

Woodwind Lakes



It's all right here

October 2021

Volume 10, Issue 10

A LITTLE FREE LIBRARY



"Library and Bench at Woodwind Lakes" Photo by Michelle Leben



"Free Little Library"

A Little Free Library has been installed by the Woodwind Lakes family pool located at 9015 Woodwind Lakes Drive. The Woodwind Lakes HOA also installed a bench next to the library. The idea behind a Little Free Library is that you can take a book for free or leave a book to share at any time. The library was donated by the Leben family in loving memory of Elaine Leben, a wonderful wife, mother, mother-in-law, grandmother and friend. Elaine lived in the Village of Woodwind Lakes for 11 years prior to her passing in January 2021. She spent over 40 years teaching, focusing on special education students and had a passion for reading.

Elaine's grandchildren, Scott and Brett, also Woodwind Lakes residents, were her pride and joy. She loved reading to them when they were little. Perhaps on a nice day, you will pick a book out of the library and sit on the bench to read it to your children or grandchildren in her honor.

Please be sure to stop by the library to donate a book or find a new book to enjoy.

Regards,

Michelle Leben



"3 Generations"

Woodwind Lakes Wednesdays Food Truck Schedule

Food Truck nights are every Wednesday from 5-8pm.



The trucks park in the Family Pool parking lot at 9015 Woodwind Lakes Drive. Each week the truck changes and the style of cuisine varies. Most trucks provide phone or online ordering but some are "order at the truck" only. Details and updates are provided on the

website Nextdoor.com. October and November trucks are listed below but subject to change.

October 6 "Texasiana" serving favorites from Tennessee, Texas and Louisiana. Southern Comfort Food. Order at the truck or pre-order using an online form provided on Nextdoor.com.

October 13 "Coffee Q" serving delicious coffee/teas (hot and cold) and flavorful BBQ. Tacos, sandwiches, elotes and nachos all using smoked meats. Order at the truck or online. Online link provided on Nextdoor.com.

October 20 "Cousins Maine Lobster" serving lobster dishes, clam chowder, shrimp tacos, tater tots, kids' meals and whoopie pies! Order at the truck or use the app on your cell phone.

October 27 Pending (Check Nextdoor.com).

November 3 "Bright Relish" serving Chicago Style Dogs with flair. Order at the truck only.

November 10 "Curbside Sliderz" serving baskets of 2 sliderz with fries. Meat choices, beef, chicken, turkey and sweet potato fries as an option. Phone in orders at 832-816-5585 or order at the truck.

November 10 "Arts & Crepes" serving sweet and savory crepe creations. On the savory side, Brie and pear, goat cheese, truffle mustard, sundried tomatoes... On the sweet side, strawberry, lemon, apple pie, crème brulee... Toasted sandwiches also available. Order at the truck only.

November 24 Pending (Check Nextdoor.com).

Woodwind Lakes

IMPORTANT CONTACTS

CONSTABLE'S OFFICE

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

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NEWSLETTER AND WEBSITE

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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

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SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

TOPS Water - 281-807-9500

Pick-up are Wednesdays (trash, heavy trash) and Saturdays (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

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Please support the advertisers that make the *Woodwind Lakes Newsletter* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or 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.

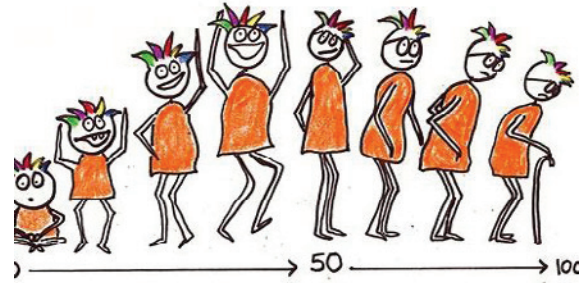
NATURAL WAYS TO SLOW THE AGING PROCESS

Now some of our “young” readers may want to skip over this but truly it is great advice for all ages. Jack LaLanne, one of the pioneers of successful aging, offered suggestions for leading a long and vibrant life. At 65, he towed 65 boats, each filled with 1,000 pounds of wood pulp in Lake Ashinoko, near Tokyo, Japan. One of his now famous sayings was, “People don’t die of old age, they die of neglect and inactivity.” He believed “use it or lose it”. Things in motion tend to stay in motion and things and people that don’t will stop.”

LaLanne’s fruitful aging also came from having a sense of purpose. He stayed social through his 90s and had a huge network which included thousands of Facebook fans.

He had such a penchant for exercise which helped keep his brain sharp and youthful. “Research suggests that frequent exercise may help to reduce dementia and more generally preserve brain function as we age.”

Elevated inflammation is also associated with cognitive decline and brain aging... Dr. Perlmutter. We can be proactive in controlling this by avoiding refined and highly processed foods, consume more healthy fats like omega 3s, exercise, get good sleep and engage in stress reduction techniques such as spending time in nature. Take a leisurely walk and enjoy the beauty nature offers. When you do, be in the moment and enjoy what you see!



In closing, let’s chat a minute more about healthy brain foods. A 25-year Harvard study showed that the participants who ate relatively high amounts of vegetables over the years had less age-related decline in memory. During the course of the study, cruciferous veggies and leafy greens (including spinach and kale) had the biggest effect on retaining memory. Other great food choices are Swiss chard, mustard greens, turnip greens, collard greens, brussel sprouts, cauliflower, cabbage, arugula, watercress, broccoli and bok choy.

Please remember, every bite we take fights or feeds disease.

Take good care. Wishing you happy and healthy days.

Sincerely, Donna Konopka

Preparing Your Home for Winter!

- Clean and repair gutters, downspouts and roof to remove leaves and debris.
- Inspect all exterior paint and caulk. Make necessary repairs around windows and doors.
- Have HVAC professional inspect heating and cooling systems.
- Fertilize lawn.
- Service sprinklers and irrigation systems.
- Switch the direction of fan blades.



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Woodwind Lakes

TIME TO HEAD SOUTH

By Cheryl Conley



With temperatures still soaring in our area, it's hard to think about fall but birds know it's time for their fall migration. So, exactly how do they know? There are a number of factors. One way is the angle of the sun. Days are growing shorter and we have fewer hours of daylight. Summer crops are becoming scarce and less food is available. In the fall, baby birds are now mature enough to be on their own so Mom no longer has to tend to the youngsters. The location of the birds is important as well. Arctic birds may begin migrating as early as July while those closer to the equator start migrating in late September.

Although rare in the Greater Houston area, it is not unheard of to see a Broad-winged hawk (*Buteo platypterus*) in the Houston area. These raptors have chunky bodies and a small reddish-brown head. Their tails are black and white striped similar to a raccoon's tail. The undersides of the wings are bordered in dark brown. These hawks live in forests and spend the majority of their time under the canopy of the trees. Here they look for small animals to hunt.

The female typically lays 2 or 3 eggs and the incubation is almost exclusively taken care of by Mom. The male will bring food to her while she's tending to the eggs. Mom takes care of the young for the first 1 to 2 weeks after hatching and the male continues to deliver food for her and the young. Mom gets a break once the babies are a little older when Dad pitches in. At 5 to 6 weeks, the young are able to fly.

Almost all Broad-winged hawks migrate in the fall to Central and South America. A great place to see these raptors as they make their way south is at Smith Point on Galveston Bay's eastern shore. Smith Point features a land form that funnels the birds into a migration corridor. At peak migration periods, thousands of birds can be seen in one day. Broad-winged hawks make up approximately 70% of the birds traveling this route.

Beginning on August 15th and running through November 30th, the Gulf Coast Bird Observatory keeps a daily raptor count at Smith Point called the Smith Point Hawk Watch. A watch tower has been constructed for this purpose and is open to the public from 8am to 4pm. Staff and volunteers are at the watch tower to talk with visitors and answer questions. There are scopes and binoculars so visitors can get a better view of the birds. This year marks the 25th anniversary of the raptor counting and a celebration is planned for October 2nd from 10am to 1pm. For more information, you can visit the Gulf Coast Bird Observatory website or call 979-480-0999 for more information.

Crape myrtle bark scale

Crape myrtles are a popular landscape tree in parts of Texas, prized for their beauty. While this tree has been relatively maintenance free for years, that is no longer the case now that crape myrtle bark scale (CMBS) has been found in Texas. Crape myrtle bark scales are small, wingless insects, pinkish in color and covered with a white, velvety covering. When looking at the bark of an infested tree, check for round to oval shaped white velvety insects. If you puncture one with a toothpick, it will exude a pink substance.

When inspecting crape myrtles for CMBS, look along trunks and limbs, as well as smaller twigs and branches found towards the top of the tree. You'll want to look for scale insects and sooty mold. Sooty mold is a black colored fungus that grows on honeydew. Honeydew is an excretion from scale insects and other small, soft-bodied insects such as aphids and mealybugs.

Heavily infested crape myrtles have CMBS that produce copious amounts of honeydew on the tree and surrounding area which leads to growth of sooty mold, turning landscape plants and the surrounding area (or items underneath infested trees) black. Infested crape myrtles produce fewer and smaller blooms which may be difficult to tell unless you have an uninfested tree to compare.

Only male crape myrtle bark scales fly. Females and immatures are wingless, but can be dispersed by wind, birds, other insects, or landscape maintenance equipment to nearby areas. Long-distance transport occurs through infested material. Once CMBS are in an area, they can move onto nearby trees.

Control options are varied for CMBS. There are predators and parasites that attack and eat CMBS, such as ladybugs, but this may take awhile for you to see and the scale insect population may outgrow the population of the predators. Try to avoid bringing home infested material by inspecting plants and other landscape materials before buying.

Pesticide treatment for crape myrtle bark scale can be done with either a contact spray or a systemic. Studies from TAMU discovered that contact sprays should be used when pest numbers are peaking (crawler/ nymph numbers peak mid-April through May) and two treatments should be done with the second treatment taking place 2 weeks after the initial treatment. Insecticides with bifenthrin as the active ingredient tend to work best.

Systemic treatments should be applied earlier when crape myrtle leaves are budding out. Systemics such as imidacloprid and dinotefuran are best used as a soil treatment in March so they are taken up by the tree and in place for the crawler population that emerges in April-May. These products should be used when trees are NOT in bloom to protect pollinators.

If you notice crape myrtle bark scale infesting your trees late in the season (approximately July and on), then you can use a high-pressure water spray to knock the scale insects off the tree. Another option is to get a scrub brush and dip it into a bucket of soapy water and wash the insects of the trunk and branches of the trees.

For a video on how to treat crape myrtles for CMBS, you should go to this link: <https://citybugs.tamu.edu/2018/08/28/how-to-treat-your-crapemyrtle-for-bark-scale/>



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

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What's Good Near The Hood



with Kate Weatherford, Woodwind Lakes Resident & Realtor®

Senate Avenue Brewing Company is a 100% community owned nanobrewery and taphouse right by our hood in Jersey Village.

This family friendly place will be your new weekend hangout! If you're bringing the kids, challenge them to find the golden rock in their rock pit!

Keep reading to find out my faves and check the place out for yourself this weekend! You can find Senate Avenue Brewing Company at 16000 Dillard Dr Suite F. Jersey Village, TX 77040



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

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KATE'S PRO TIPS

- > I like their crab cakes and wings, I also LOVE the fact that a brewery offers wine since not everyone drinks beer.
- > They do trivia nights on Wednesdays and live music every Thursday.
- > They're open 7 days a week for lunch and just started doing brunch on Saturdays and Sundays.



Woodwind Lakes

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**Saturday, October 16, 2021
7:00am to 3:00pm**

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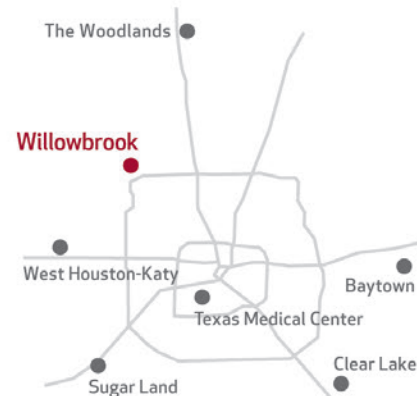




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September Yard of the Month



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