

Woodwind Lakes



It's all right here

March 2022

Volume 11, Issue 3

February 2022 YARD OF THE MONTH



SECTION 1
9206 Brahms Lane



SECTION 2
8910 Andante Drive



SECTION 3
7811 Adagio Avenue



SECTION 4
8111 Clarion Way

Woodwind Lakes

IMPORTANT CONTACTS

CONSTABLE'S OFFICE

Harris County Pct. 4 Constable's Office.....281-376-3472
.....<http://www.cd4.hctx.net>

BOARD OF DIRECTORS

President..... **Mendi Strnadel**
Vice-President.....**Jeffrey Krahn**
Treasurer.....**Daniel Kallus**
Secretary.....**Kate Weatherford**
Director.....**Krysty Kling**

NEWSLETTER AND WEBSITE

Newsletter Editor

Lynn Collins lynn.collins@garygreene.com

Website

"Ask the Board" www.woodwindlakeshoa.com

GROUNDS COMMITTEE

Ann Tatum..... anntatum9203@gmail.com

PAVILION & ADULT POOL

Roxanne RochaRocha@grahammanagementhouston.com

FAMILIES OF WWL

Dana Patterson..... greg.dana.patterson@gmail.com

CHRISTMAS COMMITTEE

Terry Buckner terry214@live.com

WOMEN'S CLUB

President: Ann Tatum..... anntatum9203@gmail.com
Vice President: Gulshan Hira.....gbkhira@gmail.com
Secretary: Cindy Horn.....cindy.d.horn@gmail.com
Treasurer: Lynn Collins.....lynn.collins@garygreene.com

OTHER USEFUL NUMBERS

Graham Management

..... graham@grahammanagementhouston.com, 713-334-8000
Mailing Address: 2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

Association Manager

Roxanne RochaRocha@grahammanagementhouston.com

Improvement Application Submittal

.....arc@grahammanagementhouston.com

Call Before You Dig 1-800-DIG-TESS or 1-800-344-8377

Pct. 4 Constable..... 281-376-3472

Street Light Outage..... 713-207-2222

..... www.centerpointenergy.com - Have light number.

Texas Department of Public Safety Crime Service

..... <http://records.txdps.state.tx.us>

DEAD ANIMALS - To collect dead animals from the streets or off to the side of roads, please Dial 311. There is an option for them to pick up dead animals.

UTILITIES

SECTIONS 1, 2, 3

WASTE MGT CUSTOMER SERVICE.....713-686-6666

Trash Pick-up are Mondays (trash) and Thursdays (trash and recycle).
Heavy trash is 2nd Thursday of each month.

Water/Sewer Issues, all Sections: 281-807-9500

M.U.D. #261 BOARD SECTIONS 1, 2 & 3

S. Brady Whittaker (05.12.22) President
..... 713-333-6411
Jason Vanloo (05.14.24)..... Vice President
..... 281-236-6419
John Oyen (05.14.24) Secretary
..... 713-446-3959
Larry Goldberg (05.12.22) Director
..... 713-824-5499
Milt Dooley (05.14.24)..... Director
..... 713-858-7303

M.U.D. 261 www.HCMUD261.com

SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

TOPS Water - 281-807-9500

Pick-up are Mondays (trash) and Thursdays (trash, heavy trash and recycle).

USEFUL LINKS

WL Website.....www.woodwindlakeshoa.com
Sec 1, 2 and 3 Utility.....
..... <http://hcmud261.com/HCMUD261/Index.htm>
Section 4 Utility <http://www.wfud.org/>
Social Media .. https://woodwindlakes.nextdoor.com/news_feed/
Newsletter <http://www.peelinc.com/>
Sec 4 Gate Roxanne Rocha ..Rocha@grahammanagementhouston.com

ADVERTISING INFO

Please support the advertisers that make the *Woodwind Lakes Newsletter* possible. If you are interested in advertising, please contact at advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The *Woodwind Lakes Newsletter* is mailed monthly to all Woodwind Lakes residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to Lynn.Collins@garygreene.com. The deadline is the 7th of the month prior to the issue.

MONTHLY CONTRACT STATS WOODWIND LAKES

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: 1	Suspicious Vehicles: 2	Suspicious Persons: 1
Runaways: 0	Phone Harrassment: 0	Other Calls: 48

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	37	2	15	0	6	44	0	6	1770	21
W15	75	35	8	0	0	22	0	0	950	19
TOTAL	112	37	23	0	6	66	0	6	2720	40

SUMMARY OF EVENTS

OTHER CALLS:

8700 SERENADE LN- An unknown suspect(s) in the State of California unlawfully obtained the complainant's personal identification information and used it to open a line of credit in complainant's name and made unauthorized transactions.

7900 ADAGIO- Deputy responded to a scene of minor accident at this location and a completed a CR-3 crash report.

Alarms:

Deputies responded to 1 residential alarms that were all cleared as false or cancelled.

Suspicious Vehicles:

Deputies responded to a 2 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.

http://10.2.118.224/iba/patrol/monthly_stats/printer/printer.php?index=12056 2/1/2022

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

Deputies responded to 48 other calls within the contract including:

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



GARY GREENE



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Woodwind Lakes

IN CASE YOU HAVEN'T BEEN INTRODUCED TO ANANDAMIDE, LET ME DO THAT NOW.....



Anandamide is a molecule that boasts mood, promotes calm and increases pleasure. Its name comes from the Sanskrit “ananda” which means “joy, bliss, delight”. I have a feeling anyone reading this will want to read on to see which foods provide this mood enhancing molecule. (Not that anyone would need that after our challenges we have faced the past two years...just teasing)

Seriously, this neurotransmitter affects overall health and mental wellness in numerous ways. Sub-optimal levels of anandamide can drain you of happiness, increase fear and anxiety and rob you of your ability to cope with stress.

Researchers have found a direct correlation between the presence of gene variant rs324420 that affects anandamide levels and the level of happiness.

There aren't many foods that can increase the level of anandamide naturally, but the few that do are very tasty!

Chocolate: The Main Food Source Of Anandamide.

Scientists have tried to figure out what makes this beloved food so appealing. Perhaps, the over 1,500 known biochemicals in chocolate credited for their mood boosting effects is the answer!

Before we grab any chocolate bar, hear the research out first. To get the most anandamide from chocolate, eat the least adulterated chocolate you can find. This



may mean switching from your favorite chocolate bar to cocoa powder or cacao nibs which are used to create chocolate. Both are significantly less processed than even the best chocolate, contain no sugar and are a more concentrated source of chocolate's beneficial compounds.

Black Truffles: The Only Other Food With A Significant Amount Of Anandamide.

Black truffles are mushrooms native to Spain, France and Italy. They grow in forests under oaks and other deciduous trees.

Black pepper and its hotter cousin the long pepper both contain a compound called guineensine that increases the activity of anandamide.

Here are a few more foods that can increase anandamide activity:

Apples, Blackberries, Grapes, Peaches, Raspberries, Broccoli, Brussel sprouts, Cukes, Endive, Green beans, Lettuce and Green tea. Also, recommended as an anandamide precursor isOlive Oil.

Hopefully, these tips will help in increasing our level of happiness which can ultimately help us to live longer and healthier lives.

Every Bite We Take Feeds or Fights Disease. Let's be motivated by the expression “Our Health is Our Wealth”

Take good care...See you next month.

Sincerely, Donna Konopka

AROUND THE CORNER FROM US IS A DELICIOUS TREASURE!

The address is 7239 Fairbanks North Houston Road. There are two cousins, Phonemay and Sivilay, with 36 years of culinary experience, that prepare a full menu of Thai delights every day.

These dishes will warm your heart at home, in their immaculate restaurant or for parties you want to create the easy/delicious way. Their family of children, an uncle, aunt and more, work together and established this restaurant about 16 months ago. They already have approximately 100 regular customers despite the pandemic and look forward to making hundreds more.

They enjoy interacting with new friends who are customers and remember everyone's favorite order. Their food is fresh with fruit and vegetables and low amounts of oil which adds up to meals full of flavor and low-calorie goodness. I have relied on them through a year-long diet and find their food incredibly delicious but low in calories.

If you are on the run, you may certainly order “to go” or have a delivery brought to your home. Dial 832-243-1414 for dishes with an Asian American flair from friends who love to knowingly cook for and delight your palate. Thank you Cousins!

LUCKY THAI Restaurant - Houston, TX | Order Online | Thai Takeout (luckythaihouston.com)

See you Neighbors at Lucky Thai Cuisine!
Fran Smith & Lynn Collins



What's Good Near The Hood



with Kate Weatherford, Woodwind Lakes Resident & Realtor®

I happened upon this vegan Mexican restaurant close by and it was surprisingly amazing! They have freshly made cocktails, including a CBD mojito! They also have live music, brunch and karaoke!

You can find Cascabel Mexican Vegan at 1415 Murray Bay St. This will be the perfect place to visit now that the weather is getting nice! They have a fantastic patio to sit in!



KATE'S PRO TIPS

> They have a special all day every Wednesday where 2 people eat for \$30.

> Every Tuesday and Thursday is BOGO on sweet bread and pastries.

Read next month's newsletter for another hot spot near the hood!

Did You Know? I Also Flip Houses!

In addition to listing homes and helping clients get their home market-ready, I also offer an easier route by buying houses "As Is" for those looking for less of a hassle. I am happy to go over both options to see which approach fits your needs best.

KateSellsHouston@gmail.com | (713) 582-7021



Woodwind Lakes



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without joint pain

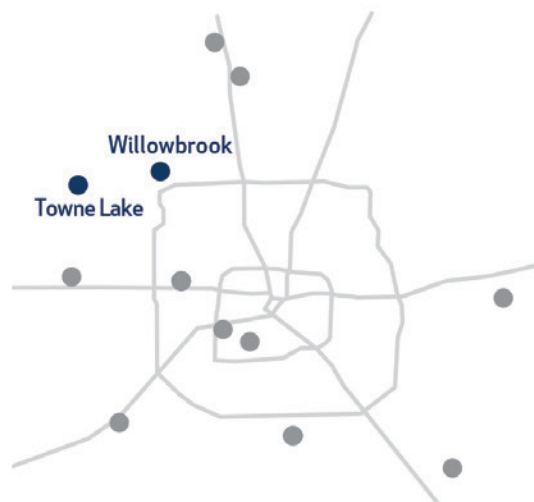


Live life without joint pain.

At Houston Methodist Orthopedics & Sports Medicine, we know that joint pain affects every part of your life. With treatment plans customized for you, our specialists in Northwest Houston offer a full range of advanced nonsurgical and surgical techniques. Our expert joint care includes:

- Innovative pain control methods
- Physical therapy to improve mobility and range of motion
- The latest technology, including minimally invasive surgical techniques that help reduce recovery time

And, with enhanced safety measures in place, you can rest assured your safety is our priority.



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houstonmethodist.org/jointpain
281.737.0999



Dear Residents:

We all live in a community where consideration of neighbors and guests are recognized. However, we would like to remind our residents that vehicles should not be consistently parking in the streets. We can expect high traffic during times such as holidays, weekends and private events being hosted at your home.

There has been an occurrence where an emergency vehicle was blocked. After some strong efforts, the owner of the vehicle was located. It is likely that the owner of the vehicle, the resident being visited and the community, as a whole, will have significant liability if this continues to be an issue.

Emergency vehicles need a 20-foot-wide access road. If vehicles park across from each other an emergency vehicle cannot pass and we will not meet the 20-foot requirement.

Accordingly, there can be no parking:

- within 30 feet of curves and 15 feet either side of fire hydrants.
- directly opposite from another car on a street and within 3 car lengths to allow an emergency vehicle adequate room to pass between.

We appreciate your time and attentiveness to this matter.

SPRING 2022 GARAGE SALE

SATURDAY, MAY 14, 2022

7:00 am

Signs may be purchased from Gail Ford for \$10 beginning Monday, May 9th at 7614 Rolling Rock Street

