

# Woodwind Lakes

NEWSLETTER

SEPTEMBER 2022

## Christmas on the Lake scheduled for December 3

Our neighborhood Christmas celebration comes early this year, December 3rd. There is lots to do to get ready and lots of fun to be had! Our Christmas Committee is looking for volunteers to join us in making this our best year yet. While our meetings are very productive with loads of ideas shared and discussed and group decisions made, we always bring food, drinks and enjoy the comradery. We believe volunteering should be fun and treated as a social event.

If you can join our group of fun volunteers on the committee or just help for any of the events listed below, please contact Terry Buckner at [terry214@live.com](mailto:terry214@live.com) or Lynn Collins at [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com). We would love to have you!

- Help decorate the family pool area on November 18th at 10 am. Just show up and we will find you a job!
- Help set up tables and chairs and general preparation, December 3rd at 10 am.
- Take a turn flipping burgers for an hour between 4 pm and 7 pm.
- Work the dessert stand for an hour.
- Help at the S'mores pit.
- Run the cookie walk for 30 or 45 minutes.
- Assist in the children's craft section.
- Help take tickets for the hayride for 30 or 45 minutes.

4:00 pm  
to 8:00 pm at  
the Family  
Pool



Poinsettias will be offered again this year. See story on page 2.

# Reach Unlimited and the 2022 Christmas Poinsettias

We understand many WWL residents bought poinsettias in the past because they came from Brookwood. Due to changes in Brookwood's scheduling and delivery/pickup days, we had to find a different supplier. I'm excited to introduce you to REACH UNLIMITED in Cypress where we will buy this year's Christmas poinsettias. We hope the following information will help you understand that your support of Reach Unlimited is as valuable to them, because they are less well known, as your support of Brookwood was. The poinsettias we will offer to our WWL residents will be in 6" pots wrapped in red foil and will be from 12" to 14" tall, The same as what we received from Brookwood.



Reach Unlimited is an amazing organization "...dedicated to providing quality support services for people with intellectual and developmental disabilities." Reach Unlimited has the same compassionate, focused approach

as Brookwood does and they are serving our NW area.

They were founded in 1983 by two families whose children needed assistance after they left the public schools. The parents wanted their children to learn how to develop skills at their level so they could get jobs and feel valued and useful. At that time there was nothing available.

Reach Unlimited is headquartered in Cypress. It currently teaches and cares for approximately 300 individuals

*...dedicated to providing  
quality support services for  
people with intellectual and  
developmental disabilities.*

*Reach Unlimited*

from the ages of 12 to 79. Many of their clients live in their own rooms in one of the 23 residence group homes throughout Cypress, Tomball and the NW area of Houston. The clients are welcomed and encouraged to go to their own family homes on the weekends.

On Reach Unlimited's main campus is a GIFT SHOP (check out their beautiful glass plates, ornaments, personalized napkins, jewelry) and the learning center where their clients learn everything from how to make



their bed, to how to make a budget as they become employed. A sampling of the employers who hire Reach clients are Texas Roadhouse, Kroger, HEB, Hilton Garden Inn and more. Reach's funding comes from Medicaid and is far from sufficient. Reach depends on fund-raising activities — like the selling of their poinsettias — to mitigate the difference between what Medicaid gives and Reach's actual financial needs. They always seek donations of money, furniture, services and volunteers.

Selling these red poinsettias to you will benefit our own Christmas Committee as well as Reach Unlimited. I will be announcing soon how and when to place your orders.

*Thank you,*  
Ellen Michaels.

REACH UNLIMITED  
11832 Mueller Cemetery Road  
Suite 200, Cypress, TX 77429  
<https://www.reachunlimited.org>

## Your new Woodwind Lakes newsletter

In April 2022, I was informed by Peel, our newsletter publisher, they would no longer be printing the newsletter. This was due to rising costs and lack of advertisers. At this time, it was decided we would produce our own digital version. I will continue to edit the newsletter and Jay Michaels will handle

the formatting. Links will be sent to all residents registered with Graham. It will also be link accessible through NextDoor and the WWL Facebook page.

*Thank you.*  
Lynn Collins.





# WOODWIND LAKES FALL 2022 GARAGE SALE

**Saturday, October 15**

**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 10th at 7614 Rolling Rock Street.

# The high cost of a poor diet

*Unhealthy eating habits cost the American health care system about \$50 billion a year just for heart-related diseases.*

*Harvard Medical School.*

What we choose to eat every day has a major influence on our cardiovascular health. Our dietary choices combined with everyone else in this country also have a big impact on our nation's economic health.

Cardiologist Thomas A. Gaziano, Associate Professor of Medicine at Harvard Medical School states:

*“Here’s a key thing to know about an unhealthy diet. What you’re NOT eating may be just as important as what you are eating.”*

We hear about multiple types of dietary habits but which do Harvard Medical School recommend?

Go Nuts! Nuts and Seeds are a good source of fiber as well as vitamins and minerals. The Seed of the Month is.... drum roll...**the sunflower seed!**

Sunflower seeds, which are harvested from the centers of large yellow-petals flowers, have an 8,000-year history.



It began when Native Americans cultivated sunflowers to make meal for bread.

There are two main types of sunflower seeds:

- Solid black hulls have extra-oily seeds which are pressed into sunflower oil or used in bird feeders.
- Black and white striped hulls are used in food.

In the 1960s, chewing a mouthful to extract the seeds became popular among baseball players. 1970s hulled sunflower seeds gained a following with vegetarians and natural food enthusiasts. **Now these nutrient rich seeds can be a healthy habit for everyone.** Sunflower seeds are one of the best sources of vitamin E and some studies have linked vitamin E intake from food with lower rates of heart disease.

There is more good stuff in these seeds. They are also plentiful in minerals such as copper, manganese and selenium.

Here are some other reported benefits:

**Inflammation** Sunflower seeds have a high C-Reactive Protein number (test which checks for level of inflammation). Perhaps sunflower seeds might help as they contain flavonoids and other plant compounds which helps reduce inflammation.

**High Blood Pressure** is a major risk factor for heart disease, which can

lead to heart attack or stroke. There's a compound in sunflower seeds that blocks an enzyme that causes blood vessels to constrict. As a result, sunflower seeds may help your blood vessels relax, lowering blood pressure. The magnesium in sunflower seeds helps reduce blood pressure levels as well.

**Diabetes** The effects of sunflower seeds on blood and Type 2 diabetes have been tested in a few studies and seem promising but more research is needed. Studies suggest that people who eat one ounce of sunflower seeds daily as part of a healthy diet may reduce fasting blood sugar by about 10% within six months compared to a healthy diet alone.

Studies also suggests that adding sunflower seeds to foods like bread may help decrease carbs effect on our blood sugar. The seeds' protein and fat slow the rate at which our stomach empties, allowing a more gradual release of sugar from protein.

Perhaps we now want to take a more serious look at sunflower seeds and how can we use them.

- If you bake bread or muffins, sprinkle seeds on top.
- Add them to vegetables. Instead of breadcrumbs, add a sprinkling of sunflower seeds. For more flavor, toss them in olive oil, salt and spices such as red pepper flake or ground ginger before toasting.
- Mix them into granola.
- Add them to tacos.
- Use them in pesto.
- How about tofu and sunflower burgers?
- They can be used in a healthy homemade snack bar.
- Risotto made with sunflower seeds instead of rice.
- Throw a handful of toasted sunflower seeds on top of soup.

Those are just a few suggestions.

**Hope you will add these tasty little seeds to your grocery list!  
Every bite we take feeds or fights disease.**

*Healthy regards,  
Donna Konopka*

# How to identify ant and termite swarmers

Soon it will be time for swarming insects to emerge out from their homes in the ground and fly into the air in search of a mate. Usually, this event coincides with warm temperatures and a significant rainfall event but can also occur if you forget to turn off your irrigation system.

“Swarmer” or “alate” are other terms used to describe the reproductive stage of ants and termites. These insects have wings when they initially leave the colony but the wings are either shed or chewed off after they land on the ground and before they form a nest. So, how do you tell them apart?

Ant swarmers have antennae that are bent at a ninety-degree angle and are

said to be “elbowed”. The area where the thorax and abdomen meet, sometimes called the “waist”, is constricted, narrowed, or pinched. If you find a reproductive that still has wings, they chew off their wings once they have mated and land on the ground. The front wing will be larger than the hind wing and all wings will have few veins. If the wings are missing from the ant swarmer, there will not be a wing stub left on the thorax from where the wing was attached. Male ant swarmers retain their wings after landing on the ground but they die after mating.

Termite swarmers have antennae that are straight and a thorax-abdomen area or “waist”, that is broadly joined

together. Termite reproductive wings are similar in size and shape and tend to have a lot of veins. Sometimes with termites you may find only wings that have been left behind due to shedding

when the termites land on the ground or you may see the termites themselves with or without wings still attached. If you find a termite reproductive without wings, there will be wing stubs, called “scales”, left behind on the thorax. Male and female termite reproductives shed their wings after landing on the ground, pair up and find a site to begin a new colony.

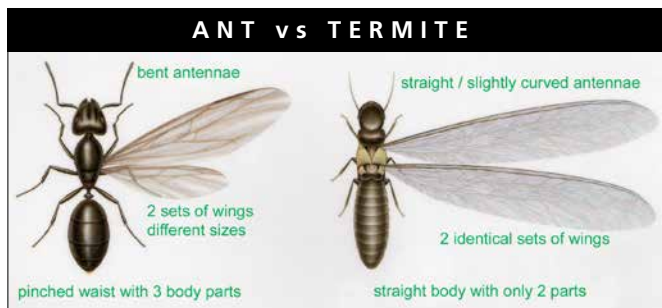
For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

Follow me on Facebook at:

<https://www.facebook.com/UrbanIPM>

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# Forest tent caterpillars

Forest tent caterpillars cause damage in the larval or caterpillar, stage. Caterpillars are a greyish-brown color with bright blue and yellow stripes running down the sides of their body. The back of the caterpillar has white shoeprint/keyhole markings. Larvae also have fine white hairs over their body but are not a stinging caterpillar.

These caterpillars, although called tent caterpillars, do not make an actual tent like others in their group. Other tent caterpillars make a web between two branches where they join or split from each other. Forest tent caterpillars make a silken mat on the tree trunk or large branches where caterpillars gather in groups between feedings.



Forest tent caterpillars appear once a year, typically in April. In some years outbreak populations can occur and numerous caterpillars can be seen in certain areas. They chew foliage of trees, usually deciduous hardwoods. Even

though the caterpillars eat foliage, many trees can withstand 20% loss of foliage without being harmed. Concern should be when other stressors are apparent along with the caterpillars, such as drought or disease.

If the need to manage forest tent caterpillars occurs, less toxic active ingredients that can be used to treat foliage are *Bacillus thuringiensis* (Bt) *kurstaki* or spinosad. Another option would be to treat the silken mat

with a pyrethroid product when the caterpillars are resting there.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at (512) 854-9600.

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# Recent Yard of the Month winners

## April 2022



**Section 1** 7807 Brahms Court



**Section 2** 9127 Rhapsody Lane



**Section 3** 8703 Golden Chord Circle



**Section 4** 9407 Cantata Court

## May 2022



**Section 1** 8014 Ensemble Drive



**Section 2** 7738 Allegro Drive



**Section 3** 8706 Golden Chord Circle



**Section 4** 8110 Rondo Court

# Recent Yard of the Month winners

## June 2022



**Section 1** 7910 Ensemble Drive



**Section 2** 7610 Rolling Rock St



**Section 3** 7918 Adagio Avenue



**Section 4** 9335 Adagio Lane

## July 2022



**Section 1** 9222 Brahms Lane



**Section 2** 7730 Allegro Drive



**Section 3** 8722 Golden Chord Circle



**Section 4** 7918 Sinfonia Drive

# Recent Yard of the Month winners

## August 2022



**Section 1** 8003 Sonata Court



**Section 2** 7722 Allegro Drive



**Section 3** 7926 Adagio Avenue



**Section 4** 9322 Sinfonia Drive

## September 2022



**Section 1** 9118 Brahms Lane



**Section 2** 9126 Rhapsody Lane



**Section 3** 8719 Golden Chord Circle



**Section 4** 8023 Clarion Way



# Important Contacts

## CONSTABLE’S OFFICE

Harris County Pct. 4 Constable’s Office.....**281-376-3472**  
<https://www.constablepct4.com/>

## BOARD OF DIRECTORS

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

## NEWSLETTER AND WEBSITE

### Newsletter

Lynn Collins..... [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com)  
Jay Michaels..... [jaysmichaels@earthlink.net](mailto:jaysmichaels@earthlink.net)

## GROUNDS COMMITTEE

Ann Tatum ..... [anntatum9203@gmail.com](mailto:anntatum9203@gmail.com)

## PAVILION & FAMILY POOL

[graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com)

## FAMILIES OF WWL

Dana Patterson..... [greg.dana.patterson@gmail.com](mailto:greg.dana.patterson@gmail.com)

## CHRISTMAS COMMITTEE

Terry Buckner ..... [terry214@live.com](mailto:terry214@live.com)

## WOMEN’S CLUB

Marianne West, *President* ..... [marianneWest@outlook.com](mailto:marianneWest@outlook.com)  
Terry Buckner, *Vice President* ..... [terry214@live.com](mailto:terry214@live.com)  
Cindy Horn, *Secretary*..... [cindy.d.horn@gmail.com](mailto:cindy.d.horn@gmail.com)  
Lynn Collins, *Treasurer*..... [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com)

## OTHER USEFUL NUMBERS

### GRAHAM MANAGEMENT

[graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com).... **713-334-8000**

#### Mailing Address

2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

#### Association Manager

[graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com)

#### Exterior Improvement Application Submittal

[arc@grahammanagementhouston.com](mailto:arc@grahammanagementhouston.com)

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

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

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

[www.centerpointenergy.com](http://www.centerpointenergy.com) — Have light pole number.

### Dead Animals

To collect dead animals from the streets or off the side of roads in unincorporated Harris County (*outside the City of Houston*), call the County Operator..... **713-755-5000**

## UTILITIES

### Sections 1, 2, 3

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

Waste Management Customer Service ..... **713-686-6666**

Water/Sewer Issues, all Sections ..... **281-807-9500**

**M.U.D. #261 (Sections 1, 2, 3)** ..... [www.hcmud261.com](http://www.hcmud261.com)

#### Board of Directors

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**

### Section 4 – Village of Woodwind Lakes

Trash pick-up are Mondays (trash and recycle), and Thursdays (trash).

Best Trash Customer Service ..... **281-313-2378**

TOPS Water..... **281-807-9500**

Utilities..... <http://www.wfud.org>

## OTHER USEFUL LINKS

### Social Media

Facebook: To join Families of Woodwind Lakes  
<https://www.facebook.com/groups/257071051054592>

### Sec 4 Gates

[graham@grahammanagementhouston.com](mailto:graham@grahammanagementhouston.com)

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## NEWSLETTER ARTICLE INFO

The Woodwind Lakes newsletter is published on the 15th of the month for all Woodwind Lakes residents.

To submit an article for consideration, please email it to [lynn.collins@garygreene.com](mailto:lynn.collins@garygreene.com)

## WEBSITE

If you haven’t yet registered, please do so in order to get email blasts and other important messages for the community. See tab at the top of the home page for Resident Registration.

If you have a question for the HOA Board, there is a tab at the top of the page for that, too.

[www.woodwindlakeshoa.com](http://www.woodwindlakeshoa.com)