



January 2020

Volume 42 Issue 1

# Garden Oaks Gazette

The newsletter of the Garden Oaks Civic Club

## President's Message

*Tonya Knauth, GOCC President*

Happy New Year! I hope everyone had a peaceful and enjoyable holiday season.

### **What do you know about the Garden Oaks Civic Club? Do you want to know more?**

The purpose of the Civic Club is to promote the civic and social welfare of Garden Oaks residents, foster neighborhood unity, and help with activities that benefit and promote the residential character of the neighborhood.

For me, it's all about community. When my husband and I bought our first house here in 2004, we had only lived in areas where most people rented. We might have waved at our neighbors, but we didn't really know them. What a pleasant surprise when a Garden Oaks neighbor arrived with brownies, sat down to visit, and I learned that she and her husband built their home across the street in the 1940s and raised their family there. One morning, the *Gazette* arrived on our front porch – a neighborhood newspaper! Some of the things I love about Garden Oaks: the beautiful tall trees, the lovingly tended homes and yards, the friendly neighbors walking and greeting each other, the general sense of pride and – yes – community.

Your new Civic Club officers and I would like to engage you in the Civic Club and foster neighborhood unity. We are starting by listening to you. The first way we will listen is by reading your answers to an easy online survey; please go to <https://www.gardenoaks.org/gocc-2020-resident-survey/>. It will be live through January 31, 2020.

We will also listen in other ways. Look for pop-up happy hour events nearby; we hope to engage local businesses more with the neighborhood, and we will be there to meet you. We are happy to take your emails and phone calls. We will connect via the neighbors-only Facebook group Houston\_GO. Check out our website at [www.gardenoaks.org](http://www.gardenoaks.org) – it is regularly updated and a great source of information. If you want to volunteer, there are many opportunities for short or long-term projects.

And I invite you to come to a Civic Club meeting on the first Tuesday of each month in the Garden Oaks Montessori cafeteria. We have free Brother's pizza, a drawing for a gift card, and usually a guest speaker. We start promptly at 7, and the speaker will speak until 7:25. We'll then discuss neighborhood business and usually be finished by 8. Come for part or all of the meeting. You don't have to be a member to attend, but if you are a member, you have a vote. New for 2020: we will livestream the meetings on Facebook on the Houston\_GO group.

Our January speaker will be Shana Tatum, who is a long-time resident and volunteer in our neighborhood, and a registered dietitian. She will encourage all of us who need to get back to healthy habits after the holidays, and give us some professional guidance.

I am grateful to all those volunteers who came before us and served our neighborhood. As President, I hope to take what they have built, be a good steward of it, and improve it in any way I can. Come join us. Let's focus on our unique and wonderful community.

### Garden Oaks Civic Club Meeting

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

Topic: Mindful Eating, Shana Tatum

### Civic Club Resident Survey

<https://www.gardenoaks.org/gocc-2020-resident-survey/>

# Garden Oaks Montessori 2020-21 Enrollment

*Stephanie Acosta, Parent  
Engagement Representative*

For families zoned to Garden Oaks Montessori wishing to enroll for the 2020-21 school year, the following is some very important information:

Kindergarten\* (to 5th grade) families are invited to tour the school on January 16 at 9 am or attend the information session at 6 pm.

Attendance to one of these sessions is not mandatory but is highly encouraged! We will have enrollment packets available at each session and posted to our school website on January 16.

An enrollment packet must be completed and returned to the school no later than February 14 in order to secure your seat!

(Enrollment after February 14 will not be guaranteed a spot.)

\* Your child is eligible for Kindergarten if they are 5 years old on or before September 1, 2020.

## January Civic Club Meeting Topic

This month the subject will be Mindful Eating, a presentation shared by neighbor and resident Shana Tatum RD, a licensed and registered dietitian. Come to the Civic Club meeting January 7th to learn more about putting good nutrition into practice. We all know what to do, but it is often the how of doing it that can get off track. In this talk, we will begin to understand how the self-care process of mindful eating can shift your health into more balance. Through observation, attention to the senses, and connection, participants will learn how association with our food can move us closer to wellbeing. This process encourages not only awareness and gratitude but prepares the body for better digestive health.

### Civic Club Officers

*President* – Tonya Knauth 713 396 0876  
742 W. 41st president@gardenoaks.org

*Vice President* – Keith David 713 686 5903  
826 Azalea vicepresident@gardenoaks.org

*Treasurer* – Jeff Martin 713 825 1768  
710 W. 39th treasurer@gardenoaks.org

*Secretary* – Adam Pryor 281 682 0061  
1554 Sue Barnett secretary@gardenoaks.org

### Committee Chairs

*Beautification* – Joan Harmon 713 818 9682  
827 Lamonte beautification@gardenoaks.org

*Citizen Patrol* – Mark Saranie 713 724 1271  
235 West 33rd gocop@gardenoaks.org

*Constable Program* – Terry Jeanes 281 236 8033  
922 West 41st constable@gardenoaks.org

*Home & Garden Tour* – vacant  
hometour@gardenoaks.org

*Membership* – Dian Austin 713 691 6505  
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Publication of any article or letter does not imply endorsement by the Garden Oaks Civic Club and is solely the opinion of the author.

# Let There Be Peace on Earth and Let it Begin With Me

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

Do you recognize these familiar words? I learned them more than 50 years ago in grade school and they seem just as relevant today. As we focus on our New Year's resolutions for 2020, peace continues to be a universal resolution from which we all benefit.

Peace education is a fundamental part of Montessori education. Dr. Montessori lived through both World Wars and was troubled by all the suffering and human loss she saw. When it became obvious that Mussolini did not want her to educate children for peace but instead wanted to use them to help spread terror, she and her son fled Italy to the safety of India. She spent years sharing her message of education for all children with her efforts recognized by nominations for the Nobel Peace Prize three separate years.

How can we share her hope and mission for a peaceful world today? In the Montessori classroom, peace tables are a part of the classroom curriculum. If children disagree, the two children are ushered to the peace table where they discuss the cause of the issue and ways to solve it peacefully. Peace tables include a vase and a rose to represent the beauty and tranquility found in nature that is available to everyone. Further, Montessori classrooms emphasize the uniqueness and value of every person and their cultural background. Lessons in the cultural studies area are woven into daily group meetings, with students encouraged to share their families' histories and personal stories. Children stay together for three years in a multi-age setting, allowing for a deeper understanding and connections to others and the awareness of the humanity we all share.

At GOMM, we provide peaceful learning opportunities for all children. We incorporate Restorative Justice techniques, community circles, peer mediation, and mental health training to ensure teachers are equipped to embrace the changing societal demands on our

children and families. Some of our efforts include partnering with the Human Rights Campaign Family Project to becoming a pilot school for the Welcoming Schools Program, supporting family diversity, gender expansion, and peaceful school communities ([www.welcomingschools.org](http://www.welcomingschools.org)). We also work with the Center for Healing Racism here in Houston, hosting the national Montessori for Social Justice Conference and sending teachers and staff to continuing education through the Anti-Violence Project (AVP). We teach mindfulness, meditation, and yoga to help children be aware of the mind-body connection and the importance of staying in control of big emotions that could otherwise overflow and harm others. Much has changed since the time of Dr. Montessori, but her message continues to ring clear. We are building a better, more peaceful future when we teach peace to our children. By promoting peace at school and in our homes, we can be the difference that creates peace for our communities and our world.

For more information on ways to incorporate peace activities at home go to [www.peacecorps.gov/kids](http://www.peacecorps.gov/kids) or [www.planetpals.com/IKC](http://www.planetpals.com/IKC) or [www.wilderdom.com/games/PeaceEducationExperientialActivities.html](http://www.wilderdom.com/games/PeaceEducationExperientialActivities.html)

Best wishes for a joyful 2020 and may you be the peace you seek for your children!

## Get Online!

The following online locations are where your Garden Oaks neighbors gather. Please note that none of these are official groups and are not moderated nor controlled by any of the Garden Oaks organizations you know and love, though sometimes they will post announcements in order to reach neighborhood residents.

<http://nextdoor.com> (requires registration and verification of address. You will be added to Garden Oaks when verified)

<https://www.facebook.com/groups/564126170368309/> (you will be asked for your address to join)

<https://www.facebook.com/groups/35914307130/>

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# Garden Oaks Civic Club Meeting Minutes

*Helen Sestak, Secretary*

December 2, 2019

**Location:** American Legion Hall Post 560

Joe Casarez, GOCC President, called the meeting to order at 7:57 pm.

Attendees enjoyed a Christmas Potluck dinner and contributed to the Constable Toy drive prior to the business meeting.

## Business Meeting

A guest representing Harris County Flood Control listened to various comments about recent neighborhood flooding during heavy rain events. He will communicate concerns to Harris County.

A motion to approve November's minutes was made and seconded. Minutes were approved.

## Election of 2020 GOCC Board Members

Joe Casarez, Teresa Coleman, and Helen Sestak will rotate off the board in 2020. A motion to approve the new candidate slate was made, seconded, and approved. No additional names from the floor were proposed. Congratulations to our newly-elected officers!

- Tonya Knauth, President
- Kevin David, Vice President
- Jeff Martin, Treasurer
- Adam Pryor, Secretary

**Treasurer's Report:** Teresa Coleman presented the proposed 2020 budget that was posted in the most-recent *Gazette*. Tonya Knauth and Teresa had meticulously reviewed the budget, which is a deficit-spending, ultimately unsustainable long-term one. Some discussion followed. A suggestion was made to approach local businesses and Harris County to help fund the Constable Program, a leading budget item. A motion to approve 2020's proposed budget was made, seconded, and approved.

## Committee Reports

**Constable Patrol:** Terry Jeanes reported that we are still awaiting the \$25,000 donation promised by Patrick Berry of the Gulf Coast Commercial Group.

Funding of the Constable Patrol is always a concern. Some discussion about checking into TIRZ funding (Tax Increment Reinvestment Zones), adding

businesses to the Program and expanding the perimeter area followed. Are you interested in exploring the details of a possible expansion? Checking into TIRZ? Call Terry.

Terry will update the neighborhood signs. Watch that red rise!

**Beautification:** Joan Harmon reported that the section 1A berm has been cleaned up and trees cut. It needs much additional work. Volunteers? Conversations related to the recently-donated swing and its installation in the Gazebo Park followed. A motion to authorize \$500 to install swing supports and reinstall a 'Welcome to Garden Oaks' sign was tabled.

**Garden Oaks Website:** Pam Parks updates the website frequently. Check out the great information there. [www.gardenoaks.org](http://www.gardenoaks.org)

**GOMO:** No report.

**Membership:** Dian Austin reported that she has received many membership checks for 2020 and is currently processing them.

**Gazette:** Joe Muscara reminded all that January articles are due December 15, 2019. Send submissions to [gazette@gardenoaks.org](mailto:gazette@gardenoaks.org).

**Garden Oaks Montessori Magnet School:** Dr. Pollock shared that the holiday extravaganza featuring GOMM entertainers will be held at the River Oaks Barnes and Noble, December 7 and 8. A portion of all weekend sales benefit the school. Last year's effort resulted in ~\$10,000 for the school.

Magnet program applications for all HISD schools are due by December 6th.

The GOCC donated \$1000 to the GOMM PTO for use of the school and cafeteria for GOCC events in 2019.

**Government Affairs / GO CIP:** Tonya Knauth and Dr. Pollock have met with CoH engineers concerning timely construction of a sidewalk from 43rd to the school along Sue Barnett. Conversations are ongoing. Additional discussion related to bike routes, pedestrian crosswalks, and traffic studies followed.

**Section 1 Commercial Development:** Carrie Arnett reported via email that we are awaiting the Gulf Coast Development contribution to the Constable Patrol.

**New Business:** Visit Santa on December 7 at 2 pm at 1018 Althea, the home of Missy Alwais and Jeremy Robinson. Enjoy cookies and milk and donate a toy to Constable Patrol drive! Or, drop off a toy at Dr. Gleem on December 9. You have another opportunity to see Santa and his elves at the Gazebo Park on December 11 and 12.

The next GOCC meeting will be held on January 7 at 7 pm, at Garden Oaks Montessori School.

The meeting was adjourned at 9 pm.



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# Citizen Patrol

*Mark Saranie, Program Chair*

I hope everyone had a great Christmas and a Happy New Year celebration. As we move into 2020, please be sure to report a crime you experience, no matter how insignificant you believe it might be. Doing so gives more information to our constable deputies.

Garden Oaks experienced an uptick in crimes in October and November and we need your help. The GOCOP effort needs volunteers to bolster the few hardy souls that make up our group. Visibility is key and thwarts a wrongdoer's plans when they see a car with "CITIZEN PATROL" cruising by.

Training takes place at the North Station, 9455 West Montgomery, Houston, TX, 77088, 6 – 9 pm. When the next training date is confirmed, I will post it on the GO Facebook pages. Download the application from [gardenoaks.org](http://gardenoaks.org), fill it out, and forward to me for submission to HPD. This volunteer activity has no set requirements for how often you patrol. The important thing is that patrolling takes place. You must be a GO resident, be at least 18 years of age, and pass a background check.

Inquiries about joining the Citizen Patrol Program, submitting your application, or other community safety issues may be directed to me via [GOp77018@comcast.net](mailto:GOp77018@comcast.net).

**October 2019** — 7 (Reported patrol hours for October: 7)

10/3 - 7 am – 500 block W 33rd (theft)  
 10/13 - 12 am – 800 block W 41st (theft of vehicle)  
 10/15 - 8 pm – 3000 block Lawrence (drug violation)  
 10/25 - 8 am – 800 block W 30th (theft)  
 10/25 - 3 pm – 800 block W 41st (theft)  
 10/29 - 8 pm – 700 block W 41st (theft of vehicle)  
 10/31 - 2 am – 500 block W 33rd (theft of vehicle)

**November 2019** — 5 (Reported patrol hours for November: 8)

11/12 - 8 am – 200 block W 33rd (breaking and entering)  
 11/12 - 1 pm – 4200 block Apollo St. (breaking and entering)  
 11/22 - 10 am – 1300 block Sue Barnett (theft)  
 11/25 - 2 am – 800 block Azalea St. (breaking and entering)  
 11/25 - 12 pm – 700 block Sue Barnett (drug violation)

## Constable Statistics November 2019

Data are provided monthly for the 2 contracts with the Harris County Precinct One Constable deputies who patrol Garden Oaks. The number of responses is shown for each category.

Alarm Calls – 5  
 Animal Humane – 1  
 Animal Aggressive – 1  
 Burglary Habitation – 2  
 Check Park/School – 12  
 Check Business – 1  
 Contract Check – 87  
 Disturbance Loud Noise – 3  
 Follow Up – 1  
 Information Call – 2  
 Meet the Citizen – 11  
 Open Door/Window – 1  
 Solicitors – 1  
 Special Assignment – 4  
 Suspicious Person/Vehicle – 10  
 Traffic Hazard – 1  
 Traffic Stops – 21  
 Unknown Medical Emergency – 1  
 Vacation Watch – 14  
 Welfare Check – 1  
 Writ – 2

### 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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# Gazebo Santa

*Terry Jeanes*

It was a jolly old time at Gazebo Park underneath a full moon when Santa Claus and Mrs. Claus visited with children of all ages as well as a few of our four-legged neighbors. Thanks to Georgia Lister, Terry Jeanes, and Jim & Sally McDaniel, as well as Patrick Kelley, Tina Sabuco, and helper elves who decorated and provided wrapped boxes. Our youngest guest was 2 1/2 weeks old, and others who had once visited Santa at the Gazebo as children brought their offspring to take part in the tradition.







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# Constable Program Supporter Fees Are Due, Deputies in Action

*Terry Jeanes, Program Chair*

Please pay your 2020 Constable Supporter dues to be eligible for the \$100 El Tiempo, Lorenzo's, and Tony Mandola gift certificates. The winners will be drawn at the February Civic Club meeting. You must donate at the minimum \$250 annual requested level to be entered in the drawing.

Your Constable Supporter donation is crucial for keeping two deputy patrollers on the streets of Garden Oaks and surrounding area. Each contract provides a professional law enforcement deputy who patrols our neighborhood and its perimeter 40 hours per week. Each contract deputy costs approximately \$83,000 annually.

Constable Investigator Joe Bowden and Corporal Santos Torres returned two stolen bikes to Garden Oaks neighbors following effective investigative work and action. This is one example among several cases where stolen property was returned to our neighbors. (See photo below)

Currently, we are still awaiting the contribution from Gulf Coast Commercial Group, the purchaser of the parking lot to the north of Gabby's on N. Shepherd. The parcel sale was closed mid-May and a large contribution to the Constable program is promised..

**Become a Constable Program Supporter:**  
gardenoaks.org

**Constable Dispatch:** 713-755-7628

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

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



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2 1/4 W x 4 1/4 H	\$90.00	\$450.00	\$870.00
Half Page 7 1/2 W X 4 1/2 H	\$110.00	\$550.00	\$1065.00
Full Page 7 1/2 W x 9 1/2 H	\$180.00	\$900.00	\$1745.00
Half Page Back Cover	\$150.00	\$750.00	
Full Page Back Cover	\$225.00	\$1125.00	
Full-page insert, single-sided	\$280.00		
Full-page insert, double-sided	\$325.00		

Please note:

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

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# Heard Under the Oak Tree

*Terry Jeanes*

## Welcome, New Neighbors!

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843 West 42nd    1015 Lamonte    1551 Sue Barnett  
327 West 32nd    227 West 34th

## Happy Birthday

Hannah Stender – Jan 4	Evan Dunn – Jan 4
Maeve Mc. – Jan 5	Mae T. – Jan 8
Diane Heath – Jan 9	Phil Ramirez – Jan 10
Erik Martin – Jan 24	Owen H. – Jan 30
Shellye Arnold – Jan 30	Joe Muscara – Jan 30

## Happy Anniversary

Alice & Mark Sarmiento – Jan 30  
Bonnie & Rudy Hernandez

## Out and About

**The Klein family** spent an extended Thanksgiving week in California, including college tours and a two mile trek in the snow. **Joe Casarez** camped at Enchanted Rock State Park along with his Boy Scouts. **Carl Waters and Leslie Ryan** enjoyed a trip to Costa Rica. **Caroline Stender** vacationed in Portland, Oregon while **the Bartoses** visited Savannah, and **Linda Sparks** cavorted in New Orleans. **The Carters** had a grand trip to Utah, and **the Murphys** enjoyed Cancun while **the Dilleys** spent a week at the beach for Thanksgiving and **the Rodriquez family** enjoyed a trip to Japan. **Piper M.**, a member of the Houston Children's Choir, performed at the Holiday Lighting Ceremony at Houston's City Hall.

Special Thoughts for **Blanche Ragsdale** in the recent loss of her mother.

*To highlight an event, celebration or other tidbit, please submit information no later than the 13th of the month to Terry Jeanes at [terry@terryjeanes.com](mailto:terry@terryjeanes.com).*



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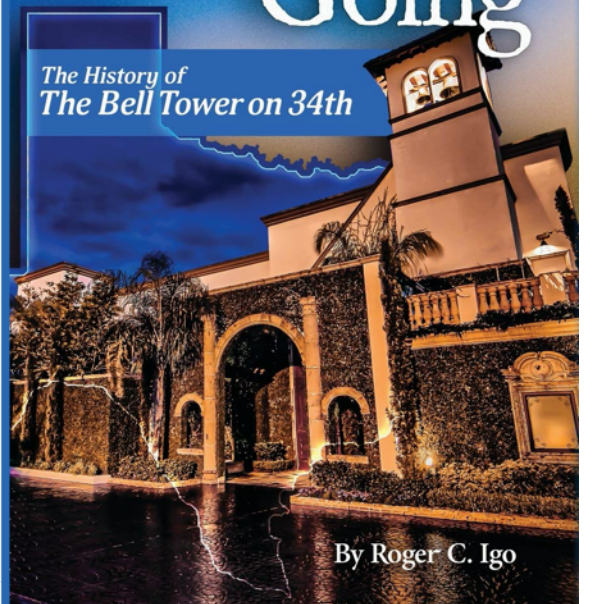


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# Keep On Going

The History of  
*The Bell Tower on 34th*



By Roger C. Igo

# Calorie Counting *Does Not Work!*

*Erin Thole, 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." Also, using an online calculator to find your basal metabolic rate (how many calories you burn a day at rest) is not at all accurate.

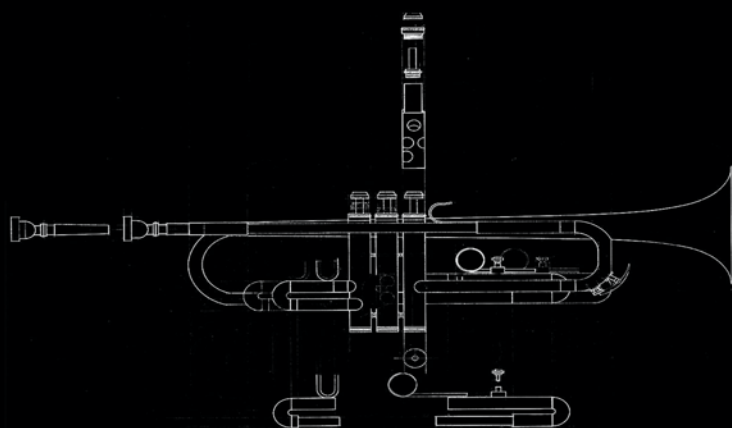
So many people are frustrated by their lack of results. It's not because they aren't trying hard enough, but it's because there is a deeper issue that needs to be addressed. Picking an abstract number or having a

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 efficiently. 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 will involve a proactive approach to health, looking at various factors like food sensitivities, hormonal imbalances, microorganism imbalances, and various toxicities within the body. Then a custom program will be created that works with your body's unique needs and will get to the root cause of health conditions. That 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 Thole, CNHP has been working in the health, nutrition & fitness field for over 11 years. To learn more and request a free consultation: [www.erinthole.com](http://www.erinthole.com) or [thole.erin@gmail.com](mailto:thole.erin@gmail.com).*

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# Community Theatre

*Elvin Moriarty, Theatre Suburbia*

Theatre Suburbia, Northwest Houston's longest running all-volunteer theatre, is still alive and kicking at 4106 Way Out West drive, near the intersection of West 43rd and Old Hempstead Highway. The theatre is currently embarking on its 59th year, having produced some 400 shows.

Founded in 1961 in the heart of Oak Forest, Theatre Suburbia lived for years in a small strip center across from Oak Forest Elementary. Many area residents will remember not only American classics like All My Sons or Cat On A Hot Tin Roof, but they will also remember many Houston premieres like Daddy's Dyin' - Who's Got the Will? Generations will remember the Summer Meller Drammers, each complete with a villain, heroine, hero, piano accompaniment and sing-alongs and all the popcorn you can toss.

While the theatre was forced to find a new home in 2008 and moved to its new location, the volunteers who manage and operate this community theatre have

continued on with the same love, care, and fun that have propelled the theatre for all of its history.

If you haven't been to Theatre Suburbia or haven't been in a while, drop in and check out the latest production, or check out [www.theatresuburbia.org](http://www.theatresuburbia.org) or the facebook page Theatre Suburbia.

Theatre Suburbia can be contacted by phone at 713 682 3525 or by email at [info@theatresuburbia.org](mailto:info@theatresuburbia.org).

**Harris County Master Gardener's 2020 Fruit Tree Sale**

January 25th, 9 am – 1 pm

Richard & Meg Weekley Park

19110 Longenbaugh Road

Citrus, apples, peaches, pears, plums, avocados, berries, figs, and more varieties that are suitable for our area.



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# Mickey's Minute

*Mickey Morales*

Happy New Year! It's hard to believe that at the end of this month our little market will celebrate eight years of serving the Garden Oaks, Oak Forest, and surrounding communities. To think that when we opened up our Farmstand here on Wakefield Drive, it was just us and Petrol Station, which is why we were originally called the Farmstand at Petrol Station. Then came Pengu Swim School, Wakefield Crowbar, Great Heights Brewing Company, Walking Stick Brewing, Decant Urban Winery, Ship Channel Trading Company - Coffee Roastery +Public House and soon William Price Distilling Company.

I'm not claiming we had anything to do with this growth, but Kristina and Ron Tucker of Decant Urban Winery do credit us for helping them find their current location. The story goes that while checking out our Farmer's market they noticed that the warehouse they're located in was vacant and up for rent, and the rest is history. So maybe we did at least have the foresight to perceive the direction the neighborhood was heading in. Either way

we're absolutely thrilled to be here to bring clean honest produce, eggs, and unique pantry and household items to you, our loyal customers.

To think I considered retiring from this big hot mess, but suffice it to say that's another story, I'm here to stay. Farmer Cathy and I have a deal — I'll retire when she does, which won't be anytime soon that I'm aware of. I'm thinking we should throw ourselves some sort of party on the last Saturday of this month. We'll keep y'all posted.

As always. "Come soon, come often, and thank you for eight great years."

## The Farmstand of Greater Heights

9:00 am - 1:00 pm

Every Saturday Rain or Shine

949 Wakefield

Sustainably-grown produce, eggs, goat cheese,  
olive oils, coffee, jams, and jellies

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## How to Prevent Carbon Monoxide Poisoning in Your Home

*Mitch Weigand*

Carbon monoxide is an odorless, colorless gas that's the result of incomplete combustion of organic substances. This includes both natural gas and propane used to heat homes in the winter.

It's dangerous because it interferes with your body's normal oxygen intake. Red blood cells pick it up more readily than oxygen. With every breath, oxygen in the blood is replaced with carbon monoxide, thus depleting oxygen within the body. This can damage tissues and even result in death. Symptoms of carbon monoxide poisoning include headaches, dizziness, tiredness, and nausea that may lead to impaired judgment, memory, and coordination.

Each year, the US Consumer Product Safety Commission estimates that 8,000 to 15,000 people are sent to hospitals for carbon monoxide poisoning, and it is responsible for an estimated 500 deaths.

### Simple measures to protect you and your family

Carbon monoxide can build up to dangerous concentrations indoors when fuel-burning devices are not properly used, vented, or maintained. It is strongly recommended that you have your gas furnace cleaned and inspected every year. All gas furnaces produce some carbon monoxide, which is carried away from your home through the furnace's venting. However, a defective furnace can be deadly.

While new gas furnaces will shut off when problems are detected, older furnaces have no such devices. Over time, a furnace can develop small cracks in its combustion chamber that may not be visible to the naked eye. An A/C service technician has tools that detect these cracks and leaks.

The US Consumer Product Safety Commission recommends installing at least one carbon monoxide detector per household. It should be located near where you sleep and, if possible, close to the A/C system's return air vent. That way, it can monitor all your home's returning air at the same time. Also, be sure to choose an Underwriters Laboratories Inc. (UL) listed detector that emits an audible alarm and has a digital display.

*Mitch is the owner of Air Wise™*

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**"I felt comfortable leaving them with my wife and three girls."**

*Sean G., Seabrook, TX*

Mitch and his Air Wise team installed a state-of-the-art air conditioner. Wow!!!

The crew was polite, and I felt comfortable leaving them with my wife and three girls. They cleaned up after themselves, and all their work was neat. I asked lots of questions and they were patient, explaining everything thoroughly.

I am very happy with Air Wise and would recommend them to family and friends.



**Air Wise owner Mitch Weigand**



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# JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 If life was fair, Elvis would be alive and all the impersonators would be dead. — Johnny Carson	30	31	1 New Year's Day	2	3	4 Farm Stand 9 AM - 1 PM 949 Wakefield
5	6	7 Civic Club Meeting 7 PM GO Montessori	8	9 Garden Club Meeting 7 PM Kroger Upstairs Meeting Room 1352 W 43rd	10	11 Farm Stand 9 AM - 1 PM 949 Wakefield
12	13	14	15 Gazette Article Deadline	16	17	18 Farm Stand 9 AM - 1 PM 949 Wakefield
19	20 Martin Luther King, Jr. Day	21	22	23	24	25 Lunar New Year Farm Stand 9 AM - 1 PM 949 Wakefield
26	27	28	29	30	31	1

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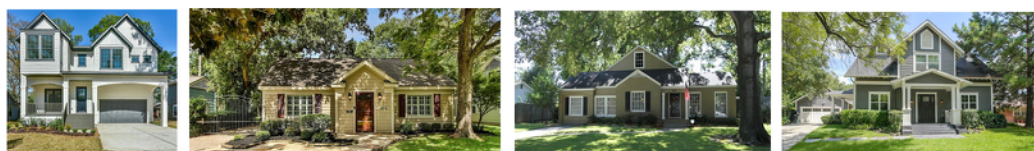


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**Constable Patrol Dues Statement for 2020**

[ ] New Member or [ ] Renewal

**Property Address :** \_\_\_\_\_

**Do you want a GO Constable Supporter sign (must pay the \$250 minimum)?** \_\_\_\_\_

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

**Member 1 Information**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Member 2 Information**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Payment Options (Checks made payable to GOCC)**

[ ] Enclosed is the minimum requested payment of \$250 for 2020.

[ ] I/We cannot contribute \$250 but are enclosing a check for \$ \_\_\_\_\_.

[ ] I/We will pay online (see below).

[ ] Please accept my additional gift of \$ \_\_\_\_\_ for the year to help a neighbor on fixed income.

**Mail this form to**

**Garden Oaks Constable Program**

**PO Box 10273**

**Houston TX 77206**

**or pay online at**

**[www.gardenoaks.org](http://www.gardenoaks.org)**



## 2020 MEMBERSHIP DUES STATEMENT

January – December

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 year.

---

**Fill in Amount:**

\$ \_\_\_\_\_ Basic Membership **\$40** (\$20 for Seniors 65+)

\$ \_\_\_\_\_ Community Household Membership **\$100**

\$ \_\_\_\_\_ Business Membership (Non-Voting) **\$100**

\$ \_\_\_\_\_ 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](http://www.gardenoaks.org/membership);  
upon completion, you will receive e-mail confirmation of payment.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR GREAT NEIGHBORHOOD!