



January 2018

Volume 40 Issue 1

Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

President's Message

Matt Gannon, Civic Club President

As another year comes to an end, and a new one begins, I want to introduce your newly elected Civic Club Board for 2018:

President – Matt Gannon

Matt was elected for a second term as President at the December Civic Club meeting and will continue in his current role.

Vice President – Joe Casarez

Joe served on last year's board as Secretary, and following Jim Di Cola's departure, has stepped up to be Vice President on this year's board.

Treasurer – Teresa Coleman

Teresa was elected for a second term as Treasurer and will continue in her current role.

Secretary – Helen Sestak

Helen is a long-time resident of Garden Oaks and was previously involved with the Civic Club. She has volunteered to take over the role of Secretary.

Our first meeting of the year will be held in our usual location (Garden Oaks Montessori Magnet) on January 2nd, 2018 at 7:00 p.m. Our guest speaker will be Shana Ross of Shana Ross Fitness (<http://www.shanarossfitness.com>). She will talk to us about health and fitness — a topic that I am sure is near and dear to all of us after enjoying good food during the holidays.

Shana will give an overview of fitness and nutrition fads and how they can be misleading and sometimes harmful. Additionally, she will provide some "common sense" tips that we can all use to assess our health and make incremental changes that lead to positive lifestyle changes.

On another important note, **please do not forget** to pay your Constable dues and Civic Club dues for 2018. Information and instructions are at gardenoaks.org as well as the insert included in the *Gazette*.

With all the activity on social media about package thieves and petty crime over the holidays, it still surprises me that we have such a small percentage of neighbors who support the Constable Program. Remember that the more people who contribute, the cheaper it is for everyone, the more patrols we can have, and the safer (and more desirable) our neighborhood becomes. If you've never supported the program before, I challenge you to give it a try in 2018 and gauge the benefits for yourselves.

Thanks again to all those neighbors who supported Garden Oaks in 2017 and continue to do so. Your contributions are invaluable and are a major part of what makes our neighborhood special.

Happy New Year and Best Wishes,
Matt

Garden Oaks Civic Club Meeting

Tuesday, January 2, 7 PM
Garden Oaks Montessori
901 Sue Barnett

Topic: Health and Fitness by
Shana Ross

Home and Garden Tour

Sunday, April 29
12 – 6 PM

GOMM Construction Update

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

We are making progress on the construction of the new wing! The building closest to Sue Barnett will house the gymnasium on the first floor and flex spaces on the second floor. Flex spaces are used for all kinds of instructional programs from art and drama to classroom space if needed. The three-story building in the rear of the property is dedicated to classrooms. We will have beautiful new early childhood classrooms on the first floor, 4th – 6th grade classes on the second floor, and middle school and more 4th - 6th grade classes on the third floor.

The current plan will have us moving into the new classroom spaces over the week of Spring Break (March 2018). You may have also noticed that the front circle drive was expanded and now contains 21 parking spaces. Note that there is no longer any parallel parking on the street in front of the school. The school's PTO is also holding a fundraiser by selling commemorative bricks that will be installed in the front of the school (see ad in this month's *Gazette*). If you would like to purchase a commemorative brick with your personalized message, go to <https://polarengraving.com/GardenOaksMontessoriMagnetPTO>. Thank you to our neighbors for your patience as we strive to improve our facilities for the years to come!

Gazette Volunteers Needed

Are you looking for a way to participate in the neighborhood? A new delivery captain for Section 2 is needed to deliver the bundles of *Gazettes* to each block delivery person in Section 2. Want to go for a short walk? New block deliverers are needed in Section 1 for the 200–300 block of W. 31st and in Section 5 for the 4100–4200 block of Apollo. Contact GazetteDelivery@gardenoaks.org if you are interested.

Civic Club Officers

President – Matt Gannon 832 646 4140
822 Azalea president@gardenoaks.org

Vice President – Joe Casarez 713 398 7133
424 W. 32nd vicepresident@gardenoaks.org

Treasurer – Teresa Coleman 713 686 7728
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Secretary – Helen Sestak 832 858 2736
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Citizens' Patrol – Carl Waters, Jr. 713 569 3153
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Constable Program – Terry Jeanes 713 812 9154
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The Garden Oaks *Gazette* is the official publication of the Garden Oaks Civic Club and is published monthly. The submission deadline to the editor is 11:59 PM of the 15th of each month for publication the next month unless otherwise noted.

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

A Garden Oaks Tradition Continues

Gazebo Santa Welcomed by Hundreds

Tina Sabuco

Santa took time off from his busy schedule to visit the families of Garden Oaks once again this year. On December 11th and 12th, Santa set up shop in the festively decorated Gazebo Park. Hundreds of neighbors, including several furry ones, visited Santa, Mrs. Claus, and their merry elves. Amongst a flurry of "Houston Snow" (a.k.a. billions of bubbles that the magical elves provided), guests nibbled on cookies and candy canes. As they waited to see "the man of the hour," all were invited to visit with Mrs. Claus who delighted children young and old by guessing their names and ages! After visiting with Mrs. Claus, each family was welcomed into the twinkling gazebo to sit upon Santa's lap and chat with him about their Christmas wishes! Santa and his wife were even treated to art work and storybooks made especially for them by some of the children.

Special thanks to Terry Jeanes, Georgia Lister, and Tina Sabuco for sponsoring this merry event; Marley Dwiggins and Shellye Arnold for their effervescent elfing; bakers who baked delicious cookies to share; and The McDaniel Family, Yasmin and Martin Parr, Sheree' Peoples, Sheila Briones, Brenda de Alba, and Jones Bowman, all of whom helped to decorate our winter wonderland. Finally, a HUGE thanks to Patrick Kelley and Jim McDaniel for making their "special appearances" during the event.

Happy 2018 to you and your families!



GOMO Board of Directors

Section 1

Mark Saranie - President (2018)

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Sheila Briones (2019)

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Lori Kennedy (2020)

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Dea Larson (2018)

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Susan Kostecky - Secretary (2020)

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Section 5

Kip Noser (2018)

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kip.noser@gardenoaks.org

Vacant (2019)

Wayne Womack - Treasurer (2020)

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wayne.womack@gardenoaks.org

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

GOMO Court Case Update

As previously announced on the gardenoaks.org website, the 14th Appellate Court ruling in the Section 3 case was received November 14, and GOMO met in special Executive Session with legal counsel on November 27 to discuss the ramifications of the ruling and options moving forward.

The appeals court ruling affirmed that GOMO was improperly formed but the ruling was limited to the specific homeowners in the lawsuit. The appellate court reversed the trial court's ruling that GOMO's bylaws were invalid. The court also found that GOMO has both the standing and the authority as a valid Texas homeowners' association to enforce the deed restrictions. The Board discussed many issues, including whether to request a reconsideration of the appellate court's ruling, and the effect on GOMO going forward if the ruling becomes final. There were still many unanswered questions and GOMO's legal counsel was tasked with addressing these issues.

A decision was made to request the appellate court for a 30-day extension prior to responding to the court to allow time to gather further legal input to the numerous questions the board had. This was granted and ends on December 29.

The regularly scheduled GOMO Board meeting was already planned for December 20, and it was determined to publicize the meeting as a "Town Hall" style meeting to answer questions about the case, prior to the 30-day extension deadline. GOMO members may have temporarily seen this listing for a "Town Hall" meeting on the gardenoaks.org website. However, GOMO was subsequently notified by its attorney that he was in discussion with the homeowners' legal counsel over a possible resolution to the case.

By the time this *Gazette* issue is published, a small group of GOMO Directors will have attempted to meet with the homeowners in the case and their legal counsel to see if there is a pathway forward. The December 20th Board meeting is no longer advertised as a "Town Hall" and it is expected that the Board will meet in executive session to discuss the outcome of the meeting as well as the other aforementioned issues. Whether or not a resolution is reached, the meeting will hopefully be the first step in rebuilding the sense of community in the neighborhood.

The current Directors of GOMO share a desire for expeditious resolution of this case, and are mindful of the fact that GOMO has twice been found by the courts to be improperly formed as to the specific homeowners in the lawsuit. GOMO also believes that a neighborhood is stronger with a deed restriction enforcing entity and is mindful of the many, many people who voted to create GOMO in the first place.

This case has been hard on the neighborhood, the litigants, and the volunteer neighbors who have made up the GOMO ranks over the years. The Directors are also aware of the role GOMO played in reaching this point and that there is some understandable criticism from the neighborhood. Regardless of how this case gets resolved, GOMO is taking steps to encourage neighborhood communication and input to improve its transparency and effectiveness.

GOMO Update, November 2017

Pam Parks, GOMO Office Manager

Plans were approved for:

- none

Revised plans were approved for:

- 507 W 32nd ST

Pending (re)submission:

- 432 W 34th ST

Deed Restriction Enforcement Activity for Oct. (Year to Date)

New reported violations – 0 (17)

Resolved/cleared – 0 (16)

Unresolved/pending – 4 (N/A)

Litigation in progress – 1 (N/A):

Content additions to the website since last month are the following:

- Minutes of Board Meetings
- Financials

Garden Oaks is a deed-restricted community of 1400 homes. The Garden Oaks Maintenance Organization is entrusted by home 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.

At gardenoaks.org, 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. Homeowners are invited to attend our meetings that 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.

Contact:

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

713-561-3936

gardenoaks.org

manager@gardenoaksmaintenance.org

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Garden Oaks Civic Club Meeting Minutes

Joe Casarez, Secretary

December 5, 2017

Location: American Legion Post #560

Welcome and Introduction: President Matt Gannon welcomed those in attendance and called the meeting to order at 8:03 PM. A motion was made, seconded, and passed to accept the November 2017 minutes as published in the *Gazette*.

Board Elections: Before presenting the slate of officer nominees, President Gannon asked if there were any nominations from the floor. There were none. Mr. Gannon presented a slate of candidates from the nominating committee for the 2018 Garden Oaks Civic Club Board: Matt Gannon, President; Joe Casarez, Vice President; and Teresa Coleman, Treasurer. A motion was made to accept the slate of candidates and it was seconded and approved. For the open office of Secretary, Helen Sestak volunteered to run for the position. A motion was made and seconded to accept her candidacy. The motion passed.

Treasurer's Report: Teresa Coleman provided a copy of the proposed 2018 Civic Club budget. The proposed budget included paying for one constable patrol. There was a discussion about including two patrols in the 2018 budget, as the payments are made monthly, and if funds are not available, one patrol could be cancelled. A motion was made, seconded, and passed to add payment for a second constable patrol for 2018.

The \$2000 line item for grant money had been allocated for a donation to the Oak Forest Park project. It was suggested to add an additional \$1000 in that category to go to the Garden Oaks Montessori Magnet (GOMM) school for the use of the cafeteria/classrooms as a monthly civic club meeting space. A motion was made and seconded to adjust the 2018 budget to accommodate the additional monies for GOMM. The motion passed.

The 2018 Garden Oaks Home Tour VIP party funds are to be amended in 2018 when more details are known.

The 2018 Garden Oaks Civic Club budget, as amended was voted on and passed.

The next Garden Oaks Civic Club meeting is scheduled for January 2, 2018 at 7 PM at GOMM. The meeting was adjourned at 8:25 p.m to enjoy the Holiday Party.

Approved 2018 Civic Club Budget

Teresa Coleman, Treasurer

Civic Club Income & Expense Approved 2018 Budget

	Income	Expense	Net
Civic Club Membership	\$9000	\$1500	\$7500
Beautification (maintenance)	\$600	\$12750	-\$12150
Beautification Improvements (non-maintenance)		\$10000	-\$10000
Garden Club	\$600	\$600	\$0
Gazette	\$22000	\$21150	\$850
Home Tour (Totals)	\$40000	\$17900	\$22100
Sponsorships	\$25000		
Ticket Sales	\$7000		
VIP Party	\$8000		
Transportation		\$4500	
Tickets		\$1200	
VIP Party		\$8000	
T-Shirts		\$1200	
Volunteer Party		\$500	
Other		\$2500	
Interest Income	\$36		\$36
Bank Fees		\$15	-\$15
Citizen Patrol		\$200	-\$200
Community Events (Grants)		\$1000	-\$1000
Insurance		\$1300	-\$1300
Meeting Expense (Totals)		\$2000	-\$2000
GOMM for Meeting Room		\$1000	-\$1000
Gift Cards, Venue, Holiday Party		\$1000	-\$1000
Miscellaneous - PayPal Fees		\$500	-\$500
Professional Fees		\$400	-\$400
Rent		\$1900	-\$1900
Utilities		\$850	-\$850
Web Hosting		\$240	-\$240
Total	\$72236	\$72305	-\$69

Constable Program Income & Expense Approved 2018 Budget

	Income	Expense	Net
Constable Patrol Income	\$52000		\$52000
Wine Walk	\$30000		\$30000
Interest Income	\$72		\$72
Constable Patrol Expense		\$183160	-\$183160
PayPal Fees		\$1300	-\$1300
Total	\$82072	\$184460	-\$102388
Combined	\$154308	\$256765	-\$102457

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24th Annual Garden Oaks Montessori Pancake Breakfast & Silent Auction Set for February 3

Mark Klein, GOMM Dad and Volunteer

One of the community's most popular traditions and annual gatherings returns for the 24th year when the **Garden Oaks Montessori Pancake Breakfast and Silent Auction** serves up thousands of pancakes from 8 – 10:30 a.m. Saturday, February 3, at the HISD magnet school, 901 Sue Barnett Drive.

Volunteer dads and grandads will fire up the griddles, hot Katz's coffee will be poured, and thousands of dollars' worth of donated goods and services will be auctioned off – all to support a public school with a growing waiting list. Student applications have poured in ever since the former elementary school became a full-time Montessori magnet that now serves kids from Pre-Kindergarten starting at three-years old through eighth grade.

The golden pancakes, warm syrup, sausage, and coffee are free, but the thousands of dollars typically raised through donations and the auction could prove essential to the school. HISD is proposing system-wide budget cuts that may mean \$175,000 fewer dollars goes to teaching kids at Garden Oaks Montessori Magnet (GOMM), according to Dr. Lindsey Pollock, the school's longtime principal.

Covering Funding Gaps

"The heartfelt generosity of neighbors, parents, and donors during this annual event has always been inspiring," says Dr. Pollock. "Donations from the breakfast have made a huge impact with our ability to provide needed classroom support. With pending budget cuts, this year's event could be more important than ever."

Sponsored by the GOMM Parent Teacher Organization (PTO), the pancake breakfast helps cover funding gaps. Key among the school's needs are scholarships for three-year-old Pre-K students, Montessori teacher training, field trips, and student art and enrichment programs.

"*YOU are Super Hero at Garden Oaks Montessori!*" is this year's pancake breakfast theme, based on the school's

emphasis on reading excellence and a campus-wide book study on *Every Child a Super Reader*. The connection to reading across the disciplines supports the interdisciplinary nature of education at the all-Montessori Magnet, with its emphasis on Environmental Science.

"Every child is a super hero at Garden Oaks," exclaims Dr. Pollock. "Dr. Maria Montessori wrote about maximizing each child's unique abilities, and that's what we strive to do at GOMM every day."

Now the school is being transformed with a major building construction project funded by an HISD bond election. Already 825 students attend Garden Oaks, up from 550 in 2011 when a \$3 million U.S. Department of Education grant paved the transition to an all-Montessori magnet with emphasis on environmental sciences. More than 850 applicants already fill the waiting list for the 2018–2019 school year.

Tradition of Fellowship

Harris County Sheriff Ed Gonzalez has made plans to attend, along with City of Houston Council Member Ellen Cohen, who has made the breakfast an annual winter rite. Ben E. Keith is graciously donating the food supplies, while Katz's Coffee is supplying large carafes filled with hot coffee.

During the breakfast and before the popular auction ends, entertainment and kids' activities fill the school grounds, while parents and community members are giving guided tours of classrooms that open into vegetable, herb, and native gardens sprinkled throughout the tree-lined campus.

"It's truly a wonderful tradition of fellowship – one that brings out volunteers, parents, school neighbors, and elected officials to celebrate a rare public Montessori institution that serves a diverse socioeconomic student body," explained Mark Klein, a parent at the school and president of Super Neighborhood 12. "The success of the breakfast says a lot about the local community. They

believe in the power of a public Montessori school choice. Their generosity and support has helped make Garden Oaks Montessori one of HISD's most popular schools, drawing families from all walks of life."

Like many other dads, Klein has been cooking pancakes for the event since his daughter, now in high school, attended Pre-K 3 at the school, back when only a few classrooms featured Montessori education.

An orientation session for parents and community members interested in Montessori education will be held at 8:30 a.m. Bidding for the silent auction closes at 10:30 a.m.

Last year's Pancake Breakfast and Silent Auction raised more than \$28,000.

To underwrite a portion of the annual breakfast or to donate auction items, please contact Silent Auction Coordinator Mandy Leal at mandy.leal@gmail.com.

For more information about Garden Oaks Montessori Magnet, call (713) 696-2930.



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Thank you for your continued support of our neighborhood school!

Brick Information

4" x 8" engraved brick **\$50.00**; with Clip Art or Logo **\$65.00**







[illegible]

8" x 8" engraved brick **\$150.00**; with Clip Art or Logo **\$165.00**

[illegible]

Donor Information

Clip Art No. _____

 <p>Garden Oaks Montessori Magnet</p>	
<p>GOMM01</p>	<p>Z6005</p>
	
<p>B16</p>	<p>K39</p>
	 <p>Girl Scouts.</p>
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Raising Unselfish Children in a Selfie World

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

Have you ever noticed the growing phenomenon of children and adults sitting at a restaurant each glued to their own hand-held device? Recently, I ate out with a few friends and we were mesmerized by the family just across from us each completely engrossed in a separate world on their phones or tablets oblivious to the people with them just a few feet away. Of course, that sparked conversation among us (all educators) around strategies to help children develop into successful adults. As we swapped stories about the challenges of educating our students today, it was the group's consensus that interpersonal skills were at the top of the list of required skills.

With this in mind, I put together a list of current books to read and just finished reading *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*, by parenting expert Michele Borba. Borba was inspired to write this book after visiting the sites of the Cambodian killing fields (Vietnam war). She spent many years researching atrocities of war (Dachau, Auschwitz, and Rwanda) and the impact of children in these societies. She was determined to find ways to avert this type of thing happening again, much like Dr. Maria Montessori's hope that by educating our children in peace education, we could avoid a recurrence of such terrible tragedies.

Borba found that a strong sense of empathy is an advantage in attaining health, happiness, and career success. She presented nine essential empathetic skills: emotional literacy, moral identity, perspective talking, moral imagination, self-regulation, practicing kindness, collaboration, moral courage, and compassionate leadership abilities. For parents, this book provides strategies, exercises and activities by age group to teach and nurture empathy. She points out that empathy can and must be taught. She argues that this is a moral imperative with children entombed in their virtual reality, with narcissism and self-absorption on the rise. Additionally, children are overwhelmed and fearful of the world around them when they are bombarded with news of tragedies on the TV and internet. Retreating to a virtual world within their control is more secure. But this also produces children ill-equipped to share with others, navigate real-world friendships and differences. I

encourage you to read the book. Here are a few ideas to use at your home:

Set aside a family game night. Play board games that encourage children to take turns and celebrate the process, **not** the win. Play card games and play in teams.

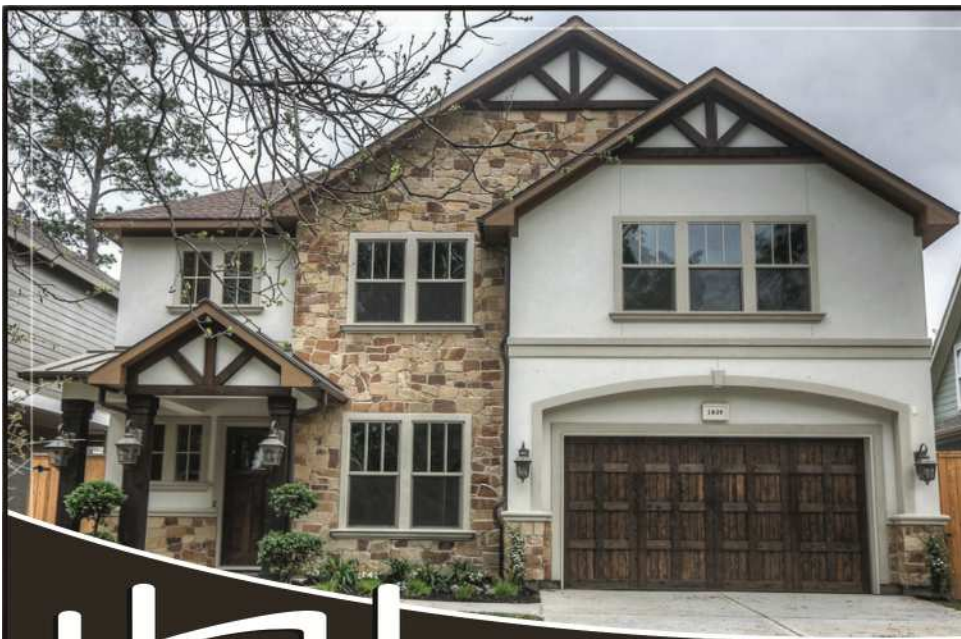
Ask your child what they would like to change in the world to make it a better place. Find ways to support your child in making this a reality. Write letters with your child, research the topic on the internet, visit museums and zoos. Find an organization that is already working on this issue.

Ban technology from the dinner table. Talk with your children and listen to their thoughts, dreams, and questions. Establish a routine to discuss the big and little things.

Put the phone *down* when driving. Children many times open up in the car when they have you alone. Listen.

Most of all, help your children see and interact in the world around them. As Dr. Maria Montessori said, "The child is capable of developing and giving us tangible proof of the possibility of a better humanity. He has shown us the true process of construction of the human being. We have seen children totally change as they acquire a love for things and as their sense of order, discipline, and self-control develops within them.... The child is both a hope and a promise for mankind." It is our responsibility to safeguard the social and emotional well-being of our children to ensure this development for a peaceful, just tomorrow for all.





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<http://hcad.org/hcad-help/texas-first-time-property-owner/exemptions/>

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Mickey's Minute

Mickey Morales

Happy New Year! Goodbye 2017 and good riddance! You were quite a bear, especially for our farmers and ranchers. We started the year with a hard freeze that lasted for almost two days, causing tremendous crop damage, and of course we can't say enough about the aftermath of Hurricane Harvey. However, thankfully our folks are a resilient bunch and are well on their way to rebuilding what was lost. Of course, none of this would have been possible without the support of the local community.

Enough about last year. Let's talk about what's on tap for 2018. The Farmstand was created in 2012 which means we are finishing up our fifth year of serving the neighborhood. We're quite proud of what has been accomplished in that time. Despite moving twice and making a slight shift to the west with the opening of Great Heights Brewing Company, we have managed to keep our focus on bringing clean, sustainable meats and produce to folks looking for a change in what their

families consume. In the coming year we will see Urban Decant Winery join the mix, which should make the area a destination place to be reckoned with. Thank goodness we have such a large parking area that will accommodate all these businesses and activities.

We are looking forward to a much kinder and gentler year in 2018, in which we'll execute a name change more fitting to our place in the community and adjust to whatever comes our way. Many thanks to all the vendors who have become part of the family and to all of the folks who have made us part of your Saturday morning routine.

As always, "Come soon, come often, and thanks for five great years."

Local Farm Stand

9:00 am - 1:00 pm, Every Saturday, Rain or Shine
938 Wakefield

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



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**HAPPY
NEW YEAR,
GARDEN OAKS
NEIGHBORS!**

We did a major renovation and addition to our home in Garden Oaks in 2010. We had a great experience throughout the construction process, and Chris came in on time and on budget. Our home was featured on the 2012 Garden Oaks home tour after the renovations.

We had such a great experience, we went to Chris when we considered moving and doing another remodel. Again, Chris's guidance and ideas were priceless. We are now in our second major renovation in Candlelight Estates. Chris and Matt have both been wonderful to work with. Everything has gone smoothly, with no surprises or hiccups. They are projected to finish on time and on budget. I would highly recommend Chris and Matt for any building or renovation needs you have.

John and Liz Tharp



We appreciate the care and integrity that you and Matt have demonstrated throughout the process of building our home. This is the home where we hope to raise our children, gather with family and friends, and provide respite to those in need. You both have been a pleasure to work with, and we value the relationship we have built.

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*Happy holidays from your
neighborhood lending team!*

Aaron, Christina, Meredith and Matt

Game Planning to Crush Your New Year's Resolutions

Erin Thole, CNHP

With each new year comes the renewed energy and motivation to make yourself better for this next leg of the journey. While everyone sets out with the best intentions, about 80% of all New Year's Resolutions will fail by February. Why is that?

Well, people tend to be motivated at first, but that drive tapers off as the normal daily events continue. You fall off your new routine one day and that leads to two, then three, then four days and before you know it, you have forgotten all about that goal that you were so gung-ho about January 1st.

One of the biggest reasons this happens is because people are trying to power through, or go off sheer will power on their goals. What they really should be doing is

working to "rewire the brain" to form a new normal.

To do this you need to be present in the moment so you can make focused decisions. You need a game plan with daily small action steps that leads you to the big goal. You need to know how your individual mind works and what your triggers are. I know this seems like a lot. But this is why we use the small action steps daily. It cuts out the "this is overwhelming" factor.

A book that I recommend a lot to my clients is "You Are Not Your Brain." It offers great tools to help you shed those old habits and belief systems that do not serve you.

In my work with clients, I am focusing on the physical, but we can't address the physical without addressing the mental. This is how you get lasting, long term results.

Erin Thole, CNHP has been working in the health, nutrition & wellness field for over 9 years. To learn more and request a free consultation: www.erinthole.com or thole.erin@gmail.com; CrossFitters- be sure to check out www.erinthebeast.com; mamas & mamas to be check out www.empoweredmotherhoodmovement.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 Thole, CNHP works with each client's unique biochemistry to determine what dietary, supplementation and lifestyle changes will work best for them as an individual. There is NO one-size-fits-all program!



Erin has the resources and training to **CHANGE YOUR LIFE!**

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- Pharmaceutical-grade supplementation
- Personal training

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

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



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Nancy Almodovar*

Citizen Patrol Update

Carl Waters, Jr., Program Chair

Happy New Year Neighbors!

If you are looking for a volunteer activity to complete your New Year's resolution, please consider joining the Citizen Patrol Program. Volunteers must be Garden Oaks residents 18 years of age or older. Additionally, you must be able to pass a criminal history check and attend a one-hour training provided by the Houston Police Department to participate in the program.

After chairing this program for over 20 years, I have decided this will be my last year as program chair. If you are interested in being the chairperson and/or joining the patrol program, please contact me at the number at the bottom of this article.

November Crime Statistics (8)

Auto Theft (1)

4000 block N. Shepherd Dr. on Thurs, Nov 2 at 4:05 p.m.

Burglary Motor Vehicle (3)

4300 block N. Shepherd Dr. on Friday, Nov 3 at 10:41 a.m.

3400 block N. Shepherd Dr. on Sat, Nov 4 at 3:09 p.m.

500 block W. 31st St. on Tuesday, Nov 14 at 10:57 a.m.

Burglary (3)

200 block W. 33rd St. on Thursday, Nov 2 at 8:34 p.m.

3400 block N. Shepherd Dr. on Sat, Nov 4 at 5:21 a.m.

800 block W. 41st St. on Sunday, Nov 5 at 10:34 a.m.

Theft (1)

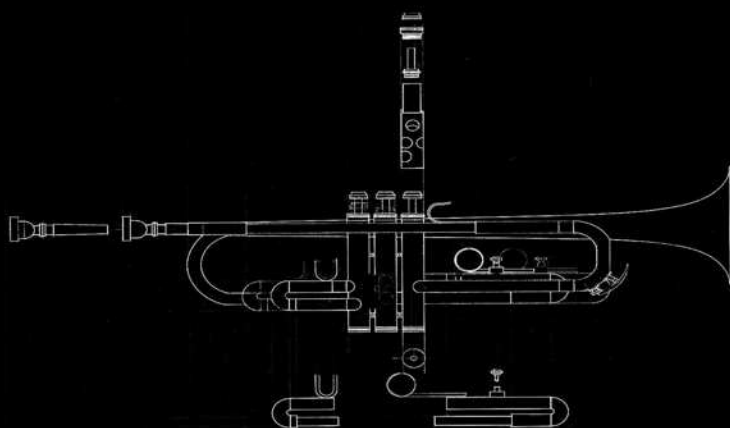
300 block W. 30th St. on Tuesday, Nov 21 at 9:39 a.m.

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

Emergency Numbers

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

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Mathnasium of Oak Forest is under NEW OWNERSHIP!

The best way to see if we are a good fit for your child's needs is to visit our center, meet the instructors and try out our new program. For the month of February, we are offering our Initial Assessment and a 2-week Trial (6 sessions) for **FREE**.

Give us a call to set up your **FREE Trial** today! We look forward to making math make sense for your child!

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Choosing a Carbon Monoxide Detector for Your Home

Mitch Weigand

Carbon monoxide poisoning is the leading cause of accidental poisoning in the United States. It is an odorless, tasteless, invisible gas and the result of incomplete combustion of various fuels such as wood, kerosene, gasoline, charcoal, propane, natural gas, and oil.

In the home, it can be formed by any flame-fueled (not electric) device. Among these are your oven, clothes dryer, furnace, fireplace, gas space heater, or gas water heater. If vented properly, the carbon monoxide will escape harmlessly to the outside. If not, the results can be deadly.

When carbon monoxide is inhaled, it transfers from the lungs into the bloodstream. It then interferes with oxygen transport within the red blood cells, causing the

body to become oxygen-starved. With low-level poisoning, you may feel like you have the flu or a cold with shortness of breath, mild headaches, and nausea. High levels can result in unconsciousness, permanent brain damage, and ultimately death. Infants and children, pregnant women, people with circulatory or respiratory problems, and the elderly are especially vulnerable.

How does a carbon monoxide detector function?

The accumulation of carbon monoxide triggers a chemical or electrochemical reaction within the detector that prompts the alarm to sound. Most detectors require a continuous power supply so they may become inoperable when your electricity is cut off. Some models are available that offer back-up battery power to prevent this.

Detectors should be placed on a wall nearest your A/C's return air. With multi-level homes that have a second A/C unit, each floor needs a separate detector. Place the upstairs detector nearest the second return air and your home's bedrooms so the alarm is loud enough to wake everyone.

(Continued on page 23)

Here's what our customers say about us:

"I've been a client of Mitch's for 20+ years." *Robbie J., Copperfield*

From the moment I met Mitch, the honest dedication and integrity shone from all points. Besides that, he utilizes the best and latest test equipment. One of the other items I notice about his skill set. It's a guy thing!!!!



Air Wise owner Mitch Weigand



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Heard Under the Oak Tree

Terry Jeanes

Welcome, New Neighbors!

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

902 Lamonte	1014 Lamonte
231 West 31st	1011 West 42nd
814 West 43rd	

Happy Birthday

Hannah Stender – 1/4	Maeve Mc. – 1/5
Mae T. – 1/8	Diane Heath - 1/9
Phil Ramirez - 1/10	Erick Martin - 1/24
Shellye Arnold - 1/30	Joe Muscara - 1/30
Caroline C. – 1/31	

Happy Anniversary

Alice and Mark Sarmiento - 1/30
Rudy and Bonnie Hernandez

Out and About

Tina Beddow enjoyed the Wimberley Trail of Lights with family.

The Salch family spent Thanksgiving at Last Chance Ranch.

Shawn and Bill Spear joined **Tina Sabuco and Shellye Arnold** at Abundance for Thanksgiving.

The Stenglers had some great moments in Carmine.

Carl Waters and Leslie Ryan enjoyed Thanksgiving in NOLA as did **the Carlins**.

The Zindler – Feits enjoyed the Turkey Trot in Gruene and some time on the Galveston Strand.

Dian Austin and Marlene Caldwell feasted at a Blue Heron Farm Lunch.

Deb Seghers had some relaxation time at the Spa at the Broadmoor.

Caroline McLean enjoyed the Via Colori Painting Festival in Downtown Houston.

Gina Greenslate experienced a dream come true visit to Frank Lloyd Wright's Fallingwater.

Steve and Marcia Rasmussen saw "Hamilton" in NYC.

Al Thomas and Dea Larson toured Oklahoma and Arkansas to visit family.

Caroline Stender enjoyed Zoo Lights.

Brian O'Leary had an action-packed visit to New York City.

Lots of Garden Oaks neighbors and friends visited **Missy Alwais'** "Cookies with Santa" and toy collection for the Constables' Toy Drive.

A fun filled Lights in the Heights was the destination for **Tina Sabuco, Shellye Arnold, and the Theriots**.

The Segher clan enjoyed the Louisiana Cajun Christmas Event.

And of course, December 8th was a great snow morning for many in Garden Oaks including children both young and old and pets too.

Congratulations to Madelyn G. for her Daisy Scout installation.

Condolences

Comforting thoughts to **the Murphy family** in the loss of their special lab, Cassidy.

A big hug to **the Johnson family** in the loss of their beloved dog, Max.

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

(Carbon Monoxide—Continued from page 21)

Don't ignore the alarm! It's programmed to alert you before you experience symptoms. When it goes off, silence the alarm and get everyone into the fresh air outside. If anyone is experiencing symptoms of carbon monoxide poisoning, call 911 immediately. If this is not the case, ventilate your home, track down and remedy the carbon monoxide before returning inside. Then have all appliances or chimneys checked by a professional as soon as possible.

Here's my recommendation

The brands I prefer are Kidde and First Alert. Both are very sensitive to carbon monoxide, are durable (each lasting about seven years), have an easy-to-follow digital read-out, and a battery back-up should you lose electricity. Some models even come with a voice prompt that tells you the various alerts.

Mitch Weigand is the owner of Air Wise.

A black and white photograph of a large, two-story house with a prominent front porch supported by columns. The house has a gabled roof and a small arched window in the pediment. There are trees and landscaping in the foreground and background.

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JANUARY 2018

sun	mon	tue	wed	thu	fri	sat
31	1 New Year's Day	2 GOMO Plan Review 6:30 PM Civic Club Meeting 7 PM GO Montessori	3	4	5	6 Farm Stand 9 AM - 1 PM 948 Wakefield
7	8	9	10	11 Garden Club Meeting 7 PM Kroger Upstairs Meeting Room 1352 W 43rd	12	13 Farm Stand 9 AM - 1 PM 948 Wakefield
14	15 Martin Luther King, Jr. Day Gazette Article Deadline	16	17 GOMO Meeting 7 PM GO Professional Building Suite 216	18	19	20 Farm Stand 9 AM - 1 PM 948 Wakefield
21	22	23	24	25	26	27 Farm Stand 9 AM - 1 PM 948 Wakefield
28	29	30	31	Be yourself. No one can say you're doing it wrong. - Charles M. Schultz		



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2018 Constable Patrol Contributor Application & Contact Information

[] New Member or [] Renewal

Property Address : _____
Phone at this address: _____

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

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

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

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

Payment Options

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

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

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

Mail this form to

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

or pay online at

www.gardenoaks.org



ANNUAL MEMBERSHIP DUES STATEMENT

January – December 2018

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

Fill in Amount:

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

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

-OR-

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

Name: _____

Address: _____

Phone: _____

E-Mail: _____

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!



Garden Oaks 2018 Home & Garden Tour

SPONSORSHIP RESPONSE FORM

Business Name:	
Address:	
Phone:	Contact Person:
Business website:	Email:

**Yes! We look forward to partnering in the 2018
Garden Oaks Home and Garden Tour at the following level:**

___ Platinum \$2,500

___ Gold \$1,000

___ Silver \$500

___ Bronze \$250

Payment Options:

- ___ Check made payable to Garden Oaks Civic Club is enclosed, attention GOHGT Sponsorship, mail to Garden Oaks Civic Club P.O. Box 10273, Houston TX 77206
- ___ Pay by Paypal: Enter www.gardenoaks.org/hometour then click "sponsors" on the side of the page
- ___ Please send us an invoice to the address above

Attention: Printing deadline March 15th, Please reply soon! You will receive email confirmation of your gift and information about next steps for advertising from Underwriting Chair. Advertising opportunities begin as soon as payment is received.

To contact the Underwriting Chair, please email htsponsorships@gardenoaks.org.

Thank you for your support!



Garden Oaks 2018 Home & Garden Tour

\$2,500

Website - Sponsorship recognition through 12/2018 with link to your website

Facebook – Sponsorship recognition on GO 2018 Home & Garden Tour FB Page

Gazette – Sponsorship listed in printed Gazette newsletter (circ. 1400 homes) as sponsor through June 2018
Half page Ad (Value \$110)

Tickets – 6 Tickets to Tour (Value \$150)
4 Tickets to VIP Preview & Sponsor Party (Value \$300)

Signage – Single sign at Home/Garden day of tour
Company handouts & listing on banner at Command Center

Promotional- Name printed on Day of Tour Tickets
Name printed on tour poster (150 distribution)
Name printed on tour T-shirt (220 distribution)

\$1,000

Website - Sponsorship recognition through 12/2018 with link to your website

Facebook – Sponsorship recognition on GO 2018 Home & Garden Tour FB Page

Gazette – Sponsorship listed in printed Gazette newsletter (circ. 1400 homes) as sponsor through June 2018
2 1/4" W x 4 1/4" H Ad (Value \$90)

Tickets – 4 Tickets to Tour (Value \$100)
2 Tickets to VIP Preview & Sponsor Party (Value \$150)

Signage – Shared sign at Home/Garden day of tour
Company handouts & listing on banner at Command Center

Promotional- Name printed on Day of Tour Tickets
Name printed on tour poster (150 distribution)

\$500

Website - Sponsorship recognition through 12/2018 with link to your website

Facebook – Sponsorship recognition on GO 2018 Home & Garden Tour FB Page

Gazette – Sponsorship listed in printed Gazette newsletter (circ. 1400 homes) as sponsor through June 2018
2 1/4 "W x 2 3/8" H Ad (Value \$60)

Tickets – 4 Tickets to Tour (Value \$100)

Signage – Shared sign at Home/Garden day of tour

Promotional- Name printed on Day of Tour Tickets

\$250

Website - Sponsorship recognition through 12/2018 with link to your website

Facebook – Sponsorship recognition on GO 2018 Home & Garden Tour FB Page

Gazette – Sponsorship listed in printed Gazette newsletter (circ. 1400 homes) as sponsor through June 2018

Tickets – 2 Tickets to Tour (Value \$50)