

LAZYBROOK NEWS

JANUARY 2017





Membership

membership@lazybrook.org

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: \$ _____

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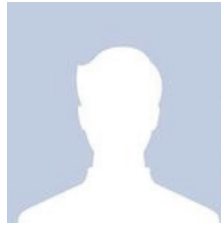
for the Lazybrook Civic Club and the
Friends and Neighbors of Lazybrook.

NEIGHBORHOOD DIRECTORY

EXECUTIVE BOARD MEMBERS

PRESIDENT

Judy Dyk
president@lazybrook.org



VICE PRESIDENT

VACANT- Volunteer for this position!

TREASURER

Beth Goodner
treasurer@lazybrook.org

CORRESPONDING SECRETARY

Pat Koterias
correspondence@lazybrook.org

RECORDING SECRETARY

recording@lazybrook.org

COMMITTEE CHAIRS

MEMBERSHIP

Meaghan Schlierer &
Heather Fedun
membership@lazybrook.org



SECURITY CHAIR

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

ARCHITECTURAL REVIEW/ DEED RESTRICTIONS

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



NEWSLETTER

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



BEAUTIFICATION

Carolyn Lehnert
(713) 864-3596
beautification@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

Jolene Rock
superneighborhood@lazybrook.org

ADVERTISING/DONATIONS

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

Erin Fuchs
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

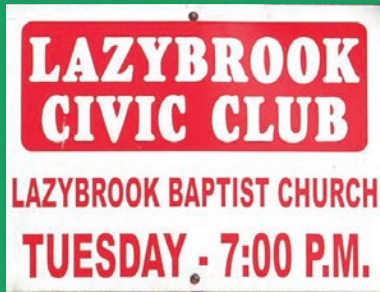
centralpatrol2district@cityofhouston.net

HPD CENTRAL STATION

(713) 247-4400

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





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.

Upcoming dates: **January 24**
 March 28
 May 23
 September 26
 November 28



Printed Newsletters are published shortly before each meeting. Next issue will be mid-March.



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.



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.



There is a **Moms of Lazybrook** Group! If you would like more information, contact Erin Fuchs at moms@lazybrook.org.

Visit <http://www.lazybrook.org/moms> to Join the Facebook Group

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

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.

**We are always looking for
volunteers to help our community**

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



**Vice President
Recycling Chair
Advertising Chair
Block Captains
Security Chair**



**TMCC General Meeting Guest Speaker
Tuesday, March 21, 2017 at
7:00 p.m. at Sinclair Elementary School**



Heather N. Cook

**Assistant City Attorney, COH, Legal Department
Deed Restrictions**

Learn how deed restrictions protect neighborhoods and avenues and procedures for enforcement. Plan to attend, spread the word, and visit www.houstontx.gov/legal/deed.html for information. All interested parties are welcome.

Upcoming for May 9, 2017 Council Member and Mayor Pro Tem Ellen Cohen
For info about the TMCC, visit www.timbergrove.org and read The Timbergram

Real Estate Corner

Brenda Brummett (713) 861-1710



As of December 31 there are eleven homes that are Active listed between \$350,000 and \$864,000. They range from 1,396 square feet to 3,259 square feet – 2/2/2 to 4/3.5/2 and have been on the market between 28 and 171 days. The minimum psf asking price is \$212.38 and the maximum psf asking price is \$304.37.

Between November 1 and December 31 there was one sale in Lazybrook. It was 2,945 square feet, on a 10K square foot lot, on the market for 104 days and sold for \$504,400.

Lazybrook Sales


Average Days on Market:	104 days
Average Listing price:	\$569,900 (\$194.00 PSF)
Average Sale price:	\$504,400 (\$171.27 PSF)
Average Square footage:	2,945 SF

Lazybrook Rentals

As of December 31 three properties are actively for lease and have been on the market between 2 and 57 days. Two are 3 bed, 2 bath, 2 car garage; the other has 1 ½ baths. Square footage and asking prices are: 1,411 sf for \$1,750, 1,779 sf for \$2,000 and 1,859 sf for \$2,500.

Between November 1 and December 31 one property leased after being on the market for 10 days. This was a 3 bed, 2 bath, 2 car garage with 1,429 square feet. It leased for \$2,200.

This report covers the period of November 1 – December 31, 2016. Information as reflected on the Houston Association of Realtors website.



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COME IN FOR A COMPLIMENTARY 1-ON-1 SESSION

Update on West 11th Street Park

Lorraine Cherry, Friends of West 11th Street Park

Successful Completion of Planned Projects in 2016

Friends of West 11th Street Park has an ongoing project aimed at providing a trail that allows visitors to walk the park 365 days a year. The trail is constructed with compressed decomposed granite over a geo-textile fabric base (for weed prevention). Culverts are laid at low areas to prevent water from ponding on the trail.

Many thanks to the Timbergrove Manor Civic Club, the Timbergrove Manor Neighborhood Association, and numerous park users who donated funds in 2016 to repair the existing 1/2-mile inner loop trail and perform routine maintenance to check the growth of ground cover and spray for poison ivy on the edges of the trail.

What's next?

Visitors to the park commonly use the trail near the kiosk on Shelterwood to enter the park and access the inner loop trail. This access trail is still unimproved and floods badly after a heavy rain. So, even though the loop trail can be used 365 days a year, you can't get to it after a heavy rain without wading through a small swamp.



Access trail on Shelterwood turns into a stream after a heavy rain.

Super Neighborhood Council 14 Update

Jolene Rock, Super Neighborhood

- Texas Central High Speed Rail at TMCC General meeting January 10 at 7 pm at Sinclair Elementary School to discuss the Houston to Dallas line and the Houston HUB in the vicinity of NW mall and NW transit center. All are invited.
- Houston Police Department Report reviewed the area crime stats between 2015 and 2016 and reported crime is down 17%.
- SouthWaste Grease Trap Operation on Hurst Street had no activity on permitting and members indicated foul odors were.
- Jaycee Park items discussed were ball field lighting and splash pad caulking.
- 11th Street Fundraising in 2017 for the crushed granite 5K course trail.
- Bryce St Trailhead work stopped and fence surrounding odor control on hold; project anticipated to be completed early 2017.
- Holly Park Traffic control least invasive method will be to install up to 20 speed bumps at \$5K each. Traffic Study found the 85% speed at 42 mph and several 18 wheelers. Lazybrook would follow a similar process with the City to address Millwood cut thru traffic issues.
- 11th Street Traffic Study request sent to City to review speeding and accidents. Sinclair Traffic request to add new signs and paint pedestrian walks within the school zone.

Jaycee Park Update

Darlene Wayt, TMCC Environmental Affairs, SN 14 Parks & Beautification dwayt@comcast.net

This past November, I resigned as chair of the TMCC committee, Friends of Jaycee Park. A wonderful volunteer, **Traci Riley**, will now chair that committee.

I will remain as a director on the TMCC board through 2017 but will only be involved with the park as much or as little as any other board member.

To All at the Lazybrook Civic Club – thank you so very much for all your help – promo, donations, time – to the park for all these many years going back to 2009 when Ileana “took the bull by the horns” and renovated the park, through mid-2016 when the last funding source – the City’s Capital Improvement Project allocation – finally was realized, after 6 years on the CIP list!, with the new 21st century ball field lights. You guys were there through it all - including funding the playground shade canopies and the porto-units - with your support and the park was thoroughly transformed and has been well maintained because of you. When Ileana left in 2012, you gave me and the TMCC a tremendous amount of support and I am so very grateful.

-Darlene Wayt

Security

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

Citizens on Patrol Hours Logged

- October 2015 - 30
- November 2016- 31

Crime in the Neighborhood

- 12/18- Theft- 2000 Millwood
- 12/19- Burglary- 1800 Salford
- 12/23- Burglary- 1800 Tattenhall

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>

WANTED: Security Committee Chair Volunteer

Lazybrook Civic Club is looking for a volunteer to serve as the chairperson of the Security Committee. The job is a great way to keep our neighbors alert and aware of what is happening in Lazybrook. This position includes:

- **Lazybrook Email Network** - email neighbors about security issues, lost pets, lost & found, maintain/update list of email addresses for current and new subscribers
- **Citizens on Patrol** - coordinate patrol volunteers, email patrollers when issues arise, work with HPD to schedule training classes for patrollers, submit patrol hours log monthly to HPD, submit patrol hours log to Civic Club Treasurer quarterly for gas reimbursement
- **National Night Out** - work with HPD liaison to coordinate NNO parties for our neighborhood, assist with block captains to help plan, collect data sheets for block parties, coordinate with HPD to schedule officer visits to NNO parties, if you are feeling ambitious you can plan a NNO parade with HPD and HFD escorts
- **HPD Heights Storefront** - communicate with the local HPD Storefront, we have donated money in the past to improve the facility and allow officers to purchase items not covered by HPD, schedule officers for Civic Club Meetings as needed when security issues arise



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Melodie Matlock

Broker Associate

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2016 Holiday Lighting Contest Winners

Judge Melodie Matlock

This year we had more participants than ever and it really lit up our neighborhood. It was so much fun driving through to see everyone's hard work and the wonderful community of our neighbors. Some put up decorations for elderly neighbors and neighbors who were ill, and some celebrated with a block parties. Thank you to everyone who participated and for your wonderful imaginations and hard work.





The Prettiest
2406 Brooktree

Best Front Door
2003 Willowmoss

Best Front Window
1819 Tannehill



Best Use of Cartoon Character
2122 Lazybrook

Most Patriotic and Best Block
1800-2200 Block of Widdicomb

Most Childlike
2507 TC Jester



Most Creative
2003 Widdicomb

Best Lights in Motion
1811 Greengrass

Best Use of Single Color
2010 Brooktree

Best Santa
2443 Brookmere

Best Block
1800-2200 Greengrass

Best Nativity
2414 Brooktree

Best Decoration with Wreaths
1623 Willowby



Yard of the Month

Vicki Ballard & Rachel Corbell

yard@lazybrook.org

January: 1818 Sea Queen



December: 2014 Willowmoss



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My Aching Feet

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

Happy new year! I hope this year is filled with fun, exercise, healthy eating and less stress in your life!

At some point in our lives we may experience foot discomfort. Whether it comes from the wrong pair of shoes, overdoing an activity or plain tight and weak muscles that support the foot. The foot has over 206 bones which sounds like a lot and it is. When muscles get tight we may stub a toe or sprain an ankle. Things start to shift quickly. We have the ability to compensate temporarily, but if this goes on too long we can have even more pain. So if you are one of many who have foot discomfort it may be time to see a podiatrist or hire a trainer to help you do some appropriate exercises that can help give you relief.

At To Fit You we start by asking what you think may be causing your discomfort and then we do some assessments to see what might be going on. What I find is typically tight and weak muscles that surround the foot which hinders the mechanics of proper foot movement while walking. So let's talk about the mechanics of the foot.

The average person takes 8,000 to 10,000 steps a day, according to the American Podiatric Medical Association. This equates to about 115,000 miles during an average lifetime – or walking the circumference of the Earth more than four times. So here are three ways to strengthen your feet:

1. Exercise your feet. Exercises like the ones on this page will strengthen your feet, ankles and calves while improving flexibility. Additionally, these exercises can help you move with better balance, power and control. Perform these exercises for 15 minutes every day to increase the strength and flexibility of your feet. Note:

Talk with doctor before starting a foot exercise program, especially if you have fallen arches.

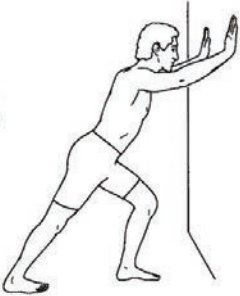
- 2. Strengthen your feet's arches.** For your feet to function properly, you need to have foot core strength. In other words, you need strong, stable muscles in your feet's arches. Many people think they have one arch in their feet. However, you actually have three arches – lateral (outside), transverse (center), and medial (inside) arches. These arches all work together when you stand, walk, run or jump. When your arches function properly, they provide foot core strength, balance and power. Exercises, like toe splaying and big toe presses, can help strengthen your arches.
- 3. Walk barefoot.** Take your shoes off when you're walking around your home to reengage the muscles in your feet. Removing your shoes helps to reestablish important neural connections between the large and small intrinsic muscles in your feet that may be inhibited while wearing shoes.

I hear this from my clients a lot "that there is nothing I can do. It's just a normal part of aging to have aches and pains." The good news is that is not true! All of my clients have had less pain and discomfort in general but specifically foot pain.

So if you are ready to move and feel better, let me help you by giving you back your happy feet.

In health,
Birgitt Haderlein


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 ____ seconds.

Repeat 2-4 times per set.
Do 2-4 sets per session.
Do 2-4 sessions per day.

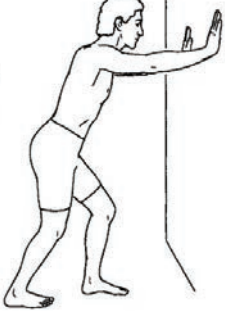
ANKLE / FOOT - 11 Toe Curl: Bilateral



With both feet resting on towel, slowly bunch up towel by curling toes. Hold 1 seconds.

Repeat 5 times per set. Do 1-3 sets per session.
Do ____ sessions per day.

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 seconds.

Repeat 2-4 times per set.
Do 2-4 sets per session.
Do 2-4 sessions per day.



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Susan Cardenas, DVM
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January 4, 2017

An Open Letter to Area Community Leaders:

The property owners/management company for the current HPD Heights Storefront at 1127 N. Shepherd have informed the storefront officers that the lease agreement for their space will be void in early March 2017 and the space must be vacated by then.

If we are to maintain a relatively convenient relocation of the storefront in the greater Heights area, a new location will have to be found relatively quickly.

Community leaders and their residents in Timbergrove, Lazybrook and the rest of the greater Heights area should be aware that the current storefront is the only existing or envisioned HPD storefront in HPD's Central Division, District 2. District 2 is bounded on the east generally by the Hardy Toll Road/Elysian Street, on the west and north by Loop 610 and on the south generally along Buffalo Bayou.

Civic groups located east of I-45 have already aggressively approached businesses and offered locations in their area, each of which has been found to be lacking in meeting HPD's requirements. But that area is definitely interested in providing their residents with convenient access to services offered by an HPD storefront. There have been no similar efforts or proposals in areas west of I-45.

The following basic requirements for a storefront are relatively straightforward. The first offered facility/location fulfilling all the basic requirements might quite likely be the one accepted and acted upon.

- A.) A minimum of 1,000 square feet of air conditioned/heated floor space with up to 1,200 to 1,500 square feet being preferable. Such space to include provisions for a restroom and modest kitchen facilities.
- B.) Relatively accessible parking space for at least 6 HPD vehicles (dedicated, reserved spaces if possible). Also, non-reserved parking spaces for a similar number of station employee vehicles and a parking space or two for a low volume of storefront customers.
- C.) Willingness to provide a long-term lease for the facility to avoid relocation issues.









It is simply very rare for an HPD Storefront to face these relocation issues, and coming at the Christmas/New Years holiday period with many people off on vacations/leave has complicated things. But Sgt. Nathan Carroll of the Heights Storefront has been diligently applying himself to defining who within the City and HPD hierarchy are most appropriate to work out the details of the relocation procedure, lease agreements etc. **Sgt. Carroll** is available to answer any questions and may be reached at the **Heights Storefront, 1127 N. Shepherd, 713-803-1151.**

Ben Crabb
Heights Storefront Community Volunteer
The Nor'westener Newsletter
713-861-5354




JANUARY

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

FEBRUARY

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

MARCH

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