

Woodwind Lakes

NEWSLETTER

MAY 2023

Constable meet and greet/safety discussion

The Safety Committee of Woodwind Lakes is excited to organize a Meet and Greet/Safety Discussion with our Precinct 4 Constable! The event is scheduled for Sunday, May 21st at the Pavilion from 5:00-7:00pm.

Our neighbor, Adriana Guerrero, will be selling charcuterie boards and sweets! To see her offerings and to pre-order, you can contact her on Instagram at <https://instagram.com/adrisweettreats> or text her at 832-349-2358.

We hope to see you there. Please spread the word!



Charcuterie boxes – \$7.00 each

Mini fruit tarts – \$2.50 each

Basque cheesecake slice – \$4.00 each

Chocoflan slice – \$4.00 each

Cakesicles – \$2.50 each

Bring the kids and they can play on the playground.

This community event is a great time to meet your neighbors and make new friends.

More Fourth of July volunteers still needed

We have had about 10 homeowners volunteer to assist with the July 4th event but we are still in need of cooks (2), a volunteer to head the event and someone to take on the task of ordering the food for delivery.

PLEASE consider volunteering, even if it is only for a few hours. **We will not be able to hold this event unless we have enough volunteers.** You can contact the board at "ask the board" on our website (www.woodwindlakeshoa.com) to help our community have a great 4th of July.

This is always a big event with a large turnout.



Styles and Stems

UNFORTUNATELY...

The Woodwind Lakes Women's Club event originally planned for May 9 has been postponed due to the venue becoming unavailable because of interior damage to the building.

A new date will be announced.

Really
WE NEED YOU!



4th OF JULY VOLUNTEERS NEEDED!

THE BOARD IS LOOKING FOR VOLUNTEERS for our July 4th Parade & Picnic. Everyone loves our family oriented events but we need enough people to help us out to make the event special for everyone. Please consider volunteering, even if it is only for a few hours. We will not be able to hold this event unless we have enough volunteers. Please contact the board at "Ask the Board"

on our website (www.woodwindlakeshoa.com) to help all of our community have a great 4th of July. We are in need of a volunteer to head the event along with other volunteers to help judge, work the parade, cook, coordinate with constables, fire department and scouts alongside the board. Too many opportunities to list as this has always been a big event with a large turnout of residents. *Thanks!*

Look but don't touch!

When we see something little, cute and fluffy, our first instinct is to pet it or pick it up but you want to steer clear of this little fella. It's the asp caterpillar also known as the Toxic Toupee also known as the puss caterpillar. Lots of names for such a little thing. They are more formally known as the Texas Southern Flannel Moth, *Megalopyge opercularis*. They are only about an inch to an inch and a half long, are tear-drop shaped, are covered in a thick coat of tan to grayish white hairs and are most active at night. The head and legs aren't visible from the top. They are one of the most toxic caterpillars in North America and can be found on the east coast from New Jersey to Florida and as far west as Texas.



hairs. A tiny caterpillar grows inside the egg. As the larvae (caterpillar) grow, they become hairier. Once they hatch, their main job is to eat and grow. During this time, they will shed their skin 4 or 5 times. When fully grown, it stops eating and spins a cocoon as a protective cover for the pupa. The cocoons are very tough and often remain on the twig long after the moth has emerged. The life cycle is now complete and it starts again when the female lays eggs.

Why you shouldn't touch them

Beneath the soft hair are tiny venom-filled spines and when brushed against the skin, they produce a very painful sting. Some describe the pain as excruciating. The pain can radiate throughout the entire body. In some, the sting can also cause nausea, headache and abdominal pain.

Cheryl Conley
Lake Creek Preserve
Board of Directors

What should you do if you get stung?

- Put tape over the wound and quickly pull it off to remove any spikes.
- Wash the area with soap and water.
- Apply an ice pack which will help numb the pain.
- Take antihistamines to help with pain and swelling.
- For more severe symptoms, see a physician.

Before touching any insect or animal, make sure you've done your homework.

Sometimes looks are deceiving.

These are one of the most toxic caterpillars in North America!

Life cycle of the asp

The life cycle of the asp is egg to larva (caterpillar) to pupa to adult. The first stage of the life cycle is the egg. Eggs are laid by adult females in rows or clusters on twigs or leaves and are covered in

LAWN HEALTH By CLS Lawn & Pest

How thatch can make or break your season

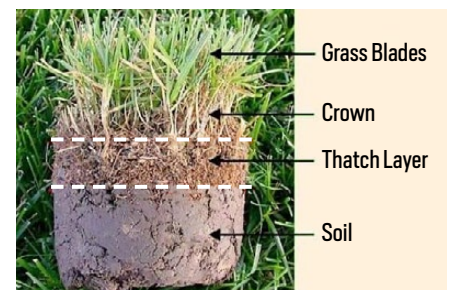
As we are experiencing warmer weather in the Houston area many lawns are subject to disease. Lots of lawn diseases start in the thatch layer of soil. The thatch layer is close to the top of the soil where shallow roots begin. In addition to the root system, this layer contains a large amount of decaying



plant matter. Though thatch is found in all soil, it can become dense and create an ideal location for disease to grow when it is unmanaged, as it allows for excess moisture to be housed, preventing airflow and proper oxygenation of the soil. With excess moisture and a lack of airflow, fungus will begin to grow and run rampant. This will cause damage to the lawn and can result in major bare spots in the turf.

To reduce thatch build up proper mowing practices such as following the 1/3 rule, raking clippings and using sharp blades; regular fertilization and liquid dethatching agents are all helpful.

If you find yourself in need of some help with your fertilization and weed



control needs we would love to lend a helping hand. Your first month is \$5 when you mention this newsletter. You can find us on the web at www.clslawnandpest.com, on Facebook at CLS Lawn & Pest, or send us a text or call (832) 554-9811.



Living in a deed restricted community

ARE THERE ANY RESTRICTIONS REGARDING REMOVAL OF TREES?

“

Question: I have a tree that looks to me like it is dead or dying and I want to have it cut down. It's in my back yard and I have quite a few trees in my yard already. I hate to pay an arborist to come and check it out since I'm pretty sure it can't be saved.

”

Here's why you shouldn't do that.
(Some of this information was covered in the November 2022 issue of the newsletter, but it is so important that it bears repeating.) Trees are one of the most important assets in our community. We must make every effort to preserve the mature oaks and pines as well as other natives. Before any tree can be removed, an application to remove the tree must be submitted for approval. Trees will be considered for removal

only if they are dead or untreatably diseased, or if they pose a legitimate risk of falling and/or causing other damage to life or property. **Dead or diseased trees must be confirmed by a certified arborist (not a tree removal company).** Tree removal requires the entire tree and stump be removed down to the ground with no remaining roots visible. Other requirements can be found on the application form.

Be sure to use the approval process! ★

Review all the details necessary before requesting tree removal. These can be found on the application itself (*also see below left*). 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

Information needed per the application:

- **REQUIRED:** Attach photos and mark location of tree(s) to be removed on property site plan.
- **PLEASE NOTE:** An application must be submitted each time a tree will be cut down. If several trees are cut on the same date, only one application is needed.
- A letter from a certified arborist.
- Description of the tree(s) to be removed and location on the property.
- Reason for requesting removal.
- Removed tree(s) **MUST** be replaced with another tree of similar quality or one native to our area (ie.: oak or pine) somewhere on the same property. If tree(s) cannot be replaced, please include an explanation.
- If tree(s) will be replaced, what type of replacement tree will be planted in what location.

FINES FOR TREE VIOLATIONS

First violation.....	\$300
Second violation	\$400
Subsequent violations	\$500
Removing a tree after denial by the ACC and denied appeal to the HOA Board	\$1,000

★
Failure to do so is costly!

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.

Staying healthy

It requires work, smart lifestyle choices, checkups and tests

In past articles we have spoken often of the importance of a healthy diet rich in fiber, whole grains, fresh fruits and vegetables. Why? These dietary components turn down inflammation which can damage tissue joints, artery walls and organs.

Many holistic doctors recommend the Mediterranean diet because there is convincing evidence it is effective at warding off heart attack, stroke or premature death.

Physical exercise

Physical exercise is an important component to healthy living. Aim for 150 minutes of moderate intensity exercise, such as brisk walking, every week. Strength training, 2-3 times a week, is important for balance, bone health, controlling blood sugar and mobility.



Reducing stress

Finding ways to reduce stress is another strategy that can help us stay healthy. Try yoga, meditation, mindfulness and taking vacations.

Checking cholesterol

Check-ups should also be part of our wellness journey. Managing blood cholesterol levels is one way to avoid cardiovascular disease and protect against heart attacks and strokes. Doctors look at our HDL (good cholesterol) and LDL (bad cholesterol). "Too much LDL in the bloodstream can create a plaque buildup inside the arteries. This buildup blocks blood flow to the heart or brain, which can lead to a heart attack or stroke. In general, the lower the number the better. If you



Many holistic doctors recommend the Mediterranean diet because there is convincing evidence it is effective at warding off heart attack, stroke or premature death.

already have cardiovascular disease or at high risk for it, you should aim for LDL of less than 70 milligrams per deciliter (mg/dl). For people at average risk, achieving a level of less than 100 mg/dl with lifestyle changes is excellent." *Harvard Medical*

OK, now what can we do to have healthy cholesterol levels?

Again, the Mediterranean diet helps reduce levels of harmful LDL and increase levels of healthy HDL.

A few great sources of healthy fats

- Olive oil
- Nuts, such as almonds, cashews, pecans and macadamias
- Canola oil
- Avocados (I add an avocado to smoothies)
- Nut Butters
- Olives

These fats help to reduce the oxidation that contributes to clogged arteries.

Please be aware of trans fats which are solid at room temperature. Trans fats can be found in products such as spreads, pastries and cookies. Trans fats increase total cholesterol and LDL and decreases beneficial HDL.

Unhealthy fats

Additional foods that commonly contain trans fats include:

- Margarine and shortening
- Pastries and some baked goods

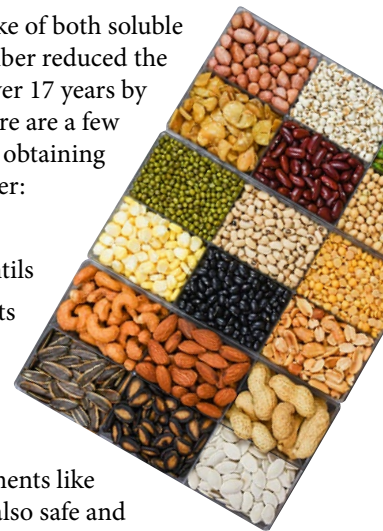
- Some microwaveable popcorn
- Fried fast food
- Some pizzas
- Nondairy coffee creamers

Labels can be misleading. Companies are allowed to round down when the amount of trans fat per serving is less than .05 grams per serving. This means a food product can have trans fats even though the label says 0 grams of trans fat. To double check, read the ingredient list in addition to the nutrition label. If a product contains "partially hydrogenated" oil in the ingredients it contains trans fats and are harmful **even** if the label claims the product has 0 trans fat per serving.

More tips to healthy cholesterol numbers

High fiber intake of both soluble and insoluble fiber reduced the risk of death over 17 years by nearly 15%. Here are a few suggestions for obtaining that healthy fiber:

- Oat cereals
- Beans and lentils
- Brussel sprouts
- Fruits
- Peas
- Flaxseeds
- Fiber supplements like psyllium are also safe and inexpensive sources of soluble fiber.



Soluble fiber nourishes probiotic gut bacteria and helps remove LDL cholesterol from the body.

Smoking

Smoking is a hard habit to quit. If you have high LDL here is another reason that could be causing it. Avoid smoking as it increases the risk of heart disease in several ways. One of these is by changing how the body handles cholesterol. The immune cells in smokers are unable to return cholesterol

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Staying healthy

from vessel walls to the blood for transport to the liver. The damage is due to tobacco tar rather than nicotine. Quitting can help reverse these effects.

Supplements

Try Supplements. There is strong evidence that fish oil and soluble fiber improve cholesterol and promote heart health. Another supplement, coenzyme Q10, is showing promise in improving

cholesterol, although its long-term benefits are not yet known.

I must share this tip from my Mother's neurologist. He feels everyone should be on the "most powerful antioxidant" Alpha-Lipoid Acid (take with food). He recommends 600 mg. three times a day because she has neurological concerns. However, he takes only one because he has no health issues. I take one a day for prevention. There are great studies on the

beneficial effects for maintaining healthy cholesterol numbers with this supplement.

As my Mother always says,

"An ounce of prevention is worth a pound of cure."

Hope these articles are an encouragement to be your healthiest self!

Take care and be blessed,
Sincerely,

Donna Konopka

Safety Committee

In early October 2022, the HOA created a Safety Committee to address safety concerns raised by the residents. The community was given the opportunity to sign up and meetings began. The HOA board liaison to the committee is Chad Overton. The committee chair is Bob Weber. The committee meets two to three times a month and attends the HOA meetings to give its monthly report.

Some recent activity and results

To date, the committee has ensured all constable monthly reports are uploaded to our website, worked with CenterPoint to update our street lighting to LED and organized an upcoming Constable Meet and Greet for Sunday, May 21st from 5-7 pm at the Pavilion. The Safety Committee also had a security assessment of our neighborhood done by a third party. The findings will be reviewed by both

the HOA and the Safety Committee to determine next steps.

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If anyone would like to join the Safety Committee or has an issue they would like the committee to research, please fill out the "Ask the Board" form on the WWL website: <http://www.woodwindlakeshoa.com/contact-us.html>. Please specify your request is for the Safety Committee.

We hope to see you on May 21st at the Pavilion!

More details on this event are on the front page of this newsletter.



Blessed are those who have learned

*To Admire but not Envy,
To Follow but not Imitate,
To Praise but not Flatter and
To Lead and not Manipulate.*

May Yard of the Month winners

SECTION 1



9226 BRAHMS LANE

SECTION 2



7627 ROLLING ROCK STREET

SECTION 3



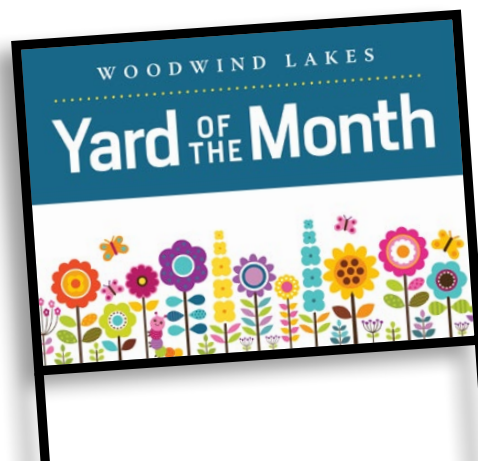
8747 SERENADE LANE

SECTION 4



8103 RONDO COURT

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 April 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: 2
Alarms: 3	Suspicious Vehicles: 0	Suspicious Persons: 0
Runaways: 0	Phone Harrassment: 0	Other Calls: 24

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	13	48	9	0	1	26	0	2	1013	17
W15	51	31	5	0	0	23	0	1	914	18
TOTAL	64	79	14	0	1	49	0	3	1927	35

Summary of Events

OTHER CALLS:

7900 ADAGIO AVE- A known male complainant stated that he and a known male suspect were involved in a heated verbal argument when the suspect grabbed a blunt object and threaten to cause him bodily harm. Charges were declined at this time.

8700 SERENADE LN- A known male complainant stated that an unknown suspect vehicle struck his parked vehicle causing damage and then fled the scene of the crash without providing any information.

Alarms:

Deputies responded to 3 residential alarms that were all cleared as false or cancelled.

Suspicious Vehicles:

Deputies responded to 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 24 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