

Woodwind Lakes



It's all right here

November 2020

Volume 9, Issue 11

Christmas PARADE



Everybody loves a parade. So, let's have one!

Saturday December 5, 2020 at 4:00pm

With the Corona virus preventing us from having our annual Christmas on the Lake celebration, we have decided to have our first Christmas parade instead. The exact route is yet to be determined and will depend in part on how many participants we have. If you are willing to decorate your truck, car, golf cart, bike etc., we would love for you to be in the parade. We will provide beads and toys to throw.

Please email me, Terry Buckner at terry214@live.com, if you can participate so we can plan accordingly.

Updates and more details will be posted on NextDoor and in emails from Graham, our property management company.

COMMON GROUNDS PLANTINGS



Viola Mix



White Kale



Snapdragon Sonnet
Crimson



Dianthus Amazon
Rose Magic



Snapdragon
Montego Red



Calendula
Yellow



Dusty Miller
Silver Dust

Woodwind Lakes

IMPORTANT CONTACTS

CONSTABLE'S OFFICE

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

BOARD OF DIRECTORS

President..... **Mendi Strendel**
Vice-President.....**Jeffrey Krahn**
Treasurer.....**Daniel Kallus**
Secretary.....**Kate Weatherford**
Director.....**Darryl Hackfield**

NEWSLETTER AND WEBSITE

Newsletter Editor

Lynn Collins lynn.collins@garygreene.com

Website

"Ask the Board" www.woodwindhoa.com, Contact Us

GROUNDS COMMITTEE

Ann Tatum..... anntatum9203@gmail.com

PAVILION & ADULT POOL

Leigh Allen lallen@grahammanagementhouston.com

FAMILIES OF WWL

Dana Patterson..... greg.dana.patterson@gmail.com

CHRISTMAS COMMITTEE

Terry Buckner terry214@live.com

WOMEN'S CLUB

President: Ann Tatum..... anntatum9203@gmail.com
Vice President: Judith Simmons.....jjsimons@comcast.net
Secretary: Cindy Horn.....cindy.d.horn@gmail.com
Treasurer: Lynn Collins.....lynn.collins@garygreene.com

OTHER USEFUL NUMBERS

Graham Management

..... graham@grahammanagementhouston.com, 713-334-8000
Mailing Address: 2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

Association Manager

Leigh Allen..... Lallen@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 is Monday and Thursday.

Water/Sewer Issues, all Sections: 281-807-9500

M.U.D. #261 BOARD SECTIONS 1, 2 & 3

S. Brady Whittaker (05.12.18) President
.....713-333-6411
Jason Vanloo (05.14.20) Vice President
.....281-236-6419
John Oyen (05.14.20) Secretary
.....713-446-3959
Larry Goldberg (05.12.18) Director
.....713-824-5499
Milt Dooley (05.14.20) Director
.....713-858-7303

M.U.D. 261 www.HCMUD261.com

SECTION 4 VILLAGE OF WOODWIND LAKES

Texas Pride Disposal - 281-342-8178

TOPS Water - 281-807-9500

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 Leigh Allen Lallen@grahammanagementhouston.com

ADVERTISING INFO

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.

WOODWIND LAKES FOOD TRUCK WEDNESDAYS AT 9015 WOODWIND LAKES DRIVE



FOOD TRUCK WEDNESDAYS HAPPEN EVERY WEDNESDAY, 5-8PM, AS LONG AS THERE IS ENOUGH INTEREST (ORDERS) TO KEEP THE TRUCKS COMING. GO TO WWW.NEXTDOOR.COM AND SEARCH FOR "FOOD TRUCK WEDNESDAYS" IN THE WOODWIND LAKES SECTION. FULL SCHEDULE, MENUS, AND ANY LAST MINUTE CANCELLATION NOTICES WILL BE POSTED THERE. IF YOU HAVE ANY SUGGESTIONS, PLEASE EMAIL GREG.DANA.PATTERSON@GMAIL.COM.

Upcoming Trucks:

Wednesday, November 4- Cousins Maine Lobster: Seafood including lobster, shrimp, bisque, and clam chowder. Get the Cousin's Maine Lobster App on your phone to see the menu, order, and earn rewards.

Wednesday, November 11- Rich Boy, Po' Boy. Catfish, Shrimp, Chicken, Po'Boys

Wednesday, November 18- Wokker Food Truck: Southern Food with Asian Flair like brisket egg rolls or brisket pad Thai

Wednesday, November 25- Open

Wednesday, December 7- Foreign Policy Food Truck: Greek, Korean, Mexican & American Food



HAPPY
thanksgiving
from my home to yours!

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2017, 2018 & 2019 Top Producer!

Lynn Collins

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Woodwind Lakes



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CONSTABLE STATS | SEPTEMBER

| | |
|------------------------|-------------------------|
| Burglary Habitation: 0 | Disturbance Juvenile: 0 |
| Theft Vehicle: 0 | Suspicious Vehicles: 3 |
| Assault: 0 | Phone Harassment: 0 |
| Disturbance Family: 0 | Theft Habitation: 0 |
| Alarms: 2 | Robbery: 1 |
| Runaways: 0 | Criminal Mischief: 0 |
| Burglary Vehicle: 0 | Disturbance Other: 0 |
| Theft Other: 1 | Suspicious Persons: 0 |
| Sexual Assault: 0 | Other Calls: 17 |

STATS DETAILS...

THEFT OTHER:

9000 RHAPSODY LN- An unknown suspect(s) took the complainant's Trump flag from the outside of his home.

ROBBERY/AGGRAVATED:

7600 ALLEGRO DR/MELODY CIR- A known male and female complainant stated that a known juvenile male offender robbed them at gun point. The juvenile was later detained and case was referred to juvenile courts.

OTHER CALLS:

8700 ANDANTE DR- A known complainant stated that an unknown suspect(s) unlawfully obtained his bank checking account information and used it to duplicate a check which was then cashed.

7600 ROLLING ROCK ST- Deputies recovered a stolen vehicle involved in an Aggravated Robbery type offense.

7600 ROLLING ROCK ST- Deputies responded to the scene of a major accident and completed a crash report.

Alarms

Deputies responded to 2 residential alarms that were all cleared as false or cancelled.

Suspicious Vehicles

Deputies responded to a 3 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 17 other calls within the contract including:

- Motor Vehicle Accidents
- Animal Humane
- Child Custody Disputes
- Domestic Preventions
- D.W.I.
- Follow Up Investigations
- Information Calls
- Meet The Officer
- Lost Found Property
- Sex Offender Verification
- Stranded Motorist
- Traffic Hazard
- Unknown Medical Emergency
- Abandoned/Speeding Vehicles
- Welfare Checks

| 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 | 39 | 3 | 8 | 0 | 0 | 48 | 0 | 1 | 1031 | 19 |
| W15 | 43 | 28 | 12 | 3 | 1 | 18 | 0 | 4 | 988 | 18 |
| TOTAL | 82 | 31 | 20 | 3 | 1 | 66 | 0 | 5 | 2019 | 37 |

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- Sheet Rock Insulation
- Interior & Exterior Door Replacements
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BUILDING RESILIENCE AGAINST VIRAL ILLNESS

Medical literature is filled with highly credible studies that show the enormous benefits of certain alternative treatments. Scientific evidence shows that the immune systems of numerous people in the at-risk population can be effectively stimulated, thereby lowering their risk of serious illness and death.

These therapies include:

- High dose vitamin C
- Nano-curcumin
- Nano-quercetin
- Baicalin
- Green tea.

Let Us Not Underestimate The Diet For Resilience!

Here are some tips:

The *worst immune-suppressing foods* are sugars, high-glycemic carbohydrates and omega-6 fats. Sugar consumption can suppress cellular immunity for days.

- Omega-6 oils such as corn, safflower, sunflower, soybean, peanut and canola oils, powerfully suppress immunity and increase inflammation. Instead high-quality olive oil should be eaten with each meal. Olive oil contains two powerful antioxidants that improve blood flow.

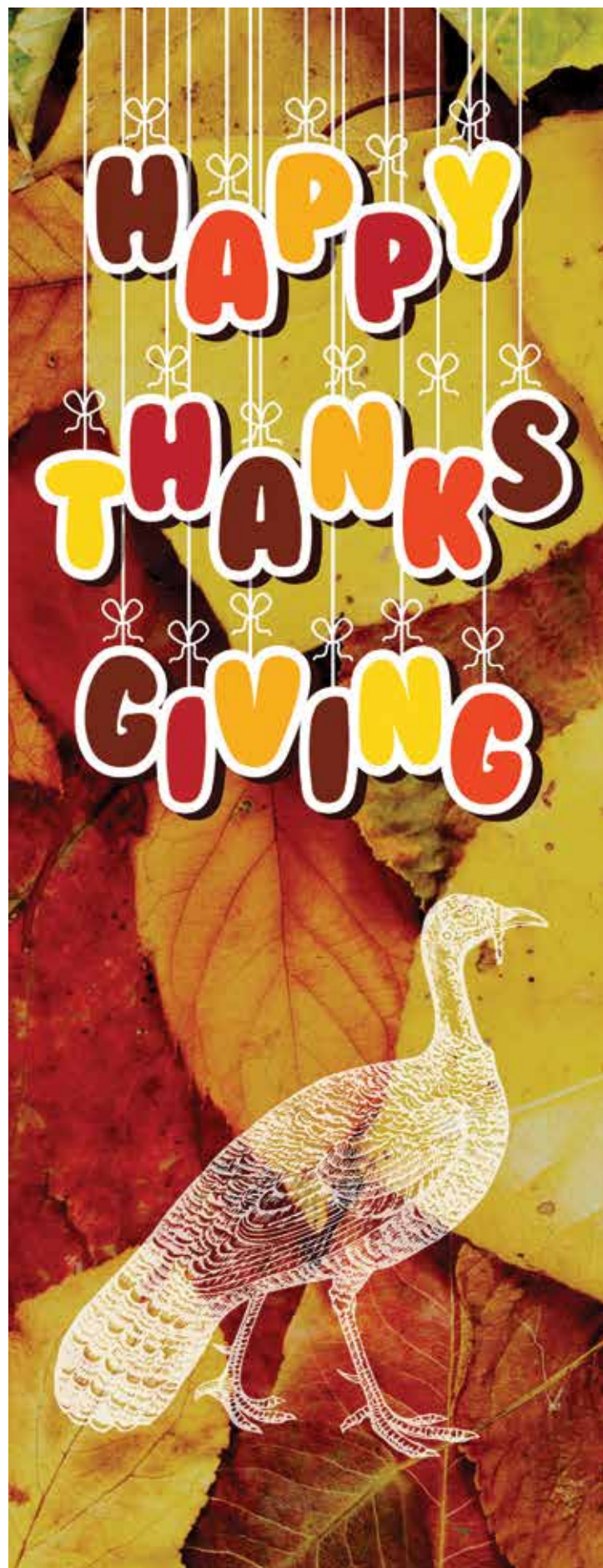
- Adding turmeric powder to either olive or coconut oil which adds anti-inflammatory and antioxidant power.
- Artificial sweeteners also impair the immune system.
- Red meats can also be a problem during infections because of their high iron and high glutamate contents which can worsen an infection.
- Eating fresh vegetables with meats reduces iron absorption.
- If you chose to take vitamin C, try not to take with meals as it can dramatically increase iron absorption. Taking large amounts of iron during an active infection can lead to adverse reactions.
- Processed meats are some of the worst processed foods in the supermarket.
- White tea and green tea are the best teas to drink as they are high in healthy flavonoids.

Let Us Not Forget Exercise For Strength, Endurance, and Resilience!

A great number of studies have shown that moderate exercise improves immune function along with building endurance and strength. Resistance exercises combined with moderate aerobic exercise is a good regimen for maintaining health as well as immune resilience. Swimming, brisk walking, biking and weightlifting are all recommended.

There are so many lifestyle approaches to this nasty virus. If we eat properly, exercise and use our common sense we can still lead a happy and healthy life!

Donna Konopka



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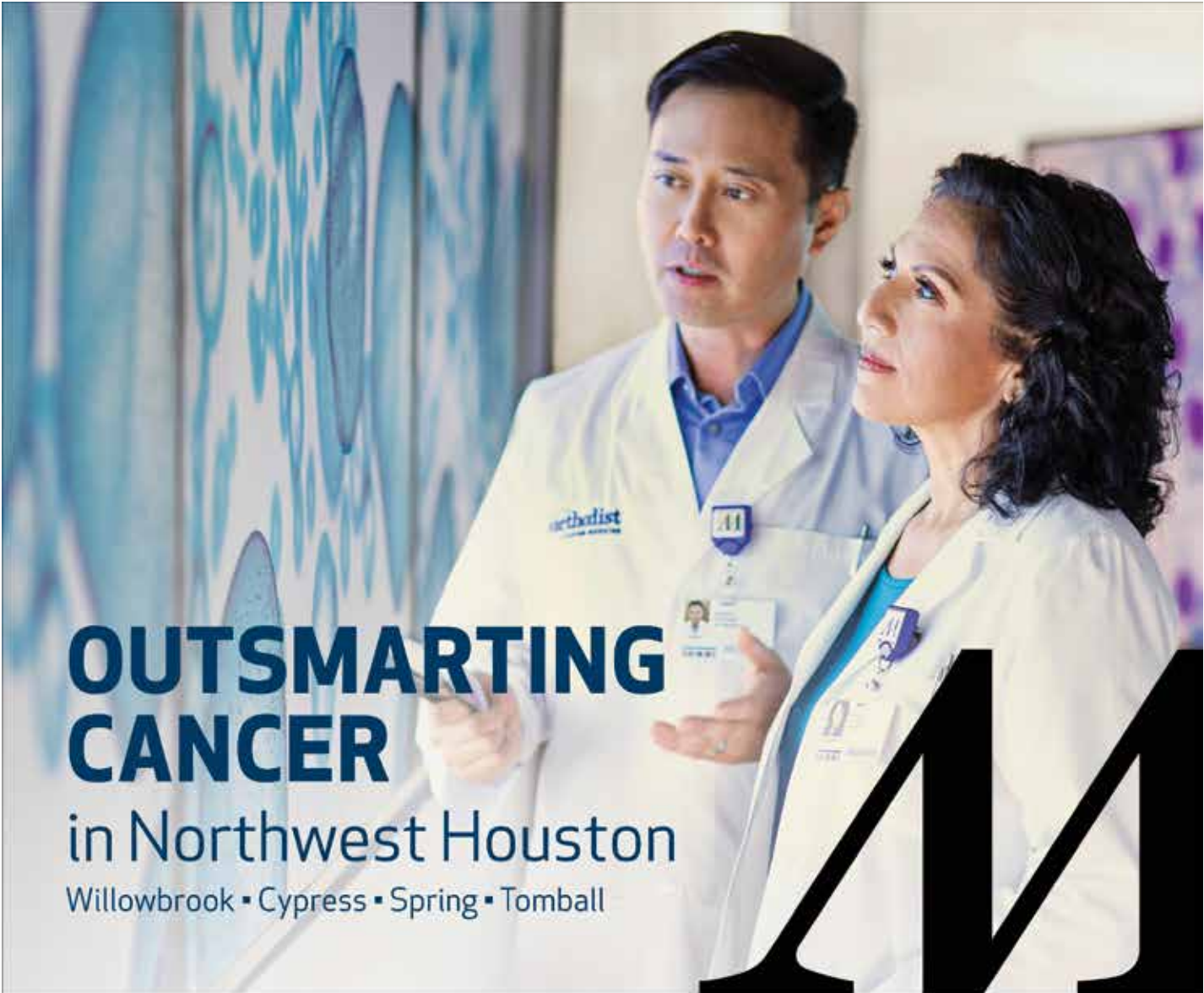
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October Yard of the Month



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9007 Rhapsody Lane



7611 Crescendo Court



9503 Musical Court