

## Makin' a Splash

With the Friends of Montessori Carwash

*Kirsten Joel and Jessica Modad*



Thank you Garden Oaks!!! On Saturday, April 5, hard working volunteers cleaned over 40 cars, and raised over \$3,000 for the Friends of Montessori at Garden Oaks Elementary. Washers included Garden Oaks Montessori Alums, parents and current students.

During the carwash there was a balloon raffle with fabulous prizes like Jimmy Buffet tickets, rounds of golf, dinners on the town, and theater tickets. There were also mini raffle prizes called throughout the day.

Kids enjoyed the moonwalk, popcorn, snow cones, karate demonstrations, and rides in the jump seat of Mike Weltzien's 1936 Ford!

While many were washing cars, other Montessori teachers conducted an orientation for parents new to the Montessori program beginning this fall. Parents learned about Maria Montessori's philosophy, and saw first hand at the car wash how community involvement plays a role in the philosophy.

Thanks all the volunteers for making this event a reality, to Washington Mutual for donating gifts for all the kids, to the Garden Oaks PTA for loaning the snow cone and popcorn machines, to East-West Karate, all the donors who contributed to the balloon raffle (see listing on page 13), and especially to Mike and Joan Weltzien for their generous support of the great program at our wonderful public school.

## Civic Club Meeting

*Tuesday, May 6<sup>th</sup>*

The next Civic Club Meeting will be held on Tuesday, May 6 at 7:00 p.m. in the Garden Oaks Elementary School Multi-Purpose Room. Come meet your neighbors and share your ideas. Also, enter the drawing for the monthly door prize.



## Heard Under the Oak Tree

*Terry Jeanes*

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### Welcome to the Neighborhood

#### Welcome to the new homeowners at:

926 West 43rd    1074 West 42nd    1002 Lamonte  
 307 West 33rd    734 West 42nd    1018 Lamonte  
 1055 Lamonte    1052 Althea

Welcome and we hope to see you at a civic club meeting soon!

### Welcome to some of our youngest neighbors

**Joe Emory**, born December 13<sup>th</sup> to proud parents Shannon and Charles Thompson.

**Emerson Reese**, “Emi”, born February 12th to proud parents Meredith and Stephane Joubert.

### Neighborhood Celebrations

#### Anniversaries

**Joel and Lisa Ogburn** who celebrated on March 7th.

**Dwayne and Annette Ehlert** on March 8th.

**Ed and Brenda de Alba** (10 years) on April 17th.

#### Marriages

Recent residents **Cat and Jason Theriot**, married February 22nd.

**Stacy Park and Trey Wood**, married April 12<sup>th</sup>

#### Miscellaneous

A big **congratulations** to **Trey Englert** on his signing with the TCU Hornfrogs football organization. Great job on your scholarship! We are all proud of you.

A **speedy recovery** to **Susan Simpson** following eye surgery.

#### In Memoriam

Christine Winkelman, the last surviving founding member of the Garden Oaks Garden Club, Christine passed away April 7th. She will be greatly missed.

To highlight an event, special occasion, or accomplishment, contact Terry Jeanes at 713-812-9154 or [jeanest@pdq.net](mailto:jeanest@pdq.net).

## Membership Committee Report

*Chris Lindsay*

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We are at 365 and counting (up, hopefully). That is the number of households that have sent in their 2003 Annual Garden Oaks Civic Club dues So far this year, we have brought in just over \$13,000—already surpassing last year’s revenue. Thanks to everyone who has sent in their annual Civic Club dues in such a timely manner. But speaking of timely, I would like to apologize to two neighbors who sent in their dues prior to March 1, but who were left off of the official membership list printed in last month’s *Gazette*: Carol Hazel at the Magnolia membership level, and Jane & Josh Hamilton at the Golden Oak membership level. I apologize for my oversight and have recently changed the eyeglass prescription.

Congratulations to John and Cindy Bartos who won the door prize at the April Civic Club meeting. They won a \$50 gift certificate for a consultation with certified window fashion professional Susan Kostelecky. Thank you for your donation, Susan. All you have to do to be eligible for the door prize is show up. A baby-sitter is also available at the Civic Club meetings at a cost of only \$1 per child.

Remember that your civic club dues go towards funding all of our programs and committees, such as Beautification, GO Citizens on Patrol, the *Gazette*, Membership, and our website. It is not too late to send in your membership dues—a membership form is on the back page of the *Gazette*. Just clip and mail.

We also provide a baby-sitter at our monthly Civic Club meeting at a cost of just \$1 per child.

Download PDFs of recent Gazettes at

<http://www.GardenOaks.org/>

# Return of the July 4th Garden Oaks Parade



*Brenda de Alba*

**When:** Friday, July 4  
**Where:** Garden Oaks Elementary School Spark Park, 901 Sue Barnett  
**Time:** 8:30-9:00am pre-registration  
 9:00-11:00am Parade time

With patriotism running at such a fever pitch, what could be more fitting than reviving the Garden Oaks 4th of July Bicycle Parade to show support for our troops in the Middle East? Putting political opinions aside, this is a wonderful opportunity to show our pride in being Americans and for honoring those who serve our country.

Watch for more detailed information regarding this summer neighborhood event in the June Gazette. Currently, we are planning to have at least four entry categories: strollers, tricycles, youth bicycles, and adult bicycles. A shorter parade route is planned for strollers and tricycles than for bicycles. Prizes will be awarded for different categories of decorations.

The short parade route will begin at the Garden Oaks Elementary Spark Park, proceed north on Sue Barnett, circle the Gazebo Park from the east, and return south on Sue Barnett back to the Spark Park. The longer parade route will duplicate the shorter route, except the route will continue west on the 800 block of W 41st St instead of returning to the Spark Park, turn right on Alba, turn right and continue east on the 800 block of W. 42nd St., turn right on Sue Barnett and then back to the Spark Park. If you live along the parade route, please pull up a chair in your front yard and cheer for the bikers.

Volunteers are needed to help plan, register parade entrants, judge, and coordinate the parade. We also need sponsors to assist with funding prizes, water, watermelons, ice cream, etc. If you'd like to help in any way, please contact Brenda de Alba (713-694-5934) or email: [brenda.p.dealba@exxonmobil.com](mailto:brenda.p.dealba@exxonmobil.com).

## Civic Club Officers

*President* **Kenneth Santos**  
 713 686 6012 974 W. 42<sup>nd</sup>  
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*Vice President* **Josh Hamilton**  
 713 695 7347 858 Azalea  
 VicePresident@GardenOaks.org  
*Treasurer* **Margie Dalton**  
 713 705 0499 1063 W. 42<sup>nd</sup>  
 Treasurer@GardenOaks.org  
*Secretary* **Lori Kennedy**  
 713 691 6833 750 Sue Barnett  
 Secretary@GardenOaks.org

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*Beautification* **Rick Grochoske**  
 713 864 8164  
 Beautification@GardenOaks.org  
*Citizens on Patrol* **Carl Waters, Jr.**  
 713 864 1992  
 GOCOP@GardenOaks.org  
*Constable Program* **Terry Jeanes**  
 713 812 9154  
 Constable@GardenOaks.org  
*Co-Chair* **Susan Saranie**  
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## Minutes of the April 1, 2003 Civic Club Meeting

*Lori Kennedy, Secretary*

President Kenneth Santos called the meeting to order at 7:11 p.m. It was moved, seconded and passed to accept the March minutes as published.

### Officer Reports

*Treasurer* – Treasurer Margie Dalton reported the account balances are fine. Membership revenue and *Gazette* advertising have been good this last month; beautification had a big expenditure to replace and refurbish the neighborhood signs.

### Standing Committee Reports

*Beautification* – Chair Rick Grochoske reported there were 2 good workdays in March, including a cleanup along Yale street. Thanks to all who participated! Workdays are scheduled for 4/5/03 at the Gazebo park and 5/3/03 for the boulevard. Both begin about 9:00 a.m. Trees of Houston donated the trees being planted along the soundwall. TxDOT has donated the labor to plant the trees and will take care of watering the trees for the first 2 years. The Civic Club may need to consider future maintenance if we want the trees to continue to look good for the neighborhood. There is no update on the park at 30th and Durham. Craig Lee suggested that the committee consider planting trees or shrubs along the back of the warehouses that back up to the section 1 railroad. Contact Rick Grochoske at 713.864.8164 for more information or to volunteer.

*GOCOP* - Chair Carl Waters reported the February crime statistics. Last year, HPD had an increase of 40% for the number of charges filed in the GO beat; they have really been working hard in our area. Contact Carl at 713.864.1992 for more information or to volunteer.

*GardenOaks.org* – Nothing to report.

*Gazette* – Chair Rebecca Ferguson announced they have found a new ad director. The deadline for submissions is the 15<sup>th</sup> of every month. Contact Rebecca at [Gazette@GardenOaks.org](mailto:Gazette@GardenOaks.org) regarding submissions.

*Membership* – Chair Chris Lindsay announced there are 364 paid memberships so far this year.

### Ad Hoc Committee Reports

*4th of July Bike Parade* - Ed de Alba reported that they need volunteers. Contact Brenda de Alba at 713.694.5934 for more information or to volunteer.



**Other Reports**

*Constable* -Terry Jeanes announced that 6/1/03 is the “drop dead” date to restart the program. There are about 111 confirmed supporters so far. They are working on an insert for next month’s *Gazette* for supporters-to-date.

*Garden Club* – Ed de Alba congratulated Robert DeVeau on a great job of organizing the Garden Club presentations for this year. The next meeting is 4/10/03 at 1010 LaMonte and will be on native plants. They are having a workday at Friendship Garden at 30th and Lawrence, at 9:00 a.m. on 4/12/03. The Garden Club has offered to match Terry Jeanes’ challenge for neighborhood collections for the 30th and Durham park: if the Civic Club collects \$500 in neighborhood contributions for the park, each of them will match it. Mike Dishberger has offered to underwrite half of the cost of the water tap fees. Contact Ed de Alba at 713.694.5934 for more information or to join.

*GOMO* - President Sam Stengler announced there will be a special election immediately after the Civic Club meeting. Gig Runge is running for section 1 and Malcolm Taylor is running for section 5. The next regular GOMO meeting is 4/2/03 at 7:00 p.m. at the Kroger on 34th.

**Announcements**

Amanda Carlin announced her school is running an “Operation Shoebox” to collect supplies for the soldiers; they are collecting through 4/4/03. The Montessori school is having a car wash on 4/5/03. There will be an Executive Committee meeting on 4/26/03.

The meeting was adjourned at 7:47 p.m.

Meeting refreshments were graciously provided by Terry Jeanes of Re/Max-METRO.

**If You Can Read This,  
Thank a Teacher!**

May 4-10 is National Teacher Appreciation Week. The Garden Oaks PTA would like to encourage you to honor a teacher who has been important in your life, or who is important in your child’s life.

When we let teachers know how much we value their contributions, we are working to improve education. Let’s take this opportunity to say “thank you” to the outstanding teachers of our community and throughout the United States.

—Courtesy of Kirsten Joel



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## Citizens on Patrol

### Carl Waters, Jr.

For those of you who are not part of the Garden Oaks List Serve., here are two crime-related items that were on it last month. A window peeper was reported on Tuesday, March 25, in the 1000 block of Lamonte Ln. The victim stated that she heard a rustling sound outside her bedroom window, and later found that the hedges outside her window had been mashed down. The second item appears to be related to an ongoing problem concerning a former resident of Garden Oaks. The individual is described as a white male about 40 years old, with brown hair and brown eyes, between 5' 6" and 5' 9". He has been going door-to-door in sections 4 and 5 asking for money (usually \$10 to \$20). Since he knows the neighborhood, he has been able to get money by using the names of other neighbors.

Our patroller of the month is **Lewis Goodkouski**. Lewis has lived in Garden Oaks for twenty years. Prior to becoming a patroller, Lewis served as a docent on Home Tour, helped with recycling, and currently delivers the *Gazette* on his block. He reported that side benefits of patrolling include checking out the latest construction and landscaping in the neighborhood, and listening to CDs. Lewis has worked for SBC (formerly Southwestern Bell) for thirty years. He is a member of the Second Baptist Church on Woodway where he sings tenor in the choir and in two smaller groups. He received a B.A. in music last December from the University of Houston. Lewis reported that his current challenge has been organizing his annual family reunion of 130 relatives, a task he has been doing for the last seven years. Lewis also reported that he earned a black belt in Karate in 1994.

In addition to getting their names in the *Gazette*, our *Patrollers of the Month* receive a \$25 gift certificate to the location of their choice. Our patrollers last month, the Carlins, have instructed me to use their certificate to buy a gas card to be given to the next party who signs up to become a patroller. In order to get the card, the party must complete all orientation meetings, and begin patrolling. OK, who out there is interested in \$25 worth of free gas?

### February Crime Stats (4)

#### Robbery (1)

800 block of W. Forty-second St. on Sunday, February 2 at 8:45 p.m. (street).

#### Auto Theft (2)

900 block of Althea on Wednesday, February 12 at 9:00 p.m. (residence).

700 block of W. Forty-third St. on Sunday, February 23 at 4:00 a.m. (premise code stated it was taken from a convenience store).

**Driving While Intoxicated (1)**

2900 block of N. Durham on Sunday, February 16 at 11:40 p.m. (street).

These activities bring our year to date total to 11. Last year for January and February 15 crimes had been reported.

Please contact me via the Internet @ GOCOP77018@AOL.com, the Garden Oaks web site or by telephone at 713-864-1992 for details about joining our program.

Emergency Phone Numbers	
Call Them First--Then Call Me to Report	
Neighborhood Crimes	
Crimes in progress, Fire or Ambulance	911
Houston Police Department (non-emergency)	713-222-3131
Precinct One Constable Dispatch	713-755-7628
All Other City Services	311

# Constable Report

## June 1 Deadline

*Terry Jeanes and Susan Saranie*

Our constable program is still suspended, although draft enrollment forms are trickling in. Currently, *June 1* is the deadline for reinstating the program. We need a total of 225 commitments for the \$20 per month draft program, to ensure that Garden Oaks will have a private constable on patrol for 40 hours per week. The constable program will allow Garden Oaks residents benefits such as: vacation watches, security evaluations (which also help reduce homeowners insurance), calls to the constable's office made by your alarm company if necessary, and overall faster response time for calls made to the constable's office. But we are still falling short of commitments to the draft program. There is an insert in this Gazette that you can fill out and send in. There is also a form on the Garden Oaks Website ([www.gardenoaks.org](http://www.gardenoaks.org)) that you can fill out. The task is at hand, and the clock is ticking.



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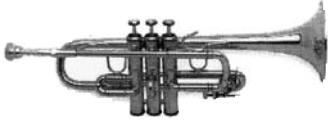
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## Garden Oaks Garden Club Garden Party

*Robert De Veau, Garden Club Vice President*

Breaking from our typical Thursday evening meeting format, the Garden Oaks Garden Club will host its first spring Garden Party/Garden Tour on Saturday, May 17 at 9:00 a.m., instead of having a guest speaker. The purpose of the Garden Club has always been to stimulate the knowledge and love of gardening, and to share the advantages of association by means of educational programs and action in the fields of civic improvement. With these goals in mind, we have decided to spend the morning touring five club members' gardens.

This is the season for indulging our voyeuristic tendencies. Simply, spring is garden tour time. I love having the opportunities to view different gardens, and therefore flock to every open garden I can possibly cram into the schedule. While I have always loved the large public gardens with displays created with grand expectations in mind, I have begun to prefer visiting private gardens, lovingly created to suit the individual owner's taste. These private gardens may be large or small, but they are always unique and filled with surprises.

Our aim on Saturday, May 17 will be to learn something new in every garden we visit. Some will give us creative inspiration, some will give us new solutions to common problems, and some will perhaps contrast our personal tastes to a point of making us shudder. But we can always learn something new and, for me, that is much of the joy and ongoing appeal of gardening.

April was a busy month for the Garden Club. Our monthly meeting on April 10 brought us J. Kolenovsky from the Native Plant society of Texas and owner of Celestial Habitats. J. informed the club members and guests as to how we can turn our own suburban lots into native habitats. He also explained the benefits of an increased eco-system, and of using less water and fewer chemicals.

On Saturday, April 12, club members performed our annual spring clean up at Friendship Park. New additions to the beds were two Camellias (planted in memory of Christine Winkelmann), two azaleas, three Brunfelsias (Yesterday, Today, Tomorrow), and several flats of annual color plants. The beds were also mulched with pine straw.

Garden Club meetings are open to all residents and friends of Garden Oaks. If you would like to become a member of the Garden Club, annual dues are only \$10. Our May 17 program will be hosted throughout the neighborhood. For more information, you may call me at (713) 686-6012.



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# Garden Oaks Beautification Workday Schedule

*Rick Grochoske*

Want to get involved, have fun and make new friends without a commitment? Want to make Garden Oaks look better or have an idea to improve our green spaces? Want to feel good about cleaning and make your neighborhood look its best? Want free donuts and coffee? Please plan on coming to the latest Garden Oaks Beautification workday. Bring your garden tools, wheel barrels, trimmers, and a good attitude. Mark your calendars now, and remember that all are welcome.

**May 3<sup>rd</sup>**—Garden Oaks Blvd between Shepherd and Sue Barnett

Please pass this message to your Garden Oaks buds. Feel free to contact me at (713) 864-8164.

## In Memoriam:

### Christine Winkelmann

Garden Oaks lost a treasured neighbor on April 7 with the passing of Section 1 resident, Christine Winkelmann. Christine was the last remaining member of the neighborhood's original Garden Club, and served as the Garden Club Treasurer for many consecutive years. She also, along with several other Section 1 ladies, helped establish Friendship Garden, located at Lawrence and W. 30th St. These women lovingly planned, planted, and maintained the garden's flowerbeds for many years, even hauling gallons of water in the trunks of their cars to provide water to the plants. They became lifelong friends, bonded through their love of gardening and the partnership they forged maintaining the lovely green space they later named "Friendship Garden" in 1987. Christine moved to Garden Oaks in 1945 and is survived by her son, Tom, three grandsons, and two great-grandsons.

Christine was 87 years young and a very practical, "hands on" gardener. A number of us learned a great deal from Christine's no-nonsense approach to gardening. She freely and generously shared her knowledge and plants with others. She will be greatly missed, although she is surely tending Heaven's gardens with the same enthusiasm she did during her stay on Earth.

—Courtesy of Brenda de Alba

### Garden Club Officers

<i>President</i>	<b>Ed de Alba</b> 713 694-5934
<i>Vice President</i>	<b>Robert De Veau</b> 713 686-6012
<i>Secretary</i>	<b>Chris Lindsay</b> 713 819-8412
<i>Treasurer</i>	<b>Janet Cones</b> 713 956-7340
	<b>&amp; Robert De Veau</b>
<i>Yard of the Month</i>	<b>Janet Cones</b>
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#### Delivery Volunteers Needed

We need people who can fill in for regular volunteers who are on vacation or otherwise unavailable, as well as those who are interested in taking over a delivery route.

For more information, contact Amanda Carlin at 713 263 1026 or [Amanda.Dalton@CFISD.net](mailto:Amanda.Dalton@CFISD.net).

## Yesterday, Today, Tomorrow

### Mark Saranie

Sounds a little Victorian, right? But this is the common name for *Brunfelsia calycina floribunda*. I have mentioned this shrub in the past, but have never emphasized its place in the landscape. I have not seen many in the neighborhood front yards, but perhaps they are hiding in the back like mine.

The name “Yesterday, Today, Tomorrow” (Y.T.T.), comes from the way in which its flowers change from deep violet-blue, to lavender, and lastly to white, in about three day’s time. Y.T.T. is an evergreen shrub that blooms a few weeks after the colorful shock from the azaleas has faded from our yards and the amaryllis are in their final throes of displaying their gorgeous and tenuous jewels.

Y.T.T. likes a warm but sheltered landscape area, but also benefits from morning sun. Mine lives on the east side of the garage where it receives a bit of water from my leaky hose; it does not like soggy soil, though. Afternoon sun protection is a must, as is protection from the cold. However, I have never covered my Y.T.T. in the winter, and it has never suffered. It will need a light pruning after it flowers, which will also help return some shape to the shrub. Later in the season, I will take some time to pluck as many seed pods from its branches that I can find, so that it can dedicate its energy to revitalizing itself.

Y.T.T. can reach a size of about six feet tall by four feet wide and is not a difficult plant to grow. Mine has been going for years, becoming more florally prolific as it has aged. Y.T.T likes a fertile soil and about three yearly applications of a balanced fertilizer, the availability of which is best in the spring.

I like to increase my plant holdings through propagation, though I have never attempted it with my Y.T.T. Propagation is possible through the use of hardwood cuttings taken in the summer, or by rooting the tips. Ground layering would work just as well for Y.T.T. as it does with azaleas. The ground layering process is simple: Slice off about an inch length of bark from the underside of a limb that is close enough to touch the ground, and dust it with a rooting hormone. Cut a shallow trench in the soil and place the prepared portion of the branch in the trench. Cover this with dirt and place a brick or a similar weight over the area to keep the branch from coming free. In a few months, roots will have formed. Cut the branch from the main plant, and carefully dig it up and place it in an appropriate location in your landscape.

Recently, while weeding under my Y.T.T., I came across several small plants

sheltered by their mom. At first I thought that some unseen seeds had fallen and germinated. When I went to dig them out to use in other areas of the back yard, I was very surprised to find that these youngsters had sprouted from their mother's roots! I have yet to find any literature that explains this particular occurrence, but I carefully removed the small plants, along with their nicely developed root systems, and gave them a new home. (Maybe some are available to those who want some.) Happy Mothers Day to all the mothers in our collective garden.

**Garden Things for May**

- 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 tell-tale mark of an ever growing patch of brown grass. Consult your local nursery, and keep a fungicide on hand for prompt treatment in the event your lawn is affected. Early detection of brown patch will minimize its spread.
- Continue setting in your warm weather plants, which now out in full force in garden centers and specialized nurseries.
- 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, ice plant, etc. We have some great nurseries nearby. Take advantage of their often unique offerings.
- Fruits and veggies? Tomatoes, 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.

**Yard of the Month**

858 Lamonte Ln

Brenda and Ed de Alba

These longtime residents consistently have a beautifully landscaped yard. The terraced area in front of the house is perfect for beautiful plants in pots and is a relaxing seated area.

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## News from GOMO

### *Donna Archer*

Two new directors were elected at the April 1 meeting. We welcome Gig Runge from Section One and Malcolm Taylor from Section Five. Their contact numbers are listed with the rest of the GOMO directors.

As elected directors, we want to be open and accessible. Our meetings are held on the Wednesday after the first Tuesday of every month—the evening after the Civic Club meeting. We meet in the community room of Kroger's on 43<sup>rd</sup> Street at 7:00p.m. Meetings may occasionally take place at other times to respond to requests for plan approvals so that residents can make their improvements.

To date, we have reviewed and approved plans for the following locations:

312 W. 32 <sup>nd</sup>	336 W. 33 <sup>rd</sup>	802 LaMonte
423 W. 34 <sup>th</sup>	804 W. 43 <sup>rd</sup>	431 W. 34 <sup>th</sup>
1022 W. 42 <sup>nd</sup>	838 W. 43 <sup>rd</sup>	1055 W. 41 <sup>st</sup>
714 W. 42 <sup>nd</sup>	730 W. 43 <sup>rd</sup>	219 W. 33 <sup>rd</sup>
1043 LaMonte	231 W. 31 <sup>st</sup>	1030 W. 43 <sup>rd</sup>
512 W. 33 <sup>rd</sup>	4219 Apollo	702 W. 32 <sup>nd</sup>
1030 W. 43 <sup>rd</sup>		

Of the many questions GOMO receives, the most frequently-asked questions concern considering a Variance with regard to setbacks. Garden Oaks Maintenance Organization may not grant a variance from the deed restrictions. Certain lots are specifically mentioned as having varying setbacks. GOMO is responsible for the investigation, handling, and enforcement of actual and threatened violations of the Deed Restrictions.

We are especially interested in building use, setbacks, building height, and number of structures on the lot

The deed restrictions for each section are posted on the Garden Oaks Website at [www.gardenoaks.org](http://www.gardenoaks.org). We have also posted forms that you can download if you see construction, fencing, or other structures that you believe should be investigated.

### GOMO BOARD OF DIRECTORS 4/03

#### Section 1

##### **Donna Archer (2005)**

Home: 713-863-0532  
 Cell: 281-435-9970  
 503 W. 32<sup>nd</sup> St Houston, TX 77018  
[dwright8@houston.rr.com](mailto:dwright8@houston.rr.com)

##### **Tim Gunther (2004)**

Home: 713-861-1336  
 336 W. 33<sup>rd</sup> St Houston, TX 77018  
[timothy\\_gunther@msn.com](mailto:timothy_gunther@msn.com)

##### **Louis "Gig" Runge**

Home: 713-869-5623  
 236 W. 33<sup>rd</sup> St Houston, TX 77018

#### Section 2

##### **Sam Stengler (2005)**

Home: 713-694-5566  
 Cell: 281-773-3478  
 710 Sue Barnett Houston, TX 77018  
[sstengler@covad.net](mailto:sstengler@covad.net)

##### **David Hoyer (2004)**

Home: 713-699-8171  
 720 W. 43<sup>rd</sup> St Houston, TX 77018  
[choyer849@cs.com](mailto:choyer849@cs.com)

#### Section 3

##### **Richard Stark (2005)**

Home: 713-691-1067  
 1335 Sue Barnett Houston, TX 77018  
[rstark@lucascareers.com](mailto:rstark@lucascareers.com)

##### **Mike Dishberger (2004)**

Home: 713-695-7916  
 Office: 713-864-9190  
 862 W. 42<sup>nd</sup> St Houston, TX 77018  
[dishberger@aol.com](mailto:dishberger@aol.com)

#### Section 5

##### **Malcolm Taylor**

Home: 713-956-8872  
 1030 W. 41<sup>st</sup> St Houston, TX 77018  
[malcolmtaylor@chevrontexaco.com](mailto:malcolmtaylor@chevrontexaco.com)



## Montessori Car Wash Donor List

Thank you for supporting the Mike and Joan Weltzien Car Wash and Auction benefiting The Friends of Montessori at Garden Oaks Elementary School! Every dollar contributed to this fundraiser will go directly to the Friends of Montessori Program at Garden Oaks Elementary.

### Special thanks go to the following:

Mrs. Antonetti's class  
 April Sound Country Club  
 Mrs. Arbiter's Class  
 Black Hawk Golf Club  
 The Bluffs on Thompson Creek  
 Mrs. Carson's Class  
 Clear Channel Entertainment  
 Connie's Seafood  
 Craig's Cleaners  
 East-West Karate  
 Gabriel Tran Photography  
 The Golf Club at Cinco Ranch  
 Mrs. Hall's Class  
 Main Street Theatre  
 Connie Mason, Registered Massage Therapist  
 Niko Niko's  
 Rainbow Lodge Restaurant  
 Mrs. Rodriguez's class  
 Southwick Golf Club  
 Storyteller Sophie Zimmerman  
 WOW! face painting  
 Thanks as well to the many parents who brought desserts for the bake sale and underwrote supplies used at the event.

### The following prizes were donated for the raffle:

#### Gold Balloon Raffle – \$100 Each

- (2) **Jimmy Buffett Concert Tickets** (March 17<sup>th</sup>) at the Woodlands Pavilion Center Reserve Box Seating with VIP Parking ticket in Gold Lot Garage; Value: \$200
- 3 months of Karate lessons good for child or adult at **East-West Karate**; Value: \$350
- Foursome of Golf without cart at **April Sound Country Club**  
 Located in Montgomery, TX  
 Great gift for Father's Day; Value: \$350
- Foursome of Golf with cart at **The Golf Club at Cinco Ranch**

Located in Katy, TX

Great gift for Father's Day; Value: \$300

#### Green Balloon Raffle – \$75 Each

- **Gabriel Tran Photography**-Your certificate entitles you to a creative couple and/or family portrait and (1) 5X7 art print. Pets are welcome (with limitations); Value: \$150.00
- Foursome of Golf with Cart at **BlackHawk Golf Club**  
 Located in Pflugerville, TX  
 Great gift for Father's Day; Value: \$200
- Check out this super BBQ basket with all the fixings. Compiled by **Mrs. Hall's Montessori Class**  
 Value: \$100
- It's that time of year when all families need to think about outdoor fun for the kids. Check out this super sports basket compiled by **Mrs. Carson's Montessori class**; Value: \$100

#### Purple Balloon Raffle – \$50 Each

- Great party or event performance brought to you by storytelling artist **Sophie Zimmerman**. Let Sophie bring her stories to life at your child's next birthday party. Value: \$100
- Foursome of Golf without cart at **The Bluffs on Thompson Creek**  
 Located in St. Francisville, LA; Value: \$150
- **WOW face painting** for your next special event  
 Value: \$100
- One round of golf for two (2) without cart at **Southwyck Golf Club**  
 Located in Houston, TX; Value: \$150

#### Pink Balloon Raffle – \$25 Each

- One-hour massage by **Connie Masson, RMT**  
 Value: \$60
- Enjoy dinner for two (2) at **Connie's Seafood and Niko Niko's**; Value: \$55
- Enjoy lunch or brunch for (2) at **Rainbow Lodge Restaurant**; Value: Lunch for two
- Four (4) tickets to any Youth Theater Production at **Main Street Theatre** and four (4) Gyro Sandwiches from Niko Niko's; Value: \$55
- **Craig's Cleaners** Gift Certificate; Value: \$50

## Curb Your Food Cravings

Catherine Kruppa, MS, RD, LD

713-316-2707/ckruppa@houstonian.com/www.advice4eating.com

### When Your Cravings Hit

- During the mid-afternoon slump (from about 3-6 p.m.). During this time, our blood glucose drops, making us feel sluggish and in need of a lift. **Solution:** Eat a planned, healthy, afternoon snack.
- When we're stressed out, upset, or bored. We think we will feel better if we eat a cookie or candy bar. Carbohydrates increase the secretion of the brain chemical serotonin, which, in turn, can improve our mood. Remember, however, that this improvement is only short term.
- Before a menstrual period. Women actually need more calories premenstrually, and raising serotonin levels can help to counter PMS.
- When it's cold or dark outside, to help us feel better.
- When we're accustomed to eating. One study found that we often crave foods with associations to happy times we've had in the past.

### How to Manage Your Cravings

- **Balance.** Eat carbohydrates, protein and a little fat at every meal and snack. If your meal or snack is balanced, you are less likely to crave what you are missing. Eating a varied diet will help you feel better, and give you an increase in energy and concentration. When meals are monotonous you are more likely to have cravings.
- **Don't skip meals.** If you skip breakfast or lunch you are almost guaranteed to have a craving later in the day. Think ahead and plan a healthy breakfast, lunch, and dinner, as well as snacks.
- **Crave-proof your home and office.** Ban crave-worthy foods from your environment. If you buy snack foods like chips or cookies, buy them in individually-wrapped portions to avoid going overboard.

- **Address your stress!!** If food cravings hit when you're anxious or stressed, seek consolation in other ways. What is it that you really need?
- **Get moving!** Exercise releases the same feel-good endorphins that sugar does. Studies show that people who work out regularly binge less and have fewer cravings, because they get their endorphin rush through exercise.
- **Give in sometimes.** If the craving is persistent, denying yourself that cookie or bag of chips will only make the urge more intense. Allow yourself a moderate portion of the food you crave, but decide on the amount before you dig in.

## Critter Corner

Casey and Mau Mau Farris

May is here and no doubt you are barefoot or wearing sandals. Did you know that the average person walks the equivalent of four and-a-half times around the earth in a lifetime? It's a good time to step up your foot care, and while you are at it, jump in with both feet and take a look at your pet's paws too. This month we give "step-by-step" instructions on how to clip those nails whether your pet likes it or not. Our pet of the month never has cold feet because her name is Shoes. And speaking of under foot, Mau Mau explains why cats always land on their feet. Our backyard report focuses on an insect with some pretty fancy footwork.

### Critters 101: Foot Notes

The pads on dogs' feet are very sensitive. This is one of the few areas on the dog that actually sweats, and it is also an area that is prone to injury. If your pet frequently moves across a rough surface, the pads may get worn down or cut. Pads will bleed profusely – and hurt. As a general rule, any time there is any kind of swelling of your dog's toes or feet, it is important to visit your veterinarian. Swelling can be indicative of bacterial or fungal infection, broken bones, foreign bodies, allergies, and even tumors.

Nails that are not kept short will grow too long and become irritating and painful to the dog. Long nails can also cause

the feet to splay, or spread, and can actually curl around and grow into a dog's pads. When you hear the telltale "click-click-click" as your dog walks across the floor, you know it's that time again – time to trim the toenails. If your pet is not used to having his nails trimmed, start slowly and work up to it gradually

Another really common foot problem that our poor dogs are subjected to is injury from improper toenail trimming. Before you start trimming, determine how much needs to be trimmed. The basic rule of thumb is that the nail, which curls downward, should be even with the paw pad. Anything longer must be clipped. For medium and large dogs, use guillotine-type nail clippers. For small dogs and puppies, use the scissor-type nail clippers. Hold your dog's foot and gently push down with your thumb at the base of each nail. This will cause the nail to extend slightly, making it easier for you to see the nail. Trim each nail at a 45-degree angle away from the dog so that the newly cut nail is flush with the floor when they walk.

There is a blood vessel, called the quick, in each nail. Do not cut into the quick or it will bleed and could be painful. If this happens, apply a dab of styptic powder (available at pet stores), or use cornstarch. The pinkish color of the quick is easy to see in dogs with light-colored nails. However, it is almost impossible to see the quick on dark nails. Try to locate the quick from the underside of each nail before you begin cutting. Cut each nail just a little at a time until you get close, but not right up to, the quick. The good news is that the more diligent you are about trimming, the more the quick will regress into the nail, allowing you to cut shorter each time.

Even though they sometimes stink, remember that feet serve a serious purpose in all animals and may be more important than you think. The condition of an animal's feet can often tell you how healthy it is.

**Pet of the Month**

"Ms. May" is a Snowshoe cat named Shoes. A Snowshoe is a variant from Siamese parents. Shoes is basically a Siamese with four white feet. Like most Siamese, Shoes is a talker. She is also friendly, inquisitive, and very active for a fourteen year-old. All in all, Shoes is an entertaining and affectionate companion. She was adopted from the SPCA as a kitten and lives with her family, Chris and Art Lindsay, BC (Black Cat) and Friday (Lab mix), in Section Four.

**Pet News**

Condolences to the Breda family on the loss of Toby (Calico). Keegan Sabuco/Arnold (Daschund) is adjusting to new medicine and we wish him well. The Caldwell household (zoo) has seen a hawk watching the small animals so be alert over on the 1400 block of Sue Barnett. Sam Houston Sauberli (Black Lab) graduated from school and is happy to be home.

**Dear Mau Mau:** *Why do cats land on their feet? D. Thomasson*

Cats have exceptional coordination, balance, and flexibility, and we are not afraid of heights like some people I know. But contrary to popular belief, we do not always land on our feet and can sustain serious injuries. However, we have the ability to right ourselves in midair thanks to the vestibular apparatus deep in our inner ears. This righting reflex appears in kittens at three to four weeks and is perfected by seven weeks. We are such marvelous creatures! *Mau Mau*

**Backyard Report**

Bees are of inestimable value as agents of cross-pollination, and many plants are entirely dependent on particular kinds of bees for their reproduction. Bee venom has also been found to have medicinal properties. Bees need to pollinate to keep flower population high so they can have nectar to create honey. Bees suck up nectar with their tongues, and while they are drinking, the nectar pollen sticks to the hair on their bodies and legs. The bees then fly to other flowers, and the pollen rubs off of the bees and onto the flowers' pistils. Then the flowers are pollinated with pollen from other flowers. All bees do not collect pollen, however. Only worker bees live out their three-month life span collecting pollen. If the bees are male drones, they spend their time mating and getting in the way. If the bees are queen bees they lay eggs to keep up the hive population.

*I'm often told by our neighbors that they love to read what's going on with the neighborhood pets, so please call or email what's going on with yours.*

*Casey Farris is owner/operator of Bone Voyage Pet Sitting Services©, a Garden Oaks company offering many services and products dedicated to the welfare of our pets and the people who love them. Mau Mau Farris is owner/operator of Casey. Please forward your questions and pet news to [Casey@goDOGusa.com](mailto:Casey@goDOGusa.com) or call 713-688-6363.*

# May 2003

### Useful Numbers

All City Services  
(city information or services ranging from traffic court dates and sewer concerns to pothole problems and neighborhood complaints)

311

One Call Program  
(Heavy trash and more)  
713 956 6589

Recycling Hotline  
713 837 9130


Deed Restriction Violations  
City of Houston Legal Department  
713 247 2000

Bruce Tatro (District A)  
713 247 2010

Dwayne Bohac  
713 460 2800

John Whitmire  
713 864 8701

Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

<b>Upcoming Events:</b>				1	2	3
<i>June 1--Constable Draft Program Deadline</i>						<b>Beautification Workday</b>
<i>July 4--Garden Oaks Bike Parade (Look for more information in June's Gazette.)</i>						Garden Oaks Blvd between Shepherd and Sue Barnett
4	5	6	7	8	9	10
	Cinco de Mayo	<b>Civic Club Meeting</b> Garden Oaks Elementary 7:00 pm				
11	12	13	14	15	16	17
				<b>Gazette Article Deadline</b>		<b>Garden Club Garden Tour</b> 9:00 a.m.
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**2003 Garden Oaks Civic Club Membership Form**

**Name(s):** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**(A) Annual Dues**

- \$25.00 Crepe Myrtle (Basic)       \$50.00 Magnolia (Intermediate)       \$75.00 Golden Oak (Patron)  
 Senior Citize \$5.00       Senior Citizen \$10.00       Senior Citizen \$15.00

**(B) Garden Oaks T-Shirts \$15.00 each or \$10.00 Member Price**

Quantity/Size: Small \_\_\_ Medium \_\_\_ Large \_\_\_ XLarge \_\_\_ XXLarge \_\_\_ \$ \_\_\_\_\_ TOTAL

**(C) Contribution to Garden Club \$ \_\_\_\_\_**

Are you a \_\_\_ new or \_\_\_ renewing member? Do you \_\_\_ own or \_\_\_ rent your house?  
 Amount Enclosed: \_\_\_\_\_ (A)+ \_\_\_\_\_ (B)+ \_\_\_\_\_ (C)= \$ \_\_\_\_\_ Total

If we publish a Neighborhood Directory, may we include your Contact Information?  
 ( ) Yes ( ) No

Make checks payable to: Garden Oaks Civic Club  
 Mail form and check to: PO Box 10273, Houston, TX 77206