

# Brook Meadows Messenger

*The Official Publication of the Brook Meadows Homeowner's Association*

Volume 2, Number 8

[www.brookmeadows.org](http://www.brookmeadows.org)

August 2007

## Stepping Up

*Message from the Board*

There are not many times that one is presented with an opportunity to be a part of a new beginning. That opportunity is now, and is presented to us as home owners to be a part of the NEW Brook Meadows Homeowners Association. A new and complete Association that brings us together as one body dedicated to our ownership, our community and to improve our way of life. An opportunity to "Revitalize" and create a new social and support network through activities like Last Tuesday's, social gatherings and to create a neighborhood that we can all be proud to live in. We have the opportunity to give back to the community by being a part of the many committees that need everyone's support, or to be an active participant in the Block Captain process. Now is the time to "Step Up" to the important task of setting the standards of how we live, how we look, and how we will establish the processes and regulations that work to protect and improve our investments.

The Architectural Committee and the Board are working diligently to create a document that respects our rights as homeowners, that is fair, that adheres to the guidelines established in the new CC&R's, is easy to understand, is clear and simple to use, and strives to protect and improve the value of our homes. This is not an easy task and "Stepping Up" to take this one on has been a long and tedious process that has, and is, taking a lot of dedication and hours to make sure that it is done correctly. Very soon you will be asked to "Step Up" and to be an active participant in the process. This Board is committed to be up front, candid, and open to everyone's opinion and respectful of your concerns. Once completed, we intend to publish the document to hear your questions, take your suggestions into consideration and to make everyone a part of the process before a final document is signed off by the Board. We ask that you read the document as soon as you get it, and ask questions. We want questions, we want your input, and we want every homeowner to be happy with the document.

If everyone approaches the process with an open mind we all can truly be a part of the process that creates this new beginning. So again, the Board asks you to set the tone to "Revitalize" our relationships with one another, to "Step Up" and be an active participant in the community. We need your help... our community needs your support.

## Memorial

It is with great sadness that we must report the loss of a wonderful neighbor and a good friend. Karen Pirzchalski passed away July 15th after a long fight with cancer. As most of you know, Karen gave many years of service to numerous organizations including our neighborhood as a Board member. The youngsters in this area, even most of us oldsters, remember her open house each Christmas to see the massive train-scape that Karen and Stan spent many hours perfecting. Even in this, Karen was working to help support her favorite charity, GRACE.

Karen was a very giving person, and we are all better off by just having known her. Our deepest sympathies go out to her loving husband, Stan, and his family for the loss of such a great lady. We will all miss her. In remembrance of Karen, a contribution on behalf of our neighborhood was made to Casa Mañana from the Brook Meadows Home Owners Association.

# Back-to-School

## AUGUST 27

*Don't want to wait for the mail?*  
View the current issue of the Brook  
Meadows Homeowner's Association  
Newsletter on the 1st day of each  
month at [www.PEELinc.com](http://www.PEELinc.com)

# Brook Meadows

## Brook Meadows Homeowners Association, Inc.

PO Box 492  
Colleyville, TX 76034

Please visit our website often:  
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*If you have any ideas to make our newsletter better, please contact the editor. We want your input, ideas, and even your articles.*

## Gardening Tip Of The Month Dahlias



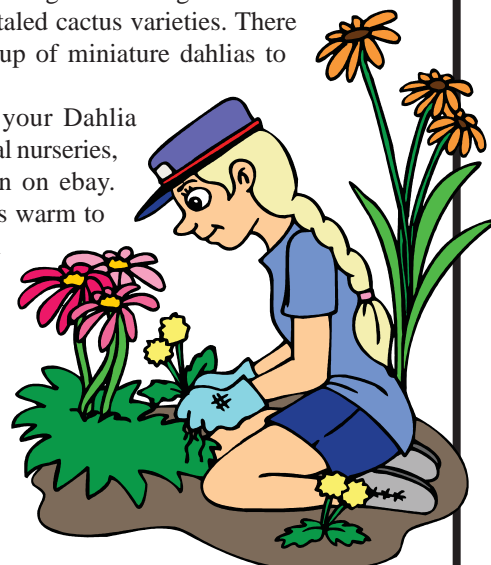
As late summer is upon us, there is a flower that is towering over all others in our gardens. They are nearly maintenance free, rebloom each year, and come in a myriad of colors. This flower is the Dahlia.

Dahlias are available as long potato-like tubers in the early spring. They may be planted lengthwise in any raised bed with good drainage, and do best under filtered sun. Avoid full sun southern or western exposures and keep them out of wet low lying areas of the yard. Dahlias can grow to be six feet tall and produce very large and colorful blooms, some as large as dinner plates, right up to frost.

Dahlias need to be staked and placing a bamboo stake into the ground at planting time will remind you where they were planted. Once the temperatures get over 80 degrees F the dahlia stalk grows rapidly. Once established at it's final height, the flowers begin to bloom in June and will continue right till frost. Tubers may be cut into several pieces to multiply your flowers for the following year. Each tuber will grow many laterals that when cut off with a piece of the main tuber containing an "eye", will produce another identical plant the following year. These harvested tubers may be stored in zip locked bags filled with vermiculite and stored in a cool dry location till spring. However, if you have no desire to multiply your stock, simply let the plant go till frost, cut it down to the ground, mulch heavily, and it will come back again next season.

Dahlia flowers are excellent cut flowers and the tall stalks add a much needed vertical element to many backyard landscapes. There are the blowsy English looking varieties as well as the pointy-petaled cactus varieties. There is even an entire group of miniature dahlias to choose from.

Great sources for your Dahlia tubers include our local nurseries, by catalogue, or even on ebay. Wait till the ground is warm to plant them and then just sit back and enjoy the flowers! So, this summer, when visiting your neighbor's house, check out the dahlias and try a few in your garden next year.



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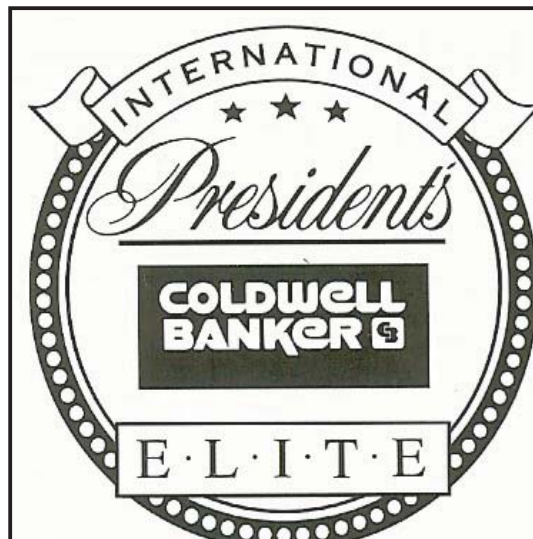


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SUMMER 2007

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## RECIPE OF THE MONTH

### Can't Stop Cookies

2 cups sugar  
 ½ t. salt  
 2 cups butter or margarine  
 2 t. soda  
 3 cups flour  
 4 cups corn flakes  
 2 t. cream of tartar  
 1 cup chopped pecans  
 Cream sugar and butter.  
 Add dry ingredients. Then,  
 fold in corn flakes and nuts.  
 Roll into balls and bake at  
 350° for 10 to 15 minutes.



### Architectural Control Committee

Per the newly filed Covenants, Conditions & Restrictions, in effect since June 13th, we have an approved Architectural Review Committee (ARC). The ARC was put in place to protect our property values by ensuring that all visible new construction, maintenance, and landscaping is in concert with the look and feel of the neighborhood. It is required for each of us, BEFORE making any visible exterior changes, to make contact with the ARC for plan approval. General maintenance or replacement of exterior features with 'like kind and color' does not require ARC approval. The ARC is currently working on a procedure for reporting your proposed changes. Once the procedures are finished and approved, we will post them on the website and in our newsletter. Until that time, please send notice to:

ARC  
 PO Box 492  
 Colleyville, TX 76034  
 or Email to [ARC@brookmeadows.org](mailto:ARC@brookmeadows.org)

### Trash Pickup Rules

Have you been to New York City lately? If you walk down virtually any street on any evening, the major problem you will have is dodging the garbage bags on the sidewalks. We do not want the streets of Brook Meadows looking like the sidewalks of Brooklyn. The Board has received numerous comments, bordering on complaints, from homeowners that some of our neighbors are not following the Colleyville rules on Trash Pickup. Please open the attached file and review the rules... Two important items that have been requested by your neighbors and the City of Colleyville:

- Trash to curb NO SOONER than 24 hours before pickup.
- Trash containers removed from street ASAP after pickup.
- If you have any questions about the rules and pickup schedule you can contact IESI at (817) 222-2221 or go to the Colleyville website for a list of the rules:  
<http://www.colleyville.com/content/view/298/0/>  
 Thank you for your attention to this matter.

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

							7	
3	1			4		2		
					8	4	6	3
7								
	8	9	2		6			
						4		
			9					6
		1	3	2				5
		2	1					

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David P. McNair M.D.

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## YARD OF THE MONTH - July 2007

*Christine and Greg Bond  
2916 Meadowview Drive*

If anyone has driven by Christine and Greg Bond's lovely home on Meadowview Drive lately, you noticed an unusually large number of lovely white caladiums. Two thousand caladium bulbs were planted this spring by the Bond's in both white and pink. These caladiums grace the entire length of their walled front yard bed, and several beds in the backyard, including around a pool decking and back corner garden. The caladiums are set off beautifully by a riot of color from a large variety of annuals, which again were planted throughout the front and back yards. What is so exiting about this yard is its evolution. At the beginning of the spring, only the annuals were present. Now that our heavy rains have come, and hopefully gone, the white caladiums appeared to offset them. The exciting part is the show is not yet over...as more than 1,000 pink caladiums have yet to pop up and add to the bouquet!

Christine and Greg, homeowners in Brook Meadows since 1990, own and operate Bond's Concrete Cutting in Irving, Texas. They provide concrete cutting services to both commercial and residential clients, such as TDOT, subdivisions, and even some of our neighbors here in Brook Meadows. They can slice through the largest road, seal in joints on highways, and even drill through brick and concrete in your backyard to make drainage holes and post supports.

Future plans for their yard include removing and replanting many of the older bushes surrounding the property and keeping their two loving bulldogs, Dotty and Smuckers out of the Caladium beds.

Thank you, Christine and Greg, for the lovely sight on Meadowview, and we look forward to seeing those pink caladiums this summer! Congratulations!



### Advertising Information

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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

### Get Into the Swim of Things

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Also known as aquatics, water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

#### Get into the swim of things

Here are the facts: The buoyancy of water reduces the “weight” of a person by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That’s why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don’t get the idea that just because it doesn’t hurt, you can’t get a great workout in the pool. Water

exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

#### Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That’s why it’s so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

#### Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

#### The flexible benefits of water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land. Because the effects of gravity are lessened, you can move your

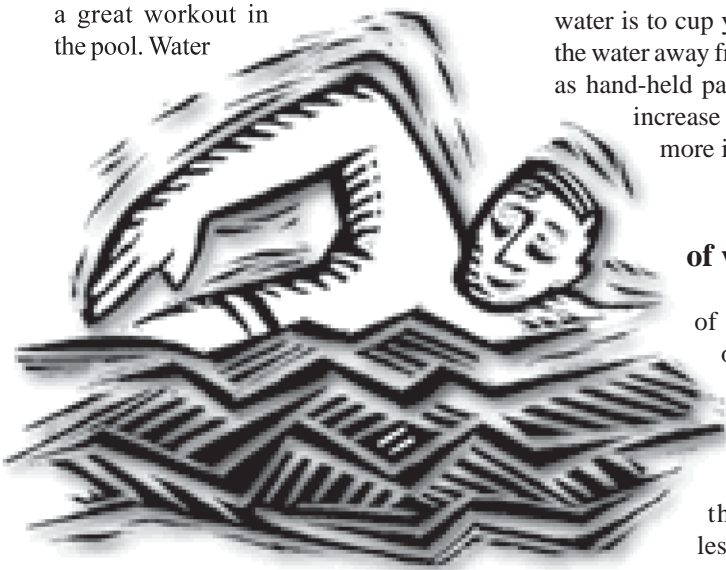
joints through a wider range of motion and achieve long-term flexibility.

#### Aquatics 101

Once you’ve decided to take the plunge, it’s simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

If you have a preference for music, find a class that suits your taste. Don’t be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you’re a dip-your-toe-in-the-water type of person, don’t be afraid to take the plunge into water fitness.





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# Brook Meadows

## Cartoon Corner



*"I brought the cellular phone so I could chat with some of the girls while we fish. . . But, I can't seem to find it."*

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You can get information about your service or products to every home in Brook Meadows, by running a business classified in the Brook Meadows Community Newsletter. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$50 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The deadline is the 20th of each month for the upcoming month's newsletter.

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## Homeowner's Guide to Dealing with Service Companies

Oftentimes homeowners are forced to request service for problems which they have little understanding, i.e. Air Conditioning, Plumbing, Electricity or Appliances. Due to this lack of understanding, the homeowner attempts to obtain assurance by establishing a maximum price for service over the telephone. This approach could actually lead to more expense for the homeowner over the long run. Here are some points to consider.

1. If you don't understand how something should work it is highly unlikely that you will adequately describe the scope of the problem to the service company to cover all possible issues.
2. Most reputable service companies have the homeowner's best interest at heart and would not risk their business' reputation to secure a repair job.
3. Not all repair components are of the same quality. Seeking definitive pricing prior to a qualified assessment may lead to a "patch job" instead of a repair to satisfy price quotes.
4. Generally, the individual overseeing the phone is not a qualified repair technician. Attempting to confirm definitive pricing from the scheduling employees may be no more productive then asking your neighbor.
5. Be involved with your service technician. Reputable technicians want you to understand and appreciate their expertise. Ask questions, explore options and make an informed decision.
6. Make sure there is an employment contract between the technician and the company. Many companies use sub-contractors, which potentially compromise your rights and their obligations for liability.
7. Remember, it is not the technician's fault that you have to repair or replace a product. Don't shoot the messenger!
8. Make sure you understand warranties and representation. Reputable companies are upfront, thorough, and willing to provide written support of warranties. Ask about "hidden" preventative maintenance required to preserve warranties.
9. Remember, most reputable companies will work to satisfy customers. Stuff happens! Work with companies to resolve issues.
10. It is generally a safe bet that you get what you pay for. There is a reason for discounted services as all companies intend to make a profit for their services.

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Brook Meadows residents, limit 30 words, please e-mail [hwixson@tx.rr.com](mailto:hwixson@tx.rr.com)

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## Texas Events - August

14—DALLAS: Organic in the City Mix it up the organic way with wine, cheese, jazz and monthly topic relating to sustainability. Hours are 6 to 9 p.m. Texas Discovery Gardens at Fair Park.

17-19—MCKINNEY: Third Monday Trade Days Includes more than 750 indoor and outdoor booths. 4550 W. University Drive. [www.tmtd.com](http://www.tmtd.com) 972/562-5466

17-25—DENTON: 77th Annual North Texas State Fair Features a world championship rodeo, music, carnival rides and games, fiddling contest, petting zoos and barbecue cook-offs. North Texas Fairgrounds. [www.northtexasstatefair.com](http://www.northtexasstatefair.com) 940/387-2632

17-Sep. 1—MESQUITE: The Foreigner Mesquite Arts Center Black Box Theater. E-mail: [mtemplet@ci.mesquite.tx.us](mailto:mtemplet@ci.mesquite.tx.us) 972/216-8126

18—ATHENS: Music Series Show Henderson County Performing Arts. [www.geocities.com/athenslittletheatre](http://www.geocities.com/athenslittletheatre) 903/675-3095

18—DALLAS: Story Time in the Gardens Joan Youngblood reads a garden nature story and leads a short tour. Texas Discovery Gardens at Fair Park (Dallas Horticultural Center). 214/428-7476

18—DALLAS: Whistle Fair Enjoy live steam whistle demonstrations, music from the 1905 steam calliope, balloons, arts & crafts and more. Museum of the American Railroad. [www.dallasrailwaymuseum.com](http://www.dallasrailwaymuseum.com) 214/428-0101

23-26—FORT WORTH: Great Performances Festival: The Mahler Cycle First of a three-year cycle dedicated to composer Gustav Mahler.

Bass Performance Hall. [www.fwsymphony.org](http://www.fwsymphony.org) 817/665-6000

24-25—PLANO: Quilters Guild of Plano Plano Centre. [www.planocentre.com](http://www.planocentre.com) 214/632-7720

25—GRAND PRAIRIE: Estrellas del Manana "Stars of the Future" talent show. Traders Village. 972/647-2331

25—MCKINNEY: 12th Annual Killis Milton Ice Cream Crank-Off Enjoy sampling homemade ice cream in a wide variety of flavors. Historic Downtown McKinney. [www.downtownmckinney.com](http://www.downtownmckinney.com) 972/547-2660

27-28—MESQUITE: Goldilocks & the Three Bears Mesquite Arts Center Black Box Theater. E-mail: [mtemplet@ci.mesquite.tx.us](mailto:mtemplet@ci.mesquite.tx.us) 972/216-8126

31-Sep. 1—DALLAS: The Smothers Brothers Morton H. Meyerson Symphony Center. 214/692-0203

31-Sep. 3—WORTHAM: AMA Toyota Motocross Championship Includes top Texas amateur racers, Pit Bike National, Texas National and Vintage National. Freestone County Raceway. [www.freestonemx.com](http://www.freestonemx.com) 903/599-1888

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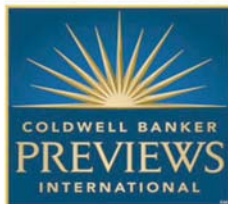
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