



APRIL 2017

# West Lane Place Newsletter

West Lane Place Civic Association Board Members:

Website: [www.wlPCA.org](http://www.wlPCA.org)

**President:** James Brodnax **Vice President:** Diane Kiecke **Secretary:** Sara Lowery Ng **Treasurer:** Cynthia Trigg

**Directors:** Karisa Gallucci, Ann Iverson, Sue Shivers, Tim Smith and Gary Whitney

Past President: Jane Root

Webmaster: Marj Elhardt

Newsletter: Sara Lowery Ng

## Letter from the President

Dear Neighbor:

The Annual Meeting for the West Lane Place Civic Association will be held on **Tuesday, May 9<sup>th</sup> at 6:00 PM** at a **new location**, Martha Turner Sotheby's at 50 Brian Hollow Lane, Suite 700W, 77027. Parking will be behind the building, and you enter the building through the rear entrance. Refreshments will be served, and we will be finished by 8:00 PM. The agenda for this year's meeting will be similar to prior years, except third party presentations will be limited to Council Member Greg Travis, in order to allow time to answer residents' questions and address residents' issues. **Please send me any questions or discussion topics prior to the meeting to [president@wlPCA.org](mailto:president@wlPCA.org).** Submitting the questions and topics ahead of time ensures the Board will be able to properly address the subjects at the meeting. The nominating committee has proposed an excellent slate of Officers and Directors on which residents will vote at the Annual Meeting. See the slate on page 3 of this newsletter.

I hope everyone appreciates the work of the many volunteers that participate in the work of the WLPCA. Volunteers, Committee Chairs, Officers and Board Members have put in many hours during the past year contributing to the quality of West Lane Place. Examples in the current year include: gathering dues, and producing the Membership Directory; dealing with lawyers and insurance companies and contractors to repair the sign on

Westheimer after an accident damaged the sign; repairing and painting the fence at the end of West Alabama; planning and working on National Night Out; producing and installing the sign toppers you see on top of the street names identifying he WLP neighborhood; writing articles and producing the newsletter; discuss traffic issues, and impact construction and transportation plans.

We have a long list of people that I will be thanking individually for all they have done. However, I want to publicly thank **Gilda Bayagen** who has written and produced the WLPCA Newsletter for many years besides volunteering in other ways. The Newsletter can be important element in creating a feeling of neighborhood. We owe Gilda a great debt, and I want to thank her very much.

**Sara Lowery Ng** has agreed to assume the role of Newsletter Editor, and we appreciate her volunteering. We would welcome more participation in the neighborhood. If you would like to volunteer or have suggestions, please email me.

James Brodnax  
President, WLPCA

## INSIDE THIS ISSUE:

Proposed Slate of Officers/Directors ... pg 2

Levy Park, Now Open.....pg 2

WLPCA Annual Meeting ..... pg 3

Healthy Living.....pg 4



APRIL 2017

## PROPOSED SLATE OF OFFICERS & DIRECTORS

A nominating committee consisting of Gary Whitney, Chair, Ann Iverson, Diane Kiecke, Ann Iverson, and Cynthia Trigg was appointed by James Brodnax, President of WLPCA. The Committee has selected the following slate of Officers and Directors for election at the WLPCA Annual Meeting on May 9th.

### Officers for the year July 1, 2017 to June 30, 2018:

President – James Brodnax

Vice President – Diane Kiecke

Secretary – Sara Lowery Ng

Treasurer – Cynthia Trigg

### Directors for the two years July 1, 2017 to June 30, 2019

Director – Ann Iverson

Director – Anthony Davis

Director – Darryl Shields

WLPCA appreciates and thanks the Nominating Committee for their work. In addition, the following Officers and Directors have previously been elected/approved and will continue to serve through June 30, 2018.

Past President – Jane Root

Director – Sue Shivers

Director – Tim Smith

## LEVYPARK



### Levy Park, Now Open By Sara Lowery Ng

Levy Park re-opened Feb 25<sup>th</sup>, 2017. The 5.2-acre plot was donated to the city by Wall Street investor and widely-known philanthropist Leon Levy in 1941.

Redevelopment of the park includes year-round programming, native landscaping, botanical experiences, children's play, interactive water features, event lawn, community garden and a dog park. Various activities range from Yoga, Zumba, hula hooping, tai chi and

Pilates in the Park – taking place daily. Located south of Richmond Avenue between Kirby Drive and Buffalo Speedway in the Upper Kirby District of Houston. Parking is available on Eastside Street and Wakeforest Ave.

For more information, visit [levyparkhouston.org](http://levyparkhouston.org).



APRIL 2017

## WLPCA ANNUAL MEETING

Date – May 9, 2017

Place – Martha Turner Sotheby's International Realty. 50 Briar Hollow Lane, Suite 700W, Houston, TX 77027. The building faces Briar Hollow Lane. Please park in the back of the building and enter through the rear entrance.

Time – Reception and sign-in begins at 6:00 PM, Meeting begins at 6:30 and will end by 8:00 PM

Agenda – Answer residents' questions, short presentation by City Council Member Greg Travis, elect Officer and Directors, updates and reports

Please submit questions and proposed discussion topics prior to the meeting to James Brodnax at [president@wl pca.org](mailto:president@wl pca.org).

## A Letter from the Former Editor

Dear Neighbors,

The first West Lane Place News that I assembled as editor was in July, 2008, when we were happy that WLP had just been chosen to participate in a new pilot program for curbside recycling in Houston. As always, I urge you to be involved in the WLPCA. Without your participation, we cannot withstand the pressures put on our tiny community by the ever expanding metropolis in which we live. To be a neighborhood, we need *you*. And so it goes ... Gilda Bayegan



Since that time, we've seen many changes around our small enclave, yet our neighborhood character remains intact. Over the years, I appreciated the contributions of news items when you sent them.

I especially appreciated those of you who allowed me to share your personal stories with our neighbors. Thank you!

As always, I urge you to be involved in the WLPCA. Without your participation, we cannot withstand the pressures put on our tiny community by the ever expanding metropolis in which we live. To be a neighborhood, we need *you*. And so it goes ... Gilda Bayegan



### Spring Garden Checklist

Spring has sprung! Use this checklist to create the most ideal conditions for your garden and landscape.

**Planting** - Plant new shrubs early before the heat arrives. Plant summer blooming perennials and annuals.

**Clean-up** - Live oaks should be finished dropping their catkins and leaves. Rake and add them to compost, or apply mulch over them.

**Mulch** - Mulch beds to discourage weeds, keep roots cool and conserve moisture.

**Pruning** - Prune spring blooming shrubs after flowers fade such as azaleas, wisteria, forsythia and quince. Pinch tips of coleus to avoid flowering and encourage

bushier and compact growth. Remove spent blooms on spring annuals to promote new blooms.

**Fertilizing** - Fertilize azaleas, hibiscus, and containers.

**Water** - Maintain watering on newly planted seeds and transplants. Deep root watering on trees, lawns and shrubs is best. It encourages roots to move down into the soil where they will be less susceptible to moisture changes. Avoid frequent short periods of watering.

**Pests** - Keep an eye out for pests as well as beneficial insects in your vegetable garden. Check for snails and slugs early in the morning, when they are active.

**Orchids** - Move orchids outside and place them in shady spots. Repot if necessary.

**Lawn** - Water between rain events, apply molasses or compost to ensure healthy soil for healthy turf roots

**Sprinkler** - Check all stations are watering properly



## WLPCA Dues for 2017

If you have not paid your membership dues to the WLPCA association for 2017, please download a membership application at [www.wlPCA.org](http://www.wlPCA.org). (See Green "Become A Member" section on the home page). Please mail your dues and the application to Karisa Gallucci at 2913 West Lane, Houston, TX 77027. Alternatively, you can complete the application and pay your due at the Annual Meeting on May 9<sup>th</sup>. Thank you.

**IMPORTANT ANNOUNCEMENT**

Do you have an important announcement you want share?

Do you want to write an article for the West Lane Place Newsletter? Whatever *it* is we would love to hear from you! Please send an email to:

**newsletter@wlPCA.org**

## Top Ten Tips for Healthy Living by Steve Quick



1. Drink at least 8 glasses of non carbonated water daily. Avoid sodas.
2. Aim to get a good night's sleep. Power down computers, gadgets and any form of LED sources.
3. Eat a balanced diet rich with unsalted and unsweetened nuts and pulses, colorful vegetables and berries with emphasis on polyphenols (dark fruits).
4. Set targets to cut down or eliminate processed foods such as starchy breads, potatoes, pasta, cookies etc.
5. Be alert to red meat intake, trim fat and balance with seafood choices, being cautious with shellfish frequency. Choose organic over farm raised seafood and poultry.
6. Set targets for being active on a daily basis - enjoy the beauty of the outdoors. Walk with friends, jog, cycle, yoga, etc.
7. Aim for 30 minutes of resistance exercise 3 times per week (use weights, body weight, other resistance aids). Very important to preserve bone density and muscle mass.
8. Limit alcohol intake, follow published guidelines.
9. Laugh often and don't sweat the small stuff!
10. Get a dog! Scientific studies have proven that a canine companion aids longevity and wellbeing through stress relieving and exercise.

A healthier diet and exercise regime can help to prevent and reverse various conditions such as heart disease, stroke, obesity, diabetes, high blood pressure and arthritis.

Small steps can lead to major gains!

## Recycling, Heavy Trash and Tree Schedule

T= Tree waste; J = Junk & tree waste pick up .Weekly household trash pick-up each Monday. NOTE: Recycling is every other Monday, on highlighted days in GREEN boxes. Please have your bins out on the curb by 7 am and in by 10 pm. Tree Waste" is defined as "clean wood waste such as tree limbs, branches, and stumps (lumber, furniture, treated wood will NOT be accepted.)"

April						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	J	27	28	29
30						

May						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	T	25	26	27
28	29	30	31			

June						
SUN	MON	TUE	WED	THU	FRI	SAT
	5	6	7	8	9	10
4						
11	12	13	14	15	16	17
18	19	20	J	22	23	24
25	26	27	28	29	30	

July						
SUN	MON	TUE	WED	THU	FRI	SAT
	3	4	5	6	7	8
2						
9	10	11	12	13	14	15
16	17	18	T	20	21	22
23	24	25	26	27	28	29
30	31					