

Woodwind Lakes

NEWSLETTER

OCTOBER 2023

Time to order 2023 Christmas poinsettias!

We are happy once again to make red poinsettias available for purchase to benefit both Reach Unlimited and the WWL Christmas Committee.

**We need to place our order
by October 26**

The poinsettias arrive healthy and full, will be approximately 10-12" high, in pots and protected by clear sleeves you can use to carry them. They make beautiful thank you gifts, hostess gifts and gifts to yourself for the holidays.

Please let me know how many red poinsettias you want at \$15 each —

no tax, a mere \$15. You will pay when you pick them up. We accept checks or cash only. You will pick up your order at the family pool (9015 Woodwind Lakes Drive at Ensemble Drive in Section 1) on Friday, December 1st between 3:00 and 6:30pm.

When placing your order, please provide all of the following information:

YOUR NAME
QUANTITY
YOUR [CELL] PHONE

Thank you for your support of our community and the awesome Reach Unlimited community which is celebrating their 40th year.



Please send your order to:

Ellen Michaels
ellenmichaels@earthlink.net

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.

WOMEN'S CLUB*Tuesday, October 10***FOXFIRE IN VINTAGE PARK**

Join us in making personalized fragrances for oils and candles | 10:45am

SHOGUN

A contemporary Japanese eatery offering performing hibachi chefs,
sake and traditional sushi options | 12:00pm

For more information or to RSVP contact Ann Tatum:

anntatum9203@gmail.com

Hope we see you there!

Nearly all people can stand adversity,
but if you want to test a person's character

— give them power.

Are cereals as healthy as they claim to be?

Breakfast cereals are heavily marketed as being healthy but when you look at the ingredient list, the first few ingredients are often refined grains and sugar and can be highly processed. Don't want to give up on cereal? Then let's make our own! "Our" cereal will have lots of fiber and nutrition.

Because nuts are linked to life extension and reduced risk of disease we will include lots of them.

One large 30 year Harvard study found that:

- People who ate a small handful (approximately 1 ounce) of nuts 7 times per week or more were 20% less

likely to die for any reason, compared to those who avoided nuts.

- Eating nuts at least 5 times per week was associated with 29% drop in mortality risk from heart disease and an 11% drop in mortality from cancer.
- Even those who ate nuts only occasionally had a 7% reduction in mortality. Let's make a nutritious cereal with lots of nuts!

*Enjoy and take good care,
Donna Konopka*



Our Granola Recipe

INGREDIENTS

- 8 cups of oats (preferably organic)
- 1½ cups oat bran
- 1½ cups of wheat germ (gluten) *or* 1½ cups of unsweetened coconut (gluten free)
- 1 cup of sunflower seeds
- 1 cup finely chopped almonds
- 1 cup finely chopped pecans
- 1 cup finely chopped walnuts
- 1½ tsp salt
- ½ cup brown sugar (prefer organic)
- ¼ cup maple syrup
- ¾ cup of honey, coconut nectar *or* Yacon syrup*
- 1 cup melted coconut oil
- 1 Tbs or more of cinnamon
- 1 Tbs of vanilla
- 2+ cups raisins and/or cranberries

DIRECTIONS

Preheat oven to 325 degrees. Line two large baking sheets with parchment or aluminum foil.

Combine first 7 ingredients in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon and vanilla in a saucepan. Bring to boil over medium heat then stir into dry ingredients. Spread the mixture out evenly on the baking

sheets. Bake in preheated oven until crispy and toasted, about 20 minutes. Stir halfway through. Cool then stir in 2 cups or more of raisins or cranberries.

*Yacon syrup is a sweetening agent extracted from the tuberous roots of the yacon plant (*Smallanthus sonchifolius*) indigenous to the Andes mountains.

Here are seven common American brands that don't meet the "healthy" label standards according to WebMD.com:

- **RAISIN BRAN**
[9 grams of added sugars]
- **HONEY NUT CHEERIOS**
[12 grams of added sugars]
- **CORN FLAKES**
[300 milligrams of sodium; 4 grams of added sugars]
- **HONEY BUNCHES OF OATS, HONEY ROASTED**
[8 grams of added sugars]
- **FROSTED MINI WHEATS**
[12 grams of added sugars]
- **LIFE**
[8 grams of added sugars]
- **SPECIAL K**
[270 milligrams of sodium; 4 grams of added sugars]

QuizTime

By Cheryl Conley, Lake Creek Nature Preserve Board of Directors

It's that time again. Time to test your knowledge. If you read my monthly articles, this should be easy-peasy, right? Not so fast. I think this quiz is a bit more difficult than the last one and will really make you think. Let's see how you do.

1. Name one country that has outlawed glue traps.
2. What disease can you get from the kissing bug?
3. What is the state bird of Texas?
4. If you know the answer to #3, name one other state that has the same state bird as Texas.
5. What caterpillar is often called the Toxic Toupee or puss caterpillar?
6. Can animals die from capture myopathy?
7. How many species of tree frogs live in Texas?
8. Are tree frogs carnivores or omnivores?
9. Is a green anole the same thing as a chameleon?
10. There are fewer than 200 of these birds left in the wild.
What am I referring to?

How did you do? To be honest, if I hadn't written the articles I would have gotten most of these wrong so if you missed some, don't feel bad. It's just for fun!

Ox beetles

You say you never heard of an Ox beetle? Well then, by all means read on.

Texas is home to three species of Ox beetles, with the most common being *Strategus aloeus* (others are *S. antaeus* and *S. mormon*). These beetles are large, reddish brown and show sexual dimorphism (sexes exhibit different morphological characteristics). Males have protruding horns on the pronotum, a platelike structure that covers the thorax. Adults are winged with front wings hardened into an elytra (horny covers) while hind wings are membranous and used for flight. Ox beetles are in the family Scarabaeidae, along with May and June beetles, so they have a similar body shape but are much larger.

Some habits and habitat

Ox beetles have a complete life cycle with four life stages — egg, larva (called a white grub), pupa, and adult. Ox beetles, both adults and larvae, are not typically considered pests although they sometimes feed on plant roots. Eggs are laid in rotten wood or on roots in sandy soil. Larvae are typical

grubs and are creamy white, c-shaped, with six legs and a well-developed head capsule. Grubs last about 6-7 months and then pupate in the soil.

Wouldn't you know it... the males like to fight

The Aloeus ox beetle has major and minor males that have variations in the size of horns on the pronotum. Major males have large horns, two on each side at the rear of the pronotum and one towards the front in the center, while minor males have stubby horns. Males use horns for fighting other males over mating privileges. Female Aloeus ox beetles do not have horns but have a small, raised area at the front center of the pronotum that is used for digging in soil.

Aloeus ox beetles are active in Texas spring through late summer. Adults live 4-6 months and feed on flowers and fruit but populations are usually not dense enough to cause a lot of damage. Often, larvae are found burrowed into tree stumps, other decaying wood or compost piles where they are considered

to be beneficial decomposers. While typically larvae are not considered to be problematic, there have been reports of larvae damaging palms.

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

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Not actual size, thank goodness.





Living in a deed restricted community

ARE THERE ANY RESTRICTIONS REGARDING ROOFS?

“

Question: My roof needs replacing and I'm wondering if there are any particulars that I need to know about before I go ahead and hire a roofing company. I'm thinking specifically of changing the color to black so it will match my shutters.

”

There *definitely* are particulars you need to know about, so it's important to first check the application form for information on what types and colors of shingles are permitted for roofs. The choices are all somewhat similar in color in order to keep a certain consistency in the overall look and aesthetic of our neighborhood.

Various shades of brick and siding are meant to coordinate with an overall earthtone palette that helps define Woodwind Lakes. And since roofs are a dominant part of a home's street appearance, maintaining a harmonious look throughout the neighborhood is one more example of why deed restrictions and Architectural Guidelines help maintain the

property values of all our homes.

These restrictions can be found on our website under the Architectural Guidelines tab. www.woodwindlakeshoa.com

When you are ready to propose your new roof, download the application pdf, fill it out, save it, and email it to our management company. arc@grahammanagementhouston.com

Some of what you need to know as found on the application for a new roof

- An application must be submitted even if the roof will be a match for the existing roof.
- Sections 1, 2 and 3 roofs shall be covered with high definition asphalt or composition shingles equal to or better than:
 - GAF Timberline Natural Shadows or HD, color: Weathered Wood
 - Certainteed Landmark, color: Weathered Wood
 - Owens-Corning Duration, color: Driftwood
 - Tamko Classic Heritage, color: Weathered Wood
 - Atlas Pinnacle Pristine, color: Weathered Shadow or Weathered Wood.
- Section 4 roofs shall be covered with asphalt or composition shingles* equal to or better than:
 - GAF Royal Sovereign, color: Weathered Gray
 - Certainteed XT 25, color: Weathered Wood
 - Owens-Corning Supreme AR, color: Weathered Wood
 - Tamko Elite Glass Shield, color: Weathered Wood
 - And any listed for Sections 1, 2 or 3.

For any shingle not on the approved list you must submit a 12"x 12" actual sample shingle, representative of the entire roof. Please drop off the shingle sample at the Graham Management office. Approval must be secured before the work may begin. All roof vents and jacks must be painted to match the shingles.



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.

* Section 4 homeowners are encouraged to upgrade to dimensional shingles.

Women's Club September kickoff meeting



Last month another charitable effort was undertaken by the Women's Club. Donations were made to support BEAR (Be A Resource for CPS Children).

Having a good time while working for good causes is what this group is all about.



Decorum is not always enforced when having a good time.



Enjoying good food with good friends.



Discussion time with Terry Buckner.



Great smiles abound at this table.

October Yard of the Month winners

SECTION 1



9111 BRAHMS LANE

SECTION 2



8822 ANDANTE DRIVE

SECTION 3



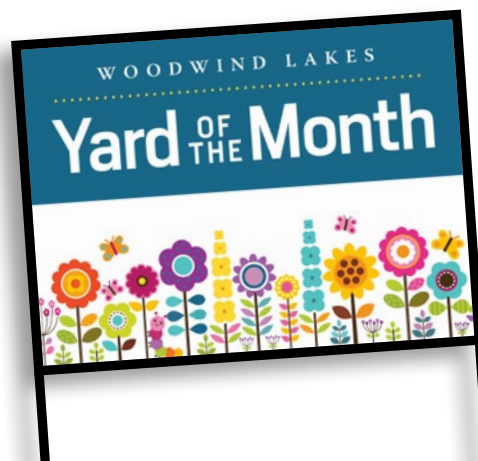
7822 ADAGIO AVENUE

SECTION 4



9322 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 September 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: 1
Disturbance Family: 0	Disturbance Juvenile: 0	Disturbance Other: 0
Alarms: 5	Suspicious Vehicles: 1	Suspicious Persons: 1
Runaways: 0	Phone Harrassment: 0	Other Calls: 20

Detailed Statistics By Deputy

Unit Number	Contract Calls	District Reports Calls	Arrests Taken	Felony Arrests	Misd Arrests	Tickets Issued	Recovered Property	Charges Filed	Mileage Driven	Days Worked
W14	14	68	15	0	2	18	0	3	1372	18
W15	44	33	9	0	0	13	0	0	758	15
TOTAL	58	101	24	0	2	31	0	3	2130	33

Summary of Events

CRIMINAL MISCHIEF:

9000 ENSEMBLE CT- A known female complainant stated that an unknown suspect(s) damaged the door handle and lock located on the driver's door of her vehicle during an attempt to commit a burglary or theft.

OTHER CALLS:

8000 IVAN REID DR- An unknown suspect(s) called complainants sister, in Dallas TX, and acquired banking information from her.

Alarms:

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

Suspicious Vehicles:

Deputies responded to a 1 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 20 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