable and make it count! **Eddie Yarbrough, Block Captain Chair**, will be contacting you soon with reminders and suggestions.

# NASH

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## Your Neighborhood Resource

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# Knitting Hearts

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



Knitting Hearts, a women's outreach ministry of Lazybrook Baptist Church, meets the first and third Saturday of each month from 10:00 a.m. to noon at the church, 1822 W. 18<sup>th</sup> Street. There is no cost and no need to buy supplies.

Knitting Hearts met for the first time on Saturday, March 10, 2007. "This was my mama's birthday," said the woman who began Knitting Hearts, a sales specialist for a Houston paper company. "My mama always crocheted, sewed and did embroidery work for us when we were little, so I wanted to share this with others. It was always a comforting time. I wanted to have something for women to connect, laugh, share and pray. These arts aren't passed on anymore so Knitting Hearts is a mixer for the generations, a way for young women and children to connect with senior adults."

Another woman, a graphic designer and video game producer, began coming to Knitting Hearts to be with career colleagues she wouldn't otherwise see due to career changes. Knitting Hearts gave her the opportunity to keep those friendships and make new friends. Because of her busy career, Knitting Hearts is the only time she picks up knitting needles.

The core of Knitting Hearts is community friendship and interaction in a supportive, gentle, peaceful environment. Women of all ages, from various backgrounds, come for a variety of reasons. Many women come to relax, to relieve stress and to take a break for a few hours a month from their hectic work, career and family lives. All skill – and even no skill – levels are welcome.

However, several women function as teachers for the rest of us and are very skilled at knitting, crocheting and reading patterns. They're willing, for free, to teach both beginning and advanced skills. Over the past years, it's common to hear women say that they have learned more at Knitting Hearts, for free and in a supportive environment, than they learned from expensive formal classes. So, many women do come to learn a specific skill, to advance a skill and to meet other women who share a common interest

Besides being an outreach ministry to individual women, Knitting Hearts members have made baby booties and prayer shawls for people at N.W. Memorial Hospital, decorated sandals for children in other countries and hold a Christmas sale every year the proceeds of which go to One Mission Ministries in Mexico.

If you would like to relax for a few hours each month, connect with old friends and make new ones, learn or advance a skill at no cost in a quiet environment and, if you choose, take part in a group project of benefit to the community, feel free to check out Knitting Hearts. For questions, contact the church at (713) 864-1470 and a Knitting Hearts member will get back to you.

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# Security

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

## Citizens on Patrol Hours Logged

- April 2013- **61.75**
- May 2013- **65**
- June 2013- **90.75**
- July 2013- **50**

## Crime in the Neighborhood

- 5/1- Attempted Burglary- 2000 Lazybrook 10:45 AM, a single Hispanic male with tribal tattoo on his arm, in a red/silver trim Dodge ram truck, rang doorbell several times. The home owners heard glass break in the bedroom and shot at the intruder, which scared him off.
- 5/31- Attempted Burglary- 2300 Lazybrook, 9:30 AM 2 black men knocked on front door, tried to pry open a back door, and then a back window, but were scared off when the home owner called 911.
- 6/1- Theft- 1800 Tattenhall
- 6/4- Suspicious Activity- 2000 Willowmoss at 1 AM a man was in the backyard on back patio and had moved patio table in order to look into house, dogs barked, owner turned on lights and he ran away.
- 6/12- BMV- 2000 Millwood, overnight, unlocked car was rummaged thru with small items stolen, locked car next to it in driveway was not touched
- 6/24- Theft- 1800 Watercrest, planter blocks stolen from front flower bed
- 6/14- Theft- 1800 Seamist
- 7/17- Aggravated Assault- 2200 Lazybrook, 6:30PM
- 7/23- Theft- 1700 Willowby, AC unit stolen, 2PM
- 7/24- Theft- 2000 Millwood, 11AM
- 9/1- Theft- 2200 Lazybrook

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 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](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)

We will be celebrating the 30th Anniversary of National Night Out this year on October 1, 2013. I know it is a ways off but we are looking for volunteers interested in helping to plan, organize, and brainstorm to make this event successful. If you are interested, please email [security@lazybrook.org](mailto:security@lazybrook.org)

# Wild Weekends



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## Real Estate Corner

Brenda Brummett (713) 861-1710



HOT HOT HOT is the way the describe sales in Lazybrook between May 1 and August 31. There were 20 sales during this period and the average time on market was 13 days!

As of September 1, 2013 we have 6 homes that are either Active, Option Pending or Pending ranging in price from \$249,000 for a 3/2/0 original condition property to \$550,000 for a 3/2.5/2 updated with a pool and outdoor kitchen.

Lazybrook had TWENTY closings between May 1 and August 31 asking prices ranged from \$215,000 to \$575,999 and the sales prices ranged from \$215,000 to \$575,999. Sales for \$496,000 and \$575,999 are new construction in Sections 1 & 2.

Average time on the market 13 days (Minimum 0 day, Maximum 59)

Average Asking Price: \$407,741

Average Per Square Foot Asking: \$215.18

Average Sales Price: \$410,346

Average Per Square Foot Sales Price: \$216.58

Average Square Feet: 1,918 - 3 bedrooms, 2.5 baths

Four of the sales were Cash and the others were Conventional loans. Three of the sold properties included Seller contributions to buyers' closing costs ranging from \$850 to \$4,000 and three properties had repair contribution from \$315 to \$5,112. These contributions are not reflected in the average per square foot sales price.

Lazybrook Rentals: There are currently two Lazybrook homes listed with Realtors for lease. The first is a 2/1/2 with 1,220 sq. ft. listed for \$1950; the other is a 3/1.5/2 with 1,146 sq. ft. listed at \$2000. There is one pending rental – 4/2.5/2 with 2,100 sq. ft. listed at \$2,900.

Between May 1 and August 31 five Lazybrook properties were leased for between \$1950 and \$2700. The average time on the market before a lease was signed was 38 days.

Information as reflected on the Houston Association of Realtors website.

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## Foot Notes

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

The great thing about writing articles is that it gets me thinking about what clients are looking for when they hire me to help them increase their health and happiness! It also gives me a chance to realize how humbling it can be when you have a set back whether health related, orthopedic related or a life changing event. They are all a means to sit back and observe what is the best way to move forward and stay on track.

I recently had some challenges with my right foot and had to take the time to let it heal. The good news is that it was short lived, yet I still had to change my activity level and do some research about my foot to get me back in the swing of things. So it got me thinking about a recent article that I read in my IDEA publication on facts about our feet. The article was about how often we think about our bodies yet forget about how much our feet need to be functional to move the kinetic chain properly. So why don't you get off your feet, sit down and learn a few facts that can keep you on your feet regardless of what life throws your way.

1. A pair of feet has 250,000 sweat glands, which can excrete as much as a half-pint of moisture a day. So I recommend buying a pair of socks like Thorlos that wick away moisture from your feet.

2. Three out of four Americans experience serious foot problems in their life time. I recommend seeing a podiatrist if you have discomfort for more than a week.

3. About 15% of sports-related injuries affect the foot alone. I suggest making sure you have proper foot wear based on the sport you are participating in.

4. The orthotics market could reach annual sales of 4.7 billion by 2015. I suggest getting fitted by a podiatrist or health care practitioner that has experience in fitting orthotics properly. I recommend foot levelers. I wear them myself and have been a very satisfied customer.

5. The 52 bones in your feet make up about 25% of all the bones in the body. The human foot has 26 bones, 33 joints, 107 ligaments, and 19 muscles. That makes for a lot of moving pieces to take care of.

6. The pressure on the feet when running, can be as much as four times the runner's body weight. So I suggest changing out your athletic shoes at least every three months depending on the mileage you put on them.

So you can understand why foot care is so important to maintain through out your life. Here are some other ways to help your feet stay healthy and strong. Soak your feet in Epsom salts while watching your favorite show. Stretch your calves and feet to help them recover and stay pain free. And last but not least get your significant other to give you a foot massage. It's worth having the best feet possible to keep you moving and staying active for years to come.

See the stretching exercises to the right.

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](http://www.tofityou.com).

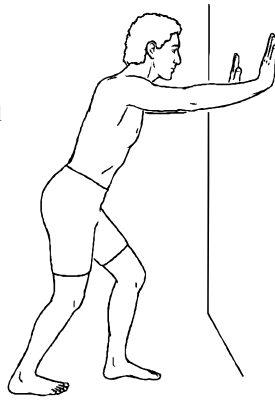
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\*Idea Fitness Journal September 2013

ANKLE / FOOT - 13 Soleus Stretch

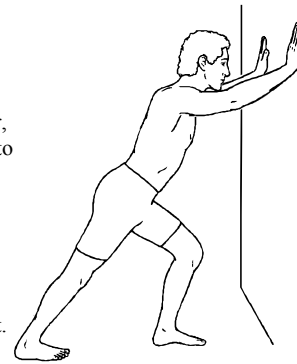
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10-15 seconds.



Repeat 1-3 times per set.  
Do 1-3 sets per session.  
Do 1-3 sessions per day.

ANKLE / FOOT - 14 Gastroc Stretch

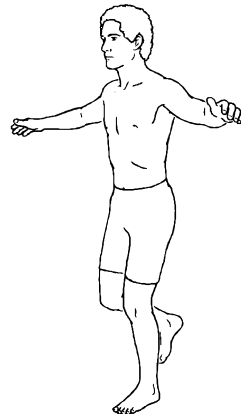
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10-15 seconds.



Repeat 1-3 times per set.  
Do 1-3 sets per session.  
Do 1-3 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg, eyes open. Hold 10-15 seconds.

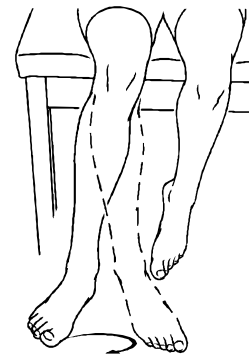


Repeat 1-3 times per set.  
Do 1-3 sets per session.  
Do 1-3 sessions per day.

— Perform exercise with eyes closed.

ANKLE / FOOT - 16 Ankle Circles

Slowly rotate right foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 8-10 times each direction per set.  
Do 1-3 sets per session.  
Do 1-3 sessions per day.




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# Jaycee Park Update

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

## Lazybrook Civic Club Donation Put to Good Use!

The Lazybrook Civic Club made a generous donation in January 2013 to the Houston Parks Board (HPB)-managed Jaycee Park fund. Thank you so much!

With donations like yours, Jaycee Park is being well-maintained. For example, in August Houston Parks Board (HPB) had the crepe myrtles and the Seamist trees pruned. Except for two volunteers who did some fine-tuning on the pruning, the HPB-managed Jaycee Park fund paid for this tree care just as it did for the splash pad bench coating replacement earlier this year.



Along Seamist, which is the main entrance to the park, dead trees were felled, all elms and other trees growing like bushes were pruned. This work improved the look of the park entrance, helped ensure the health of the trees and increased visibility between the sidewalk and the trail. So, the aesthetics and health of the park as well as the safety and security of park visitors were enhanced because of your donation to the HPB-managed Jaycee Park fund.

The Jaycee Park Seamist trees were planted in February 2010. Three and a half years later, they are doing very well. Many of you participated in that planting. Thank you! And thank you for your willingness to maintain Jaycee Park.

See the photos of the 2010 Seamist tree planting, the trees as they look today and the trees before and after the August pruning. Your donation was put to good use!



# Beautification

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

The long dry spell is taking a toll on our street trees. Watering was done on some medium-sized trees which supposedly are old enough to grow on rain alone. Unfortunately, one 10 foot Holly did not survive, but the others are hanging in there. Please keep an eye on the trees on your property and water at any signs of stress, such as leaves turning brown or wilting. Water with a soaker hose at the drip line, which is the area beneath the far tips of the branches.



Vegetables by SteveR-, on Flickr

When we get cooler weather (usually late October) it is time to plant winter vegetable crops such as greens, turnips, broccoli, and cabbage. Wait until it is really cooler in November for flowers such as pansies. The stores will have them earlier, but in my experience that they cannot survive when we have very many days in the high eighties or low nineties.

**FARMER'S Home Maintenance**

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|                                                                                                               |                                                                                                                |                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <p><b>FOR SALE</b></p>       | <p><b>FOR SALE</b></p>       | <p><b>FOR SALE</b></p>       |
| <p>1522 Wakefield<br/>4/3.5/2 \$790,000 Oak Forest</p>                                                        | <p>1603 Viking<br/>2/1/2 \$265,000 Oak Forest</p>                                                              | <p>13726 McKinney Creek<br/>4/2.5/2 \$179,900 Summerwood</p>                                                    |
| <p><b>PENDING SALE</b></p>  | <p><b>PENDING SALE</b></p>  | <p><b>PENDING SALE</b></p>  |
| <p>5523 Roslyn<br/>4/4.5/2 \$499,000 Pine Ridge</p>                                                           | <p>208 E 24th Street<br/>2/1.5/1 \$310,000 Heights</p>                                                         | <p>5401 Verdome<br/>3/1.5/1 \$169,000 Oak Forest</p>                                                            |
| <p><b>JUST SOLD</b></p>    | <p><b>JUST SOLD</b></p>    | <p><b>JUST SOLD</b></p>    |
| <p>1806 Haverhill<br/>4/3/2 Lazybrook</p>                                                                     | <p>1847 Mill Creek<br/>3/2/2 Lazybrook</p>                                                                     | <p>10415 Gold Point<br/>4/2.5/2 Winchester Trl</p>                                                              |



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# SEPTEMBER

| SUNDAY | MONDAY         | TUESDAY                                 | WEDNESDAY                                                                                                | THURSDAY                                                                                  | FRIDAY                                                                                                                      | SATURDAY |
|--------|----------------|-----------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------|
| 1      | 2<br>Labor Day | 3                                       | 4                                                                                                        | 5<br>  | 6                                                                                                                           | 7        |
| 8      | 9              | 10<br>Gardening Club Meeting<br>6:30 pm | 11<br>Patriot's Day                                                                                      | 12<br>  | 13                                                                                                                          | 14       |
| 15     | 16             | 17                                      | 18<br> Heavy Tree Waste | 19<br> | 20                                                                                                                          | 21       |
| 22     | 23             | 24<br>Civic Club Meeting<br>7pm         | 25                                                                                                       | 26<br>  | 27                                                                                                                          | 28       |
| 29     | 30             |                                         |                                                                                                          |                                                                                           |  = Mosquito Spraying<br>after 10:00 p.m. |          |

# OCTOBER

| SUNDAY | MONDAY             | TUESDAY                 | WEDNESDAY                                                                                                  | THURSDAY                                                                                                 | FRIDAY | SATURDAY |
|--------|--------------------|-------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------|----------|
|        |                    | 1<br>National Night Out | 2                                                                                                          | 3<br>                 | 4      | 5        |
| 6      | 7                  | 8                       | 9                                                                                                          | 10<br>                | 11     | 12       |
| 13     | 14<br>Columbus Day | 15                      | 16<br> Heavy Trash Junk | 17<br>              | 18     | 19       |
| 20     | 21                 | 22                      | 23                                                                                                         | 24<br>               | 25     | 26       |
| 27     | 28                 | 29                      | 30                                                                                                         | 31<br>Halloween<br> |        |          |

# NOVEMBER

| SUNDAY                                    | MONDAY             | TUESDAY | WEDNESDAY                                                                                                  | THURSDAY                                                                                    | FRIDAY                                                                                      | SATURDAY                             |
|-------------------------------------------|--------------------|---------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------|
|                                           |                    |         |                                                                                                            |                                                                                             | 1                                                                                           | 2                                    |
| 3<br>Daylight Savings Ends<br>(Fall back) | 4                  | 5       | 6                                                                                                          | 7<br>   | 8                                                                                           | 9                                    |
| 10                                        | 11<br>Veterans Day | 12      | 13                                                                                                         | 14<br> | 15                                                                                          | 16                                   |
| 17                                        | 18                 | 19      | 20<br> Heavy Tree Waste | 21<br>  | 22                                                                                          | 23                                   |
| 24                                        | 25                 | 26      | 27                                                                                                         | 28<br>Thanksgiving                                                                          | 29<br> | 30<br>Civic Club Mtg<br>Dec 3<br>7PM |