



# The Timbergram

SEPTEMBER 2017

TIMBERGROVE MANOR CIVIC CLUB ◦ PO BOX 70977 ◦ HOUSTON, TX 77270-0977

WWW.TIMBERGROVE.ORG

## Meet the Speakers

### TMCC General Meeting

*Tuesday, September 12  
7:00 pm  
Sinclair Elementary Cafeteria*

*guest speakers*

**Lee Mashburn**  
Principal, Sinclair  
Elementary School

*and*

**Anne Sung**  
HISD School Board  
Trustee, District VII

*6:00 pm:  
School Tour for all Residents*

*6:30 pm:  
Pizza and Social Time*

### **LEE MASHBURN, PRINCIPAL, SINCLAIR ELEMENTARY SCHOOL**

**Lee Mashburn** returns to Sinclair following 25 years of service within the Houston Independent School District. His career includes service in the classroom as a third, fourth, fifth and sixth grade teacher with his most recent classroom experience as a fourth grade teacher at Sinclair Elementary. Mr. Mashburn also served as the Magnet Coordinator for Sinclair Elementary and most recently as an Assistant Principal for Scarborough High School.



Lee Mashburn was born in New York but considers himself a true Texan having grown up in Conroe since second grade. He is a graduate of Conroe High School, received his undergraduate degree in Psychology from University of Dallas, a Masters in Counseling from Prairie View A&M and a Masters in Educational Leadership from University of Saint Thomas.

As a school leader and community member, Mr. Mashburn is thrilled about his return to Sinclair Elementary. His vision includes a devotion to Sinclair's time honored traditions and building a team of highly effective teachers that cater to the needs of each individual learner. Mr. Mashburn is a dedicated and passionate educator with a commitment to excellence. He understands the importance of fostering and maintaining open lines of communication between all stakeholders and is eager to reconnect with the staff and community and be a part of a team that helps Sinclair Elementary, its students, staff and community embody the idea of SUPERSTARS!

### **ANNE SUNG, HISD SCHOOL BOARD TRUSTEE, DISTRICT VII**

**Anne Sung** is the HISD School Board Trustee for District VII. Elected in December 2016 to fill an unexpired term, she will face re-election in November 2017

continued on the next page

## Before the Meeting — Sinclair School Tour

Join us before the next TMCC quarterly meeting for a Timbergrove resident open house and tour. The school tour will begin at 6:05PM in the school cafeteria and will conclude with a Q&A while pizza is served before the TMCC meeting. We would love to have our residents come in and take a peek at all the exciting happenings within our neighborhood school.

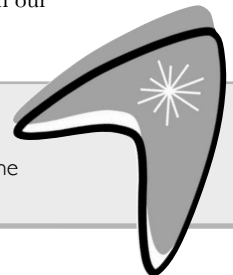
### INSIDE THIS ISSUE

Sinclair Elementary's Annual Fall Festival is around the corner.



### **The Taste of Timbergrove**

Mark your calendar for our 1950s inspired neighborhood dinner where we'll celebrate the origins of Timbergrove Manor.



she will face re-election in November 2017 for a full four year term.

As an experienced educator, policy expert, non-profit leader and mother, Anne Sung is a tireless advocate for strong schools in every neighborhood.

Since joining the HISD school board in January 2016, Anne has promoted careful stewardship of taxpayer dollars as a member of the board's budget committee, so that the district can make the smart investments we need for all students to succeed along with many other initiatives.

She is a proud graduate of local public schools including Askew Elementary School, TH Rogers Middle



School, and Bellaire High School. She graduated magna cum laude from Harvard University with a bachelor's degree in physics and mathematics. She also earned master's degrees in physics and public policy, also from Harvard. While a physics undergraduate at Harvard, Sung co-founded the Harvard-MIT Math Tournament, now one of the most prestigious high school math contests in the country.

She fell in love with education as a young Teach for America corps member in the Rio Grande Valley. As a Physics Teacher Resource Agent with the American Association of Physics Teachers, she provided professional development to physics teachers in south and central Texas. Returning to her

hometown of Houston, Sung then taught at Davis (now Northside) High School and Lee (now Wisdom) High School, where she taught physics and chaired the science department, and was named 2011 Teacher of the Year. Sung co-founded the group Community Voices for Public Education to give Houston students, parents, educators, and community members greater voice in strengthening public education. Her many other active community roles include serving as founding convener of the Capital One Northside Education Coalition; board member of the Organization of Chinese Americans; and coach of the Texas American Regions Math League team. Sung was previously Director of Strategic Planning and Public Policy at the Harris County Sheriff's Office. She now serves as Vice President and Chief Strategy Officer for Project GRAD Houston, which helps students in low-income neighborhoods develop and achieve their educational aspirations for college and career. She and her husband have one daughter.



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# Announcing an October Get-Together

By Tim Louque, Activities Committee

## The Taste Of Timbergrove – A Founder's Dinner

Let's all get together at the event that recalls the time when our neighborhood was built. Join us on **Saturday, October 22 from 5:00 PM until 8:00 PM.**

We'll celebrate the fifties with a step back into time. It will be a festive, fun filled 50's inspired dinner and social exclusively for Timbergrove Manor Civic Club residents, a casual and memorable gathering of our wonderful neighbors. Adding to the 50sness of it all, it will be at one of the houses in our neighborhood. Enjoy 50s food, 50s music, 50s cocktails and beverages. If you love the look of 50s inspired clothes, this is your chance to shine. "Costumes" are suggested, but of course, never required. Imagine yourself in a big puffy 50's hairdo or a greasy 50's Fonzarelli pompadour. It will be very close to Halloween. It will be a great reason to get a jump start on your costume and give it a test run.

If you love showing off your culinary skills, we invite you to bring a

dish to share and help us round out our vintage 50s inspired dinner. But again, this is not required. Do a Google search for 50s food, 50s pot luck favorites. We'd love to see what you come up with. Wow us with authenticity, taste, appearance and creativity! We'll give out prizes to the best of all participants.

We'll have a few contests, activities, games and a door prize or two. Look forward to a fantastic silent auction with all profits

1954. Although we welcome the new styles as they come along, such a fantastic concentration of original ranch style homes is rare.

Now is the time for you to put this day in your calendar. Talk to your baby sitter today and plan to join us. This fabulous fifties step back in time is for our adult neighbors only. If you are new to the neighborhood and have children, relax. Don't worry about the children missing out. We have lots of events scheduled yearly filled with family activities and good times for children of all ages.

And just as exciting as planning a new event, we have a new event sponsor! This event will be sponsored by **Jennifer Vickers of Vickers Properties / Keller Williams Metropolitan at 713-240-9671.** If you see Jennifer, please help us say thank you for her generous support of our neighborhood.

The details, planning, organization and event committee are still being worked out. But definitely, if you'd like to volunteer to be on the committee, write to me, Tim Louque at [activities@timbergrove.org](mailto:activities@timbergrove.org).

## The Taste of Timbergrove A FOUNDER'S DINNER

SUNDAY, OCTOBER 22, 2018  
5:00 PM UNTIL 8:00 PM

TIM LOUQUE AND GARY NORDSTROM'S HOME  
6314 GROVEWOOD LANE / 77008

benefitting our Neighborhood Security Patrols.

We are all very proud of our neighborhood. It will be fun to celebrate its character. We live in a real mid-century ranch home treasure trove. The first house in the Timbergrove Manor Civic Club neighborhood was built in October, 1952. My house was built in 1955. The house next door to us is still in the hands of the original owner, built in



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# Crime in Timbergrove Manor

by the Neighborhood Security Committee

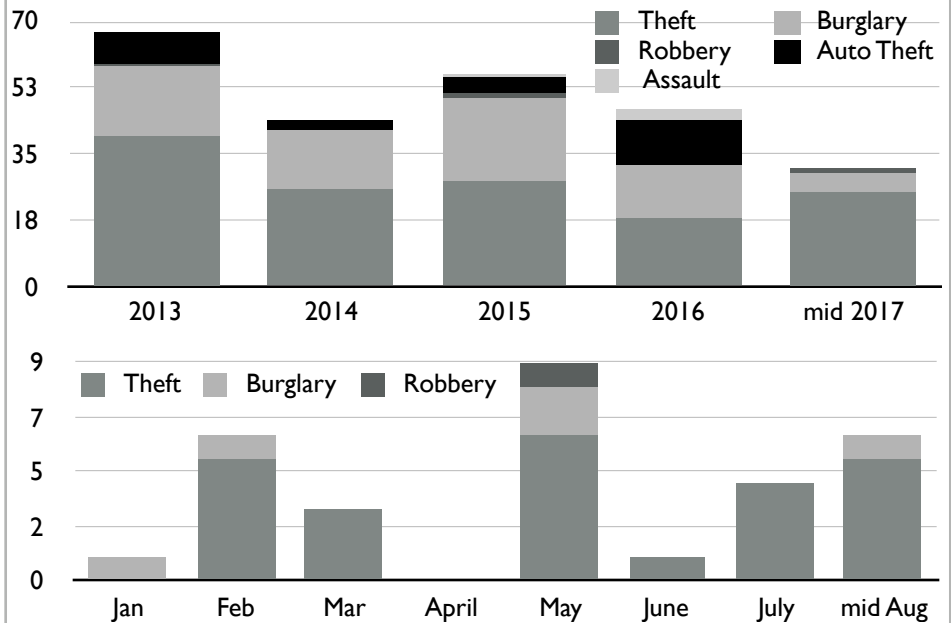
“Thank you” to more than a dozen hard-working volunteers who gathered to stuff and address solicitation letters while also enjoying some good food and the company of neighbors. **What a great neighborhood!** Due to the generosity of these volunteers, and from responding neighbors, we’ve seen a recent bump in contributions for both TMCC membership and private security subscriptions. We have now reached 86% of our 2017 security fundraising goal. Thank you again to the volunteers and donors who continue to support Timbergrove Manor!



Your support is timely.

Based on preliminary crime stat reviews, 31 incidents have been reported to the authorities in 2017, putting us on track to exceed last year’s volume of neighborhood crimes. While burglaries and auto thefts continue on a downward trend from prior years, general theft activity is picking up. This is especially true of tailgate thefts. (Be sure to see our special report on how to protect your tailgate.) Please continue to keep a watchful eye out for one another and for suspicious activity and **report concerns to SEAL Solutions at 832-956-1966** and HPD when appropriate. If you haven’t yet made a 2017 financial contribution to support private security patrols, it’s not too late: **Log onto [timbergrove.org](http://timbergrove.org) to donate today**

Offense Type	Date	Block Range	Street Name
Aggravated Assault	July 2	1400-1499	Ella
Theft	July 4	6400-6499	Pineshade
Theft	July 14	1100-1199	Clovis
Theft	July 14	6300-6399	Pineshade
Theft	July 14	1300-1399	Jeannine
Theft	August 1	6300-6399	Waltway
Theft	August 7	2400-2499	Willowby
Theft	August 9	6600-6699	Lindyann
Burglary	August 9	6400-6499	Cindy
Theft	August 12	6100-6199	Hurst
Theft	August 12	6100-6199	Queenswood



*Disclaimer: Data was sourced from HPD reported crime data. Where data has not yet been made available (typical two month delay), attempts have been made to collect potentially applicable data from other sources. Data may be subject to change once HPD crime data has been published.*

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# Security Tip: Tailgate Party Crashers

By Matt Kern, Security Committee

Hardly a week goes by without a social media post alerting us to the theft of another neighbor's tailgate. It's a crime that is on the rise; keep reading to see why and tips for prevention:

1. **It's Simple:** Stealing a tailgate only involves opening the tailgate, unhooking the cables and lifting from the hinges. It's a process that takes less than one minute!



2. **Big Payoff:** The time invested to steal, post online and sell is as little as 15 minutes for an approximate \$300 return!

The cost for an OEM replacement, matching paint, installation, etc. is often greater than \$1000 to the victims when options like backup cameras are included. Even filing through insurance claims will leave a victim out of pocket a deductible.

We can deter tailgate thieves but there are no perfect solutions to stop a dedicated thief with the right tools and enough time. Deterrents include:

1. **Parking:** Trucks parked in streets are easy targets. When possible park in driveways or behind locked gates. It is also preferable to back up to a house, building, fence, etc. to inhibit opening of the tailgate.
2. **Built in Handle Locks:** An easy and reliable solution is to lock tailgates using the built in handle locks provided on newer vehicles. If thieves cannot open it they cannot

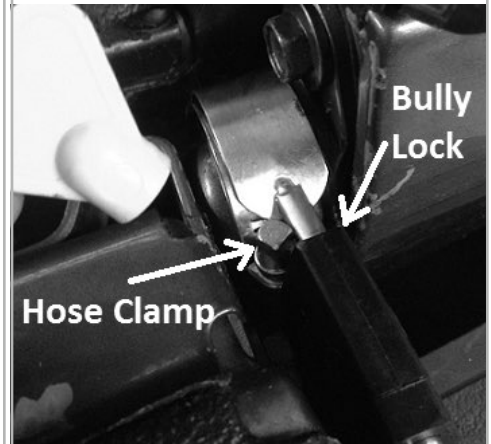
steal it. Make it a habit to relock tailgates after use.

3. **Aftermarket Hinge Locks:** There are a number of aftermarket devices that install over the hinge which are intended to mitigate removal of the tailgate. We tested the Master Lock 8253 and the Bully LH-090. To our disappointment both allowed the relatively easy removal of the tailgate on a 2000 Chevrolet Silverado. The primary issue with these two products was that the tailgate hinge was much smaller (1.375") than the locks (1.750") and this left a notable gap which still allowed removal of the tailgate.

4. **Hose Clamps:** The cheapest option tested was the installation of a \$2 hose clamp around outside of the hinge. This option worked surprisingly well and prevented easy tailgate removal. While standard hose clamps, installed via screwdriver, can be easily removed, the use of a clamp with a detachable key makes removal more difficult.

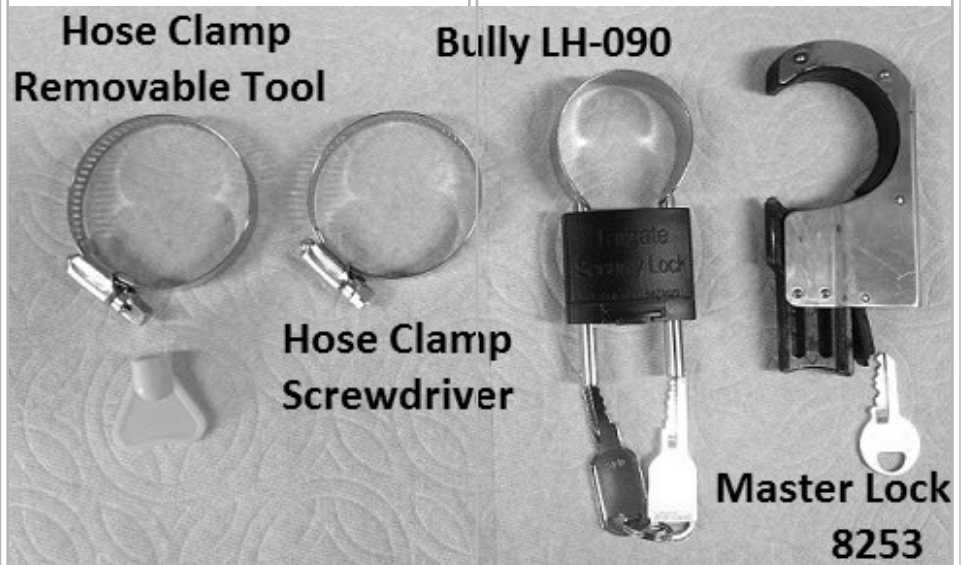
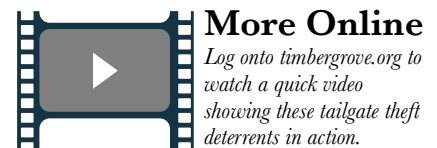
5. **Hose Clamp and Lock:** The preferred aftermarket solution of those tested was the combination of a hose clamp (with removable key) followed by the installation of the Bully lock on top of the hose clamp. This prevented the removal of the

2000 Chevrolet Silverado tailgate via the hose clamp while also preventing the easy removal of the hose clamp which was blocked by the Bully lock.



Again, no solution is impenetrable but using one or more of these options may just deter a thief looking for an easy target. Just make certain to test your chosen solutions. Happy tailgating!

We welcome your comments, feedback, specific testing questions and other possible solutions. Please email those to [security@timbergrove.org](mailto:security@timbergrove.org).



# National Night Out

“America’s Night Out Against Crime” - an annual event billed as National Night Out is set for **Tuesday, October 3** in Texas. This fun filled neighborhood event not only provides a chance for camaraderie between TMCC residents, but, according to the National Association of Town Watch Director Matt Peskin, “National Night Out represents the kind of spirit, energy and determination to help make neighborhoods a safer place year round.”

## Volunteers Needed

Volunteer now to host your block’s annual gathering. Most blocks have a pot-luck gathering and guests often bring a lawn chair. Won’t you help gather the neighbors together this year? If you are willing to host a block party for National Night Out, please email [volunteer@timbergrove.org](mailto:volunteer@timbergrove.org). We’ll distribute details on who’s hosting as the big day approaches.

# Call for Nominations

Do you love to call Timbergrove home? Are you concerned with neighborhood security and deed restrictions? Do you love our parks & how beautiful they are? If you said yes to any one of these questions, you should **consider getting more involved in TMCC**.

At the November General Meeting four officers and three directors will be elected to the board. TMCC Directors & Officers are responsible for leadership for the organization, the annual budget, volunteer committees and important issues that affect the neighborhood. The board oversees deed restriction enforcement, neighborhood security, design review, environmental issues, etc.

If you would like to **nominate yourself or someone else**, send details to [volunteer@timbergrove.org](mailto:volunteer@timbergrove.org).

# Get in the Game at Jaycee Park



*Tennis students ages 6 - 18 participate in the annual Houston Parks and Recreation Department Summer Tennis Camp at Jaycee Park.*

## Parks & Recreation Host Free Youth Tennis Classes

Jaycee Park was abuzz this summer with lots of tennis fun. Despite the heat, kids came out in droves for the annual HPARD summer tennis camps. The Houston Parks and Recreation Department in partnership with the Houston Tennis Association coordinate the summer camps at neighborhood parks to keep kids active and introduce them to tennis throughout the city.

The camps are held during the months of June and July and are free to registered participants ages 6-18.

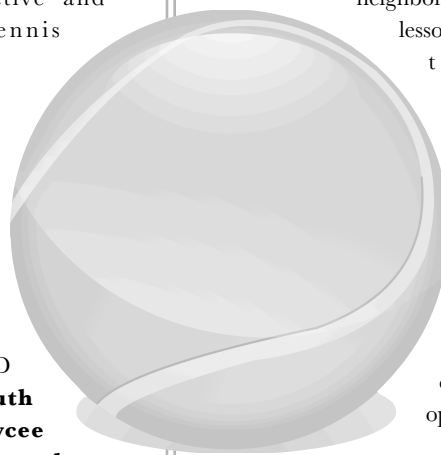
But as the heat fades, the fun on the courts continues. This fall HPARD will continue **free youth tennis lessons at Jaycee Park on Tuesdays and**

**Thursdays Aug 28 - Oct 5.** Hour-long beginner classes with fun-based instruction begin at 4:15. They are followed by Beginner/Advanced Beginner lessons with an emphasis on learning at 5:15 p.m.

Tennis at the park isn’t just for the kids. Enjoy tennis but haven’t played in a while? Stop by and give our neighborhood park a try. If you’re looking to take your game up a notch, look no further than our neighborhood park for a

lesson with a local tennis professional.

Try a google search with Jaycee as your preferred park and there are many coaching options available.



# Party in the U.S.A. - Done the Timbergrove Manor Way!

Our Annual Independence Day Ice Cream Social seems to get better and better every year!

Children, grown-ups and puppies alike loved the parade and the ice cream and the award medals and the toys and the fire truck and the balloon animals! We had them ALL at last month's Independence Day neighborhood celebration. And you'd think that would have been enough, but we also had neighbors, friends, flags, watermelon, lemonade, iced tea, pets, decorated wagons and ... well, you get the idea. Even though it was really hot, we had a sensational time! That's Summer in Houston!

Please, say thank you to our incredibly generous event sponsor, Realtor Sharon Ettinger with Keller Williams Realty. Sharon did it again!

To our VOLUNTEERS that helped out that day, THANK YOU so very much for everything you do and especially to Henry Sunstrom for leading the way ... way to go! Thank you.



Photo credits: Jeff Wray



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# Super Neighborhood Council-14 News

## HPD and Area Crime Stats

The August meeting began with a review of area crime statistics by HPD Officer Rene Ledesma and Officer Kenneth Bigger. Burglaries from Motor Vehicles (BMV's) are up by 29%, SNC-14 area-wide, year-to-date and Auto Theft is up by 14%. Thieves are on the look-out for valuables left in vehicles, like laptops and purses, so take these things with you when you leave your vehicle. The officers said they plan to attend the October 11 SNC-14 meeting, giving interested parties an opportunity to talk with them, ask questions, express concerns in a small group setting. And, no, a new storefront location in the Heights has not been located. Officer Ledesma may be contacted at Rene.Ledesma@HoustonPolice.org or 832-658-3829.

## Bryce Chemical Feed Station

Regarding the Bryce Chemical Feed Station at Bryce and W. 11th Street, the City of Houston Public Works Department (COH PWE) reported that there were no odors coming from the facility in July, per their monitoring equipment and testing. COH PWE is pursuing the purchase and installation of off-site monitoring equipment and remote sensors. This plan needs City approval. The SNC-14 will continue to follow-up and will continue to question COH PWE about plans for a final walk-through, open to the public.

## Make Your Voice Heard

All SNC-14 meetings are open to the public. In addition to HPD officers, a COH Department of Neighborhoods (DON) representative attends the

meetings to hear directly from attendees what is going on in their neighborhoods and what assistance is needed from the COH to improve their neighborhoods.

The next SNC-14 meeting is **Wednesday, October 11, from 6:15 – 7:45 p.m.** in the Meeting Room at Heights Library, **1302 Heights Blvd.** Specific agenda topics fall within the categories of Parks & Beautification, Crime & Safety and Infrastructure. This October meeting is our Annual Meeting and Election of Officers will take place. Visit [www.snc-14.org](http://www.snc-14.org) for information, the directory of officers & delegates and our contact information.

Reminder – Texas State Legislature HB 62 went into effect September 1, **making texting while driving illegal state-wide.** Look up the bill online to read what is written in the bill about hands-free devices and voice technology.

## Elizabeth McCormick

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- Proud sponsor of TMCC Easter Egg Hunt
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Timbergrove Manor is my home since 2000.

Timbergrove Manor is my business since 2006.



ELIZABETH McCORMICK

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## 2016 – 2017

TIMBERGROVE MANOR SALES STATISTICS

	# Homes Sold	Average Price	Avg. Days On Market
<b>2016</b>			
QRT 1	12	\$518,417	99
QRT 2	18	\$479,581	73
QRT 3	24	\$474,758	71
QRT 4	13	\$458,577	68
<b>2017</b>			
QRT 1	18	\$483,333	50
QRT 1	24	\$452,892	45
JULY	8	\$526,313	73

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# News from the Neighborhood

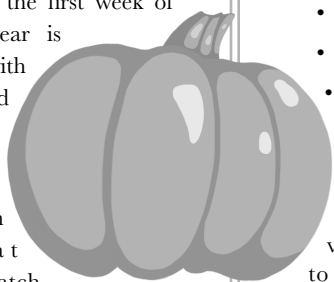
## Save the Date: November Meeting

Mark your calendars for the November Timbergrove Manor Civic Club meeting. We will meet on Tuesday, **November 14 at 7:00 PM** in Sinclair Elementary School cafeteria. The agenda for the November meeting includes our annual **general elections**. Please make time to join us to show your support for and interest in an active, vibrant civic organization.

## Sinclair Pumpkin Patch 2017

The annual Sinclair pumpkin patch will be ready to go the first week of October. This year is going to be a blast with coordinated weekend activities for all ages.

Follow the pumpkin patch on Instagram at #sinclairpumpkinpatch. All proceeds from pumpkin sales will go toward supporting Sinclair students.



We look forward to seeing you there!

## Sinclair Fall Festival

Mark your calendar and join us for the annual Sinclair Fall Festival on Friday, October 27 from 3:20 - 7PM.

This years Monster Mash will be bigger and better than ever with fun for the whole community!

- Trackless Train sponsored by TMCC
- Halloween photo booth/scene
- Face painting
- Dunking Booth
- Confetti Egg Danger Zone
- Fun Jumps
- Rockwall
- Haunted House
- Food
- Games and More

*All proceeds benefit the Sinclair PTA.*

If you are interested in volunteering or making a donation to promote your local business contact Yolanda Silva at [sinclairfriends@gmail.com](mailto:sinclairfriends@gmail.com) for more information.



## Yard of the Month

To win Yard of the Month you must be a current dues-paying TMCC members and cannot have won a YOTM award within the past year. **Congratulations to the following neighbors for their attractive, well-groomed yards!**

### July

- 1323 Seaspray Ct. – Dawn & Ken Hengst
- 6526 Kury – Holly & Glen Bell
- 6310 Pineshade – Jennifer Vickers & Kirk Guy
- 2218 Haverhill – Cynda & Steve Lewis
- 6235 Abington – Gary Krutilek

### August

- 1303 Jeannine – Rungnapa Ohnheiser
- 6619 Grovewood – Katy & Skylar Schawe
- 1251 Clovis – Randy Hay
- 2323 Droxford – Pat Ruffino
- 6122 Hurst – Elissa Vandix & Charlie Rice

# Hello to Our Newest Residents!



Welcome to our newest Timberkids, Carter and Brynn Neustadt of Kury Ln. Proud parents Crystal and Jean welcomed their sweet babies in June and look forward to strolling the sidewalks when cooler temps prevail.

Have a new little one joining you soon? We'd love to welcome them to our community so let us know. Send any pictures or details you'd like to include and we'll feature your sweet baby in our newest Timberkids section. Grandbabies welcome! Submit to [timbergram@timbergrove.org](mailto:timbergram@timbergrove.org).

# Stop & Say Thanks

After another sizzling summer, let's be sure to remember the brave firefighters who protect us year round. (As if the weather wasn't hot enough!)

At our local firehouses, Station 62, at 1602 Seamist Dr. And Station 11 at 460 T C Jester Blvd, anytime the trucks are in, the firefighters are in as well. They enjoy regularly giving tours of the station and teaching their neighbors about the equipment that helps them in protecting all of the Heights.

As with anything (like unexpected visitors showing up to our house during nap time), it's a much better experience for everyone if it's planned. You can have up to 30 people for each visit and they do a station tour, let the kids sit in the truck and turn on all the lights.

Plan to stay about an hour. And, if you'd like to bring a little treat when you stop by, know it's greatly appreciated! Many thanks were given to tour guests

bringing homemade snacks like cookies, brownies, or their favorite: Blue Bell ice cream! On each shift, there are typically 8-10 firefighters at the station.

So make plans to tour the station with the family. Or just drop by a thank you note or gift. Thanks to our Timbergrove Firefighters!

*Special thanks to Cheyenna Brehm and Retired Firefighter Mike Smith for contributing to this article.*



Timberkid Drew and fireman Griggs pose with the "TC Jester" engine at station 11. Drew and her friends enjoyed a fun tour of the station and delivered tasty treats for the firemen while there.

## Tales from the Firehouse

*"Our daughter's name is Drew and she is 3. We had a particularly amazing experience on a recent visit to Station 11 when Fireman Jason Griggs (pictured) was incredibly sweet to all of the kids. He spent so much time with each and every one of them! My daughter literally left the station wanting to be a fireman (and asking why they didn't have any girls working there)."*

*Submitted by Courtnie Hays*

## NOT READY to move or sell, YET?



In the meantime, you might want to consider making some home improvements. Let me help you see your home through the eyes of a potential buyer.

Then when you are ready to sell, together we will pick the best time to put your home on the market. Contact me today.

**Timbergrove Manor Resident & Marketing Specialist!**



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## Special Feature for Timbergrove readers by Pamela Efferson Properties



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### *Real Estate Corner...*

**Q. I want to buy a home but the ones I look at keep selling before I can put in an offer. What can I do to make an offer before other buyers?**

**A.** When a home is priced well it can go on and off the market very quickly. That is why it's important to have the tools to compete with other buyers.

**First, learn about new listings first.** If you are aware of the new listings immediately, you can move quickly to make an offer and get a great bargain. You could check third-party websites daily and still not get the most accurate information about new listings. Or, you can enroll in my exclusive "**Preferred Buyer Program**" where I'll set you up with daily email notifications directly from the official MLS at no charge.

**Second, get pre-approved.** This will give you an advantage over other buyers when a bargain comes on to the market. Sellers usually take offers from someone with a proven ability to purchase more seriously. You may get an offer in later than another buyer but the seller may go with your offer if it's more likely to close.

To learn more about my "**Preferred Buyer Program**" ask about my Free Consumer Report called "**8 Secrets For Saving Thousands When Finding, Buying and Financing Your Next Home.**"

If you have any other real estate questions, or need capable and trustworthy representation, please call me at 713-822-8555.

## How To Potentially Reduce Pain Without Surgery

Common practice is to take it easy when you experience pain from an injury affecting muscles, joints, tendons, and ligaments. But inactivity for more than a day or two could actually slow healing in many cases. When done in a controlled, gradual, and progressive way, the exercises listed below can help distribute nutrients into the injured area to avoid stiffness and pain.

- ◆ **A pain in the neck has earned its reputation as being excruciating.** Hours of sitting at a computer can increase chances of this problem.  
→ **Exercise:** Stand up straight and roll your shoulders in circles slowly. First roll forward 5 times, and then roll back 5 times to balance.
- ◆ **Carpal tunnel syndrome is another common source of pain.** Repetitive hand motions while working can trigger pain, especially if you write or type for many hours each day.  
→ **Exercise:** Wrist twists can open the wrist and decrease pain. Put your knees on the floor, and then place your hands flat on the floor in front of each knee. Gently turn your hands so each middle finger will face toward a knee and your thumbs are now on the outside. Relax and hold this position for five slow, deep breaths.
- ◆ **Back pain is a frequent complaint first thing in the morning.** You can increase mobility and decrease pain with light stretching.  
→ **Exercise:** Get on the floor and lie on your back. Pull both knees to the chest while also flexing your head forward. Hold the comfortable stretch of this balled-up position about 20 seconds and release.
- ◆ **Knees are the most common painful area of the body.** It is not surprising because the pressure across your knee joint is four times the weight of your body. Like a rusty door hinge, your knee may just need a little maintenance.  
→ **Exercise:** Sit in a chair and loop a long towel under your left or right foot. Gently pull the towel to bend the knee up 5 inches. Hold for 5 seconds and release. Repeat 5 times for each leg.

Check with your doctor before starting any exercise program. If these exercises help you, make a long-term commitment to avoid future pain and potential surgery.

### **Thank You! Thank You! Thank You!**

Thanks to all of my clients and friends who support my business & graciously referred me to your friends & neighbors! Rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I couldn't do it without you!

Raving Client Testimonials @ [www.HAR.com/Efferson](http://www.HAR.com/Efferson).

**Pamela has been a proud Timbergrove resident and supporter since 1995.**

# TMNA Donates to WESP

On July 15, the Timbergrove Manor Neighborhood Association (TMNA) donated \$2,500 to Friends of West 11th Street Park (FoWESP) for the construction of a trail segment!!! Tommy Britt, Judy Britt and Cindy Miskell from the TMNA presented the check to Dave Dyer, Ann Ratcliff and Darlene Wayt, FoWESP board members.

The donation is part of the proceeds from the TMNA's 2017 Run the Grove 5K race, held this past April, and benefits the Adopt an Esplanade campaign and the West 11th Street Park preservation.

The current path from the kiosk on the east side of the park that leads to the main trails is narrow, overgrown with roots in some areas, and prone to flooding. This path will be widened and transformed into a trail segment made of decomposed granite over a geo-textile fabric base (for weed prevention) with culverts where needed in low areas to

prevent flooding, and will link to the internal trail system.

The TMNA's generous donation will pay for approximately half of the \$5,000 needed for the trail segment. The goal is for construction to take place in the late fall. Friends of West 11th Street Park, a 501 (c) (3), also funds the maintenance and improvements of all the trails & gardens and the Wireless Wilderness Cell Phone Tour. To help fund and maintain the new trail segment and existing park amenities now and in the future:

DONATE by mail to Friends of West 11th Street Park, P.O. Box 76789, Houston, TX 77270-7679.

DONATE online at [www.west11thstreetpark.org](http://www.west11thstreetpark.org), click on "Friends of the Park" and then "Your Support is Needed."



*Michelle Ray*  
PROPERTIES



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Michelle is a Timbergrove resident, active in the community, proud supporter of the Timbergrove Sports Association, Jaycee Park, Garden Oaks Montessori PTO, Dress for Success - Houston and the Women's Council of REALTORS - Houston.

Michelle Treviño Ray

Associate Broker - CNE, ABR, ASP, SFR  
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Texas Monthly 2013-16 Five Star Professional



# Timbergrove Manor Civic Club Leadership

## OFFICERS AND DIRECTORS

President	Bill Morfey	832-651-0112	president@timbergrove.org
VP	Leslie Hillendahl	281-236-6345	vp@timbergrove.org
Secretary	Peter Davies	713-861-1550	secretary@timbergrove.org
Treasurer	Sandra Crook		treasurer@timbergrove.org
Director	Kirk Guy		directorkguy@timbergrove.org
Director	Darlene Wayt	713-385-4465	directordwayt@timbergrove.org
Director	Lorraine Cherry	713-869-4445	directorlcherry@timbergrove.org
Director	Carrie Brawley	832-878-1689	directorcbrawley@timbergrove.org
Director	Jamie Hay	713-882-2032	directorjhay@timbergrove.org

## CHAIRPERSONS - TMCC COMMITTEES

Activities	Tim Louque		activities@timbergrove.org
Beautification	Leslie Hillendahl	281-236-6345	beautification@timbergrove.org
Block Captains	Carolyn Bryant	281-723-9810	blockcaptains@timbergrove.org
Deed Restrictions Enforcement	Traci Riley	832-303-2688	deedrestrictions@timbergrove.org
Design Review	Dana Whitney		drc@timbergrove.org
Environmental Affairs	Lorraine Cherry	713-869-4445	environmentalaffairs@timbergrove.org
Friends of Jaycee Park	T. Riley/ H. Sharp	832-303-2688	deedrestrictions@timbergrove.org
Membership	Tim Louque Gary Nordstrom		membership@timbergrove.org
Security	Kathy Reich	713-256-4090	security@timbergrove.org
Timbergram	Jennifer Vickers	713-240-9671	timbergram@timbergrove.org
Timbergreeters	Carolyn Bryant	281-723-9810	timbergreeters@timbergrove.org
Web Site	Laura Speck		webmaster@timbergrove.org
Yard of the Month	Leslie Hillendahl	281-236-6345	yardofmonth@timbergrove.org

**SEALS PRIVATE SECURITY HOTLINE: (832) 956-1966**

## Solid Waste Collection Schedule

### Tree Waste:

Wednesday, September 20  
Wednesday, November 15

### Junk Waste/Heavy Trash:

Wednesday, October 18  
Wednesday, December 13

### Recycling - every other week:

Thursday, September 7  
Thursday, September 21  
Thursday, October 5  
Thursday, October 19

**Please Note:** Trash and lawn waste are collected each week on Thursdays.

## 2017 Volunteer Appreciation Dinner

By Tim Louque, Activities Committee

Where has this year gone? WOW! It's already September and it is time for Timbergrove Manor Civic Club's Annual Volunteer Appreciation Dinner. This year's dinner has been scheduled. Join us on **Sunday, September 24** at 5:00 PM at **Spaghetti Western** - 1951 West T.C. Jester Boulevard.

Would you please say thank you the next time you stop to get gas at **Heights Mobil Car Care**? They are once again our 2017 event sponsor.

We sincerely do want you all to be there as we say thank you to ... well, to YOU! We have had wonderful times in the past at this event. ALL volunteers are invited and welcome. Without our volunteers, Timbergrove Manor would be not BE Timbergrove Manor. We will have door prizes and centerpieces to take home. Plus, you have to eat dinner somewhere right? You might as well eat with us!

We are looking for YOU! If you have volunteered your time, a little bit of your time or a lot, a big job or tiny job for the TMCC during 2017, please RSVP to attend your Appreciation Dinner.

Contact Tim Louque at activities@timbergrove.org.

## Block Captains Needed

The following blocks are in need of a block captain. This is an easy volunteer position but an important one. It is a way to keep all neighbors updated on the happenings in the neighborhood. If you are interested, please contact Carolyn Bryant at 281-723-9810 or Carolyn@CarolynBryant.com

- 6202 - 6439 Cindy
- 6515 - 6555 Grovewood
- 6603 - 6751 Grovewood
- 2202 - 2331 Haverhill
- 1302 - 1318 Jeannine



# TMCC 2017 Dues and Supporter Form

## Contact Information

Name(s)

Address

Phone 1

Phone 2

Email 1

Email 2

### TMCC Membership Dues (choose single or dual membership option)

### Totals

\$30 single membership

\$60 dual membership

\$

### Private Security

TMCC is raising money for year-round security patrols contracted through S.E.A.L. Security Solutions. Financial supporters of private security receive benefits including vacation watch, alarm monitoring and response, home security assessments and more. Estimated donations needed for private security patrols are:

\$250 per household

\$175 per senior household

\$

*Your additional support for security can help sponsor a neighbor who cannot afford to support private security patrols.*

Other Donation for Security \$

### Additional Donations

Additional donations from residents can be earmarked to specific funds or provided generally to support TMCC operation and activities.

Beautification Fund \$

Legal Fund \$

Unrestricted/General Donation \$

### Park Donations

TMCC supports West 11th Street Park and Jaycee Park. Donations earmarked for General Support will be passed on as an annual gift. Donations earmarked for the Jaycee Park port-o-potty units will be used directly by the TMCC solely for those units.

Jaycee Park Port-o-Potty Donation \$

Jaycee Park General Support \$

West 11th Street Park General Support \$

### Total

\$

*Timbergrove Manor Civic Club (TMCC) is a non-profit 501(c)(4) organization for the purpose of promotion of civic pride, developing social welfare and establishing public unity in Timbergrove Sections 5 - 14. TMCC provides needed improvements throughout the community and hosts social events that bolster community spirit. It is a membership and volunteer driven organization.*

**Please send checks payable to "TMCC" to PO Box 70977, Houston, TX 77270 or pay online at [www.timbergrove.org](http://www.timbergrove.org)**