

# LAZYBROOK NEWS

## JANUARY 2016

### Volunteers Needed for Executive Positions

Elections held at the Dec 1st Civic Club Meeting yielded no volunteers for the following positions:

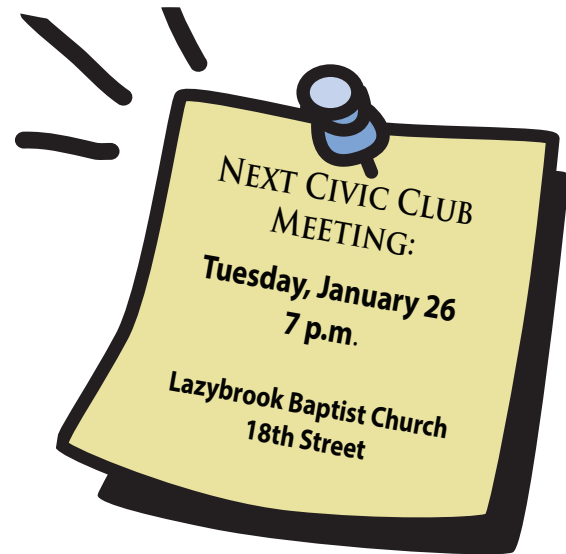
#### President

- 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

**Lazybrook Civic Club is also in need of a chair for the Architectural Review and Deed Restriction Committee.** The person is primarily responsible for communications and coordinate with the owner/resident in plan submissions and committee members on plan feedback, approvals and deed violations.



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

# NEIGHBORHOOD DIRECTORY

## EXECUTIVE BOARD MEMBERS

**PRESIDENT**  
**VACANT 2016**

**VICE PRESIDENT**  
**VACANT 2016**

**TREASURER**

Beth Goodner  
treasurer@lazybrook.org

**CORRESPONDING SECRETARY**

Pat Koteras  
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**

Vacant  
**Volunteer for this position!**  
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**

moms@lazybrook.org

**AROUND THE NEIGHBORHOOD**

Shawn Broussard  
neighborhood@lazybrook.org

**HOSPITALITY**

Shawn Broussard  
hospitality@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:

  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](http://www.Lazybrook.org/Join)



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



## 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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Thanks to Pat Koteras 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.

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

Please email neighborhood@lazybrook.org

# Security

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

## Citizens on Patrol Hours Logged

- October - 48
- November - 40.25
- December - 46.25

## Crime in the Neighborhood

- 12/15- theft- 1800 Millwood
- 12/26- burglary- 1800 Millcreek
- 1/6- burglary- 2300 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 Patrol

Citizens 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>



## Real Estate Corner

Brenda Brummett (713) 861-1710

This report covers the period of November 1 – December 31, 2015.

As of December 31 there are 9 homes that are Active listed between \$329,000 and \$847,000. They range from 1,281 square feet to 3,259 square feet – 3/1.5/2 to 4/3.5/2 and have been on the market between 1 and 139 days.

On December 31 the homes for sale were either Active or Sold, no Pendings.

Between November 1 and December 31 there were 4 sales in Lazybrook with sales prices from \$310,000 (3/2/2 – 1,460 sf) to \$440,000 (3/2/2 1,882 sf), from almost original condition to completely remodeled but none were new construction. Three properties were sold with conventional loans and one was VA. There were no repair allowances given but were two Seller contributions to Buyers closing costs for \$4,000 & \$5,000.

### Lazybrook sales:

Average Days on Market:	55 days
Average Listing price:	\$378,475 (\$237.02 PSF)
Average Sale price:	\$356,750 (\$223.73 PSF)
Average Square Footage:	1,590 SF

### Lazybrook Rentals

Rental activity is high as of December 31 there were 2 homes offered for lease. Both have some updating: 3/1.5/1 1,384 sf at \$2,250 on market for 63 days and 3/2/2 1,528 sf at \$2,950 on market for 1 day.

Between November 1 and December 31 there were five leases ranging from \$1,750 to \$3,100. Square footage ranged from 1,220 to 2,158 and were on the market from 12 to 77 days with an average of 39 days.

*Information as reflected on the Houston Association of Realtors website.*



### 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).

## Beautification

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

More trees were planted recently along 18th Street. This is more of the project by Trees for Houston, made possible by an anonymous donation. Thanks to them and to Trees for Houston.

We have been lucky not to receive a deluge of leaf bags on the esplanades so far this year. Please check with me before doing any mulching or other work on your own on the esplanades or in the park. Thanks.



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## Melodie Matlock

Broker Associate

**713-417-8164**



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# 2015 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**  
2406 Brookmere

**Most Religious**  
1839 Widdicomb

**Best Front Window**  
1819 Tannehill

**Best Use of Cartoon Character**  
1806 Widdicomb

**Most Patriotic**  
2314 Lazybrook

**Most Childlike**  
1803 Widdicomb

**Most Creative**  
1822 Foxwood

**Best Use of Single Color**  
1622 Haverhill

**Best Santa**  
1818 Seaspray

**Best Nativity**  
1838 Millcreek

**Best Decoration with Wreaths**  
2019 Widdicomb

**Best Block #1** WTC Jester Blvd  
**Best Block #2** Greengrass Ct

**Honorable Mentions**  
2210 Lazybrook  
2030 Willowmoss  
2414 Brooktree

**Hall of Fame**  
1827 Salford



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# 5 steps to changing your life for the better in 2016

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

Happy New You! This year let's skip the New Year's resolutions and make this the year you focus on changing your life from the inside out! All of us have great intentions when we set those goals but did you know that 92 percent of Americans fail to achieve the goals they commit to on New Year's Day. About half of Americans make them yet by March 1st they get frustrated and forget them all together. So I want to encourage all of you to make a commitment to live a healthier and happier life this year.

Change is an ongoing process, not something you change radically at midnight. You wake up the next day overwhelmed and have forgotten half the things you have committed to. So here is the plan I am choosing to live by. Here at To Fit You we are committed to helping our clients feel better the minute they walk in the door till they head out to start their day. Willard McGowan and I have been colleagues and training together for 10 years going to classes and studying regularly to help our clients achieve their best health and wellbeing.

## 1. Get at least 8 hours of sleep a night

I have made lots of progress when it comes to getting the rest I need. I use to think I could handle not getting enough rest but I have experimented with this and found it that is not the case.

I learned that it does not just effect one aspect of my health. It was impacted in many ways. I started to have more body pain, uncontrollable hunger, craved more sweets and my hormone levels were affected as well. So here are some tips that helped me. No watching television in bed, going to bed at the same time every night, meditating for 10-15 minutes focusing on my breathing or listening to a guided meditation. Try at least one of these on a regular basis and write down your progress so you can see the benefits of sleeping better.

## 2. Sit less and move more

Americans by average spend nine to ten hours each day sitting, even if you worked out an hour a day this can't counteract the effects.

At my speaking engagements I am famous for saying we need to inconvenience ourselves into good health!

Our bodies are meant to move and be active most of the day and when you are mostly sedentary this has many negative changes on your body. That's where pedometers and fitness trackers are a great idea! Setting a goal of 7,000 to 10,000 steps a day which is equivalent to 6-9 miles can really help you move through out your day. This should be In addition to exercise you do at the gym.

Any chance you get during the day move it increases circulation and decreases hip tightness. Go say hi to a colleague instead of texting etc.

Also do some easy stretching to relax those tight muscles and decrease your stress in your body.

## 3. Meditate daily 5-10 minutes

Meditation means to cultivate a new self so why not give yourself the gift of retraining your brain to relax let go and have more fun. I have been meditating for 8 years and I can tell you it has helped me in more ways than I have room to write. I'm sleeping better, less stress and strain, having more fun, less muscle tension, better listener and communicator and love my life. I serve all day in my business and this gives me great energy and helps me be more present for my clients. Just practicing being more mindful helps decrease your stress and increases your vitality. So breathe, talk slow, and drink plenty of water.

## 4. Eat more healthy fats and fiber

Public health guidelines condemn healthy fats from foods like butter and full-fat dairy, and recommend whole grains and cereals — the opposite of what most people need to stay healthy.

The latest science suggests healthy fats (saturated and unsaturated fats from whole food, animal, and plant sources) should comprise anywhere from 50 to 85 percent of your overall energy intake. Healthy fat sources include coconut and coconut oil, avocados, butter, nuts, and animal fats.

That's right; butter need not be shunned and, in fact, is a beneficial source of healthy saturated fats, especially when it's raw, organic, and grass-fed. In addition to eating more healthy fats, most Americans need to eat more fiber. A high-fiber diet can help reduce your risk of premature death

from any cause, likely because it helps to reduce your risk of some of the most common chronic diseases such as diabetes, heart disease, and cancer.

When it comes to boosting your fiber intake, be sure to focus on eating more vegetables, nuts and seeds (not grains). Organic whole husk psyllium is a great fiber source, as are sunflower sprouts and fermented vegetables, the latter of which are essentially fiber preloaded with beneficial bacteria. Flax, hemp, and chia seeds are also excellent fiber sources.\*

### 5. Be a health leader

Help your family and friends get moving! Whether you walk, ride bikes, play hop scotch, dance, swim, hike or skateboard, do it together! It's a great way to spend time together, feel better and spend quality time with people you love. Also do service work. When my coaching clients complain I always suggest they do service work. It gets us out of ourselves and puts us in a position to help others, and show that they feel loved and cared for. It also gives you a sense of purpose that your time and attention is given to. Organize play time with neighbors and their kids. In my neighborhood I love to go down the street. I take my puppy Zack and, let him loose. There are families and kids having a great time being active and having fun in their day. I always leave invigorated and joyful. And Zack gets to play and burn off some puppy energy.

So let this be the year that your New Year's Resolutions do not fail! Remember to keep it simple and take one step at a time. When you commit to increasing your health and happiness you will no longer need to make the focus about external things like losing weight because you will gain a life well lived with more ease balance and grace! Have a great year celebrating what is close to your heart.

Are you ready to get the gift of happiness and health? If you are stuck and need some accountability, call or email me today to book your COMPLIMENTARY consultation to coach you in the direction you want to go.

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Veterinarian's

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## Jaycee Park Update – 'Tis the Season to be Grateful

Darlene Wayt, TMCC Environmental Affairs, SN 14 Parks & Beautification, [dwayt@comcast.net](mailto:dwayt@comcast.net)

The Jaycee Park porto-potty units have been approved by the Houston Parks and Recreation Department for another year. Approved by the City but not provided by the City, the units are privately funded by the TMCC. Thank you to the following people, businesses and groups that made designated donations to the TMCC for the units: **Craig & Gaye Hablinski; Crescendo Family Music; DeWalch Technologies; Jeff & Darlene Wayt; Jennifer Vickers & Kirk Guy; Judge Billy Ragan; Kerry McEniry; the Lazybrook Civic Club; Lesha Adams & Stefanie Marsh; Pete & Jill Davies; Silver Eagle Distributors; Timbergrove Terrace; and Wes & Viali Harris.** My apologies if I missed anyone. Thank you to the donors who made cash donations at events and to the known donors who asked to remain anonymous.

The TMCC will be accepting donations for the porto-potty units on an ongoing basis to ensure funding for many years to come.

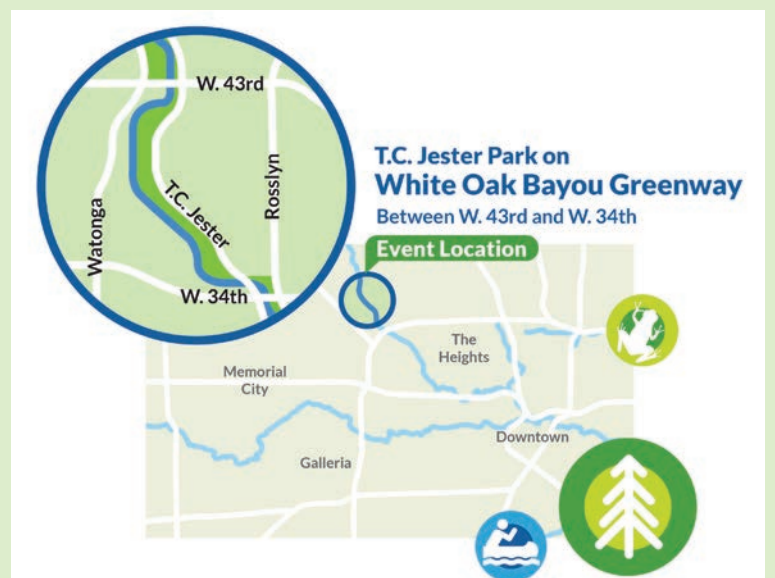
Thank you, also, to the following organizations for their ongoing support and maintenance of the park: **Houston Parks Board; Trees for Houston; the TMCC; and Boy Scout Troop 604.** To support the organizations that do such a good job supporting our parks, visit the websites of the first three to see how you can help. For info about Boy Scout Troop 604, contact Scout Master Ed Sherwood at [e1sherwood@yahoo.com](mailto:e1sherwood@yahoo.com) or Assistant Scout Master David Jackson at [david-a-jackson@att.net](mailto:david-a-jackson@att.net).

According to **Lisa Johnson**, Parks Program Manager, the Ball Field Lighting Capital Improvement Project has once again been delayed until mid-January. An updated, accurate time schedule has been requested. Keep checking [www.timbergrove.org](http://www.timbergrove.org) and [www.snc-14.org](http://www.snc-14.org); FB Jaycee Park and FB Timbergrove Manor; and our block captain system for updated information.



**March 26, 2016**

T.C. Jester Park  
Along White Oak Bayou Greenway  
4201 T C Jester Blvd, Houston, TX 77018










Walk, bike, run, stroll, play, picnic and explore with us at a FREE outdoor festival along White Oak Bayou Greenway!









Bayou Greenway Day will be full of interactive activities, music, food and fun for the whole family. Get to know YOUR bayou and explore all the fun park activities you can enjoy there.

For more information, visit: [bit.ly/bgday](http://bit.ly/bgday)

# 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	14  	15	16
17 Chevron Houston Marathon	18 Martin Luther King Day	19	20 	21 	22	23
24 31	25	26 Civic Club Meeting 7pm	27	28  	29	30

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4 	5	6	
7	8	9	10	11  	12	13	
14 Valentine's Day	15 President's Day	16	17 	18 	19	20	
21	22	23	24	25  	26 GO TEXAN DAY	27	
28	29	 = Heavy Trash Junk (Tree waste is also OK)					

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Houston Livestock Show and Rodeo Begins	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  St. Patrick's Day HISD Spring Break	17 HISD Spring Break 	18 HISD Spring Break	19
20	21	22 Civic Club Meeting 7pm	23	24  	25	26 Bayou Greenway Day 2016
27	28	29	30	 = Heavy Tree Waste		