



Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

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www.brookmeadows.org

January 2008

IMPORTANT REMINDER

The recent weather has many of us replacing our roofs and performing other maintenance, or upgrading construction, to our properties. The new CC&Rs require us to obtain approval from the ARC by using the Form available on the website:

www.BrookMeadows.com/architecture.htm

Projects that can be seen from the street, or will impact the view of your neighbors, must be presented to the ARC -- BEFORE the project begins. Any changes to your property including:

- Major Landscaping*
- External Structural Changes
- Out Buildings
- Exterior Painting*
- Driveway Resurfacing or Paving
- Mailboxes*

Other Projects that will affect the External Appearance of your Property*

* Small plantings in current beds, or structural maintenance of your property with "like kind and color", does not need approval.

Please send completed form to:

ARC, PO Box 492, Colleyville, TX 76034

or

ARC@brookmeadows.org



City of Colleyville Refuse Guidelines

The information provided below outlines the parameters of the city's refuse service:

- Customers have unlimited pick-up of normal household trash and yard waste bags.
- Up to four tied bundles of brush or fencing are allowed for each pick-up.
- Trash collection days will remain Mondays and Thursdays. For Christmas and Thanksgiving holiday schedules, visit the front page of Colleyville.com under CITY NEWS, view Channel 16 on Verizon or Comcast, or call 817.503.1113.
- Customers are allowed four large-item pick-ups (up to four cubic yards) throughout the year. Additional large-item pick-ups will be billed at \$9 per cubic yard, with a \$48 minimum.
- Arrangements for the collection of renovation debris or other items that are beyond the norm for residential trash collection may be made through IESI for a fee. These items require special equipment and, without special arrangements, can slow service for others.

To schedule supplemental collections, customers may call IESI at 817.222.2221.



Brook Meadows

Brook Meadows Homeowners Association, Inc.

PO Box 492
Colleyville, TX 76034

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www.BrookMeadows.org

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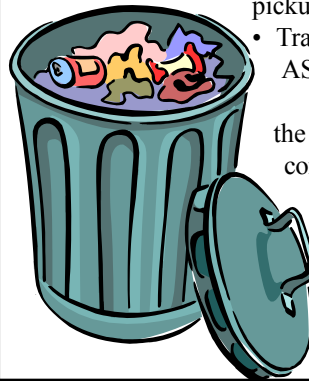
Trash Pickup Rules

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/>

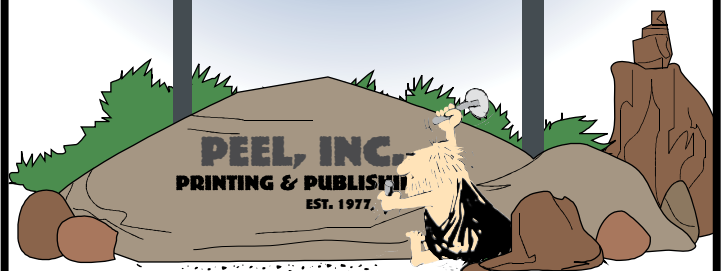
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Recipe of the Month:



Oatmeal Cookies

1 cup shortening	1 tsp. vanilla
1 cup brown sugar	1 tsp. salt
1 cup white sugar	1 tsp. soda
½ cup chopped nuts	2 eggs
3 cups quick oats	1½ cup flour

• Cream shortening, sugars, eggs, and vanilla. Add dry
• ingredients and nuts. Chill. Shape into walnut size balls. Roll
• in sugar and cinnamon mixture. Bake at 350° for 10 minutes.

*If you would like to submit YOUR recipe
please email it to articles@peelinc.com.*

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A New Year's Resolution that Lasts

By Scott McKay

It's that time of year again...the time we think about the year which lies ahead and reflect upon the year we are leaving behind. Usually, this time of contemplation and reflection yields a host of thoughts and ideas about how to live well - how to make improvements in our lives that will benefit our health, our families, our work. These thoughts and ideas generally lead to the creation of an action plan for the coming year.

One thing we all seem to have in common is a desire to take better care of our bodies, particularly through exercise. As such, most action plans include activities we plan to start doing regularly to improve our health and fitness (ie. the workout).

Often, we make our plan and get off to a great start at the beginning of the year. After a few months, though, we find our interest, enthusiasm and commitment waning. What seemed like a great idea in January often feels too hard by March. The last thing we need is something else that feels like work, right?

There is good news! There IS something that can put the fun back into your workout. This great game allows you to strengthen your body while also developing and strengthening relationships. (It's a great game for families...and a great way to create special family memories!) This game strengthens the heart of the player, too, building inner character with qualities such as endurance, patience, persistence and perseverance.

This 'something' is tennis and, around the globe, people have been enjoying the game and reaping the benefits of play for nearly 140 years.

Did you know that you burn 7 calories a minute playing doubles and 14 calories a minute playing singles? Did you know that tennis strengthens the bones, thereby decreasing the risk of osteoporosis? Tennis is also a great way to relieve stress, which is a catalyst to many diseases. Studies show that tennis is one of the best ways to work out your body and maintain a high fitness level for a lifetime.

As you are considering how to get a healthy start to the year, consider getting into the game of tennis. I am confident that when you do, you will enjoy this fresh, new way of working out so much that it will become a way of life – a workout you will enjoy for years to come.

Advertising Information

Please support the businesses that advertise in the Brook Meadows Community Newsletter. Their advertising dollars make it possible for all Brook Meadows residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

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Brook Meadow Kids

Hey Brook Meadow Kids!

Would you like to be noticed in the newsletter?

Just email your photo with your parents OK to

hwixson@peobrokersgroup.com.



My First Christmas

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



ANSWER: THREE AND FOUR



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: December 31st

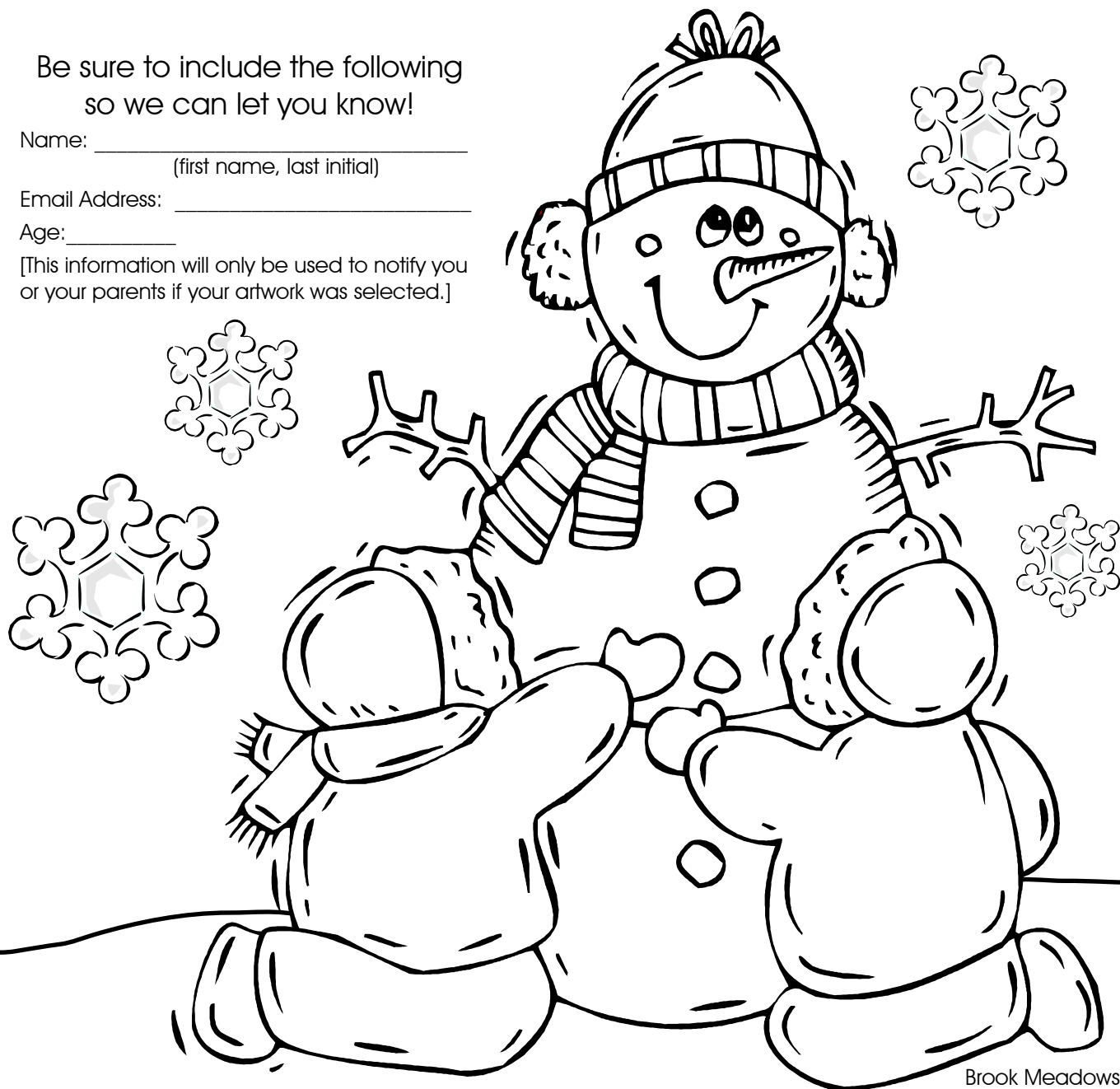
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so we can let you know!

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