

Woodwind Lakes

NEWSLETTER

MARCH 2023

Congratulations to March Yard of the Month winners

SECTION 1 | 8007 SONATA COURT



SECTION 2 | 7702 MELODY CIRCLE



SECTION 3 | 8603 CONCERTO CIRCLE



SECTION 4 | 7934 CLARION WAY



SPRING GARAGE SALE

SATURDAY, APRIL 29, 2023 | 7:00AM-3:00PM

Garage sale signs are available for purchase beginning Sunday, April 23rd at 7614 Rolling Rock for \$10 each.



WOMEN'S CLUB

Total Wine and More

The Commons at Willowbrook
7640 Cypress Creek Parkway

Thursday, March 23, 2023
11:30am – 2:00pm

Wine Tasting and Class on
How to Pair Wine with Food

\$20 for non-members



FOR MORE INFORMATION CONTACT:

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mariannewest@outlook.com

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cindy.d.horn@gmail.com

Terry Buckner, *Vice President*
terry214@live.com

Lynn Collins, *Treasurer*
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Life is a gift from God.

What we do with it is our responsibility.

Have high blood pressure or want to possibly avoid it?

“Watching people close to me struggling to control HBP (even while on medication) has been a catalyst for me diving deeper into additional ways to possibly control it.”

Donna Konopka

John Hopkins states “Fewer than half of people with high blood pressure have it under control. The problem is when our pressure is too high for too long it can stretch and damage your arteries. That can lead to heart disease, heart failure, stroke, kidney damage, vision loss, memory loss and cognitive decline.”

We get the picture...not controlling HBP is bad for our health.

Here are some tips to help avoid the above concerns.

Limit sodium to 1,500 mg per day.

Please read labels as the sodium will add up if you don't! Consuming more potassium-rich foods can limit the effects of sodium. These foods include

sweet potatoes, spinach and other greens, bananas, mushrooms, raisins and dates, and lima beans and peas.

Probiotics has been linked to healthier BP.

Helpful foods that provide prebiotics and probiotics are Greek yogurt (fruit ones without a lot of sugar), garlic, onions, asparagus, whole wheat pasta and sweet potatoes.

While we are chatting about foods that may have powerful BP lowering effects we must include a few more:

- **Citrus fruits** (grapefruit, oranges and lemons).
- **Salmon and other fatty fish.**
- **Swiss chard** is a leafy green that is packed with BP regulating nutrients, including potassium and magnesium.

- **Pumpkin seeds** are small but mighty.
- **Beans and lentils.**
- **Berries.**
- **Amaranth** which is a whole grain.
- **Pistachios.**
- **Carrots, celery, tomatoes and tomato products, broccoli, beets, beet greens and beet juice and spinach.**

Don't forget certain herbs and seeds are powerful compounds that may help reduce BP. Try adding to your food **celery seeds, cilantro, saffron, black cumin, cinnamon, sweet basil** and **ginger**, to name a few. We can't finish this list without including **chia** and **flax seeds** that are teaming with nutrients that are essential for health blood pressure regulation.

Along with other lifestyle modifications (having a healthy weight, exercising, limiting alcohol, getting adequate sleep and reducing stress) adopting a healthy diet can significantly lower blood pressure levels and help reduce disease risk.

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There is a lot in our control. Life is not a dress rehearsal. Please take care and enjoy life in good health and peace.

Sincerely,
Donna Konopka



Bees play an essential role in global biodiversity

Honey Bees

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are *usually* gentle and unlikely to sting. They are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. They are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, **DO NOT** block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks

in window framing, knotholes, weep holes or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should **NOT** try to remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at (512) 854-9600. Check out my blog at: www.urban-ipm.blogspot.com

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While a queen bee may live up to five years, worker bees – which may number about 80,000 in a single colony – only live for about six weeks.

Therefore, a single queen bee may live through nearly 2 million worker bees during her lifetime.





Living in a deed restricted community

ARE THERE ANY RESTRICTIONS REGARDING REPLACEMENT FENCES?

“

Question: I need to replace my fence and I plan to just match my next door neighbor's fence. Can I just go ahead and replace it without having to go through the approval process? Seems like it would be okay since it's going to match their fence.

”

The short answer is: No, it's not okay. Our Deed Restrictions require your Association's approval before you make any physical changes to the outside of your property and that includes fences.

Why should it matter since you are going to have a fence installed that matches your neighbor's fence or simply replaces what you have now?

The approval process was created to ensure that the original guidelines are followed. You can't be sure that your

neighbor has an approved fence. Maybe that fence does not comply or maybe a variance was issued. If your neighbor has a problem with his fence, you don't want the same problem. You might now be faced with not only a fine, but the need to tear out your new fence and replace it with one that meets the required specifications. Ouch!

Just because a condition exists in the community doesn't mean that condition is approved or will be approved. Be safe

and use the approval process. Review the specifications for fences. These can be found on the application itself (*also see below*). This and other applications are on the Woodwind Lakes website under the Forms tab.

www.woodwindlakeshoa.com/forms.html

Next, download the application pdf, fill it out, save it, and email it to our management company.

arc@grahammanagementhouston.com

Specifications from the Fence application:

- Pickets must be No. 2 or better Western Red Cedar. Posts, stringers, and rot board may be pressure treated pine.
- Wooden fence segments not eligible for 8-foot height* will conform to the height requirements [6-foot picket, 6-inch rot board for a total of 6 feet 6 inches].
- * Fence segments that make the perimeter of Section 4 along Philippine, Gessner, Mauna Loa and Windfern must be replaced with an 8' fence segment made up of a 12" rot board and 7' pickets.

There are a few other details that need to be addressed in checkboxes.



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.

When a kiss isn't just a kiss

One would think with a name like “kissing bug”, the bug would be a cute, harmless, little bug, right? Au contraire! The kissing bug or Triatomine bug, wants your blood. These nocturnal insects get their nickname “kissing bug” because they often bite their victims near the lips, nose or eyes. Their saliva contains a numbing compound so often times the victim doesn't even realize they've been bitten. After they “kiss” you and ingest the blood, they defecate on the person or animal. The feces can enter the body through a scratch, open wound, the mouth, nose or eyes. If the insect is a carrier of the parasite *Trypanosoma cruzi*, which is only present in their feces, you may get Chagas disease which can be fatal. Thankfully, however, not every kissing bug is a carrier.



Other modes of transmission

There are other ways to get infected besides being “kissed” by the bug. They include being born to a person who is infected with the parasite, eating uncooked food contaminated with feces from infected bugs, exposure through infected animals like raccoons or opossums and through blood transfusions or organ transplants.

Chagas disease

Chagas disease can be either acute or chronic. With the acute phase, some people are symptom-free. However, if you do experience symptoms, here's what to look for:

- Swelling at the bite site
- Body aches
- Fatigue
- Headache
- Loss of appetite
- Nausea, diarrhea or vomiting

Since many of the symptoms are the same as the flu, it may be hard to diagnose Chagas disease and may require multiple tests. In the acute stage, the goal of treatment would be to rid the body of the parasites. “Chagas is not something that most doctors think about in the U.S.,” said Dr. Wesley Long, medical director of microbiology at Houston Methodist Hospital. Doctors are taught, “when you hear hoofbeats, think of horses, not zebras. Chagas is a zebra.”

Chronic stage of Chagas Disease

In most cases, symptoms will subside in a few weeks and there won't be any permanent damage. However, if not diagnosed and treated, the disease could advance to the chronic stage and symptoms may not appear for ten to



twenty years. At this stage, it's too late to try to kill the parasite and treatment focuses on managing the signs and symptoms. Those symptoms include:

- Irregular heartbeat
- Heart failure
- Cardiac arrest
- Stomach pain, constipation
- Trouble swallowing due to an enlarged esophagus

Where kissing bugs are found

Texas A&M AgriLife experts would like everyone to be aware of where you might find kissing bugs around your home.

- Beneath porches
- Under cement
- In rock, wood or brush piles
- Rocky structures
- In chicken coops
- In outdoor dog houses or kennels



If you believe you have found a kissing bug, you may want to send it to the Texas A&M University Kissing Bug Citizen Science Program for free identification and testing. Contact kissingbug@cvm.tamu.edu for more information.

Cheryl Conley, Lake Creek Nature Preserve, Board of Directors

More helpful things to know

Where can I find a map of the community and know which streets are in which section?

<http://www.woodwindlakeshoa.com/community-map.html>

I want to be able to see the HOA Board's meeting minutes and the financial statements.

How can I access them? And how can I make sure I receive email blasts regarding the neighborhood? *[Hint: You need to first register as a resident – if you haven't already – and then click the link on the home page]*

<http://www.woodwindlakeshoa.com/resident-registration-.html>



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 February 2023

Categories

Burglary Habitation: 0	Burglary Vehicle: 0	Theft Habitation: 0
Theft Vehicle: 0	Theft Other: 0	Robbery: 0
Assault: 0	Sexual Assault: 1	Criminal Mischief: 0
Disturbance Family: 1	Disturbance Juvenile: 0	Disturbance Other: 0
Alarms: 4	Suspicious Vehicles: 0	Suspicious Persons: 0
Runaways: 0	Phone Harrassment: 1	Other Calls: 31

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	18	51	20	0	12	13	0	3	862	15
W15	57	31	6	0	0	19	0	0	867	18
TOTAL	75	82	26	0	12	32	0	3	1729	33

Summary of Events

SEXUAL ASSAULT:

7800 ENSEMBLE DR- Deputy responded to the listed address in reference to a Sexual Assault of a Child complaint and conducted an investigation. This case was forward to investigators with the Harris County Sheriff's office for further investigation.

FAMILY DISTURBANCE:

7600 ROLLING ROCK ST- A known adult male suspect and female complainant were involved in a heated verbal altercation at the listed address. Upon completing the investigation, the investigating deputy made contact with the Harris County District Attorney's office and no charges were filed at this time.

Alarms:

Deputies responded to 4 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 0 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 31 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