

CARDEN OAKS AZETTE

May 2001

Volume 24, Number 5

Growing, Weeding, Building

Sam Stengler, Deed Restrictions Committee Chair

Well, here it is, springtime once again. I walk outside my front door into the heady airs of things growing. Neighbors are outside gardening, weeding, mowing, and replanting. The bigger projects are starting too: remodeling, repainting, and many times, adding on or rebuilding that house. And it's these big projects that I 'd like to touch on here...

I received a call this evening from a gentleman who, with his wife, owns a home in Section Five of our neighborhood. Practically the first words out of his mouth (after "Hello.") were: "I hear you are the guy in charge of the deed restrictions."

"In charge of the Deed Restrictions." Imagine that.

I, of course, answered in the negative, and then explained briefly that our committee is actually only trying to collect the needed votes to create a new Deed Restrictions (DRs) enforcement body, the Garden Oaks Maintenance Organization (GOMO). But as our conversation continued, I was continually struck by the similarity of this man's questions and concerns to the 30 or 40 calls that I have received over these past months.

After reviewing in my mind the subject of my past articles, I realized that it has been a while since I dealt with the current situation regarding our Deed Restrictions.

So, in order to answer some of the more common questions that I have received over the past year or so, here are the four of the most frequently asked ones, and their answers (in brief).

First, and foremost: Are our Deed Restrictions still in force?

The Garden Oaks deed restrictions, as filed with the Harris County Clerk's office, and printed in the booklets that were handed out by the Board of Trustees, are still **very much in force**. With a single exception, none of the neighborhood's DRs have been ruled invalid or unenforceable. And that brings us to...

Second: To whom do I report a property owner to in order to see if they are violating/stop them from violating/find out if I'm violating the GO Deed Restrictions?

In the absence of a formal organization to undertake enforcement duties, the burden falls on each of us, every property owner in Garden Oaks, to see that new violations of the deed restrictions do not occur. And truthfully, we are all ultimately responsible for maintaining our DRs much as we must maintain our homes, whether it is through a formal enforcement body (like GOMO or the defunct Board of Trustees) or as individuals. Our DRs will stand or fall based on how much we care about ensuring that they are enforced (or not).

Continued on page 3

Civic Club Meeting

Tuesday, May 1st

The next Civic Club Meeting will be held on Tuesday, May 1st at 7:00 P.M. in the Garden Oaks Elementary School Multi-Purpose Room.

Our speaker will be Pastor Tom Moffett, pastor of the Net Church. The Net Church has purchased the Garden Oaks Theater, and he will be telling us who they are, what they plan, and how they plan to integrate with our community.

From the Editor

Joe Muscara

Here at the offices of the Garden Oaks Gazette, we receive many inquiries and submissions from prospective authors. Since we have noted that many of these articles have some common problems, we have decided it would be best to provide some rules for writers. Please note that what we have reproduced below was not written by us; it has been attributed to William Safire. Without further delay, here are

William Safire's Rules for Writers

Remember to never split an infinitive.

The passive voice should never be used.

Do not put statements in the negative form.

Verbs have to agree with their subject.

Proofread carefully to see if you words out. If you reread your work, you can find on rereading a great deal of repetition can be avoided by rereading and editing.

A writer must not shift your point of view.

And don't start a sentence with a conjunction.

Remember, too, a preposition is a terrible word to end a sentence with.

Don't overuse exclamation marks!!!

Place pronouns as close as possible, especially in long sentences, as of 10 or more words, to their antecedents.

Writing carefully, dangling participles must be avoided.

If any word is improper at the end of a sentence, a linking verb is.

Take the bull by the hand and avoid mixing metaphors.

Avoid trendy locutions that sound flaky.

Everyone should be careful to use a singular pronoun with singular nouns in their writing.

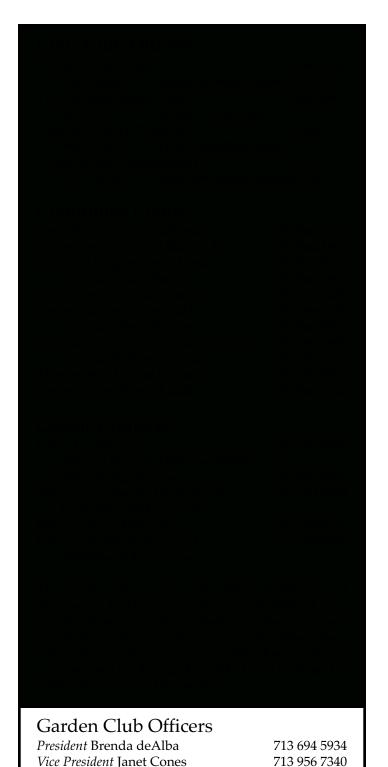
Always pick on the correct idiom.

The adverb always follows the verb.

Last but not least, avoid cliches like the plague; seek viable alternatives.

Until next month, I'm

still the editor.



Secretary Barbara Ballance Treasurer Tina Nieto

Sunshine Terry Jeanes

Yard of the Month Holly Veech

Phone Committee Ann Hollis

Hail to the Chief

David Bell

In articles past, I have referenced the concept of participatory citizens. One citizen I would like to especially highlight is Oscar Ochoa, owner of O. D.'s Printing. Oscar is one of our most faithful attendees at the Civic Club meetings and continues to volunteer both his time and printing services. Particularly in our effort to create the GOMO, he has provided at no charge the printing jobs that easily run into the hundreds of dollars. This has not been a one-time donation. Over the years, he has come through, always volunteering without being asked. In addition, he is there. He actively participates in the meetings and committees giving his time as well. Oscar, we thank you for your support and for serving as a model for the rest of us.

For those of you who to date have been spectators in the neighborhood wondering what you can do, I would like to offer you several venues to help make your neighborhood a better place. First of all, the efforts to create the GOMO are continuing to move forward. There is a very small core group that is pushing ahead with the plans and organizing for the legal and logistical challenges. Additional volunteers will certainly be needed. There will be much more forthcoming in the next several weeks, and the May civic club meeting will definitely worth attending for information. Also, we officially announced at the last meeting that we will have a neighborhood party in the fall. Details of what to be included are in the works. Shannon Thompson has once again generously volunteered to head this effort, and she will definitely need people to head the task groups. The various committees listed in the Gazette are excellent ways to get involved and within those, you can really make a difference. These include the GOCOP, the Beautification and Garden Clubs, write articles for the Gazette, help on the Home Tour annually, etc, etc.

Our neighborhood needs you! For too long we have depended on the very few to do the work for the many.

Continued from page 1

Third: I'm about to rebuild/remodel/add-on to my home. Who can I get to look over my blueprints to see if they meet the Deed Restrictions?

Absent any formal architectural review committee, it is the responsibility of each of us, when planning to remodel, 'add-on', or rebuild our homes, to be familiar enough with the DRs for our section and lot so that our projects don't violate the restrictions. We have been fortunate in that one or two of our longer-term residents have expressed a willingness to give their opinion, based on their experience on the old Board of Trustees, on any resident's building or remodeling plans. But, it is ultimately the property owner's responsibility to ensure that the proposed plans meet the deed restrictions.

Fourth: How can I get a copy of the Deed Restrictions?

This one has several answers:

- Look through the closing papers that you were given when you purchased your property (or properties).
 The Closing Officer should have made sure that a copy was included in your closing papers.
- Come to a Civic Club meeting and ask. Several regular members of the club have copies, or know of someone who does. I have a goodly number tucked in a file cabinet.
- Log on the Garden Oaks list server (at http://groups.yahoo.com), and look in the Files section. I have put electronic copies (Word 7) of each section's DRs there. Download the right one, and print it. (Online readable copies coming soon!)
- Ask a neighbor to borrow his/her copy.

I hope this answers some of the more pressing questions.

Our efforts to create the Garden Oaks Maintenance Organization (GOMO) continue, about which I will have more information in my article next month.

In the meantime, please feel free to contact me (281-773-3478),

Classified Ads are \$15 per run for residents, and are for personal services only (yard sales, items for sale, infant care needed, etc.). Contact the Gazette Advertising Director for more information.

Join the Garden Oaks List Serv. It's easy, it's fun, and best of all, it's free. Just go to

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Minutes of April 2, 2001 Civic Club Meeting

Amy Shaughnessy, Secretary

President David Bell called the meeting to order at 7:05 p.m. The March minutes were accepted as published.

Officer Reports

Treasurer: Cherry Wolfarth distributed the quarterly financial report, minus the Home Tour figures, which were not ready at this time. Now that we are post-Home Tour, Treasurer Wolfarth requested a meeting with the Civic Club officers and committee chairs to review budgeted figures. Cherry reported that the Constable program looks good financially for a few more months, but we'll be scraping to pay by mid-summer if we don't get more paid participants.

Guest Presentation

Vice-President Stacey Park gave a very helpful presentation on the impending deregulation of the electric utilities.

Committee Reports

Membership: Michael Froebel is working on the new resident packets and would like each committee chair to contribute information on his or her committee so that our new neighbors can get involved! To join the Civic Club or for more information, contact Michael Froebel at 713-683-8914. There was no report on the Senior Helpers. For more information or to get involved with the Senior Helpers, contact Sharon Lauder at 713-862-3747.

Beautification: On behalf of Rick Grochoske, Ed de Alba reminded everyone of the scheduled Garden Oaks Boulevard esplanade work day on April 28 from 9 a.m. – noon. For more information or to join the Beautification Committee, contact Rick Grochoske at 713-864-8164.

GOCOP: Carl Waters reported that two new patrollers have completed training – these make a total of five new patrollers added this year! GOCOP Patrollers are still needed - contact Carl at 713-864-1992 for more information on becoming a GOCOP.

Constable Program: Terry Jeanes reported that the Constable Program needs more supporters. Terry welcomes any ideas or help for drumming up new participants. Contact Chair Terry Jeanes at 713-680-8550 for more information or to participate in the Constable Program.

GardenOaks.org: No report. To volunteer to help with the webpage, contact James Cobb at 713-686-4578 or Sheila Briones at 713-861-8091.

Gazette: The deadline for the May *Gazette* is April 15. Contact Joe Muscara at 713-691-6833 for information or to submit an article. Contact Advertising Director Holly Veech at 713-263-8659 to place an ad in the *Gazette*. If you are experiencing problems with delivery of your *Gazette*, contact Delivery Coordinator Willie Stollenwerck at 713-695-0721.

Home Tour: Co-Chair Robert DeVeau announced that final financial numbers were not yet available, but the 2001 Home Tour brought in over 600 paid attendees – slightly more than the 2000 tour. The income from the silent auction at the Sponsor Party was double what was anticipated. There will be a full report at the May Civic Club meeting. Thanks to Robert DeVeau and Mike Caldwell for all their hard work for a successful Home Tour! The chairs for the 2002 Home Tour will be Mike Caldwell and Sheila Briones. Oscar Ochoa announced OD's Printing will donate the raffle ticket printing for the 2002 tour. Thanks, Oscar!

Garden Club: Ed de Alba announced the next Garden Club meeting will be April 12 at 1010 Lamonte at 7 p.m. Contact Garden Club President Brenda de Alba at 713-694-5934 for more information.

GOMO: GOMO Chair Sam Stengler updated everyone on the latest developments. The GOMO committee is re-working the ballots and petitions to re-file the petition in May. We have one year from the re-file date to complete the balloting. There is a sub-committee under GOMO dedicated to a plan of attack to get old ballots re-filed and get the new ones we need to pass GOMO. If time and budget allows, the GOMO committee would like to have the ballot and petition reviewed by an independent firm. Treasurer Cherry Wolfarth expressed concern with possible unforeseen expenses incurred by the re-balloting process. The meeting originally scheduled for April 4 has been moved to April 11 at 7:00 p.m. For more information on GOMO status or to volunteer, call the hotline number at 713-341-3737 or GOMO Chair Sam Stengler at 281-773-3478.

Old Business: Ed de Alba reported that he has met with the designers and they plotted out the new park at the closed intersection at Randall and Durham. He will bring the proposed plan to the May Civic Club meeting. Garden Oaks residents are encouraged to contact City Council Member Bruce Tatro's office to express support for this project.

New Business: David Bell announced a fall picnic, which will be headed up by Shannon Thompson. Stay tuned for more information.

Terry Jeanes announced a memorial fund for Rick Englert, longtime Civic Club supporter. Terry is accepting donations, which will be for the education of Rick's son, Trey.

The meeting was adjourned at 8:05 p.m.

Refreshments for the meeting were graciously provided by Terry Jeanes, REMAX/Metro.

April Yard of the Month3206 Lawrence

Larry and Luanne Kopecky
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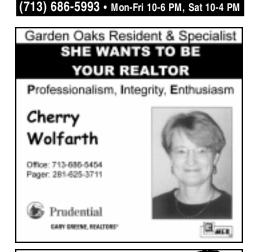


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Citizens on Patrol

Carl Waters, Jr.

While I was patrolling last month I stopped to collect hours from one of our patrollers. We started talking about things in the neighborhood and some mutual concerns came up. On top of that, a few days later came the distressing story of a home invasion murder in the nearby Inwood Forest subdivision. The topic we discussed was fencing. No, not with swords, but the type that borders so many of our properties. In the past, fences had been a means to mark boundaries and served as an impromptu meeting place to discuss current events with the neighbors. Today, many folks are opting for privacy fences over the older, shorter chain link fencing that surrounds my home. Unfortunately, sometimes things that are designed to protect can also hurt you. While you were trying to keep out the bad guys and protect your family and property, higher privacy fencing also serves to hide the bad guys once they get inside. Privacy fencing can also break down the sense of community that many residents feel here. Growing up we all knew the houses around us as the Smith's, Jones's, the Olson's, etc., and when those families moved away the house still retained that name in our minds. Do you know your neighbors names? Do you know what cars belong there? If something happened at neighbor's home do you know how to reach them at work to tell them? If not, maybe it's time to break down some barriers and rebuild a community.

February Crime Statistics (3)

Burglary (1)

200 block of W. 34th St. on 2/23/01 at 11:45 a.m. (residence).

Burglary of a Motor Vehicle (1)

600 block of W. 34th St. on 2/24/01 at 3:20 p.m. (parking lot).

Narcotics (1)

200 block of W. 32nd St. on 2/13/01 at 1:35 p.m. (street).

We have added five new patrollers since the start of the year. Congratulations to David Heiland, Charles and Shannon Thompson and to Janna and Terry Charlton.

Care to join them? I can be contacted via the Internet at GOCOP77018@AOL.com or you can call me at 713-864-1992 for details about joining our program.

Emergency Contact Numbers

Crimes in progress, Fire or Ambulance 911

Houston Police Department (non-emergency) 713-222-3131

Precinct One Constable Dispatch 713-755-5200

Garden Oaks, A Great Past - A Greater Future

Pat Walker

We are compiling a collection of the history, events, and activities that have occurred in Garden Oaks from its beginning to the present. The Garden Group, at Keller Williams Realty, has chosen this exciting project to show our appreciation of the great neighborhood in which we all live. We will also be adding to our fine collection from year to year as events occur.

Although we have had good success at locating historical pictures, we must have the help and assistance of our Garden Oaks neighbors if our collection is to be complete.

Any contribution you make will become the property of The Garden Group and you will be acknowledged as the donor.

Upon completion, our prized collection will be housed in our office at 985 Wakefield and will be on display for all our friends and neighbors as well as potential new neighbors to enjoy and benefit from our rich history. We invite you to stop by and preview what we feel to be one of the most complete collections of neighborhood memorabilia in the city of Houston.

Your participation in this most worthy and exciting project will be greatly appreciated by all Garden Oaks residents.

We need assistance with the following:

- Original pictures of Garden Oaks (homes, streets, country club, schools, fire department, etc.)
- Pictures of Garden Oaks events that have taken place through the years
- Any history regarding the civic or garden club, Board of Trustees (such as clippings, yearbooks, pictures of officers, etc.)
- Newspaper articles (for example, the plane crash in Garden Oaks, when Garden Oaks was annexed by the City of Houston, etc.)
- Copies of Garden Oaks Gazettes
- Pictures of past annual Chili Cook-Offs
- Pictures of the few times we have had snow in Garden Oaks
- Pictures from past home tours
- Pictures of events at Garden Oaks Elementary
- Pictures of gardens, yards, flowers, etc. in Garden Oaks

If you prefer, we will have any item you furnish reproduced and will return your original to you. We will appreciate any help you can give in putting together a complete history of our neighborhood.

For more information, contact us at 713 686 1818. Thank you!

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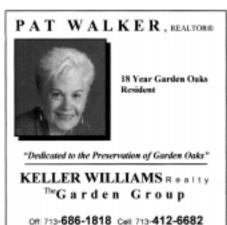
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April Showers...

Mark Saranie

After another very successful home and garden tour this year, it is time to let the grass clippings settle and return to the business of adding to and maintaining our garden beds. But first, congratulations and many thanks must be given to all the homeowners who so graciously allowed the hundreds of tour goers to marvel through their homes and tiptoe through their gardens.

Congratulations also to the organizers of our home tour. What a great job!!! If you have never assisted with this endeavor, which by the way is already underway for next year, I encourage you to volunteer, if only to sell tickets on the day of tour. The smooth operation on T-day belies the extensive preparations, and gray hairs, that preceded this grand day. Get involved!

Now then, what isn't happening in the garden? With the arrival of warmer weather, plant life has taken off. One constant comment overheard during the tour was how well roses were doing in everyone's yards. I like this because if things are going well for me things are many times better for everyone else. The past winter rains we had have been attributed to the great displays of wildflowers seen out in the country as well as the blooms throughout our neighborhood and others.

Last winter I put in white onions and garlic. These will be ready to harvest in a few more months. The garlic came from cloves of a standard bulb found at the farmers market. The greens make an aromatic substitution for chives and scallions. I can't wait to pull the garlic and braid them together. Also, some carrot seed I had given up on came up and is doing quite well.

My personal vow for never growing tomatoes was ignored...again. I have four bushes going, as well as six jalapeños, and the obligatory bed of basil, some dill, and other tax free plants. The gift of a squash plant from one of the garden owners (you know who you are) during the tour is in the ground and going strong. The eggplant seedlings I promised her will be ready soon. Out front, the ranunculus is blooming, the freesias are out, crocosmia is beginning to bud out, and liatris is making its appearance as well as eucomis. My yesterday today tomorrow, *Brunfelsia*, in the back is, for the first time, totally covered with its everchanging cloak of purple blooms.

I could go on and on but I would probably get a call from the editor and his assistant with the request to shorten my article by a few dozen pages. I feel a banner garden year coming on and the urge to run out and buy plants with abandon is a frightful thing to contain. Are credit cards supposed to be hot to the touch? (Note to wife: I am being strong.)

Garden Things for May

- Happy Mother's Day!
- Get a jump on protecting your lawns against chinch bugs. A well-watered lawn is the key.
- Brown patch can be caused by too much water so be observant of the telltale mark of an ever-growing patch of brown grass. Consult your nursery person and keep a fungicide on hand so that in the event your lawn is affected you can treat it promptly. I know this sounds like a catch-22 but early detection of brown patch will minimize its spread.
- Continue setting in your warm weather plants, now out in force in the garden centers and specialized nurseries. I have carefully put in among my ranunculus several verbenas so that when the heat drives them away a nice carpet of purple will be available.
- To mention a few warm weather plants, look for cuphea, buddleia, coreopsis, gazania (this has performed very well for me in the past), lambs ear, cleome, yarrow, hummingbird bush (mine is coming back with a vengeance and cuttings take root readily—hint), ice plant, etc. We have some great nurseries nearby. Take advantage of their at times unique offerings.
- Fruits and Veggies? Tomatoes, (what are those?), peppers, cantaloupe, cucumbers, squash, you name it!
- Start or add to your herb gardens. Basil, of course, thyme, oregano, potted mints, rosemary, and so many more.
- There is so much to do and so many varieties available that you will have no problem with selection.

Chat with you in June!

GOMO Voting Section Captains

Sam Stengler

| Section 1 - Mary Tyler Martinez | 713 681 3913 |
|---------------------------------|--------------|
| Section 1A - James King | 713 426 1607 |
| Section 2 - David Heiland | 713 927 1125 |
| Section 3 - David Bell | 713 694 5016 |
| Section 4 - Steve Powell | 713 686 6503 |
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Conquering the Beverage Aisle

Catherine Kruppa, MS, RD, LD

Like it or not, summer is around the corner. In Houston, that means a lot of steamy runs are in our near future. The average athlete can exercise safely at a moderate level in temperatures ranging from 50-85 degrees F. That statement is something to laugh about here in Houston. Luckily, with training and heat acclimatization, athletes can safely increase the intensity and duration of exercise under these conditions.

Our number one priority should be hydration. I am sure you have heard this before. However, the average runner drinks only half of the 5-12 oz of fluid that they should every 15-20 minutes. Drinking inadequate amounts leads to a runner's worst enemy—dehydration. Research shows that you'll drink more if you like the taste of the beverage. These days you have a wide array of beverages and flavors available at the grocery store...but which one is right for you? There are three different types of beverages that can benefit an athlete. Below is the rundown on these drinks.

Sports drinks (hydration beverages) have been used by athletes for years to provide hydration. Sports drink formulations contain carbohydrates in the form of glucose, fructose and maltodextrin. These carbohydrates help to delay fatigue and enhance performance in exercise lasting for one hour or more. Sports drinks are dilute, containing 6-7% carbohydrate; this concentration is optimal for absorption of fluid in the gastrointestinal tract. The small amount of sugar and sodium in sports drinks allows them to be absorbed faster than plain water. This allows for maximal hydration.

Sports drinks are especially important here in Houston where we run the risk of hyponatremia. Hyponatremia is considered to be water overload that can dilute sodium levels in your blood. This condition can lead to serious symptoms such as confusion, disorientation, muscle weakness and vomiting. The complications include seizures, coma and even death. Women and slower endurance runners are the most at risk. Sports drinks will hydrate you as well as keep your electrolyte levels balanced during endurance exercise.

Some of the sports drinks on the market include Gatorade, All Sport, Powerade, PowerPerform Plus, and Cytomax. They come in all different flavors and colors. Experiment with the different brands and find the one that works best for you.

Recovery/Nutrition beverages, by contrast, are not meant for use during exercise. These drinks contain large amounts of carbohydrate and protein and even some fat. Recovery beverages come into play after intense or long workouts lasting 60 minutes or more, when the muscles require carbohydrate as well as protein for rebuilding glycogen stores and repairing damaged muscle fibers. After a long, hot summer run it is crucial to take in adequate carbohydrates and protein within 30 minutes after your workout. If you can eat normal food after running, you do not necessarily need a nutrition drink. However, many runners feel too queasy to eat something, and it might be easier and more convenient to drink. Research shows that liquids move through your stomach more quickly than solids, which makes these drinks perfect for recovery.

When you are shopping for a recovery beverage, check out the nutrition facts on the label. If the product contains carbohydrates, protein and fat, you are holding a recovery beverage. If it contains only carbohydrates, it is a sports drink. You can also look at the calories the product provides per 8-ounce serving. A recovery drink will provide 200-300 calories, compared to a sports drink that contains 50-70 calories. Some of the recovery beverages on the market include Endurox R4, PR Powder and Total Balance.

Fitness water is the newest type of beverage on the market for runners. Until recently, people who ran for an hour or less were stuck with drinking water. Now they have another option, fitness water. Fitness water is a low calorie hydrating fluid. It contains 0-16 calories per 8 ounces and a small amount of sodium, potassium, B vitamins, vitamin C and E. The two products that are on the market now include Propel, which is sold in 24 oz bottles, and Ultima, which is sold in powdered form. One other version of this is Glaceau Fruit Water, sold at Whole Foods. This water has a tinge of fruit added to it to give it a slight flavor. These fitness waters are great beverages for a short workout or something to sip on throughout the day.

Catherine Kruppa, MS, RD, LD can be contacted at <u>ckruppa@houstonian.com</u> or <u>www.advice4eating.com</u>.

place Home and Garden Tour supporter insert here, covering page header

Heavy Trash

One Call Program 713 956 6589

Section 1 - May 8

South of 38th – May 1 (including 1A)

North of 38th to South of 43rd – May 8

North of 43rd to Chamboard - May 15

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May 2001

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|---|---|---|---|--|---|---------------------|--|--|
| Upcoming events Civic Club Meeting Tuesday, June 5 th Garden Club Meeting Monday Thursday June 14 th , 407 W. 33 rd Beautification Meeting Monday Monday May 21 st , Location TBA Make sure your Civic Club committee meeting or event gets on the calendar! Email the editor at GOGazette@Mac.com with your information. | | | | | | | | |
| | | 1 Civic Club Meeting 7:00 P.M. G. O. Elem. | Deed Restrictions Meeting 7:00 P.M. Kroger | 3 | 4 | 5 Cinco de Mayo | | |
| 6 | 7 | 8 | 9 Deed Restrictions Meeting 7:00 P.M. Kroger | 10 Garden Club 7:00 P.M. 915 W. 41st | 11 | 12 | | |
| 13 | 14 Gazette Deadline Tomorrow | 15 Web Site Meeting 7:00 P.M. 3309 Lawrence #1 | 16 | 17 | 18 | 19 Armed Forces Day | | |
| 20 | 21 Beautification Meeting 7:00 P.M. 858 Lamonte | 22 | 23 | 24 | 25 | 26 | | |
| 27 | 28 Memorial Day (observed) | 29 | 30 | 31 | "God could not be everywhere, and therefore he made mothers." - Jewish Proverb | | | |