



October 2017

Volume 39 Issue 10

Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

The Wine Walk is Here!

Dian Austin, Wine Walk Chair

Yes, Garden Oaks' most fun event is set to take place in a few weeks, Saturday October 21st to be exact. And, thanks to all the ticket purchasers, table hosts, and cash sponsors to date, we are expecting to net at least \$25,000 for the Constable Program.

As we go to press, we still have a few tickets left for purchase. You can buy them via the form in the *Gazette* or at gowinewalk.eventbrite.com. Either way, please join us and support the Constable Program.

We currently have 13 generous neighbor groups and area businesses to serve as table hosts, each providing a sample of a different wine. We will also be auctioning off a Constable Ride-Along and original "Wine Monster" art work by Garden Oaks resident David Hardaker.

What: Garden Oaks 9th Annual Wine Walk, sampling wines from the "Top of the World", celebrating wines from the northern hemisphere.

When: Saturday, October 21 from 4:00-6:30 p.m. (rain date November 4th)

Where: 744 West 43rd, the gorgeous backyard of Ed and Brenda de Alba

Why: To mingle with your neighbors, have some fun, and most importantly... Support the Constable Program!

Note: This is a private adults-only, non-smoking gathering, and attendees must be at least 21 years of age. No pets are allowed. There will be limited parking on W. 43rd, so please try to "walk the walk" and either walk or bike over for the event. If you park on neighboring streets, please be respectful of driveways, property, etc., as you always are. Please arrive no earlier than 4:00 p.m. (unless you are a table host and setting up your table). Low-heeled shoes are best to navigate the flagstone pathways.

If you have purchased tickets, you should have received a confirmation email. If you did not receive such, please email cavort2@gmail.com or call 713-691-6505.

Tickets will be held in the purchaser's name at the check-in table. Thanks to everyone for their support of the Constable Program.

National Night Out

Tuesday, October 3
Your Block

Wine Walk Constable Fundraiser

Saturday, October 21
4 - 6:30 PM
744 W 43rd

Recycling, Yard Waste, and Junk/Tree Waste Suspended

As we go to press, the following is in effect throughout the City of Houston:

Due to the disaster debris collection efforts from Hurricane Harvey, the only regularly scheduled solid waste service is garbage collection. **All other scheduled services – curbside recycling, yard waste and junk/tree waste – are suspended until further notice.** Please do not put out your green cart with recycling or yard waste bags. They will not be collected. You may still bring your recycling to any of the Neighborhood Depository and Recycling Centers or to the Westpark Recycling Center, all of which are open 7 days a week.

More information can be found at houston-solid-waste.org

Weather or Not

Joe Muscara, Gazette Editor

That was fun, wasn't it? No, not really. Fortunately, it seems that Garden Oaks does fairly well when it comes to floods. I know some have had water damage, but compared to other parts of town, overall we appear to have come through that storm relatively unscathed. The *Gazette* sends its best to those affected by the storm here in Garden Oaks, in the Houston area, and anywhere else.

One of the reasons moving to Houston appealed to me was the weather. Simply put, I like it warm. Growing up on Long Island wasn't terrible in that regard (versus Upstate New York, which is what most people tend to think of when they think how cold it might be up there), but where I was living in Michigan immediately before I moved to Texas was unbearable for me.

But what could drive me out of Houston is the weather. I have lived in Houston since 1993 and it was in October 1994 when I experienced my first flood here, which flooded Lori's car. At the time, I was working out in Sealy and many of my coworkers experienced massive flooding. Since then there have been other tropical storms, hurricanes, droughts, and floods. We have been mostly lucky, as besides the damage to Lori's car we haven't had any big problems besides losing power and some trees. Still, it's very stressful sitting through a storm and while we have been lucky so far, the City of Houston is changing. Combining that with what a storm randomly does anywhere and you never know what might happen here.

On the other hand, I have written before about how much I like it in Houston and specifically in Garden Oaks. Also, you need a *Gazette* editor. So for now, I am dealing with it and I'm...

Still the editor.

Civic Club Officers

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Publication of any article or letter does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

Helping Children Cope With a Natural Disaster

*Lindsey Pollock, Ed.D, Principal,
Garden Oaks Montessori*

This is a rendition of one of the first columns I wrote for the Garden Oaks *Gazette* shortly after Hurricane Ike hit Houston. While nearly a decade has passed, the information remains pertinent today. Hurricane Harvey brought us record-breaking rainfall, unlike Ike which included high winds and many downed trees and power lines. While the flooding that occurred from Harvey has left many physical challenges to overcome, many times the unseen damage of a natural disaster lasts for years and may surface at the most unexpected times. It is important to recognize that children (and adults) will react differently.

For a child, a natural disaster has changed their view of the world as a safe and somewhat predictable place. Children may be afraid that the event will be repeated and that the forces of nature that were so powerful and destructive could happen at any time. After a disaster, children may verbalize their fears or behave in ways that are not typical for them. Children may revert to behaviors that were common at an earlier age, such as thumb sucking or not wanting to sleep alone. Other children may develop physical symptoms such as stomach aches or headaches, especially when they may need to leave their parents, such as at school time or with a babysitter. These symptoms may be severe or mild; however, it is important to remember that the child may be unable to analyze what is causing them to feel fearful or to change their behavior.

Here are a few ideas to help you and your child cope in these stressful times:

1. Provide routines to help children feel safe and secure. This will help children return to a sense of normality. Meal times, bedtimes, and a return to regular activities help restore this sense of order.

2. Accept that your child may need extra reassurance and allow them to be more dependent on you for a while (2-3 weeks). Give more hugs, let them sleep with their teddy bears, or sit with them until they fall asleep.

3. Children's access to news needs to be monitored carefully. While adults are fascinated by the news reports and updates, children may find this frightening. Limit the amount and type of news reports your children see.

4. Talk to your children and provide opportunities for them to tell you how they feel. Children may have views of events that are distorted or inaccurate. Encourage them to share and validate their ideas and at the same time explain the accurate accounts.

5. Drawing, painting, and puppet activities that involve storytelling help children express their feelings and experiences.

6. Reassure your child that the hurricane is over and that we have sophisticated weather devices to help us prepare should there ever be another hurricane in the Houston area.

Talk to your child's teacher and/or pediatrician for more suggestions if you start to see that your child's feelings are overwhelming their day-to-day functioning. A traumatic event such as the hurricane may be magnified if other events, such as the loss of a loved one, are combined. If you need additional support, this does not mean you have failed to help your child. Sometimes children respond to a different person with whom they feel they can disclose their feelings and then leave them behind. Remember to take care of your needs so you can support your child(ren). Working together we can support your child in developing a healthy response to this unexpected natural event.

Here are websites that you may also find helpful:

<http://www.pbs.org/parents/experts/archive/2013/05/helping-kids-cope-with-trauma.html>

<https://store.samhsa.gov/shin/content/SMA12-4732/SMA12-4732.pdf>

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Civic Club Meeting Minutes

Joe Casarez, Secretary

September 5, 2017

Location: Garden Oaks Montessori Magnet School (GOMM), 901 Sue Barnett

Welcome and Introduction: Vice-President Jim DiCola welcomed those in attendance. The meeting was called to order at 7:04 p.m..

Guest Speaker: Our guest speaker was Harris County Sheriff Ed Gonzalez. Sheriff Gonzalez has over 5,000 people under his command in the third largest county in the United States with the duty to serve and protect over 4.3 million residents.

Sheriff Gonzalez took office 8 months ago. Inheriting an 8 million dollar budget deficit, he has worked with the county commissioners court to true up the budget.

Both outsourcing and overtime costs have been reduced. Investigation clearance rates have increased by adding more investigators and resources to investigate child abuse, violent crimes, and robberies.

The Harris County jail is the largest state mental hospital with about 8,000 inmates and close to 25% of that number are under some form of psychotropic medications. Sheriff Gonzalez stated that law enforcement is being challenged with being the first response to these issues when they really should be on the back end once medical attention has been given. These calls divert money and resources from patrolling and other crime prevention operations.

During Hurricane Harvey, all HCSO units and resources were fully deployed in rescue and safety operations. The sheriff's office fielded over 54,000 calls to 911 and performed some 8,000 water rescues. Social media applications were utilized for information.

A question and answer session also took place after Sheriff Gonzalez had finished his presentation.

Guest Speaker Two: Elyssa Horvath, Friends of Oak Forest Park spoke about the Oak Forest Park revitalization project and a drive to make it an inclusive park for children of all abilities in the neighborhood. Fundraising began in 2016 and over \$200,000 has been raised in private donations. The Festival of Abilities event will be held October 28, 2017 from 3-7 P.M. at Oak Forest Park. Events will include adaptive sports, an obstacle course, and fitness for all ages. Also onsite will be a petting zoo, pumpkin patch, and trick or treating. More information can be found at Houston Parks Board (http://houstonparksboard.org/events/festival_of_abilities_2017).

Civic Club Meeting Continued: The business meeting portion of the agenda was called to order at 8:01 PM and a motion was made and passed to accept the August 2017 minutes as published in the *Gazette*.

Treasurer's Report: Teresa Coleman provided an update on the financial health of the Civic Club. At the time of the meeting, the civic club was \$10,000 ahead in income compared to last year and the constable program revenues were slowly increasing as well.

Committee Reports

Constable Program: Terry Jeanes mentioned a Constable email that had been sent out earlier regarding the body of an unidentified female found in an unoccupied house on W 42nd at Shepherd. The owners of the property are being located. The house, which is boarded up, had been breached. If you are hosting a gathering for National Night Out on October 3rd, please contact Terry or Carl Waters, Jr. so that a constable can come by and visit.

Beautification: Joan Harmon will be contacting the COH to haul off two trees that fell on the Garden Oaks esplanade during the hurricane.

Website: Pam Parks stated that the Garden Oaks website had been the target of a URL insertion attack that triggered traffic by Google bots. The attack was stopped and firewall settings have been updated to address the issue. .

Membership: Dian Austin said that the current rosters now include 270 paid civic club members and 355 constable supporters. Wine Walk update: Tickets are on sale with about 75 tickets left. Sponsorship revenue of \$9,500 has been received so far.

Gazette: August 15th is the deadline to submit for the September Gazette.

Garden Oaks Citizens' Patrol: No report. October 3rd National Night Out.

2018 Home and Garden Tour: Katy Hall Wyly reported that the Home and Garden Tour will take place on April 29, 2018. If you are interested in volunteering, please check the tour page at www.gardenoaks.org and look under the Events tab.

Garden Oaks Montessori Magnet: Dr Pollock said that GOMM did not receive any damage related to Hurricane Harvey. A roof leak was found but was not due to the storm and will be fixed before school starts.

Civic Club Nominating Committee: VP Jim DiCola announced the nominating committee members for the slate of officers for 2018: Frances Schwartz, Kip Noser, Susan Saranie, Jim DiCola, and Mark Klein (Committee Chair).

New Business:

Frances Schwartz made a motion for the Civic Club to make a \$2,000 donation to the Friends of Oak Forest Park. Kip Noser seconded the motion. The motion passed.

The Garden Oaks Civic Club would like to thank Brother's Pizza for their generosity in donating the pizzas for the meeting.

There will be no October Garden Oaks Civic Club meeting so that the neighborhood can enjoy National Night Out on October 3rd. The November meeting will be held Tuesday, November 7th.

The meeting was adjourned at 8:30 p.m.

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Why We Need the Wine Walk – A Constable Program Fundraiser

*Terry Jeanes, Constable Program Chair and
Dian Austin, Wine Walk Chair*

For eight years now, we have held the Wine Walk to raise money for the Constable Program. And here's why...

Garden Oaks is fortunate to have two (2) separate Constable Patrol contracts. These Constable Patrols cover all 5 sections of the neighborhood. The Constables respond much faster than HPD and their presence in the neighborhood is a crime deterrent in itself. But, Constable coverage comes at a cost of about \$77,000 per each contract annually.

The Garden Oaks Civic Club has contracted for the two Constable Patrols and those contracts are paid for entirely by the residents of Garden Oaks. Unfortunately, less than 25% of the households in Garden Oaks participate in the voluntary Constable supporter program of \$225 annually, so we are always woefully short of funds.

This lack of resident participation is why we have the annual Wine Walk fundraiser to raise money for our Constable Program. The past eight Wine Walks have raised a total of more than \$130,000 and have allowed us to maintain a constable presence for several years, but we need to continue this fundraising effort each year. So there you have it!

You can support the Constable Program in several ways. First, become an annual Constable Program Supporter at the minimum suggested level of \$225, more if you can afford it. The form is in the *Gazette* each and every month. Secondly, buy a ticket to the Wine Walk. Encourage your friends and neighbors to do so as well. Tickets can be purchased via the form in this month's *Gazette* or online at gowinewalk.eventbrite.com. And lastly, please support the businesses that generously sponsor the Wine Walk and those that serve as table hosts as well; they make this entire event viable. Thanks to all who do support the Constable Program.

Constable Program Update

Terry Jeanes, Program Chair

Reminder: Tuesday, October 3rd is National Night Out for the Houston community. Step outside and meet your neighbors.

Please note there has been an increase in late night car break-ins. Young men in groups have been checking car door handles, and if the cars are unlocked, they are rummaging through the car. They appear to move on if the car doors are locked as forced entry does not appear to be part of their plans unless there are visible items potentially of interest in the car. Both Deputies and the Captain over patrol advise that as long as cars are left unlocked within the area, these culprits will continue to return as they are likely to score. Videos from several area residents have been passed along as well as details from some adjoining neighborhoods experiencing the same incidents.

In response to some neighbors' remarks about less sightings of our deputy patrollers compared to the beginning of the year or last year, please remember that we lost one of our contract deputies in March. We previously had three patrols, and now have only two. The Garden Oaks Civic Club maintains the contract, but residents are 100% responsible for providing the funds. Your support is needed in order to keep the two patrols we have.

Become A Constable Program Supporter: <http://www.gardenoaks.org>

You can pay only online or via the inserts in the *Gazette*. In addition, the mailouts for Garden Oaks Civic Club Membership and Constable Support for 2018 will be sent out in the next month or so; please do your part and support our community. Please ask your neighbors to do the same.

A special thank you to neighbors who supported our first responders during Harvey, with a big thanks to Ron Peoples who got his "Grill On" and delivered an abundant meal to Precinct One constables.

Constable Dispatch: 713-755-7628

Sign up for Precinct One Crime Alerts: <http://pct1constable.net/sign-up/crime-alerts/>

Vacation Watch: <http://pct1constable.net/sign-up/vacation-watch>



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Vacant (2019)

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Coley Groth (2019)
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Each director's term expires in
October of year in parentheses.

GOMO Annual Meeting

The Annual Meeting of the Garden Oaks Maintenance Organization (GOMO) will be held at 7:00 p.m. on Wednesday, October 18 at Garden Oaks Montessori Magnet School located at 901 Sue Barnett Drive. All Section 1, 2, 3, and 5 homeowners ("Members") are welcome to attend the business meeting.

Election of several Directors is on the agenda. If you are interested in serving as a Director, please contact any of the current GOMO Directors listed here in the *Gazette* or on the GOMO web page at GardenOaks.org.

Director Positions Open

The following Director positions will be filled at the Annual Meeting; the current term of each will end October 31, 2017 and the new term of each will end in October 31, 2020 unless otherwise noted.

Section 1

The director position currently held by Sheila Briones ends October 31, 2017. The new term for this position runs through October 2020. The position previously held by Michael Taylor ends October 2019.

Section 2

The director position currently held by Lori Kennedy ends October 31, 2017. The new term for this position runs through October 2020. The position previously held by Rafael Pina ends October 2018.

Section 3

The director position currently held by Susan Kostelecky ends October 31, 2017. The new term for this position runs through October 2020.

Section 5

The director position currently held by Carol Terrett ends October 31, 2017. The new term for this position runs through October 2020.

To serve as a Director, a Member must satisfy the following requirements:

- Must be 18 years or older.
- Must own property and live within the Garden Oaks Section corresponding to the position for which the Member is standing for election.
- If no Member residing in the Section stands for election, then a Member who owns property in that Section but lives in another Section may stand for election as a "Non-Section Director" whose term is one year.

Invitation to GOMO Meetings

All GOMO Members are invited to attend our meetings. Democracy works best in an open environment – and that is as true at the neighborhood level as it is at the Federal and State levels. There is no better way for the people of our community to see for themselves how we evaluate the building plans brought to us and how we make decisions than by attending the meetings. The executive session portions of GOMO meetings (for personnel, litigation, contract negotiation, enforcement actions, and attorney-client privileged issues) are closed to members. Occasionally, the Board comes out of executive session and votes on issues discussed in executive session. Members are welcome to attend the post-executive session voting and discussion, if any.

The GOMO Board is made up of 12 people and the Board doesn't have an "opinion" about a topic unless a majority of a quorum forms a consensus view. So, no single Board Member is able to tell you what GOMO "thinks" about an issue or idea until we have an opportunity to deliberate and form a collective opinion. GOMO Directors have a plan review/business meeting on the 3rd Wednesday of each month and a plan review/special meeting (as

needed) prior to the regular Civic Club meeting on the first Tuesday of each month. The third Wednesday meeting is held at 7:00 pm at the GOMO Office located in the Garden Oaks Professional Building at 4001 N. Shepherd, Suite 216. The first Tuesday meeting is usually held at 6:30 pm at the Garden Oaks Montessori Magnet School at 901 Sue Barnett. You are very welcome to attend.

Current GOMO Finances (as of 7/31/2017)

Total Assets: \$506,105.63

Separated Assets: \$324,224.16

Available Assets: \$180,813.67

Net Income All Accounts for Current Fiscal Year*: \$176,411.44

*November 2016 - July 2017; after operating expenses



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(1) Schedule a fall check-up.

Have a maintenance check-up performed on your heating system, including the furnace. This check-up is performed by a qualified A/C service technician and will ensure that all components are working properly, safely, and efficiently.

(2) Upgrade to variable speed heating.

Variable speed heating enhances your indoor comfort while using less energy. "Variable speed" refers to how a furnace's indoor blower motor operates. It allows your furnace to operate at an energy-efficient lower speed and, when necessary, a higher speed for increased warmth. With this smart system, your furnace doesn't have to turn on and off as much, which will save money plus you won't experience uncomfortable drops or rises in temperature.

(3) Have a programmable thermostat installed.

With a programmable thermostat, you can pre-set temperatures to match your daily schedule, whether you're at home relaxing or away for the holidays. The latest thermostats like Nest have touchscreen controls that are easy to read and use. They also offer some great extras like informing you what the temperature is outside so you know how much (or little) to bundle up, and when it's time to change your A/C system's air filter.

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Wine Walk Sponsors

Thanks to these committed sponsors to date for their support of our Constable Program. The bulk of the monies we raise for the Constable Program comes from these sponsors, many of whom have supported the neighborhood time and time again. Be sure to thank them!

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- The Barking Pig
- The Farmstand of Greater Heights
- Tonya L. Knauth, Attorney, PLLC

Wine Walk Table Hosts

Each year we depend on many area residents and businesses to volunteer to host a table at the annual Wine Walk. Each of these hosts provides wines and foods at their own expense for all attendees to sample. All of these folks are returning Wine Walk veterans, and we are most grateful for their willingness to step up year after year to host their tables on the day of the event. A round of applause for the Wine Walk Table Hosts of 2017, and we look forward to whatever wine(s) you might be pouring this year!

- Aitu Pham Taube State Farm Agency
- "Aged to Perfection"
Elisa Cuellar & Knox Wright
Pamela Parks & Teresa Coleman
Vicki Singer
- Danyel T. Ramelow, Financial Advisor, Edward Jones
1415 N. Loop West
- Facundo Home Builders - Miguel Facundo
- Garden Oaks Vineyards - Lorie & John Reno
- "GO Red Hot Chili Peppers"
Dru & Margie Neikirk
Emilio & Patti Chemali
Kip & Kari Noser
Matt & Erica Gannon
Ron & Sheree' Peoples
- Harry James Building + Design
- Heidi & Stuart Arouty
- Karie & Alyn Goad
- Liberty Kitchen Garden Oaks
- Scott Miller
- Tina Rowe & Jim DiCola
- "Wine and Love"
Sue Walmsley Amash
Tina Beddow

Sponsorship benefits are detailed at gardenoaks.org. Sponsorships may also be purchased there.

Citizens' Patrol Update

Carl Waters, Jr., Program Chair

Final reminder: If you are planning a National Night Out block party, please let Terry Jeanes or me know so we can inform the Precinct One Constable's Office and the Houston Police Department to send an officer by your party.

August Crime Statistics (8)

Aggravated Robbery (2)

4000 block N. Shepherd Dr. on Wednesday, August 2 at 10:36 p.m.

3000 block N. Durham Dr. on Saturday August 19 at 2:18 p.m.

Auto Theft (1)

4000 block of N. Shepherd Dr. on Monday, August 21 at 6:26 p.m.

Burglary (2)

700 block of W. 32nd St. on Wednesday, August 16 at 8:01 p.m.

3400 block of N. Shepherd Dr. on Monday, August 28 at 10:27 a.m.

Burglary – Motor Vehicle (1)

3400 block of N. Shepherd Dr. on Wednesday, August 2 at 7:51 a.m.

Theft (2)

4100 block of N. Shepherd Dr. on Friday, August 4 at 10:13 a.m.

1300 block of Sue Barnett Dr. on Monday, August 14 at 10:24 a.m.

Inquiries about joining the Citizens' Patrol Program or other community safety issues may be directed to me via the neighborhood website (GardenOaks.org), the Citizen Patrol email account (gocop77018@aol.com), or by phone at 713-864-1992.

Emergency Numbers

Crimes in progress, fire, or ambulance	911
HPD (Non-Emergency)	713-884-3131
Precinct One Constable Dispatch	713-755-7628
All Other City Services	311

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GO Kids Update

Lindsey Gabriel, Coordinator

We are looking forward to these upcoming fun events:

- Halloween Bash on Sue Barnett – October 28th
- Fall Fun Run – November (date TBD)
- Santa Night– November 28th
- Christmas Movie Night – December 1st

Leadership Team

The Leadership Team met on September 6th to plan for the rest of the year, and we expect some openings in 2018. If you are interested in a position or in helping, please see contact info below. Details will be posted on the GO Kids Facebook page.

GO Kids Dinner Drops

Have you or someone you know welcomed home a new baby recently? GO Kids will coordinate and provide several meals to families. Please contact our Dinner Drop coordinator Nancy Perez-Vargas at nancyperez@mac.com to participate. We are always in need of volunteers for this program.

GO Babies

We are excited to welcome Katerina Benkowski, our new GO Babies Chair, to the Leadership Team. Be on the lookout for upcoming play dates for our tiny GO Kids on the GO Kids Facebook page. If you have any suggestions, please contact Katerina at L_katerina@hotmail.com.

Interested in becoming a member?

We welcome families to join our kid-focused group with annual events, new parent dinner drops, and a monthly Moms' Night Out, as well as many other activities throughout the year.

Check out our calendar of events and obtain additional event details at www.bigtent.com.

GO Kids was started by a group of parents who wanted to build a family-friendly neighborhood where children and parents know each other and grow together. We look forward to seeing you around the neighborhood!

If you have questions or would like more information about the GO Kids group, please contact the GO Kids Coordinator, Lindsey Gabriel at lindsey.gabriel5@gmail.com or any member of the Leadership team.



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'Tis the Season to Be Stressed Out

Erin Thole, CNHP

We live in a time when everyone is stressed and pressed for time all the time. And Hurricane Harvey just amplified the stress here in Houston and the surrounding areas. As we continue to heal and rebuild, it is important to take some time to keep yourself balanced. After all, you cannot take care of others well if you are not taking care of yourself first. A fast-paced lifestyle really takes a toll on our health and can lead to health conditions, such as:

- Digestive issues
- Depression and anxiety
- Poor sleep
- High blood pressure
- Chronic fatigue
- Anger issues
- Hormonal imbalances
- Weight gain/loss
- Inability to gain muscle
- Weakened immune system
- And even cancer and autoimmune conditions

Tips for managing stress:

- Make a list before going to bed of all the things you have to do the following day. This will help to unload your mind. If everything is down on paper, or in your phone, then you will be less likely to keep running through the list all night worrying that you forgot something. It may take some practice to stop listing as you lay in bed. Just remind yourself, "I made my list, and I have nothing to worry about."
- Use your list! The next day as you accomplish your tasks, check them off the list.
- Plan, Plan, Plan. If you fail to plan you plan to fail. Do food prep for days in advance, keep a schedule in your phone for everything from your daily workout, picking up the kids, meetings, etc. This way you always know where you are going.
- Eat clean. The better you fuel your body, the better you will feel and the better equipped your body will be to handle your day to day stress.
- Check in with yourself throughout the day. This will help you stay centered and grounded. Ask yourself, "How do I feel at this exact moment?" If it is a negative emotion ask yourself what you can do at this exact second to change the emotion. Often

(Continued on page 22)

Say bye-bye to food cravings, excess weight, mood swings, aches and pains, fatigue, hormonal imbalances, poor sleep, bad skin and digestive issues!

Erin Thole, CNHP works with each client's unique biochemistry to determine what dietary, supplementation and lifestyle changes will work best for them as an individual. There is NO one-size-fits-all program!



Erin has the resources and training to CHANGE YOUR LIFE!

- Food sensitivity panels
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- Nutritional programs
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- Personal training

Contact Erin Thole, CNHP today to set up your FREE consultation! erin@erinthebest.com

To learn how Erin has helped people *JUST LIKE YOU*, go to www.erinthole.com



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Mickey's Minute

Mickey Morales

It appears that I spoke too soon when I mentioned last month that we had survived another summer on the Gulf Coast. I forgot to factor in Hurricane Season and what an oversight that turned out to be. Most of us came through okay, not great, but okay. Farmer Cathy, Gus Nawara and company, and Felix Flores of Black Hill Ranch that supplies meats to Emma of Ranch to Kitchen took it on the chin though. With many laying hens and piglets drowned and crops completely washed away, life from them is now all about replanting and raising new animals to replace what was lost. Both Kristy's and Farmer Cathy's homes took on some water, while the home of Joshua of Green Dragon Coffee and my mom's place sat in over four feet of water for more than a week.

I'd like to thank everyone who came out to the two pop-up fundraiser dinners I put on right after the rain stopped and contributed to helping our farmers rebuild. And a special thank you to the gals and guys of Great Heights Brewing for hosting the events.

As you have probably noticed by now, I have divided the market into two opposite corners of the parking area to help ease the pressure on our hosts, and you may now park behind the fence if there are not any spaces available in the front area. Cyrus of Mindful Honey has kind of joined our happy band by bringing honey comb to the market while helping to sell Geo's Tamales. And by the time this gets out, we should have been rejoined by Stacy and Mike Gross of 144 Bakery with their regular and gluten free breads and scones. It may be time to start whipping up sausage gravy again.

As always, "Come soon, come often and thank you for supporting our market."

Farm Stand of Greater Heights

9:00 am - 1:00 pm

Every Saturday
Rain or Shine

938 Wakefield

Sustainably-grown produce, eggs, goat cheese, free-range meat, prepared Indian dishes, jams, and jellies



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Heard Under the Oak Tree

Terry Jeanes

Welcome, New Neighbors!

Congratulations on joining our community. We look forward to seeing you at a civic club meeting soon.

1559 Sue Barnett
303 West 32nd
308 West 32nd
332 West 32nd
974 West 42nd
1059 West 43rd

Happy Birthday

Dian Austin – 10/1
Sue Schmidt – 10/3
Julian S. – 10/5
Tina Sabuco – 10/9
Michael Padon – 10/12

Alice Sarmiento – 10/24
Benjamin B. – 10/24
Pene Carter – 10/25
Linda Reichle – 10/25
Mark Saranie – 10/25
Fritz Westover – 10/25
Jack Runge – 10/28
Eden Craig – 10/30

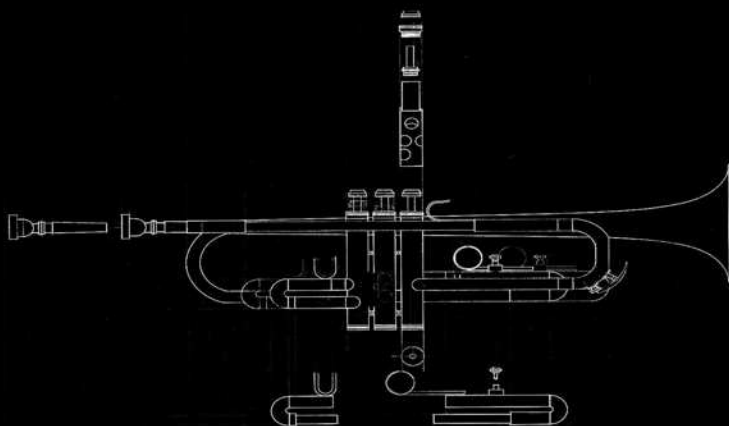
Happy Anniversary

Debbie and Tony Padon – 10/6
Elizabeth and Mark Klein – 10/7
Betsy and Gig Runge – 10/9
Sally and Jim McDaniel – 10/12
Tina and John Beddow – 10/21
Lori Kennedy and Joe Muscara – 10/23
Jayne and Mike Maltbie – 10/28

Welcome...

To Elena Rose Munoz, a special gift to proud parents **Brandi and Don Munoz**. She was born Sunday August 20th, arriving a bit earlier than expected at 30 weeks and 4 days, 3 lbs 6 ozs.

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To baby girl Cora, another special gift to beaming parents **Shanda and Alex Summitt**, born on Sunday August 13th, at 8 pounds.

A Salute and Kudos...

To all the fabulous Garden Oaks neighbors who pitched in helping neighbors and fellow Houston area folks affected by Hurricane Harvey. From keeping storm grates clean during torrential rains, cutting up and moving fallen tree limbs, providing food for first responders, donating supplies to people and animals in need, providing labor for demolition and clean up crews, giving tons of financial support, and much, much more. We are so proud of our community members—there are too many of you to name!

Out and About

Elisa Cuellar attended the Lyle Lovett concert.

John and Gina Greenslate had a fabulous trip to Greece.

Jessica Padilla placed her hat in the ring for Harris County Judge Criminal Court #13.

Trent and Megan Salch were in the crowd for a recent Zac Brown concert.

The McLeans enjoyed a trip to London.

There was a **Bear sighting** at the Barking Pig.

Thoughts and Comforting Wishes For...

The family and friends of **Ellen Amsden** who passed away in July.

The family and friends of **Richard Gerlach** who passed away August 18th.

The family and friends of **Billy Don Chiasson** who passed away August 30th.

The family and friends of **Adam Paradoski** who passed away on September 5th .

To highlight an event, celebration or other tidbit, please submit information no later than the 12th of the month to Terry Jeanes at terry@terryjeanes.com.



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Save the Date for Santa

Tina Sabuco

This is your first reminder to save the date for "Gazebo Santa."

Santa and Mrs. Claus will be visiting with families in Gazebo Park on:

Monday December 11th
and
Tuesday December 12th
from 6:00 to 7:30 p.m.

If you are interested in helping Elves Georgia Lister, Terry Jeanes, and Tina Sabuco, they always need help decorating Gazebo Park in November for all Garden Oaks visitors and neighbors to enjoy. They also need help with set up and take down on the nights of the event. If you would like to become an elf and help or if you have any questions about the event, please contact Elf Tina at tina@artsaliveinc.com.



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Gazette Advertising Rates/Sizes/Submission Guidelines

Size	Single	Six Months	Twelve Months
2 1/4 W x 2 3/8 H	\$60.00	\$300.00	\$580.00
2 1/4 W x 4 1/4 H	\$90.00	\$450.00	\$870.00
Half Page 7 1/2 W X 4 1/2 H	\$110.00	\$550.00	\$1065.00
Full Page 7 1/2 W x 9 1/2 H	\$180.00	\$900.00	\$1745.00
Half Page Back Cover	\$150.00	\$750.00	
Full Page Back Cover	\$225.00	\$1125.00	
Full-page insert, single-sided	\$280.00		
Full-page insert, double-sided	\$325.00		

Please note:

1. Placement of ads is subject to the discretion of the editor.
2. Artwork must be e-mailed to gazetteads@gardenoaks.org by the 15th of each month for publication the following month.
3. Artwork may be submitted in one of the following formats: JPEG (.jpg), PDF (.pdf), GIF (.gif) or TIF (.tif).

(Stress—continued from page 15)

simply breathing deep and slow will help. If the situation is out of your control, recognize that there is nothing you can do about it at this time and learn to accept that. This will take practice.

- Take 2 minutes 3 times a day to breathe deep and slow. This is great for those times when you are feeling super frantic and flustered.
- Have a word or positive short phrase that you can repeat to yourself over and over to help calm you down. (Some examples include “calm”, “peace”, or “breathe”.) It may take a few tries to get the perfect one that will work for you.
- Sleep and stick to your sleep schedule. This will help to keep those stress hormones in check.
- Do something fun! All work and no play makes for a very stressful and unhappy existence. Be sure to have some time each week to let loose.
- Workout regularly! Especially on those days when you just don’t want to... those are usually the days when you need that release the most and you will be so glad you did it! It doesn’t need to be a long session. Ever try 10 minutes of continuous burpees? That’s all you need.

- Don’t drink too much alcohol. This is going to dampen your productivity and energy, make it harder to get quality sleep, and you’ll just feel gross the next day.
- Take some time to do some gentle yoga, stretching, meditation, or prayer every day.

*Erin Thole, CNHP has been working in the health, nutrition & fitness field for over 9 years. To learn more and request a free consultation: www.erinthole.com - thole.erin@gmail.com; *CrossFitters*—be sure to check out www.erinthebeast.com*

A color version of the *Gazette* is published each month at the Garden Oaks web site, gardenoaks.org. You can download past issues as well as find contact information and pay for ads.

Classified Ads are \$20 per run for residents, and are for personal services only, e.g. help wanted, items for sale, infant care needed, etc.

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2017 GARDEN OAKS WINE WALK
Saturday October 21, 4 - 6:30 pm
744 W. 43rd

___ Yes! Reserve ___ tickets @ \$85 for a total of \$ ___

Name: _____

(Note: this is the name in which your tickets will be held at Will Call.)

Address: _____

Phone: _____

Email: _____

___ No, I cannot attend, but enclosed is a donation
of \$ _____ to be applied to the Constable Program

Please mail this completed form
along with your check payable to:

Garden Oaks Civic Club
P.O. Box 10273
Houston, TX 77206

We will acknowledge your ticket order via email or
phone. Rain date is November 4. Sorry, no refunds.



**Featuring wines from the
Northern Hemisphere**

Ticket sales limited to the first 200 to respond.
This is an ADULTS only event (age 21 and older).

OCTOBER 2017

sun	mon	tue	wed	thu	fri	sat
1	2	3 GOMO Plan Review 6:30 PM GO Professional Bldg Suite 216 National Night Out	4	5	6	7 Farm Stand 9 AM - 1 PM 948 Wakefield
8	9	10	11	12 Garden Club Meeting	13	14 Farm Stand 9 AM - 1 PM 948 Wakefield
Due to disaster debris collection efforts in the wake of Hurricane Harvey, the City of Houston has suspended all scheduled waste pickup except for garbage collection until further notice. For more information, visit houstonsolidwaste.org .						
15 Gazette Article Deadline	16	17	18 GOMO Annual Meeting 7 PM Garden Oaks Montessori Magnet	19	20	21 Farm Stand 9 AM - 1 PM 948 Wakefield Wine Walk 4 - 6:30 PM 744 W 43rd
22	23	24	25	26	27	28 Farm Stand 9 AM - 1 PM 948 Wakefield
29	30	31 Halloween	One of the ways that I believe people express their appreciation to the rest of humanity is to make something wonderful and put it out there. - Steve Jobs			4

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2018 Constable Patrol Contributor Application & Contact Information

[] New Member or [] Renewal

Property Address : _____ Phone at this address: _____
--

Please provide contact information for program member(s) at this address:

Member 1 Information	Member 2 Information
Name: _____	Name: _____
Email: _____	Email: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

You may provide information for person(s) to contact in an emergency:

Emergency Contact Information	Emergency Contact Information
Name: _____	Name: _____
Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

Payment Options

- [] Enclosed find my payment for 2018 of \$225. (Make checks payable to **Garden Oaks Civic Club**.)
- [] I/We cannot contribute \$225 now; however, enclosed please find my/our check for \$ _____.
- [] I/We will pay online (see below).

Many of our neighbors live on limited, fixed incomes. Are you willing to sponsor a neighbor?

- [] Yes! Please accept my additional gift of \$ _____ for the year (enclosed).

Mail this form to

**Garden Oaks Constable Program
 PO Box 10273
 Houston TX 77206**

or pay online at

www.gardenoaks.org



ANNUAL MEMBERSHIP DUES STATEMENT

January – December 2018

Membership is open to all residents whether you own or rent. **While all memberships are voluntary, you must contribute at least at the Basic Level to be eligible to vote on civic club matters.** Membership dues are to be paid on or before **January 1st** for the calendar year.

Fill in Amount:

\$ _____	Crepe Myrtle (Basic Level) Household Membership	\$25 (\$5 for Seniors)
\$ _____	Red Oak (Patron Level) Household Membership	\$75 (\$15 for Seniors)
\$ _____	Community Household Membership	\$100
\$ _____	Business Membership (Non-Voting Membership)	\$50
\$ _____	Contribution to Beautification (all neighborhood green spaces)	
\$ _____	Contribution to Garden Club (maintain Friendship Park, Section 1)	
\$ _____	TOTAL	

Please mail this completed form along with your check payable to:
Garden Oaks Civic Club, P.O. Box 10273, Houston, TX 77206

-OR-

Pay online at www.gardenoaks.org
upon completion, you will receive e-mail confirmation of your dues payment.

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THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!