

Meyerlander MONTHLY



Volume 2 | Issue 5

MEYERLAND.NET

MAY 2014



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N BRAESWOOD BL | \$520s | 4/3



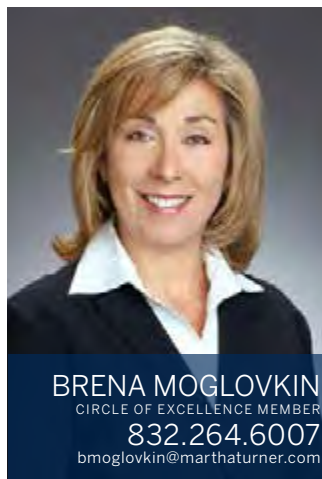
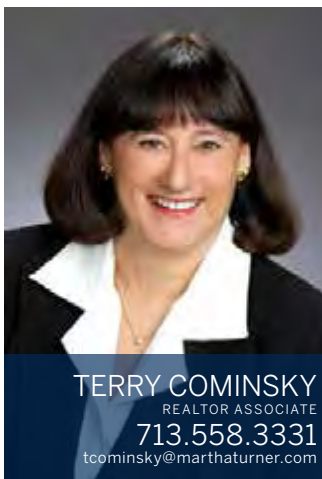
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Amy Hoechstetter MCIA General Manager
Catherine Martin, Randi Cahill Office Staff

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Friday 9:00 a.m. - 12:00 p.m. Central Time
Closed Saturday, Sunday, and holidays.

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Annual Homeowner's Meeting

by Joyce Young, Director of Section 3

The Annual MCIA Meeting was held on March 26, 2014, at Kolter Elementary School. The meeting not only informed the residents of Meyerland about the past year's activities and accomplishments, but it also announced the new Director of Section 6, Elizabeth Black Berry, and the re-election of other Section Directors.

The evening began with an opening speech from the MCIA president, Jim Walters, who gave a short recap of topics including the Section 1 Deed Restrictions, property values in Meyerland and the desirable location of our homes. He then introduced Ellen Cohen, District C Council Member, who gave a brief history of our local government.

Cohen's district is approximately 15 miles long and runs from Pinemont & 290 to Meyerland. She highlighted the projects her office has worked on in conjunction with the MCIA. These projects include funds for stormwater drainage, Johnston Middle School parking problem, water meter replacements, recurring electrical problems and the capital improvement projects.

Gerald Radack gave the Treasurer's report in which he reported 2014 will have estimated income of \$1.1 million with no increase in maintenance fees. The bulk of the expenses include security (\$500k) and landscaping (\$250k). MCIA has no debt, a large cash reserve and delinquent collections are at a record low. All audited financial information can be found on the MCIA website.

Rick Fritz and Larry Rose gave the security report and introduced Assistant Chief Ted Heap of Precinct 5. Heap explained the contract deputy program and emphasized that communication with both the Constables and neighbors is important in keeping crime out of the community. He also stated that Sergeant Mitch Hutter, who is a certified crime prevention specialist, will conduct a free security check on your home and will provide information on how to better secure your house.

The Section 1 Deed Restrictions update and the image report were both presented by Charles Goforth. The new Deed Restrictions will no longer be controlled by the MACC (Meyerland Architectural Control Committee) but by a new committee that will be appointed by the Board of Directors. In addition, Section 1 will again be allowed to have forward facing garages which will make the properties in Section 1 "more development friendly" for builders per Mr. Goforth.











The image committee reported that the MCIA irrigates and landscapes 52 acres of the City of Houston greenspace. This past year's projects included replacing aged plants and new planting on Rice Blvd. and at Godwin Park.

The President's award went to the Section 1 Directors, Bill and Charles Goforth, for their tireless efforts in getting the new deed

restrictions written. Chris Bisel then presented Jim Walters a special plaque for his service to the Board.

The evening ended with the announcement of the new and re-elected Board members, a short Q&A session and door prizes. Numerous gift cards were donated by our generous sponsors, Brena Moglovkin and Terry Cominsky of Martha Turner Sotheby's International Realty, and other local businesses. Prizes were handed out to various residents and the grand prize drawing for the 2015 exemption of HOA fees went to Susan Schwaitzberg.

And as a special surprise, the Constables did a security check of approximately 90 vehicles parked outside while the meeting was in progress and put "Pass/Fail" tickets on their windshields.

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 Brena Moglovkin Terry Cominsky	 190 Meyerland Plaza
 4938 Beechnut St.	 4842 Beechnut St.

On the Cover

The featured house on the cover is 5134 Carew in Section 2. The sweeping green lawn, colorful flower beds, and well-maintained entrance and driveway exemplifies our beautiful neighborhood.



The MCIA Office has created a Facebook page. Get updates about trash, events and meetings, or share your views with others. Visit us at: facebook.com/meyerlandtx.

HAVE YOU SEEN YOUR LAWN LATELY?

By Amy Hoechstetter, General Manager

Spring is here and the tree pollen and weeds have announced its arrival. The yellow pollen coating the leaves and ground has made for an unattractive combination. With spring, though, comes (hopefully) much needed rain. Our area could use a good soaking but not a flood. Please remember to be a good neighbor and citizen and have your tree leaves and debris picked up and disposed of properly. We have seen many yard maintenance crews blow the material into the street making it your neighbor's and friend's problem. Many property owners are not picking the debris up out of the street, further creating a slow drainage problem when it does rain. It doesn't take much rain for the weeds to find their way into your grass overnight. It is hard to get them all, but please make a serious effort to reduce and remove the weeds before they get out of control and take over your yard.

Also, it is important that you respect the deed restrictions which require you to keep your trash out of view until 6:00 p.m. the evening before a trash pickup day. For those of you who have lawn maintenance companies care for your property, there are a few things you can do to stay compliant. Ask them to take the bagged

leaves and debris with them when they are done; ask them to place the bags in a location on your property that is hidden from view; or move the day they come to cut your yard to Mondays as the bags will be picked up on Tuesdays. If we all do this, Meyerland will always look nice and well kept – the way you saw it when you moved here.



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New Section 1 Deed Restrictions Are in Effect

by Bill Goforth, Director of Section 1

Section 1 has a revised set of Deed Restrictions (DR's). The requisite number of notarized signatures was acquired and the new DR's were filed with Harris County.

One of the changes made to Section 1's DR's was the organization of the Review and Control Committee (RCC). Effective April 9, 2014, all Section 1 approvals for modifications to lots and/or structures will now be reviewed by the RCC. This approval process is for Section 1 lot owners only. All other Sections (Section 2 through 10) will continue to have their changes and modifications reviewed by the Architectural Control Committee (ACC). The RCC is a committee that is appointed by the Board. If a homeowner files an appeal to the RCC's decision, it will be voted on by the Board of Directors (not the ACC).

Applications for approval in Section 1 should still be submitted to the MCIA office and they must be submitted before any work has begun on the home or structure. The application will be reviewed by the newly appointed RCC committee members: Josh Eberle, Ron Myers, Clive Hess, Mike Djokic and Bill Goforth.

A copy of the new Section 1 Deed Restrictions and information regarding the RCC can be found at meyerland.net.

Water Line Project Starting in Section 10

by Amy Hoechstetter, MCIA General Manager

Beginning this spring and continuing through to the end of December 2014, the City of Houston will be replacing water lines in Meyerland Section 10, which is near Herod Elementary. The Meyerland streets affected by the construction are the 5600 and 5700 blocks of Darnell, Indigo, Jackwood, Jason, Ariel and Birdwood as well as the 8900 block of Pontiac. The water lines will be run underground between the sidewalk and the curb in front of each property. Installation includes placing, flushing, and reconnecting the lines to the individual properties. The City of Houston will be responsible for flushing the lines. Most of the work should not affect the sidewalks or the driveway approaches. It is possible, however, that some may need to be removed in order to complete the work or may be unintentionally damaged. If this should happen, the City will return to repair or replace the damaged cement at the completion of the job. The contractor, DCE Construction, is photographing every sidewalk and driveway approach along the path on which they intend to work. For your protection, it is advisable that you do the same. Homeowners will be contacted prior to the commencement of the project via door hanger. Please watch for this communication as it is the only information you will receive.

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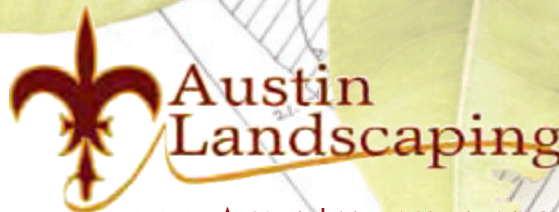
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Construction Work in Meyerland

by Amy Hoechstetter, MCIA General Manager

The much anticipated improvements to our storm and sewer drainage are finally underway. In February, CenterPoint Energy began the long process of updating some of the 60+ year-old gas lines that run under and next to our sidewalks in areas south of Braeswood close to Kolter Elementary. Many of you have seen the green pipes that are being "threaded" underground to override existing pipes. This portion of the project is coming to a close and the next phase is underway. The next phase is projected to take between 9 and 12 months to complete. It will include the removal and destruction of roads, sidewalks and curbs near Millbury, Dumfries and Runnymede, as well as light posts and power line poles. Currently, residents affected by the construction are being contacted by the City of Houston informing them of the activity that will occur on and around their property.

If you have a concern that you might be included and have not been contacted or want to know more about the construction that will take place, please contact Andrea Ranft, project manager with TSC Engineers Inc. at 713-784-7777.

Rebuilding & Remodeling Get Approval First

by Randi Cahill, MCIA Architectural Control

Have you been waiting for good weather to start a house project? Please remember to submit your plans to the MCIA Office. It is important that you begin the approval process with the Architectural Control Committee (or Review and Control Committee for Section 1 only) before you submit your plans to the City of Houston. All plans must be compliant with your Section's Deed Restrictions before the job starts.

Also, if you have received a notice from the Association that your house is in need of a repair or replacement, please contact the MCIA office. One frequently overlooked Deed Restriction is the requirement to get approval for all exterior work, regardless of the type of work. MCIA does not govern changes to the interior of your home, or landscaping (such as types of flowers or shrubs you may want to plant). It does, however, govern the exterior of your home. If you are unsure if your project needs approval, please contact the office BEFORE you start your work or submit it to the City of Houston. The City may approve changes that are not in compliance with your Section's Deed Restrictions. Therefore, it is important to go through the proper approval channels in order to prevent work that has begun, or is even completed, to be corrected at the owner's expense. Please call the MCIA office at 713-729-2167 or email Randi Cahill at randi@meyerland.net.



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May, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6 T/R	7	8	9	10
11	12	13 Trash	14 Tree!	15	16	17
18	19	20 T/R	21	22	23	24
25	26	27	28 Trash	29	30	31

June, 2014						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3 T/R	4	5	6	7
8	9	10 Trash	11 Junk!	12	13	14
15	16	17 T/R	18	19	20	21
22	23	24 Trash	25	26	27	28
29	30	27				

MCIA Deed Restriction Rules: Weekly - Put garbage and recycling containers, as well as yard trimmings, etc., on the curb no earlier than 6:00 p.m. the evening before pickup. Remove containers no later than 10 p.m. on trash pickup day. Monthly - Put heavy junk/tree waste at the curb no earlier than Friday 6 p.m. before the 2nd Wednesday heavy junk/tree waste collection.



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LETTER TO THE EDITOR

To Meyerland Residents:

Hopefully, you are all aware of the fact that for the past month or so, fire stations and their equipment have been idled in order to purportedly save money. The origins of this arise out of a long running dispute that Mayor Annise Parker has had with Houston Fire Department which is creating a crisis in the making, risking our lives and our property.

The budgetary concerns are disputed by the Mayor's recent State of the City Address given on April 3, 2014, where she states: "The state of our city is strong---and our strength increasing every day". She speaks of our economy thusly: "The Economy is on a Roll." If Houston is doing as well as the Mayor says, then why shutter fire stations? The fact is we do not have an adequate number of firefighters and using overtime is the only means of addressing staffing concerns and to keep our stations open. We have fire stations placed every 1.5 miles for good reason - to keep response times down.

Recently, Houston made national news reporting a 5 alarm fire. The first unit on the scene was less than one mile away and thus was able to respond immediately and save the life of a worker dangling off a balcony. In fact, that company, Engine 6, was browned out the next day. Had that unit not responded because it had been closed, who knows what would have happened. Does anyone with a reasonable mind think that increasing response times to emergencies is a good thing? How would you feel if that ambulance or fire truck were delayed for 10 or 15 minutes and a loved one was in need?

In my view we have been poorly represented on this issue by both Ms. Ellen Cohen, District C Council Member, and the Mayor. I have personally contacted both Ms. Cohen and the Mayor but to no avail. If this is allowed to persist, it is only a matter of time before there is unnecessary injury, loss of life or damage to our property. At a minimum, we should all expect our property insurance to climb as a result of the increased risk. We must demand more from our representatives than this.

Richard J. Reinitz
4931 Braesvalley Drive

Write to us at meyerlander@meyerland.net. Letters should include the writer's full name, address and home telephone and may be edited for purposes of clarity and space. Letters do not necessarily reflect the views of MCIA.

Meyerland

Named One of the Best Places to Live by Houstonia Magazine

by Shirley Hou, MCIA Publications Committee

The Houstonia (April 2014) named Meyerland as one of the 25 best places to live in Houston. Their results, which included outlying suburbs, cited Meyerland's big lots, good schools and quick commute to Inner Loop destinations as the top attractions. They also noted the influx of new home construction in our area. We residents don't need a magazine to tell us we live in one of the best places in Houston, but it is sure nice to see that recognition!

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Kolter Hosts Urban Harvest Spring Fling

by the MCIA Publications Committee

More than 50 community gardeners from all Houston attended the Urban Harvest Spring Fling on Saturday, April 5th. The event had planting and recipe demonstrations by the Youth Education Program, including garden curriculum and tours of Kolter's garden and prairie. Special thanks to Pilar Hernandez and Kolter Elementary for hosting the event in their beautiful garden and prairie!



Flower Show coming May 15th

The Bouquettes Garden Club and Kolter Elementary Cultivators invite all to the Standard Garden Show. The show is free and open to the public.

Date and Time: May 15, 2014 – 12:30-2:30

Location: Kolter Elementary School Cafeteria,
9710 Runnymede

The Bouquettes Garden Club is a local garden club established in 1957 to promote flower design, horticulture, education and conservation. The Kolter Cultivators is a group of Kolter Elementary School students that have a love of gardening and learning more about how things grow. For additional information contact Angela Roth at chrisangelaroth@sbcglobal.net.



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Storm Surge: Not a Problem for Meyerland

by Gerda Gomez, Director Section of 7

A concern for Houston, the Ship Channel and Galveston is a potential storm surge from the Gulf of Mexico. The winds of hurricanes rotate in a circular fashion from the east side of the hurricane to the west in a counter clockwise fashion. The water of a hurricane is consequently raised on the east side creating a surge of water. When this encounters the shore, it dissipates out to either side. However, when an inlet, such as Galveston Bay, is encountered, the surge moves inward because there is no escape. The water piles up at the farthest end, which in our case is the Houston Ship Channel. The water level in a Category 3 or higher hurricane can rise as high as 25 feet above sea level, which is higher than the refineries and storage tanks in the Houston Ship Channel, and could float the refineries and storage tanks off their foundation. The primary danger in a storm surge is to the Houston Ship Channel, which has the largest collection of refining and petrochemical storage facilities and infrastructure in the nation, and could cause a devastating spill.

The storm surge is not a problem for Meyerland because our elevation is 52 feet above sea level. Therefore, we have no need to evacuate because of a storm surge. The storm surge is a problem for those areas below 25 feet at the lower end of the Bayou and Clear Lake. The best means for surge protection is being studied. Rice University through Severe Storm Prediction Education and Evacuation from Disasters Center (SSPEED) is coordinating the planning with Texas A&M, LSU, UT, UH, and the Texas Medical Center with consultants from the Netherlands. Protective gates are planned, but the decision has not been reached as to what will be built. The Centennial Gate would block the Ship Channel and local funding would be sufficient. It would be located at the Fred Hartman Bridge (State Highway 146) or Morgan's Point, which would protect the cruise terminal. The Ike Dike would be a larger project and require federal funding and extend from the west end of Galveston Island across the Ship Channel at Bolivar Road east to High Island.

Sources:

*Robert J. Schwartz, President, Brays
Bayou Association*



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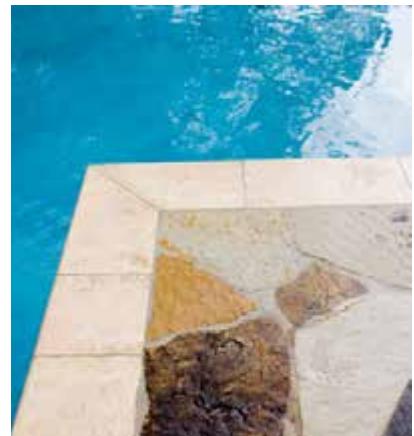
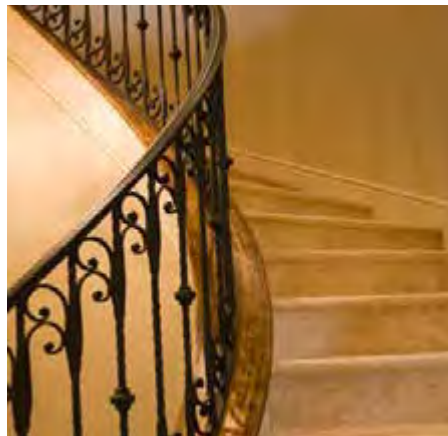


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High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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Choosing a Summer Camp

By David Ettenberg, co-owner of Camp Shane

Summer camps come in a wide variety of interests and themes -- from music and sports camps to weight-loss and peace corps camps -- there is a camp for every child who has ever said, "I'm bored." How do parents sort through them all to find the right one for their child? Dave Ettenberg, co-owner of Camp Shane (a weight-loss camp for kids), recommends that parents consider these six guidelines before registering your child.

1. The Staff What are the camp's hiring procedures? Do they check references and run complete background checks? Also - many camps hire teens as junior counselors, which can be a wonderful experience for all, but it can cause problems if the camp relies too heavily on this cheaper workforce. It is important that a number of experienced adult staff members are on hand to deal with any problems that may arise. Also, ask to speak to the camp's director, he or she sets the tone for absolutely everything and will be able to give you an immediate sense of the camp's culture.

2. Referrals Get them, but get meaningful ones. Don't make the common mistake of relying solely on the names offered to you by the camp—these are typically hand-selected and will undoubtedly be positive. Instead, try to get five names of families that live within 20 minutes from you to ensure a more random sampling. It's ideal if you can ask someone you know whose child has attended the camp. If you don't know anyone personally, ask around in your community, chances are you'll find people.

3. Healthy Atmosphere If possible, try to visit the camp during the summer while in session to ensure there is an active, "happy" atmosphere, with a non-cliquey and non-threatening environment. It should be a place where your child can find strong support and make lifelong friends. Also, ask about the kind of food that is served at the camp—make sure they provide healthy, balanced meal options. You would be shocked to see what's on the menus at some "reputable" camps.

4. Marketing Materials Read all marketing materials carefully. If they are sloppy and unimpressive it may reflect how they run the camp. On the flipside, beware of materials that appear super-slick; a surprising

number of camps are now owned by corporations or investors who produce the marketing materials but have zero contact with your child. Look for realistic reflections of the camp and specific information that will give you insight to determine if the camp's philosophy, people and procedures will create the best experience for your child. Also, make sure to read the fine print; some weight-loss camps in particular advertise insurance reimbursements -- but check with your particular carrier, as this is often times not the case.

5. The Facilities Are the buildings in good repair? Has everything been freshly painted? Has the grass been cut? Chances are if they don't take care the facility, they won't do such a good job with your child.

6. Kid's Choice Make sure to keep your child involved with the decision-making process. He or she needs to be comfortable with the camp, or the experience won't be optimal. Also, does your child want to focus in on a special skill or sport? Be sure to consider his or her specific interests and needs. State-of-the-art athletic fields are great but they won't do anything for a kid who loves music.

Taking time to research summer camps is key to ensuring a fun, safe, and enriching environment for your children - but it doesn't have to be overwhelming," said David. "By focusing your search based on a few key factors and by asking the right questions, you can easily find a great match that suits your child's particular needs."

ABOUT CAMP SHANE.

For more than 45 years, David Ettenberg's family has owned and operated Camp Shane, successfully helping children shed pounds and establish a healthy, confident lifestyle at Camp Shane (www.campshane.com). Currently Camp Shane operates in Georgia, New York, California and Arizona; Camp Shane Texas will open this summer in San Antonio. Kids shed unwanted pounds, gain self-esteem and learn how to live a healthy lifestyle while having a blast. An average weight loss for campers is 10-15 pounds in three weeks; 20-25 pounds in six weeks; and 30-35 pounds in nine weeks. For more overweight campers, it is not unusual to lose more than 50 pounds over the summer. Camp Shane has been featured in all national media, including NBC Nightly News with Brian Williams, 20/20, Oprah, Dr. Phil, MTV and Family Circle.



- Kids Stuff -

Section for Kids with news, puzzles, games and more!



When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of dehydration (say: dee-hy-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right. A person gets water by drinking and eating. You lose water when you sweat, urinate (pee), have diarrhea, or throw up. You even lose a little water when you breathe. Our bodies need water to work properly. Usually, you can make up for the water you lose — like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

WHY AM I DEHYDRATED?

Many times kids get dehydrated when they're playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym. Kids also can get dehydrated when they're sick. If you have a stomach virus, you might throw up or have diarrhea (say: dye-uh-REE-uh) or both. On top of that, you probably don't feel very much like eating or drinking. If you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, you can lose fluids because water evaporates from your skin in an attempt to cool your body down. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

SIGNS OF DEHYDRATION

In addition to being thirsty, here are some signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- dry lips and mouth

Another sign of dehydration is not peeing as much. Normally, urine should be a pale yellow color. Dark or strong-smelling pee can be a sign of dehydration.

WHAT TO DO

If you can, try not to get dehydrated in the first place. If you're going to be going outside, it's a good idea to drink water before,

during, and after you play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.

If you're sick, keep taking small sips of drinks like water or diluted juice, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. How is an icepop a liquid? Well, it's basically frozen water and flavoring. The warmth in your mouth and stomach turns it from a solid to a liquid. Other foods, such as fruits and vegetables, contain water, too, but if your stomach is not feeling well you might not be ready for them.

DO I NEED A DOCTOR?

Some cases of dehydration can be handled at home. But sometimes, that isn't enough to get a kid feeling better. A kid may need to go to the doctor or emergency room if he or she has a heat-related illness or a virus with vomiting or diarrhea that just won't quit. At the hospital, the good news is that an intravenous (say: in-truh-VEE-nus) (IV) line can get fluids into your body fast. An IV line is a special tube (like a very thin straw) that goes right into your vein, so the liquid goes right to where your body needs it most. It may pinch a little when the nurse is inserting it, but it will help you feel much better.

THIRST-QUENCHING TIPS

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising.

The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions. Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which can cause you to urinate (pee) more often than normal. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

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