

Woodwind Lakes

NEWSLETTER

AUGUST 2023

Women's Club: Enjoy food, fun, and friendship!



2022: *Christmas Holiday Luncheon*

Our new season begins September 2023 – come join us!

Event details to be published in the September newsletter.



2023: *A Garden Party with Live Music*



WOODWIND LAKES FALL 2023 GARAGE SALE

Saturday, October 14

Starts at 7:00 am

Make your plans to participate in the Fall Woodwind Lakes Garage Sale. If you need a sign, signs may be purchased from Gail Ford for \$10 cash beginning Monday, October 9th at 7614 Rolling Rock Street.

Are you prepared for a hurricane?

✓ Check your insurance

- Do you have enough coverage to replace anything the storm damages or destroys?
- Does your policy cover wind damage?
- Do you have hurricane and flood insurance? There is a waiting period.
- Do you have coverage if you have a swimming pool?

✓ Prepare Your Home

- Cover windows and secure doors, especially the garage door.
- Bring patio furniture inside.
- Secure any yard décor that might blow away.

✓ Turn off the gas to outdoor fixtures.

✓ Trim dead or damaged tree branches.

✓ Find a safe place to protect your car from flooding.

✓ Gather supplies.

✓ Keep cash on hand to buy needed items in the event of a power outage.

- Have three days' worth of non-perishable food and medicine for each family member.
- Have more than three days' worth of water.
- Make or purchase an emergency kit.
- Keep flashlights, radios and solar-powered USB chargers handy.
- Fill up your car's gas tank before the storm.

✓ Purchase life vests in case of extreme flooding.

✓ Store important documents, electronics and keepsakes in watertight containers.

✓ Have an evacuation plan.

- Pack a bag of supplies, essential documents and possessions you can access quickly.
- Know where you would go if you had to evacuate.
- Plan routes and backup routes to get to safety.

✓ Research where you can take your pets if necessary.

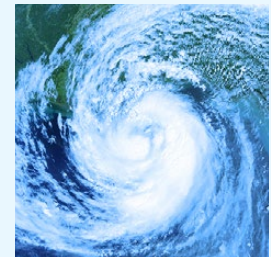
✓ Help clear storm drains in your neighborhood.

✓ Check in with your neighbors.

- Help them prepare.
- Help them evacuate if necessary.
- Follow up after the storm.

The Atlantic hurricane season runs from June 1 to November 30.

On average six hurricanes will form from twelve tropical storms.



Life is a succession of *lessons* which must be *lived* to be understood.

*On one hand, we will find a way.
On the other, we will make one.
Never stop trying!*



Is it good to go...NUTS??

Oh, yes...Enjoy nuts in moderation as they are some of the healthiest snacks you can eat. Did you know that certain nuts are beneficial for specific health problems? Let's name a few.

Almonds



If you are one of the millions of Americans who takes medication to reduce cholesterol, you might want to add almonds to the mix.

Brazil Nuts

These nuts are considered the number one food source for selenium on the planet. Just one or two Brazil nuts per day can be all you need to maintain a healthy level of selenium in your body. Selenium has been scientifically proven to lift mood and help prevent depression. When it comes to a good mood, serotonin (a neurotransmitter) is a key player. Researchers at the University of Barcelona found people



had higher levels of serotonin after nut consumptions, which included Brazil nuts, walnuts and almonds. Lower levels of serotonin can result in tiredness, depression and anxiety.

Macadamia Nuts



These are also a good source of fiber and high in monounsaturated oil (good fat). A Journal of Nutrition study found that people who got fiber from macadamia nuts had a greater reduction in LDL (Low Density Lipoprotein) and total cholesterol than those who ate a similar diet without nuts.

Peanuts

These are rich in resveratrol, a potent antioxidant that reduces inflammation. A large Harvard nurses' Health Study found that people who regularly ate peanut butter, peanuts or other nuts were less likely to develop diabetes.



The American Heart Association recommends eating about 4 servings of unsalted nuts. A serving is a small handful (1.5 ounces) of whole nuts or 2 tablespoons of nut butter.

The Mayo Clinic says "just eating nuts and not cutting back on saturated fats from many dairy and meat products won't do your heart any good."

Every bite we take feeds or fights disease.

*Take care...To our health,
Donna Konopka*

SOME POSSIBLE HEALTH BENEFITS OF EATING NUTS

- Reduce the risk of coronary heart disease (chd)
- Lower blood cholesterol
- Lower stroke risk (especially with walnuts)
- May reduce the risk of developing blood clots that can cause a fatal heart attack
- Improve the health of the lining of your arteries



Nuts provide many useful nutrients such as protein and vitamins and minerals.



They just happen to be some of my favorites, too.



Living in a deed restricted community

ARE THERE ANY RESTRICTIONS REGARDING EXTERIOR IMPROVEMENTS?

“

Question: I want to add a driveway gate to my home for added security. I see lots of homes have them already so can I just go ahead and have one installed? I realize it is an exterior improvement, but it doesn't seem like it would be violating any deed restrictions.

”

Our community Deed Restrictions require your Association's approval before you make any physical changes to the outside of your property — and that includes driveway gates. So the answer is: it's not okay to go ahead without making an application and getting approval.

This also holds true for a host of other things you may wish to add or modify to the outside of your home that you

may not realize need approval before undertaking them. See the box below for just some of the improvements/changes that require prior approval from the Architectural Controls Committee.

Each of these modifications has certain requirements that must be followed to ensure approval. These restrictions can be found on our website under the Architectural Guidelines tab: www.woodwindlakeshoa.com

The approval process was created to ensure that the original guidelines are followed. The form for Exterior Modifications is found under the tab: www.woodwindlakeshoa.com/forms.html

When you are ready to propose your modifications, download the application pdf, fill it out, save it, and email it to our management company along with any other helpful information or photos: arc@grahammanagementhouston.com

Some of the modifications that need prior approval*

- Exterior lighting
- Solar panels
- Room additions
- Carport extensions
- Outbuildings
- Patio covers
- Front door replacement
- Awnings
- Decks
- Basketball goals
- Swimming pools, spas, jacuzzis
- Children's play structures
- Back-up generators
- Roofing
- Flags and flagpoles
- Signs and religious displays
- Rainwater recovery systems
- Driveway gates
- Artificial turf

* *But by no means all!*



To sum up why we have guidelines

The ACC Guidelines provide explicit specifications regarding any proposed improvements to a homeowner's lot, and although it may seem bothersome or even unnecessary to submit for these changes, these Guidelines assist in keeping the community uniform and orderly to assist in maintaining property values.

The ACC is established and is responsible for reviewing plans, overseeing these modifications or additions so that they are in alignment with the Guidelines. The committee also helps the Board members by ensuring that all homes within the community are following the Guidelines stated in the governing documents.

Should you have any questions or concerns about improvement you are considering for your own home, please feel free to contact Graham Management at (713) 334-8000 where the ACC Department will be happy to assist you.

Leapin' lizards!

Cheryl Conley, Lake Creek Preserve Board of Directors

Growing up in the Midwest, I had one as a pet. I referred to it as a chameleon. I've also heard this critter called a lizard, a newt and a gecko. What I'm referring to is the **Green Anole**. I have to say I was actually shocked when I first moved here and saw them running wild outside!

Green anoles (*Anolis carolinensis*) are lizards, not geckos, chameleons or newts. The green anole is the only kind of anole native to the United States. They can be found in Texas, of course, but also in Louisiana, the Carolinas, Georgia, Florida, Tennessee and Hawaii.

We don't know a lot about their different colors

Green anoles have the ability to change color. Sometimes they are green, sometimes brown. It is widely believed their color depends on their surroundings but in reading some of the studies done on this critter, scientists found green anoles often did not match the color of their surroundings. One scientist who witnessed a male-male encounter found the anoles changed color frequently and the "winner" of the encounter was green and the "loser" was brown. It is now believed stress is one of the most common factors of an anole turning brown. There could be other factors affecting the change as well. It could be the result of the body warming or



cooling. Body color in anoles is very complex and there's no simple answer. If only they could talk.

What's that puffy red thing under their neck?

If you've ever observed an anole in the wild, you've no doubt seen the red balloon-like display under the chin. It's a thin flap of skin that is inflated by a group of bones called the hyoid apparatus. Some people call this a throat fan but the real name for it is the dewlap. When inflated, you will also see the anole bob its head. Anoles use the dewlap and bobbing as a way of communicating.

A male will display it when defending his territory, when deterring predators and to bait female anoles. When the

dewlap is visible, an anole may bite. Females have dewlaps as well but they are much smaller and they rarely use them.

Green anoles are considered insectivores. They eat cockroaches, ants, flies and spiders. Because their eyes move independently from each other, they are able to scan a large area around them to find their next meal. They are great climbers. You may have seen them climb up a smooth, straight wall or fence. Under each toe they have tiny flaps called *lamella* and microscopic hairs called *setae*. They both act as adhesives that help them climb.

Anoles shed their skin. In adults, it happens every 4 to 6 weeks on average. It sheds in sections rather than one big piece like snakes. The anole's color turns into a grayish milky white when it's about to shed. Some will eat the shed skin.

But if you want to keep one...

You may be able to find stores that sell green anoles as pets. Never take one from the wild. Chances are high they won't survive. Make sure you research how to care for one. You need to be aware of not only what to feed it but also heating, lighting, humidity levels, substrate, housing and common health problems you may encounter.

Fun and amazing fact



Their tails detach when threatened or if something grabs them. The detached tail will wiggle which is meant to distract the predator while the anole escapes. A new tail will grow back but it may be shorter or have a little different shape than the original.

August Yard of the Month winners

SECTION 1



7910 ENSEMBLE DRIVE

SECTION 2



7703 ALLEGRO DRIVE

SECTION 3



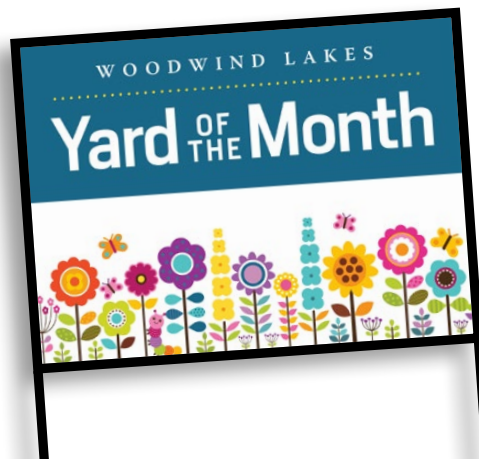
7703 ADAGIO AVENUE

SECTION 4



7918 SINFONIA DRIVE

Congratulations!





HARRIS COUNTY CONSTABLE, PRECINCT 4

CONSTABLE MARK HERMAN

"Proudly Serving the Citizens of Precinct 4"

6831 Cypresswood Drive ★ Spring, Texas 77379 ★ (281) 376-3472 ★ www.ConstablePct4.com

Monthly Contract Stats

WOODWIND LAKES

For July 2023

Categories

Burglary Habitation: 0	Burglary Vehicle: 0	Theft Habitation: 0
Theft Vehicle: 0	Theft Other: 0	Robbery: 0
Assault: 0	Sexual Assault: 0	Criminal Mischief: 0
Disturbance Family: 0	Disturbance Juvenile: 0	Disturbance Other: 1
Alarms: 5	Suspicious Vehicles: 0	Suspicious Persons: 1
Runaways: 0	Phone Harrassment: 0	Other Calls: 16

Detailed Statistics By Deputy

Unit Number	Contract Calls	District Calls	Reports Taken	Felony Arrests	Misd Arrests	Tickets Issued	Recovered Property	Charges Filed	Mileage Driven	Days Worked
W14	14	75	19	2	0	21	0	2	1326	21
W15	20	24	8	0	4	14	0	0	671	13
TOTAL	34	99	27	2	4	35	0	2	1997	34

Summary of Events

No reports

Alarms

Deputies responded to 5 residential alarms that were all cleared as false or cancelled.

Suspicious Vehicles

Deputies responded to a 0 suspicious vehicle calls that were all cleared as GOA or information.

Suspicious Persons

Deputies responded to 1 suspicious person calls that were all cleared as GOA or information.

Deputies conducted multiple traffic stops and issued multiple citations within the contract reducing the possibility of accidents.

Deputies conducted multiple contract, neighborhood and business checks within the contract increasing visibility while performing regular patrol duties.

Deputies responded to 16 other calls within the contract including:

Motor Vehicle Accidents	Follow Up Investigations	Stranded Motorist
Animal Humane	Information Calls	Traffic Hazard
Child Custody Disputes	Meet The Officer	Unknown Medical Emergency
Domestic Preventions	Lost Found Property	Abandoned/Speeding Vehicles
D.W.I.	Sex Offender Verification	Welfare Checks