

Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

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www.brookmeadows.org

April 2007

NOTICE....

Brook Meadows Homeowners Association will be conducting our Annual Meeting on Monday, April 23rd at 7:00 PM. The meeting will be held at the Colleyville Community Center right behind Market Street. We will need all of you to show up and we also need at least four nominations for the Board of Directors.

This is your chance to serve your neighbors. We need some non-male participation and input into our Association, so come on ladies... we need your eyes on our neighborhood. Please email your nominations (you may nominate yourself or your neighbor) to: directors@BrookMeadows.org. See you at the meeting.

Board Accepts Leave of Absence from Dick Cress

The Board of Directors has reluctantly accepted a request for an extended leave of absence from one of its own, Dick Cress. Dick felt it necessary to request this Leave for health reasons. In accepting Dick's request, the Board lost a valuable asset for our community. Dick provided sage advice, always well researched and well thought through. Much of the formation of the Administrative documents and Bylaws were crafted by Dick and presented to the Board for approval. Dick gave hundreds of voluntary hours to our neighborhood. Please make an effort to thank him for all his hard work and his love for our neighborhood.

Dick has agreed to continue to work with the Architectural Review Committee (ARC) as the Board Liaison and has done much of the 'leg work' to get the ARC up and functional. Thank you Dick for all you have done for Brook Meadows. We will miss you on the Board.

The Social Scene

Writing the social article is akin to playing a pipe organ from the 1500's - you press a key then three seconds later you hear music! By that, I mean that we write the social updates about a month before you read them, resulting in a story about our last "Last Tuesday" event at LaHacienda Ranch, when in fact the function was changed to Gloria's. Nevertheless, a good time WAS had by all, except for those who went to the LaHacienda Ranch looking for us.

As you read this, we also had a great time at Tivoli's Wine Shop, but maybe you should ask a neighbor what really happened. So, let's get to the point, how you can know exactly what "the latest" is? We need your email address - we need all 147 email addresses, badly. The time has past when you can expect custom flyers in the mail for every event - we need your help to help you. If you have any doubt as to whether your's is correct, send us a test email to: social@brookmeadows.org

The "Last Tuesday" event (in case you have not figured it out... is the last Tuesday of every month) is working very well. It is an informal event to see new spots and meet your neighbors in a fun environment. The March event location will be at Mac's Restaurant. We are still talking about a major party for May. If you have any ideas for social events, we look forward to hearing from you.

Be social, 'later gators'
Brett and Ana, your social team...



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Brook Meadows

Brook Meadows Homeowners Association, Inc.

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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.



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February 2007 YARD OF THE MONTH **Jim and Nancy Newstead** **4905 Shadycreek Lane**

Our Yard of the Month is the home of Jim and Nancy Newstead. They have been our neighbors for six years and moved here from Bedford. Jim works for The University of Texas at Dallas, as Professor and Director of Leadership and Organizational Development Programs. Nancy spends her working days at Lockheed-Martin, as Master of Scheduling for Engineering Development Programs.

With both of them working during the week, they claim to be very much “homebodies” with gardening a favorite hobby. Their landscaping style is a combination of English gardens and semi-tropical, but is difficult to keep up in north Texas weather. At 18 years old, the yard is mature and rapidly could become overgrown without constant trimming and planning for the future, also heavy shade in some areas creates unique issues for growing. Experimentation on an annual basis helps resolve growing issues with sun, shade and soil. Jim says that “there are no secrets to our success, when you can’t figure it out, hire it done...and talk to neighbors and others to get their ideas and experiences.”

Through trial and error they now focus on variety, but lean toward annuals with some semi-tropical such as bougainvillea in their back yard. Lots of large native rocks and stone also add texture to the landscape. They struggled with the watering routine and found that if they watered every other day for 15 to 20 minutes per station worked best for their plantings.

What’s next? The Newstead’s will be resurfacing the pool area and reworking the area around the pool in the back yard. This will be a large project and they will try not to “overdo the yard with too much shrubbery. We find that adding variety and walking space can make our yard very relaxing... if we can just find a way to control the mosquitoes!”

Thanks to the Newstead’s for making their home a more beautiful place. We all enjoy the fruits of their efforts.



The Cornelius’s Move In

We have all watched with great interest as the gorgeous home at 4402 Shadywood Lane took shape on the last undeveloped lot in Brook Meadows. We can finally welcome Ken and Mary Cornelius to our neighborhood! The Forth Worth natives moved just a short distance from the Hills of Central Park to join us on the spot they consider to be one of the best in the area. “We simply fell in love with the lot. The view and location are just the BEST!” Their residence is built with entertaining in mind because hospitality and sharing the beauty of the Cornelius property with family and friends is high on their list of priorities. If they are not planning a party, they may be planning another trip, as world travel is their other “hobby”. Ken has owned Kensington’s Surgical Supply in Bedford for over 20 years. Mary partners with her sister, Debbie Kelly, in Keller Williams’ “Cornelius-Kelly Team” and has 24 years experience in real estate. Brook Meadows joins in welcoming Ken and Mary to our neighborhood.

The Mastagni clan has come on over!

In September 2006 Dan and Judy Mastagni moved from New Orleans to Texas to be near their daughter’s family in Grapevine. Proximity to Grapevine, and the airport, made 4705 Shadycreek the perfect spot. In addition to the Mastagni’s, the household consists of their niece Stephany and 3 year old twin nephews Carsen and Riley Williams. Dan has enjoyed dual careers: In addition to being a retired Navy Admiral in the Reserves, he flies international routes for Continental Airlines. Travel has figured prominently in their colorful experiences both at home and overseas and they have some GREAT stories to tell! They have 3 adult children and Judy is a former high school tennis and swimming coach. They enjoy reading, golf and travel and are looking forward to doing some remodeling on the house, settling in, and meeting more of their neighbors.

Ricky And Sherry Stephenson **Join The Neighborhood**

2900 Meadowview welcomed its new occupants, the Stephenson family, in 2006. They came to us from Irving where Ricky is the President of Car Concepts, Inc. an auto repair and tire business with locations in Grapevine, Euless and Irving, and Sherry is the Operations Manager. Along with 3 adult children, their son Chad will be graduating this year from Irving High School with plans to pursue a career in the automotive industry after attending school in Oklahoma. Their daughter Beth is a freshman at Colleyville Heritage. They are very active with volunteer work and the youth group at their church. Sherry is involved in Bible Study Fellowship and Rick’s hobbies are drag racing and restoring classic “muscle cars”. His current project is a 1970 Chevelle SS (ooooo...so cool!) Welcome to Brook Meadows!

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YARD OF THE MONTH – March 2007

Our Yard of the month for March goes to Ronaldo Dall'Acqua and Carla Deitos, our new neighbors at 4604 Green Oaks Drive. Ron and Carla were transferred from Long Beach, CA in late October 2006. Ron is employed with Gulfstream Aerospace Corp. as a Quality Engineer. He previously worked for Boeing In Long Beach and Huntington Beach. Carla is currently a stay at home mom, but worked for Crawford & Company for many years as an insurance adjuster/supervisor. Their 14 year old daughter, Aleana, moved with them and currently is a freshman at Colleyville Heritage High School.

Ron and Carla both enjoy gardening and are looking forward to the spring so that they can get started making their landscaping their own. As soon as they moved in, winter came and everything went dormant. They enjoy a yard that is spacious with beautiful trees and vibrant colors and have a good start on where they want to take their home. Carla is concerned that some of the trees do not appear to be doing very well and they probably remove those and replace. Once the landscape comes alive again, they will have a better idea what needs to be changed. In California they had several fruit trees in their backyard and they were fairly easy to grow. They would like to plant some fruit trees, but need to learn what will grow and thrive in the Texas climate. This will be their major challenge. If any of you have good ideas, please let Carla know.

Carla stated that “we have many beautiful trees in our backyard, as well as shrubs and other small plantings. The previous owners kept up the yard very nicely. Now it is just a matter of adding some of our own personality into the yard. The hardscape around pool and patio is in great shape. We have a very nice pool however, it does need to be re-plastered and we will be doing that in the near future. Our major focus will be sprucing up the yard and adding some nice color for the coming seasons. If any of our new neighbors have any suggestions, we welcome your ideas”

We look forward to great things from our new friends on Green Oaks.



Get Smart About Protecting Your Heart

(NAPSA)-More women are learning about heart disease-the No. 1 killer of women in the U.S.-and learning how to reduce their risk. “When women realize that cardiovascular disease kills an estimated 461,000 women each year and that the average number of years lost to heart attack is 15, they sit up and take notice,” said Dr. Annabelle Volgman, a cardiologist at Rush-Presbyterian Medical Center.

Volgman recommends signing the Love Your Heart Pledge as a great motivational step in reducing your risk.

The pledge was launched by Kellogg’s Smart Start Healthy Heart cereal, which contains ingredients that may help lower both cholesterol and blood pressure. It is hoped that 1 million women will sign it and promise to do what’s necessary to promote a healthy heart. The company will donate a dime (up to \$100,000) to the American Heart Association’s Go Red For Women movement for every woman who goes online at www.smartstart.com and completes the pledge in 2007.

To lower the risk of heart disease, women should:

- Aim for a healthy weight. Too much fat, especially in your waist area, means you’re at a higher risk for health problems, including heart disease. A high-risk waistline is 35 inches or more for women and 40 inches for men.
- Work at lowering your cholesterol. Too much cholesterol can clog arteries, causing heart disease and even heart attack. Daily aerobic activity and eating healthy may help lower your cholesterol. Begin your day with a heart-healthy breakfast such as Smart Start Healthy Heart cereal, which contains oat bran and potassium and is low in sodium.
- Watch your blood pressure. If you take birth control pills, are pregnant or overweight, or if you have entered menopause, ask your doctor how often your blood pressure should be checked. Daily aerobic physical activity and eating healthy may help lower your blood pressure.
- Stop smoking. Smokers are two to four times more likely to develop coronary heart disease than nonsmokers.
- Forget fads when trying to lose weight. A sensible weight plan includes developing-and maintaining-a healthy diet and an active lifestyle.

For more information about the pledge, visit www.smartstart.com. For more information about heart disease and what women can do to reduce their risk, visit www.americanheart.org.

By taking a few simple steps, women can reduce their risk for heart disease and heart attack.

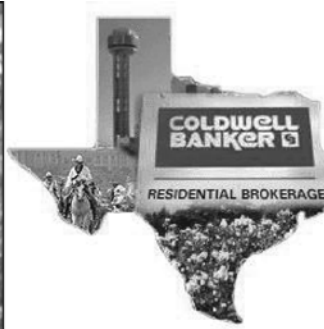
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