



Garden Oaks Gazette

A publication of the Garden Oaks Civic Club

Here Comes Santa Claus!

A Winter Wonderland awaits you and your family where you will be welcomed by Santa and Mrs. Claus and their elves.

**Wednesday, December 7
and**

**Thursday, December 8
6:00–7:30 p.m.
in Gazebo Park**

**at the intersection of
Sue Barnett, W. 42nd, and Lamonte**



Elves Georgia Lister, Terry Jeanes, and Tina Sabuco will be on hand once again to assist Santa and Mrs. Claus in spreading Christmas cheer. Bring your whole family, including your fur family members for enjoyment of the Winter Wonderland, visiting with the Clauses, and capturing photo ops.

Interested in serving as a Helper Elf? We would appreciate any nut-free homemade goodies that you can bring with you on either event night.

Also, there will be a collection box available for those of you who would like to donate unwrapped new toys that are being collected for the Precinct One Constables' Toy Drive. These toys will be donated to area children to help brighten their holidays.

If you have any questions about the event, please contact Elf Tina at tina@artsaliveinc.com.

COME JOIN YOUR NEIGHBORS TO CELEBRATE THE HOLIDAYS!

**Garden Oaks Civic Club
Annual Meeting & Holiday Potluck**

**Tuesday, December 6, 2016
7:00 p.m.**

**at the Home of
Brian O'Leary & George Appling
701 Garden Oaks Blvd.**

The civic club will provide the main dish and drinks.
Feel free to bring a bottle of wine to share.

If your last name begins with A-H, bring a side dish;
I-Q, a dessert; R-Z, an appetizer.

Live music performance
by the Dublin Harpers,
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DECEMBER 2016

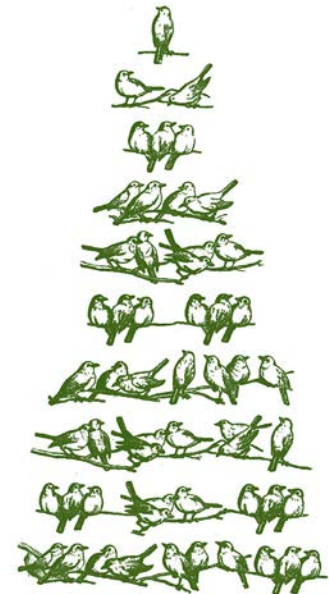
UPCOMING EVENTS

December Civic Club Meeting & Holiday Potluck Party

Tuesday, December 6

7:00 p.m.

The O'Leary-Appling Home
701 Garden Oaks Blvd.



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Garden Oaks Gazette

The Garden Oaks Gazette is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline is the 10th of each month for publication the following month, unless otherwise noted.

Publication herein of any article not directly related to the Garden Oaks Civic Club does not imply endorsement by the civic club and such article is solely an expression of its author's opinion.

Gazette Contacts

OPEN POSITION Editor
gogazette@gmail.com

Brenda de Alba Advertising Director
744 West 43rd 713-705-0886
gogazetteads@gmail.com

Lori Kennedy Delivery Coordinator
750 Sue Barnett 713-691-6833
lorikgomo@blue-funk.com

Garden Oaks Civic Club Officers

Sheila Briones
412 West 34th

President

281-685-8133

president@gardenoaks.org

Chris Lindsay
938 Lamonte

Vice President

713-819-8412

vicepresident@gardenoaks.org

Jerry Butler
871 West 41st

Treasurer

713-822-3175

treasurer@gardenoaks.org

Luke Sustr
407 West 34th

Secretary

832-289-4795

secretary@gardenoaks.org**Standing Committee Chairs**

Joan Harmon
827 Lamonte

Beautification

713-818-9682

beautification@gardenoaks.org

Carl Waters, Jr.
821 West 31st

Citizens' Patrol

713-569-3153

gocop@gardenoaks.org

Terry Jeanes
922 West 41st

Constable Program

713-812-9154

constable@gardenoaks.org

Joe Muscara
750 Sue Barnett

GardenOaks.org

713-691-6833

webmaster@gardenoaks.org

Mark Klein
846 Azalea

Government Affairs

281-536-6063

mklein1503@gmail.com

Dian Austin
733 West 42nd

Membership

713-691-6505

membership@gardenoaks.org

HEARD UNDER THE OAK TREE

By Terry Jeanes

Welcome, New Neighbors!

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

1011 Althea
4203 Apollo
1067 Gardenia
203 West 31st
235 West 32nd
235 West 34th
802 West 41st
1054 West 43rd

Happy Birthday

Joel E.....	12/1
Eric Jarvis.....	12/2
Joshua M.....	12/2
Jane Ann Roberts.....	12/2
Ella C.....	12/9
Jason Espeseth.....	12/9
Jayne Maltbie.....	12/10
Terry Jeanes.....	12/11
Ian Mc.....	12/12
Julia Mc.....	12/12
Chris Lindsay.....	12/13
Sabrina Innocenti.....	12/15
Jim McDaniel.....	12/15
Cameron C.....	12/17
Brian O'Leary.....	12/17
Sandy Altman.....	12/24
Katie C.....	12/30

Happy Anniversary

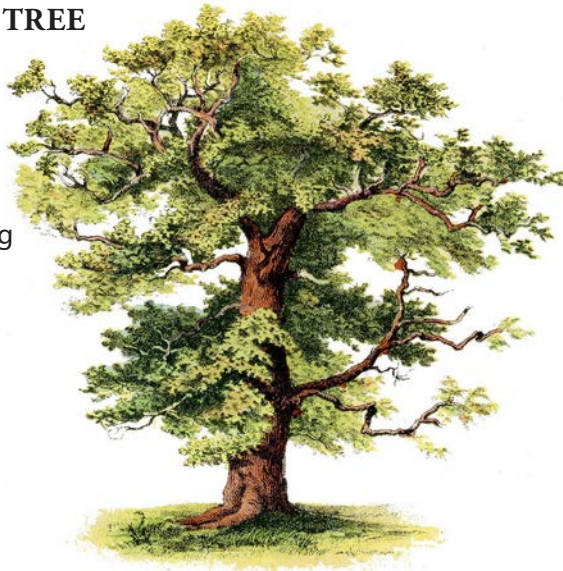
John & Margie Hesse.....	12/29
Stacy & Mike Gross.....	12/31

Out and About

Amy Shaughnessy attended the Texas Conference for Women in Austin.

There was a great annual camping trip for some Garden Oaks residents in Coldspring, Texas, including the **Kleins**, the **Knauths** and the **Acostas**.

Heather McKeown & daughter **Kate** enjoyed the Galveston Haunted Tour.



Stacy Gross participated in MD Anderson's Boot Walk to End Cancer.

Marisa Zindler, **Jason Feit**, and family enjoyed the Texas Renaissance Festival, as did **Stacy Gross** and her girls, along with **George Appling** and **Brian O'Leary**.

Jessica Jarvis traveled to New York City.

Terry Jeanes enjoyed Smithville's Airing of the Quilts with four generations of family.

The **McLean** boys made a trip to Mexico City and even met Jackie Stewart.

Jenny Odinet vacationed in West Palm Beach.

Sarah Cruise and her scouts enjoyed Camp Misty Meadows.

The **Acosta** family took in the flyover of Sandhill Cranes.

Julie Sherber had a great staycation which included fun with her galfriends at the Nutcracker Market. Also in the crowd at the Market was **Brooke Murphy** who continued her tradition of bringing her wee little one with her.

Ed Woods and son **Jonathan** enjoyed a once in a lifetime tour of numerous Civil War battlefields and historic sites.

Terry Jeanes

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Thank you to **Ryal Cotterman** of the 700 block of West 42nd who provided a water source for the recent powerwashing of the Garden Oaks Gazebo.

Healing Wishes

Wishes for a speedy recovery to **Matilde A.** following a dislocated knee injury.

Please submit information about events, celebrations, and other tidbits to terry@terryjeanes.com no later than the 8th of the month.

GARDEN OAKS CIVIC CLUB MEETING MINUTES

By Luke Sustr, Secretary

November 1, 2016

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

Welcome and Introduction:

President Sheila Briones welcomed those in attendance and called the meeting to order at 7:05 p.m. Ms. Briones then introduced Ms. Elyssa Horvath, CPSM and Event Coordinator/Friends of Oak Forest Park, and Mr. Tom Gall, Project Manager with the Houston Parks Board, who gave an informative and passionate presentation supporting the renovation of city-owned Oak Forest Park being managed by the City of Houston with guidance from Friends of Oak Forest Park. Following the Guest Speakers and Constable Reports at 7:40 p.m., Ms. Briones made a motion that was seconded to approve the September 2016 minutes as published in the October *Gazette*.

Treasurer's Report: Treasurer Jerry Butler was present at the meeting with hardcopies of the organization's current profit and loss statement and balance sheet available to attendees. Mr. Butler reported receipt of \$31,000 for the constable program collected by GO Constable in connection with its fundraiser. With an additional \$40,000 received through other donation channels, the civic club has a total of \$132,000 available to fund constable contracts.

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COMMITTEE REPORTS

Constable Program: Program Chair Terry Jeanes introduced Mr. Alan Rosen, the current Harris County Constable of Precinct 1. Mr. Rosen, who is campaigning for re-election, gave a very informative presentation related to his experience, achievements, and future department plans if re-elected. Mr. Rosen asked all in attendance to please vote.

Mr. Rosen discussed several incidents that have occurred in the neighborhood during the past month. Ms. Brenda de Alba asked Mr. Rosen to clarify the process and rules of the constable program for Garden Oaks, specifically related to favoritism and posts on social media. Mr. Rosen clearly stated the constable office does not show favoritism to one resident versus another and protects the community equally and fairly. He also requested that any resident who comes across a negative or false post on social media (e.g. Nextdoor, Facebook, Yahoo Groups, etc.) to send a copy of the social media post via email to the Constable's Office.

Ms. Jeanes reported that recent fundraising efforts have gathered sufficient funding for another constable contract for a period of 8.5 months. The Constable Committee is confident that funding for the remaining 3.5 months of the contract period can be raised. This is great fundraising success by the community!

Ms. Jeanes requested a volunteer for a Section 4 Captain as the current Captain will be on maternity leave soon. Ms. Susan Kostecky previously mentioned via other communications there is a list of persons interested in fundraising for the constable program. Ms. Kostecky was asked to share the list via email to constable@gardenoaks.net. Ms. Jeanes mentioned that anyone with a security concern should call 713-697-4100. Also, Ms. Dian Austin reported there are 188 current constable program supporters in the neighborhood.

Membership: Committee Chair Dian Austin held a gift card membership raffle drawing which Mr. Jerry Butler won.

Website: Webmaster Joe Muscara was present with Ms. Pamela Parks. Ms. Parks introduced the new "merged" website owned and operated by the Garden Oaks Maintenance Organization (GOMO) and the Garden Oaks Civic Club (GOCC), www.gardenoaks.net. The previous website, www.gardenoaks.org, is archived at the bottom of the www.gardenoaks.net home page if anyone is uncomfortable with the layout of the new website.

Gazette: The November issue of the *Gazette* will be available online beginning November 2 at the new GOCC and GOMO merged website www.gardenoaks.net. Hardcopies of the *Gazette* were available during the meeting.

Beautification: Committee Chair Joan Harmon reported that Gazebo Park has been cleaned up and is ready for holiday lights to be installed by volunteers to get ready for the "Santa in the Gazebo" event. If interested in volunteering for light installation, please contact Tina Sabuco. The "Santa in the Gazebo" event will be held on December 7 and 8 from 6:00 p.m.–7:30 p.m. with a drop-off box for donations to the Precinct 1 Constables toy drive. Please bring one (or more) new toy gifts to donate.

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GARDEN OAKS CIVIC CLUB, INC. PROPOSED BUDGET 2017

	REVENUES	EXPENSES	NET
Civic Club Membership	\$6,000	\$100	\$5,900
Gazette	28,000	21,000	7,000
Constable Fundraiser	20,000	-	20,000
Constable	85,200	85,200	-
Home Tour	-	-	-
Beautification, Improvements & Maintenance	-	30,000	(30,000)
Garden Club	500	500	-
Interest Income	35	-	35
Citizen Patrol		250	(250)
Civic Club Meeting Expense		2,000	(2,000)
Community Events		2,000	(2,000)
Friends of Montessori-Pancake Breakfast		-	-
Grants		-	-
Insurance		1,400	(1,400)
Mailouts		1,500	(1,500)
Membership Expense		750	(750)
Miscellaneous		1,975	(1,975)
Professional Fees		750	(750)
Rent-Aztec Rental		1,560	(1,560)
Santa at Gazebo Park		-	-
Utilities		1,000	(1,000)
Website Redesign & Other		-	-
TOTALS	\$139,735	\$149,985	(\$10,250)

Garden Oaks Citizens' Patrol:

Program Chair Carl Waters, Jr. reported two home incidents per week during October. Mr. Waters also requested volunteers to help patrol the neighborhood and if interested, to please contact him via the GOCC website.

Nominating Committee:

Committee Chair Mark Klein formally presented the following slate of candidates proposed for the 2017 GOCC Board positions:

President: Matt Gannon
Vice President: Jim DiCola
Treasurer: Teresa Coleman
Secretary: Joe Casarez

Nominations from the floor will be accepted at the December members' meeting. There were no such nominations during this November meeting.

The election will take place at the December Members' meeting with a slate including at least

one (1) candidate for each office. Upon completion of the election, the Nominating Committee will automatically terminate its activities and dissolve.

There were no reports from the following committees:


- Ad Hoc In-Line Storm Water Detention Project Committee
- Government Affairs Standing Committee

NEW BUSINESS

GOMM Principal Dr. Lindsey Pollock shared that the day after Halloween (November 1) was a fun "pajama day" at school that all students enjoyed. Dr. Pollock encouraged residents to vote, and informed those in attendance of the HISD proposition on the ballot. She urged citizens to perform due diligence prior to making a vote, but could not and did not make a recommendation for how someone should vote.

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Dr. Pollock gave an update on the school's construction progress and reported that fence line staking shall commence over next couple of weeks along with an arborist property inspection. A construction trailer shall be installed on November 21.

The next regular GOCC meeting scheduled Tuesday, December 6 is our Annual Meeting and Holiday Potluck, which will be held at 7:00 p.m. at the home of Brian O'Leary and George Appling, 701 Garden Oaks Blvd. The Civic Club will provide the main dish and drinks. Bring wine or beer if you choose. We ask that members with the last name beginning with A-H bring a side dish; I-Q a dessert and R-Z an appetizer or bread. Entertainment to be provided the Dublin Harpers.

The meeting was adjourned at 8:46 p.m.

GARDEN OAKS RESIDENT!



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GARDEN OAKS CIVIC CLUB MEMBERSHIP & CONSTABLE PROGRAM PARTICIPATION

Ever wonder how many of your neighbors at the 1,400-odd households in Garden Oaks have paid their civic club membership dues and/or constable program contributions? The number of neighbors who have paid for 2017 as of press time are represented at right; visit www.gardenoaks.net any time for the latest tallies and for information about supporting these vital programs.

**2017 Civic Club
Memberships
142**

**2017 Constable
Program Supporters
227**

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CITIZENS' PATROL PROGRAM UPDATE

By Carl Waters, Jr., Program Chair

Holiday Safety Reminders

- Stay alert to your surroundings.
- Don't shop alone (as with swimming, there is safety in numbers).
- Avoid carrying large amounts of cash; use debit or credit cards.
- Carry a small purse or be sure to wrap the strap around your arm if you carry a larger one.
- Carry your wallet in your front pocket instead of your back pocket. Consider keeping it in your left pocket as most people shake with their right hand.
- Keep an eye on your purchases while eating to avoid having someone switch bags with you.
- Consider using a package pickup service when you make a large number of purchases.
- Have your keys ready when you exit the store to stay alert in the parking lot and quicken your ability to enter your vehicle.
- Avoid shopping at closing time. If you must shop after dark, select parking spaces in well-lit areas.
- Avoid parking next to vans or vehicles with dark tinted windows.
- Walk briskly, confidently, and directly through parking lots. Be wary of strangers soliciting sales or information in the parking lot.

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

Emergency Numbers



Emergency Services
911

HPD Non-Emergency Services
713-884-3131

Constable Dispatch
713-755-7628

All Other City Services
311



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Garden Oaks Resident
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AIR CONDITIONING TIPS FOR THE WINTER

By Mitch Weigand

Air Filters: Your A/C System's Best Friend or Worst Nightmare?

There's a lot about indoor air quality that you might not be aware of and certainly can't see. Up to 72 trillion microscopic irritants/allergens find their way into your home every day. They include dust, pollen, pet hair and dander, dust mites, mildew, lint, fungus, tobacco smoke, cooking grease and bacteria. Many of these particles are so small that your nose and throat can't filter them out, and they can get deep into your lungs.

Run-of-the-mill, cheap air filters which cost around a buck do little or nothing to capture these irritants. All they collect is the big stuff like pet hair and dust the size of small boulders.

The correct solution would be to get one of those expensive \$17.00 HEPA filters, right? Not really. While they do great things for your home's air quality by trapping most allergens, HEPA filters can starve your A/C system of free-flowing air, making it work way too hard and possibly shorten its life.

Another solution is the stand-alone, ionic-type room air cleaner. Unfortunately, they are effective only within a certain radius. Additionally, at a cost of \$300 to \$500 apiece, buying one for each room can be cost prohibitive.

Finding a Happy Medium

The best A/C filter costs about \$3.00 each and are readily available at most home improvement stores. While pleated like the \$17.00 ones, these filters aren't "over-pleated" and thus allow air to readily go through them.

If you can afford it, the ideal solution is installing a whole home air cleaner. American Standard, my choice for the best A/C systems on the market, has one called AccuClean. It works as part of your heating and cooling system, which means it's designed to clean the air in every room of your home.

The AccuClean's unique filtration system has the highest efficiency of any air cleaner on the market. It removes up to an unprecedented 99.98% of unwanted particles and allergens from the filtered air in your home. Standard filters and ionic-type room appliances can't even begin to match that while HEPA filters can clog and reduce airflow throughout your system.

Finally, no matter which filters you use, be your A/C system's best friend and replace your filters regularly. Once per month is an ideal schedule.

Happy Holidays to all my customers, friends and neighbors in Garden Oaks!

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GOMO Board of Directors

SECTION 1

Sheila Briones (2017)
713-861-8091
sheila.briones@gardenoaks.org

Mark Saranie (2018)
713-724-1271
mark.saranie@gardenoaks.org

Michael Taylor (2019)
713-526-2108
michael.taylor@gardenoaks.org

SECTION 2

Lori Kennedy (2017)
713-691-6833
lori.kennedy@gardenoaks.org

Rafael Pina (2018)
713-614-6533
rafael.pina@gardenoaks.org

Sue Schmidt (2019)
832-563-3402
sue.schmidt@gardenoaks.org

SECTION 3

Susan Kostelecky (2017)
713-697-4110
susan.kostelecky@gardenoaks.org

Dea Larson (2018)
713-695-3634
dea.larson@gardenoaks.org

Frances Schwartz (2019)
832-483-1546
frances.schwartz@gardenoaks.org

SECTION 5

Carol Terrett (2017)
713-557-8121
carol.terrett@gardenoaks.org

Kip Noser (2018)
281-846-5479
kip.noser@gardenoaks.org

Coley Groth (2019)
832-482-5896
coley.groth@gardenoaks.org

Each director's term expires in October of year in parentheses.

GARDEN OAKS MAINTENANCE ORGANIZATION (GOMO)
MONTHLY REPORT FOR OCTOBER 2016

Plans were approved for:

None

Revised plans were approved for:

1062 W. 43rd

Pending resubmission:

1038 Gardenia

Deed Restriction Enforcement Activity

A single reported violation might progress through several stages before being resolved. This chart summarizes last month's activity and the totals for the year.

2016	October	YTD (as of 10/31/2016)
Not a violation	0	7
City pending	0	N/A
City cleared	0	1
Informal w/owner pending	0	N/A
Informal w/owner cleared	0	6
Legal opinion pending	2	N/A
Legal opinion cleared	0	1
1st letter sent pending	2	N/A
1st letter cleared	1	5
2nd letter sent pending	0	N/A
2nd letter cleared	0	0
Prior Year Carryover	6	N/A
Total New Reported	0	18
Total Cleared	1	20
Total In-Progress	4	N/A
Litigation Authorized	0	0
Litigation In-Progress 2 cases re: subdivision of lot 1 case re: number of garages	3	N/A
Litigation Concluded	0	0

GOMO funded two shifts of the Constable Program for the month at a cost of \$12,790.

The redesigned GOCC/GOMO website went live on October 31, 2016. The re-launch created issues with some of the @gardenoaks.org email addresses which have since been restored; however, some messages sent to these email addresses after October 31 may have been lost.

The following content has been added to the site since last month:

- Meeting minutes for January-November 2016
- FY 2015-2016 Financials

Comments and suggestions are welcomed.

Garden Oaks is a deed-restricted community of 1400 homes. The Garden Oaks Maintenance Organization (GOMO) is entrusted by homeowners and property owners (members) of Sections 1, 2, 3, and 5 with ensuring compliance with deed restrictions. The directors of GOMO are member-elected volunteers. Homeowners are invited to attend our meetings.

GOMO news, director and office contact information, meeting times and locations are published monthly in the *Garden Oaks Gazette*, delivered by volunteers to all homes in Garden Oaks.

At gardenoaks.net, homeowners can find: deed restrictions, plan approval information, bylaws, policies, financial reports, transfer fee information, meeting schedule, information about election of directors and officers, and contact information for all officers and section directors. The minutes of GOMO business meetings are posted as well.

Contact:

The Garden Oaks Maintenance Organization
4001 N. Shepherd Drive, Suite 216
Houston, TX 77018

713-561-3936

manager@gardenoaksmaintenance.org



GOMO Review Meetings

take place at **6:30 p.m.** on the **first Tuesday**
prior to Civic Club meetings and at
7:00 p.m. on the **third Wednesday**
of each month.

Meetings are open to anyone interested in attending.

Additional information about the
Garden Oaks Maintenance Organization (GOMO)
is available online at GardenOaks.net.
Property owners in Sections 1, 2, 3 and 5
are all members of GOMO.

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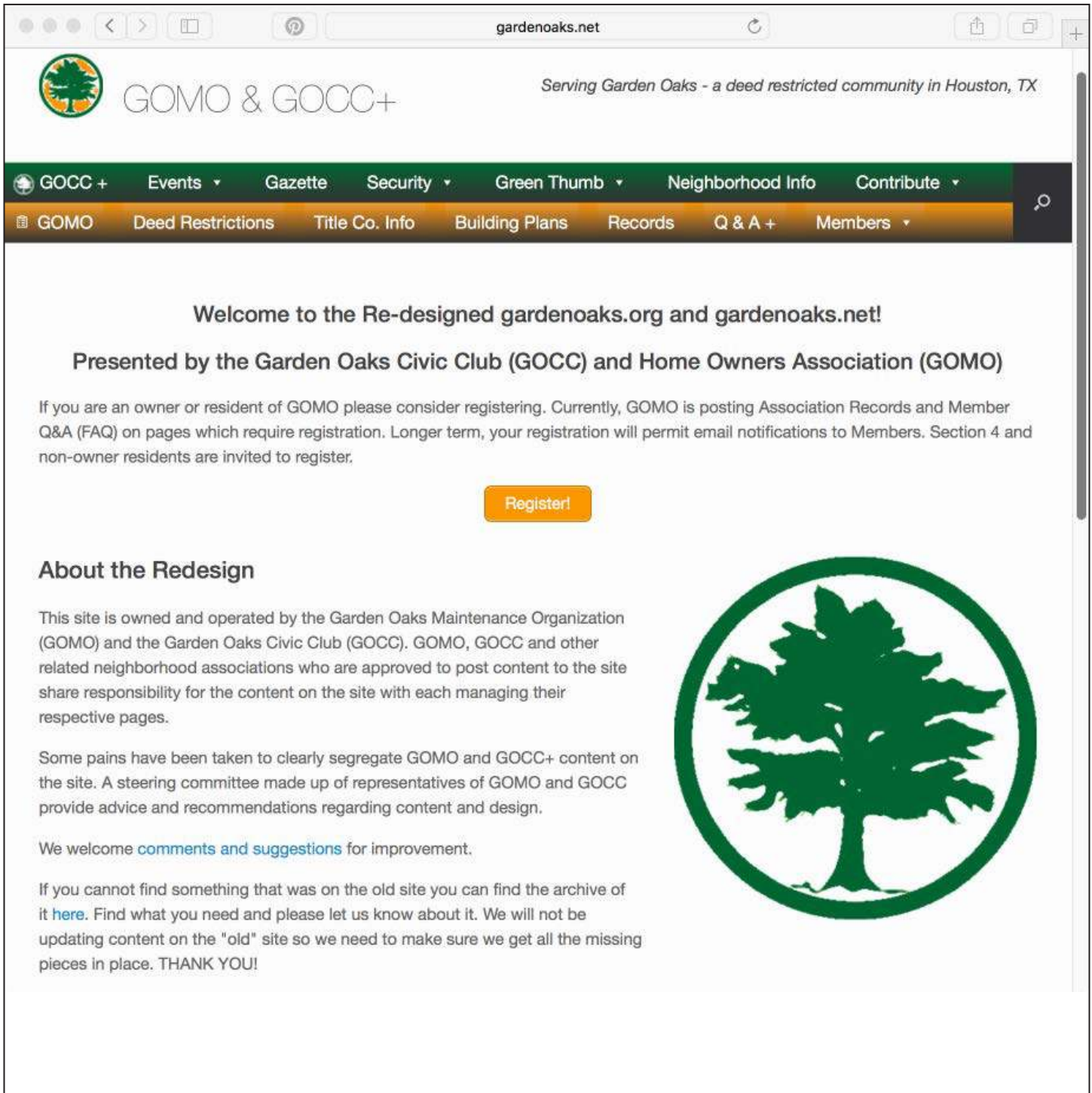
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Psst... Have you seen the new Garden Oaks website?
Check it out today at
www.gardenoaks.net!



HISD MAGNET APPLICATION INFORMATION FOR 2017-2018 SCHOOL YEAR

*By Stephanie Dubroff-Acosta, Parent Engagement
Representative, Garden Oaks Montessori*

Students Zoned to Garden Oaks Montessori

If you are zoned to Garden Oaks Montessori and you would like your child to attend in the 2017-2018 school year, please complete the online application (www.hisdchoice.com) no later than **December 9, 2016**.

Your application will not be subject to the magnet lottery but will reserve a seat for your child. You will receive notification in late March of the supplemental documentation required to keep the seat.

Please note that only Kindergarten–5th grades are ZONED to Garden Oaks Montessori. If you have not toured our school in the past, you are encouraged to attend one of our weekly tours at 9:00 a.m. on Thursdays through December 8, 2016.

If you have further questions, please contact me at sdubroff@houstonisd.org or 713-696-2930.

Magnet applications are available online until **December 9**. Applications submitted after December 9 will not be considered for the lottery, but will be placed on a waitlist in the order received AFTER the lottery waitlist.

Choosing Schools

The last **HISD Magnet School Choice Fair** for the 2017-2018 application season will be held from **9:00 a.m. – 12:00 p.m.** at Sterling High School; although the location is a high school, ALL magnet schools are represented. These school choice fairs are a great way to explore which schools would be a good fit for your child and determine which you would like to tour.

HISD magnet schools are offering tours each Thursday through December 8. **Elementary and K-8 school** tours are for parents only and will be conducted at **9:00 a.m.** Prospective students may accompany their parents on tours of **middle and high schools** which take place at **1:00 p.m.** (These tours are scheduled in the afternoon so that prospective students who want to tour can be counted as present during attendance in the morning at their current school.)

Applications

The application deadline is **December 9**. This year, applicants can only apply to 5 schools. This is a change from years past, where parents could choose 10 schools. Please choose your schools wisely. I highly encourage parents to specify 5 school options rather than only 1 or 2 schools. As last year, you are asked to rank your school choices, with the school in your #1 slot being your most desired and #5 being the least desired of the 5 choices.

Houston Independent School District Magnet School Choice Fair

(Last one!)

Saturday, December 3

9:00 a.m.–12:00 p.m.

Sterling High School

11625 Martindale

Houston, TX 77048-2005

*(Programs for all grade levels represented;
not high school only)*

Please note: if you are applying to 5 Vanguard magnet schools and your kindergartener does not meet the Vanguard requirements, all of your applications for Vanguard will be marked as unqualified.

Whatever you decide, make certain that you initial and click SUBMIT on your applications by December 9 to be considered for the lottery (Phase 1). **Applications that come in after December 9, but before May 31, will NOT be considered for the Phase 1 lottery, but rather placed in the Phase 2 application group.**

Once the Phase 1 lottery waitlists have been cleared (by parents accepting or declining spots), only then will Phase 2 applicants be considered for open spots. These Phase 2 applicants are offered open spots based on the time and date stamp on their applications. Applications received after May 30 and ALL Out Of District Applicants are considered Phase 3, and will be considered after Phase 1 and Phase 2 applicants have declined any remaining spots.

Notifications

Elementary applicants will be notified of acceptance or waitlist number on **March 22**. Middle School and High School applicants will be notified on **March 23**. Parents must reply no later than **April 6** if they are accepting an offered seat. Magnet Entrance Agreements must be turned in to the school when you accept an offered spot at this time.

If you are notified of an offered spot after this time frame, parents have 3 days (72 hours) to accept the spot and turn in the Magnet Entrance Agreement. If, after 3 days there is no response, the spot will be declined and offered to the next applicant on the waitlist.

GARDEN OAKS MONTESSORI AND THE CHINESE BRIDGE

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

This is the year for international travel as I am writing to you from a hotel in Beijing, China. At the invitation of the Confucius Institute Headquarters (Hanban), 10 educators from the Houston Independent School District are here learning more about our global "neighbors".

The program is called the "Chinese Bridge" Delegation for Principals. Each year, Hanban invites about 2,000 foreign school principals and administrators to visit China to better understand the Chinese language, culture and educational system. School and district leaders spend one week learning about ways to integrate Chinese language and culture instruction at their schools. The program also provides an opportunity for delegates to learn about a country that is rapidly changing and rising on the global stage. Since 2006, more than 4,500 U.S. educators have participated in the delegations. If you are interested in more information about the program go to:

www.collegeboard.org/chinesebridge.

The goal of the program for Garden Oaks is to establish educational and cultural exchange with schools in China. Hopefully, this experience will lead to a relationship with a school in China to have a cultural exchange at Garden Oaks, perhaps via regular Face Time sessions, letters between pen pals, or inviting a teacher of Mandarin to visit.

While here, I am carrying a "Flat Logan" for one of the students at GOMM and sending photos to the school staff. The photos will be posted daily along with announcements of where I am going in the country. I first flew to Chicago on Tuesday night after school and then boarded the plane at noon on Wednesday for a 14-hour trip over the top of the world to Beijing. We arrived at the hotel at 7:30 p.m. after driving through traffic that made me feel right at home. What is remarkable is the amount of air pollution that makes it necessary to wear a mask to protect my lungs from the thick particulates in the air. Dinner was an amazing buffet of traditional Chinese foods at our hotel. Tomorrow we will have a full day of lectures from education officials followed by a trip to the silk market in the evening. On Saturday our large group will divide into smaller delegations to visit the provinces. My group will fly to Chonquing, southwest of Beijing, to visit local schools there and to participate in a forum with principals and educators. I will be presenting information about our school and the Montessori methodology.



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GARDEN OAKS MONTESSORI RECEIVES CITY OF HOUSTON PROUD PARTNER AWARD FOR URBAN HARVEST GARDEN PROJECT

Garden Oaks Montessori received a Proud Partner award for its Urban Harvest garden project from the City of Houston. Principal Lindsey Pollock accepted the award on behalf of the school at the 32nd Annual Mayor's Proud Partners Luncheon on Monday, November 6 at the Hilton Americas.

Urban Harvest offers a great volunteer opportunity for parents and their school-age children, teens looking for community service hours, and neighbors who want to improve their hands-on gardening skills through cultivating, planting, and harvesting.

The luncheon provided Keep Houston Beautiful (the city's leading organization in beautification, litter reduction, and recycling education) an opportunity to recognize outstanding work by local organizations and individuals who improved Houston's landscape through environmental and beautification projects. At the luncheon, Mayor Sylvester Turner presented the Outstanding Proud Partner Award to Jim "Mattress Mack" McIngvale. Other awards presented included the Innovation Award, Sustainability Award, Distinguished Neighborhood Award and fourteen Proud Partner Awards.

Garden Oaks Montessori received one of the Mayor's Proud Partners Awards for its 15-year collaboration with Urban Harvest to build and sustain classroom gardens. This partnership is underwritten by the Garden Oaks Parent-Teacher Organization (PTO).



Dr. Lindsey Pollock, GOMM Principal, accepts the Proud Partner Award on behalf of Garden Oaks Montessori from Daniel J. Sullenbarger, Chairman Emeritus, Marathon Oil, and Houston Mayor Sylvester Turner.



**GARDEN OAKS
MONTESSORI
MAGNET**
WITH ENVIRONMENTAL SCIENCES

Kim Ellis

Wildscape Garden Consultant
and Garden Oaks resident
713.259.9697
kim@plantahabitat.com
www.plantahabitat.com



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TO
YOUR HOME

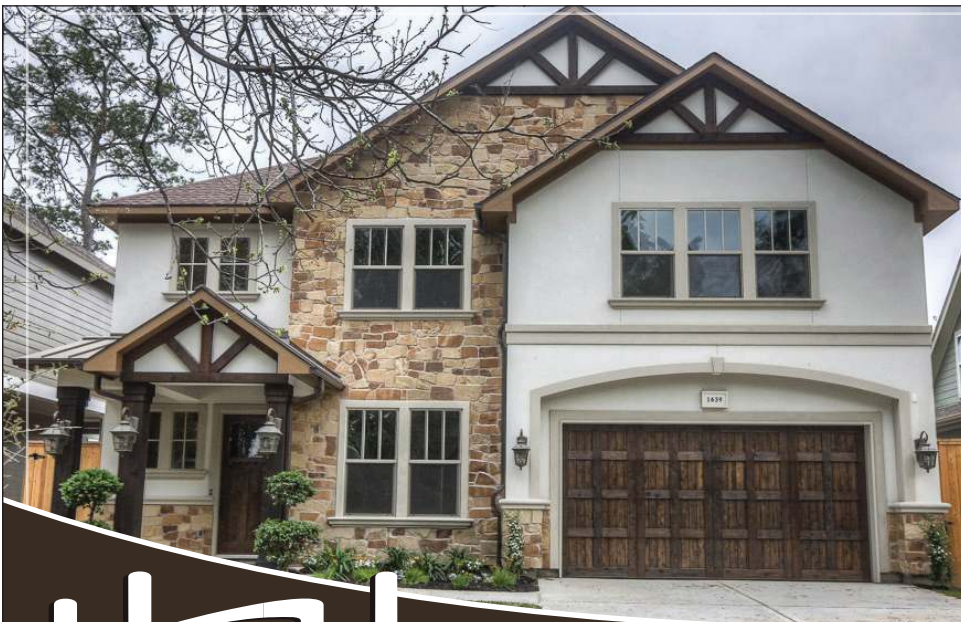
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MICKEY'S MINUTE

By Mickey Morales,
The Farm Stand on Wakefield

The holidays are upon us once again, reminding us that the perfect place to shop is right here at your local farmer's market. Not only do we have some of the best food you can put on a plate for your family and guests, but we also have gifts that can't be found anywhere else: jams and jellies, artisanal chocolates, small batch roasted coffees, hand-carved wood items and pottery. So if you have someone on your list who's hard to buy for because they already have everything, we've got you covered and we will be open on Christmas Eve.

Our little neighborhood market is bursting at the seams. All we need now are milk and bread and y'all could do almost all your grocery shopping for the week with us. I can't begin to thank everyone enough

for helping us to build up to where we are today. We probably get at least one inquiry a week from folks wanting to join our happy band, but the problem is that we're out of room.

Once the holidays are over, we need to support our friends at the Farm and Ranch Freedom Alliance (FARFA) as the Texas legislature convenes. There are several key bills planned for this session which FARFA will be promoting. The raw milk bill is one of them; I actually heard it mentioned on the radio the other day, which tells me the time to strike is now. Another bill would expand the scope of cottage food businesses to allow folks to prepare foods other than baked goods in their homes, saving them the cost of leasing space in a commercial kitchen. So if you're in the giving spirit, please sign up as a member of FARFA at farmandranchfreedom.org.

Local Farmers' Market

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

From all of us to all of you, may y'all have a Merry Christmas and a Happy New Year. We'll be closing in on the end of our 4th year serving the neighborhood, which means it will be time to throw a party. We'll keep you posted.

As always, "Come soon, come often and enjoy your family and the holidays."



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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 gogazette@gmail.com by the 10th 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).

GARDEN OAKS OUTREACH

A color version of the *Gazette* is published each month on the Garden Oaks website
www.gardenoaks.net/gocc-home/gazette/.

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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CALORIE COUNTING DOES NOT WORK!*By Erin Palmer, CNHP*

Keeping a food journal or tracking your daily food intake on apps like My Fitness Pal can be great for holding you accountable and conscious of what you are actually putting into your mouth every day. These methods may help you lose a few pounds in the beginning but for most people, long term, it just doesn't work.

How many people do you know who have been counting calories or doing something like My Fitness Pal or Weight Watchers forever and they are still struggling with their weight? The truth of the matter is that it's not as simple as eat less and move more. And using an online calculator to find your basal metabolic rate (how many calories you burn a day at rest) is not at all accurate.

So many people are frustrated by their lack of results. It's not because they aren't trying hard enough, it's because there is a deeper issue that needs to be addressed. Picking an abstract number or having a computer calculate a daily calorie count for you is not going to take into consideration how well your body breaks down,

digests and assimilates the nutrients from your food. Nor are these methods taking into consideration how well your thyroid functions, how healthy your adrenals or hypothalamus are, or if your liver and cells are working efficient. These methods do not take into consideration your gut bacteria and how balanced it is. All of these important body workings play a vital role in what the body does with the food you eat; does it burn or store?

Working with a Functional Medicine Practitioner who takes a proactive approach to health and can look at various factors like food sensitivities, hormonal imbalances, microorganism imbalances and various toxicities within the body to formulate a program that works with your body's unique needs and getting to the root cause of health conditions is a great way to end the frustration and the constant trial and error approach and finally reach those health and fitness goals you deserve.

Erin Palmer, CNHP has been working in the health, nutrition & fitness field for over 8 years. To learn more and request a free consultatio, visit: www.erinpalmercnhp.com or email erin@erinthebeast.com; CrossFitters: be sure to check out www.erinthebeast.com.

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

Erin Palmer, 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!



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- Nutritional programs
- Pharmaceutical grade supplementation
- Personal training

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



ANNUAL MEMBERSHIP DUES STATEMENT

January – December 2017

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/membership;
upon completion, you will receive e-mail confirmation of your dues payment.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!



2017 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 2017 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/constable

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Acronym Key GOMO = Garden Oaks Maintenance Organization GOPB = Garden Oaks Professional Building, 4001 N. Shepherd, Suite 216 * Preceded by GOMO meeting at GOPB beginning at 6:30PM.				1	2	3 Farmers Market 9AM-1PM 938 Wakefield St. Rose Holiday Market 10AM-2PM 3600 Brinkman
4	5	6 Civic Club Annual Meeting & Holiday Party* 7PM @ O'Leary-Appling Residence, 701 GO Blvd.	7	8	9	10 Farmers Market 9AM-1PM 938 Wakefield
11	12		14	15 Heavy Trash Pick-Up (Junk Waste)	16	17 Farmers Market 9AM-1PM 938 Wakefield
18	19	20	21 GOMO Meeting 7PM @ GOPB	22	23	24 Farmers Market 9AM-1PM 938 Wakefield <i>Christmas Eve</i>
<i>Christmas Day</i>	26		28	29	30	31 Farmers Market 9AM-1PM 938 Wakefield <i>New Year's Eve</i>

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GARDEN OAKS RESIDENTS. WE HUMBLY
THANK EVERYONE WHO ALLOWED US TO
HELP THEM IN 2016. WISHING ALL A VERY HAPPY,
HEALTHY AND PROSPEROUS 2017!

THANK YOU!
ZACHARY, ALEXANDER, DEANNA AND WILL

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