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Volume 2 | Issue 7

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Construction Update in Meyerland near Kolter Elementary

by Amy Hoechstetter, MCLIA General Manager

Many of you have noticed that construction has begun on streets such as Millbury and Runnymede. The full scope of the entire project set to take approximately one year is as follows: storm drains, sanitary lines, water lines, manhole covers, inlets, streets, sidewalks, replacement of some light fixtures and some electrical poles on Runnymede (West Bellfort to South Rice), Dumfries (Runnymede to Millbury), Millbury (Yarwell to South Braeswood) and Doud (Wigton to Braesheather). Streets abutting Millbury, Runnymede and Doud will be re-surfaced only at the junction of those streets. Dumfries will re-surfaced entirely.

The work is broken down into segments. The timeframe given to each area along the construction route is not definitive as weather, unexpected complications, and additional material needs may cause setbacks to the planned progress. Monthly updates will be given to the Association and we will subsequently share this information with you. Multiple companies are involved in a project of this size including the City of Houston, CenterPoint Energy, and of course, the main contractor, SER Construction.

Through the month of July, we know that construction will begin simultaneously on Runnymede between South Rice and Dumfries as well as on Millbury from South Braeswood in small increments travelling toward Dumfries. The main concern at this time is to complete the Runnymede portion of the project prior to the start of school. During that time, these streets will be one-way and traffic will be re-routed away from the construction sites. The contractor, SER Construction, will do everything they can to accommodate homeowner access to driveways and streets along the affected areas. Updates will be provided on a monthly basis by the Association via our email information sharing system. We strongly recommend you sign up to receive these notices. You may do so by visiting our website at www.meyerland.net and click in the "Join the email list" bar and follow the instructions.

We know this will be a difficult period and request patience and understanding as this storm/sewer water project is implemented. The final product promises to alleviate flooding as well as provide great improvements to some of our most heavily travelled streets.



Corner of Runnymede and Dumfries at Kolter Elementary

JMS Parking Information

by the MCLIA Office

Earlier this year, parking restrictions were implemented around Johnston Middle School to be effective on school day mornings and afternoons. The intent was to reduce the congestion and backups near the school during the drop off and pick up times. The congestion is negatively impacting our residents' ability to move in and around the neighborhood and is a safety issue for the students.

The parking management plan is available on the MCLIA website at <http://www.meyerland.net/en/tx/>.

In addition to the restricted parking, the students and their parents were advised that trespassing in yards and driveways and littering would no longer be tolerated. Please know that you can help manage this process by being familiar with the parking management plan and knowing who to call if you see unsafe behavior or violators in the restricted parking areas.

For parking violators please call The City of Houston Parking Management Dept at 832-393-8690 or the HPD non-emergency number at 713-884-3131. For trespassing call the Constables at 281-463-6666. For littering, call the school and report it to the Johnston Principal's Office at 713-726-3617.

On the Cover

The featured house on the cover is 8723 Ferris in Section 2. Here's to the red, white & you!

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Brays Bayou Association

by Bob Schwartz, BBA President

The Brays Bayou Association will meet Monday, July 21 at 7:30 p.m. at The Gathering Place, 5310 South Willow Drive. This month's speaker will be County Judge, Ed Emmett.

What is the Brays Bayou Association (BBA)? The BBA was established in 1983 with the purpose of reducing the risk of flooding within the Brays Bayou watershed. Over the years, the BBA has been instrumental in backing Project Brays, which includes sub-projects such as the Meyer Tract Detention Basin, just inside the loop adjacent to the south bank of Brays Bayou, The Willow Waterhole Storm Water Detention Basin and other upstream stormwater detention facilities, along with the actual widening of the bayou.

Project Brays, is and will have a direct impact on reducing the risk of flooding in Meyerland, thus substantially reducing our flood insurance premiums. When the project is complete not only will we enjoy a lesser threat of flooding, but also new and improved recreational/enjoyment features within the Brays Bayou corridor. Hope to see you on the 21st!

If you would like more information you can contact BBA President, Bob Schwartz at bobx@hal-pc.org or 713-723-7230.

Lock And Secure Your Garage Doors!

by Michael Chung, Meyerland Resident

Originally posted to Nextdoor.com. Reprinted with permission.




Most people will probably not set up an alarm for the garage and thieves know this. We have a self standing garage, and besides the garage doors there's also a regular door that can access the garage. We never use the regular door to access the garage, and the other day I noticed that that door was opened. Upon closer inspection, I noticed that a would-be-thief must have used a screwdriver to pry open that door. (We just had our house painted, so I could see the break-in point.) Luckily for us, we had things propped behind that door and therefore the thief couldn't get in.

Be sure to lock your garage doors, and don't leave anything of value in the garage. If you park your cars in the garage, be sure to lock the car doors too. Thieves are still going around our neighborhoods checking parked cars and doors looking for an easy steal.

I'm going to install some security cameras around the exterior of the house this summer and maybe record a thief in action.

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Walking Buddies

Joyce Young,
Director of Section 3

What started out as one friend asking another to go for a walk and then finish with coffee has turned into a 14 year walking group habit. When Meyerland resident, Barbara Pauly, was approached by her friend, Sharon Brener, to go for a walk and then get coffee, she was hesitant. "I'm an eater, not an exerciser" was her immediate response. But, that first walk evolved into a core group of seven women meeting on Sunday mornings for a four mile walk that ends at Starbucks in Meyerland Plaza.



2015 Houston Half Marathon lottery.

They are a diverse group of women. Most of them are retired now, but they are loyal to their fitness routines. Waldman belongs to several walking groups; Pauly, Yambra, Frank and Lee work out at Hank's Gym with a trainer; and Brener is known as the exercise queen and if the ladies don't walk fast enough for her liking, she goes home and does more exercising.

The group meets at Pauly's house on Sunday mornings. Most Sundays the walk consists of four laps around Lovett Elementary and then the women make their way toward Starbucks for the pièce de résistance, a specialty coffee drink. The first walk began in 2000. In 2001 the women, Pauly, Brener, Judy Yambra, Lindy Levit, Glenda Waldman, Phyllis Frank and Eileen Lee, joined Houston Fit and trained for the 2002 Houston Marathon. The women were in their 40's and 50's and their goal was to walk the marathon and finish in the allotted six hours. Each proudly crossed the finish line and received their marathon medal. Waldman has gone on to walk the half marathon each year since then and is signed up for the

Starbucks printed T-shirts for them that said "We Walk, We Talk, We Starbucks". Some of the women grew up together and have been friends for over 30 years. Lee and Yambra have known each other the longest and Levit is related by marriage to Yambra and Brener. Pauly and Frank are first cousins. On their reflection of over 30 years of friendship, without hesitation Pauly replied "it's been a fun ride", to which the rest of the group enthusiastically agreed. And then they were off to finish their walk back to Pauly's house where they'll meet again next week for another round of conviviality . . . and Starbucks, of course.

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FLOOD INSURANCE

by Gerda Gomez, Director of Section 7

This is the last in the series of articles on flood related topics.

1. WHAT IS FLOOD INSURANCE?

Flood insurance covers rising water from the exterior property. Flood insurance is not included in the standard homeowner's policy. Flood insurance policies are sold through private insurance companies.

2. WHO IS THE UNDERWRITER OF ALL FLOOD INSURANCE POLICIES?

All flood insurance policies are financially backed by the federal government through the National Flood Insurance Program (NFIP), created in 1968, and administered by the Federal Emergency Management Agency (FEMA). Harris County and the City of Houston participate in the NFIP program.

3. WHY DO OUR FLOOD INSURANCE PREMIUMS KEEP INCREASING?

The flood insurance premiums keep increasing because flooding has become so prevalent all over the country. Flood insurance premiums have not been adequate for years to cover losses. Flood losses from Hurricanes Katrina, Ike, and most importantly, Sandy, on the east coast, have put FEMA and NFIP in extreme financial difficulty. The Biggers-Waters Act passed by Congress sought to raise premium rates, but the new premium rates would have been devastatingly high on homeowners in coastal flood prone areas. Therefore, Congress decided to slow down the annual rate of increase.

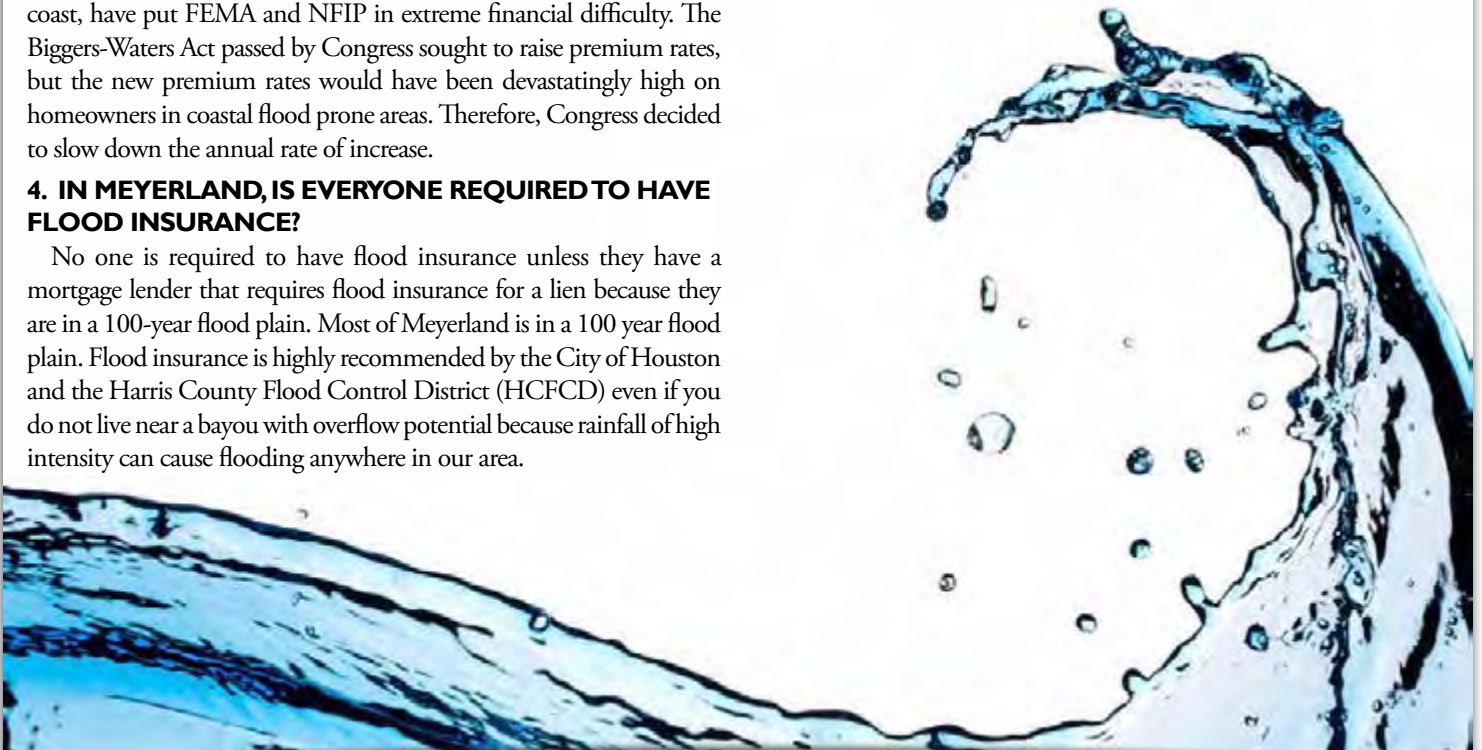
4. IN MEYERLAND, IS EVERYONE REQUIRED TO HAVE FLOOD INSURANCE?

No one is required to have flood insurance unless they have a mortgage lender that requires flood insurance for a lien because they are in a 100-year flood plain. Most of Meyerland is in a 100 year flood plain. Flood insurance is highly recommended by the City of Houston and the Harris County Flood Control District (HCFCD) even if you do not live near a bayou with overflow potential because rainfall of high intensity can cause flooding anywhere in our area.

5. WHAT IS THE WAY TO LOWER FLOOD INSURANCE PREMIUMS?

In each area, a "base flood elevation" (BFE) has been established by FEMA. This is a flood level expected in a 100-year storm. To lower the flood insurance premium, an Elevation Certificate would need to show the house is above the BFE. New homes are required to be 12 inches above the BFE.

A licensed engineer or land surveyor can be engaged to complete an Elevation Certificate. The engineer will have the Letter of Map Amendment to submit to the insurance provider and FEMA with the Elevation Certificate. The cost of a licensed engineer providing this service is approximately \$300. A list of engineers is available from FEMA at floodsmart.gov. The BFE for our area may lower as Project Brays progresses. Project Brays (see Meyerlander Monthly, April, 2014, page 8) is currently halted at Holcombe and the Texas Medical Center until all the bridges downstream from Holcombe have been replaced or modified.



Sources:

Robert J. Schwarz, President, Brays Bayou Association

Kathey Hoffmaster, Personal Accounts Dept. Manager, Harco Insurance Services, KHoffmaster@harco-ins.com

Adam Miller, Owner, InsurTexas, a Nationwide Insurance Agency, Adam@insurtexas.com

Harris County Flood Control District: www.hcfdc.org/floodinsurance.html

Harris County Flood Control District: www.harriscountyfemt.org/Floodplains.htm

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by the MCIA Office

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MEYERLAND'S 60TH ANNIVERSARY CELEBRATION

by the MCIA Board of Directors

Save the date! MCIA will celebrate its 60th anniversary of incorporation in September. Party details will be published in the August issue. It will surely be a wonderful celebration for all!



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		1 T/R	2	3	4	5
6	7	8 Trash	9 Tree!	10	11	12
13	14	15 T/R	16	17	18	19
20	21	22 Trash	23	24	25	26
27	28	29 T/R	30	31		

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

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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Godwin Community Center Rental

by Gerald Radack, Editor and Director-At-Large

You might think Meyerland does not have a “community center” like many newer communities, but a little known fact is that it really does.

The interior community center rooms at Godwin Park can be rented for your event. It is a great places to host special gatherings, such as parties, family reunions, and even wedding receptions, for a nominal rental fee. Deposits are required and are refundable.

MCIA now holds its monthly Board of Directors meetings at the Godwin Community Center on the second Monday of each month at 7:30 p.m. MCIA President Jim Walters has stated that it is important to show our community spirit and hold our meetings in a venue in the neighborhood.

Rental reservation forms must be completed and payments must be received in the Permits Office the earlier of 10 days after the rental reservation is completed or at least 7 days before the scheduled event date. This includes concessionaires, HPARD co-sponsored events, etc.

If security is required, rental reservation forms and payment must be received in the Permits Office a minimum of 14 days prior to the scheduled event, which includes private functions, birthday parties, showers, weddings, family reunions, family gatherings, meetings, special events, etc.

For more information, contact Godwin Community Center directly at (713) 726-7114.



Please remember to pick up after your pets and “scoop the poop”



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](https://www.facebook.com/meyerlandtx).

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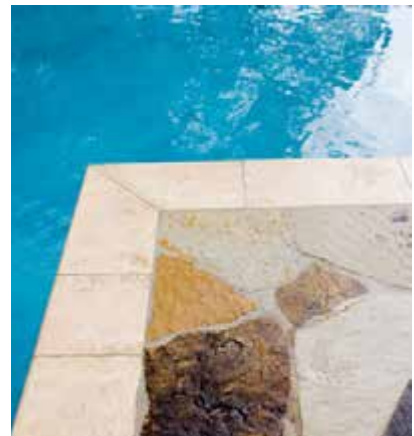
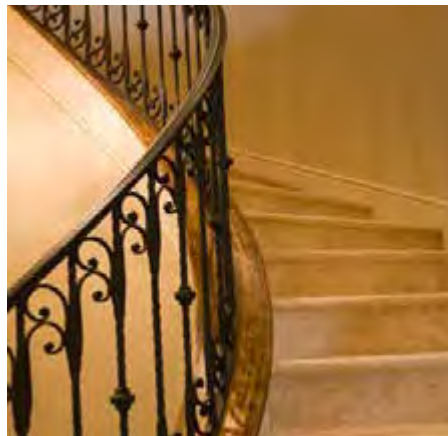


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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court. In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has

loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”

WANTED

Old Meyerland Photos

Meyerland is celebrating its 60th Anniversary this year. Our goal is to create an historical archive for the neighborhood and possibly use it in a future publication. We are looking for old photos showing the development of the neighborhood, e.g., houses under construction, a Brays Bayou without its concrete banks, etc.

Perhaps you or a neighbor have some pictures you could share with us. We'll carefully scan them and return them back to you. Please contact us at meyerlander@meyerland.net for more information and help preserve the history of Meyerland.



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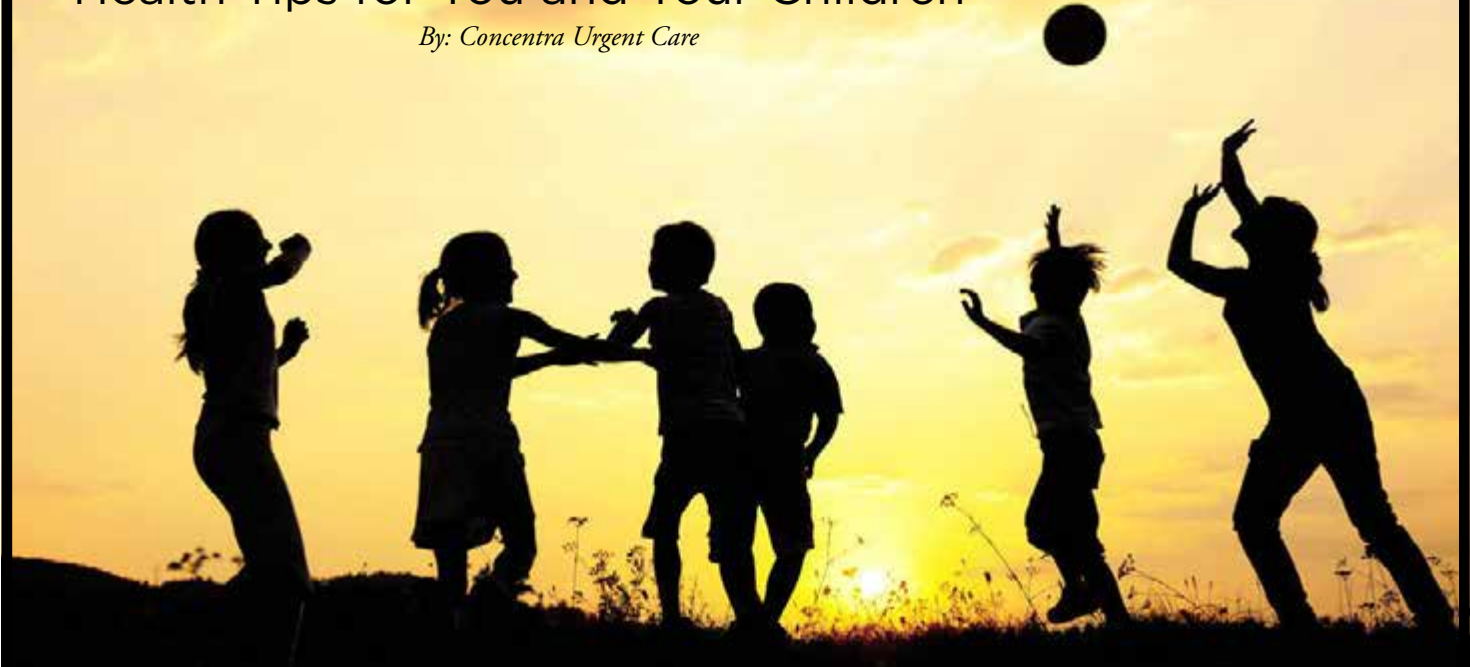


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FIT AND FUN

Health Tips for You and Your Children

By: *Concentra Urgent Care*



Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around –

it's your time, too!

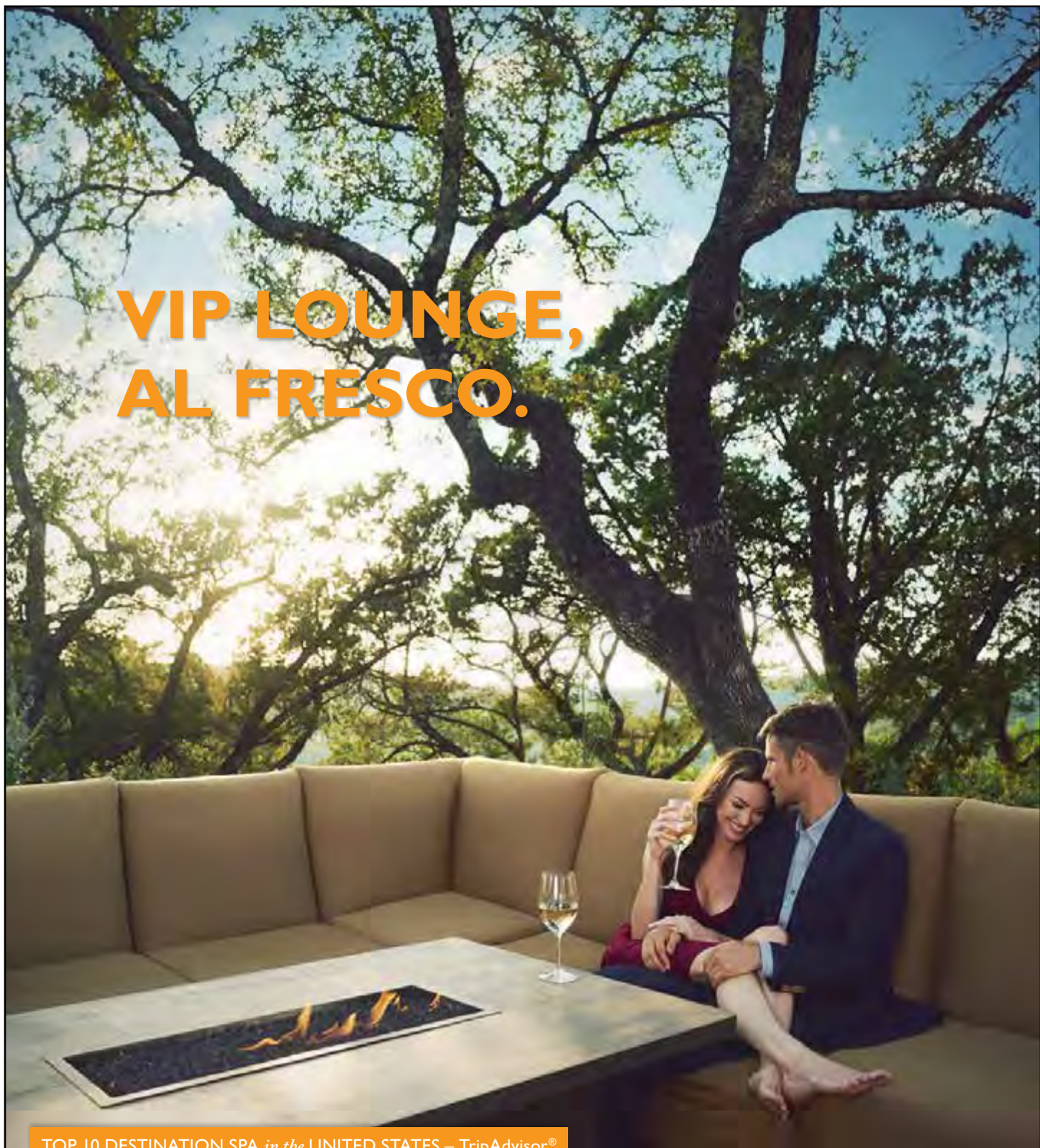
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>

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- Kids Stuff -

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



Did a bug ever fly in your mouth? Usually, the story ends there. You spit it out. Goodbye, bug. But sometimes — gulp! — you might swallow it so it ends up in your stomach. Less often, someone might inhale a bug into the lungs.

You have probably heard that old children's song "I Know an Old Lady Who Swallowed a Fly." Most people don't swallow flies. But we know of someone who's sure she swallowed a tiny gnat. Another boy had a close call when a yellowjacket flew out of his can of soda and into his mouth while he was taking a sip. (He spit it out before getting stung.) And would you believe that someone said she inhaled a lightning bug and could feel it in her lungs?

There are two paths a swallowed bug might take:

- down the esophagus (food tube) into the stomach
- down the trachea (windpipe) into the lungs

If the bug ends up in your stomach, it will

get mashed up and digested just like any other food. And whatever's left of it will "come out the other end" when you go to the bathroom. It's gross, but unlikely to cause you any more trouble.

If you feel like you inhaled the bug and you think it could be in your lungs, tell a parent or another adult. Usually this will make you cough and feel a little uncomfortable. Your mom or dad will want to check with your doctor. Unlike your stomach, your lungs won't digest the bug.

In your lungs, the bug will get trapped in a layer of slimy mucus. Maybe you're thinking "Gross, there's slime in my lungs!" But it's good to know the mucus is there for a reason. It protects your lungs and airways from situations just like this one. The mucus helps your lungs stay clear so that you can breathe properly. In other words, no bugs allowed!

Reviewed by: Aaron S. Chidekel, MD Date reviewed: July 2011

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