

Woodwind Lakes



It's all right here

January 2022

Volume 11, Issue 1

Christmas on the Lake

THANKS TO ALL WHO MADE THIS ANOTHER SUCCESSFUL EVENT!



Raised for Saint Jude Children's Hospital

Christmas on the Lake 2021 - \$455.00

Total for 2021- \$2945.88

Total for 8 years - \$17,584.06

"2021 will be my largest yearly total thanks to the generous folks in Woodwind Lakes." Gary House

Woodwind Lakes

IMPORTANT CONTACTS

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.....<http://www.cd4.hctx.net>

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Lynn Collins lynn.collins@garygreene.com

Website

"Ask the Board" www.woodwindlakeshoa.com

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..... graham@grahammanagementhouston.com, 713-334-8000

Mailing Address: 2825 Wilcrest Dr., Suite 600, Houston, TX. 77042

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

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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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

Is Your Body Saying It Needs a Little Extra Care After the Busy Holiday Season?

Help is on the way....

Drink the Elixir of Youth and Health... WATER! Water is the simple, pure essence of life that makes up approximately 70 percent of each of us. The body literally can't move or function, inside or out without water. In addition to pure water, fresh (preferably not canned) fruit and vegetable juices are also a source of this fluid. Part of this daily water intake can be derived from whole fruits and veggies.



An avocado, technically a fruit, is a wonderful source of fat for us.

Dr. Norman Walker calls avocados (in moderation) "just about the finest fat we can put in our bodies and can be one of our best beauty detox friends". Our family loves avocado toast for breakfast. Toast a nutritious slice of bread and add a mixture of avocado, olive oil, Everything Bagel seasoning and then top with micro-greens or sprouts. It's yummy, nutritious and filling!



I have become quite a label reader. We try to minimize chemicals in our house cleaning products, skin care and food. There are many recipes available to do just that! **"If you wouldn't drink it, don't put it on your skin."** One example is what

my Mother and I do every morning. We put whole fat buttermilk on our faces and necks. We apply the buttermilk let it dry, rinse and reapply. After second application has dried, rinse with warm water followed by a cool/cold rinse to close pores. Folks often comment on her almost 101-year-old youthful complexion so perhaps you might one to give it a try!

Let's be our own advocates. There is so much we can do to promote a healthier life. Here are a few more tips from Joy Bauer, MS, RD, CDN.

- * Pistachios help lower cholesterol.
- * Coffee and tea may protect your brain and enhance memory.
- * Whole grains can dramatically reduce blood pressure.
- * Lentils and beans can increase your energy and improve mood.
- * Berries, broccoli, onions and pomegranates are bursting with cancer fighting ingredients.

It is a New Year which I hope will be a most happy and healthy one for you and yours. I truly believe our health is our wealth. I also believe we have a lot of control over our health destiny. Every bite we take feeds or fights disease. As always, I hope these tips are encouraging and empowering. Sincerely, *Donna Konopka*



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Happy New Year!

May this year bring new
happiness, new goals, new
achievements and a lot of
new inspirations to your life.



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strawberry smoothie

Ingredients

- 1 banana
- 5-7 strawberries
- 2 tablespoons rolled oatmeal
- 1 scoop vanilla protein powder
- 1 tablespoon smooth peanut butter
- 1 cup unsweetened almond milk

Instructions

1. Place everything into a high-speed blender.
2. Blend on high, stopping to scrape the sides as needed, until smooth.
3. Serve immediately!



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**WE ARE
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Teamwork Lessons From Geese



Look up in the sky. It's a bird, it's a plane. No, it's Canadian geese flying south in their iconic "V" formation, typically during the months of September and October. However, I just saw a flock last week so obviously it can be later in the year. Normally, I hear them before I see them because they "honk" while they're flying. This is their way of keeping the flock together. They don't let bad weather or nighttime keep them from flying so when it's cloudy or dark with limited visibility, they are able to keep track of each other by honking.

As human beings, we often (but not always) choose our leaders because of their knowledge and abilities. Not so with geese. When migrating, the duty of leading the flock (or skein) is a shared responsibility. The vertex of the formation is a difficult and exhausting position to be in so it changes frequently. Each bird in the "V" flies a little higher than the bird in front of them. This reduces wind resistance and conserves energy for every bird in the formation except the lead bird so when the leader tires, it will fall back and another bird will take the lead. This is teamwork in action.

Migrating Canada geese can fly up to 1500 miles in 24 hours and fly 2,000 to 3,000 miles in total to get to their destination. Some will spend their winters in the southern United States or Mexico. It's interesting to note, however, that some geese don't migrate at all. If there's open water and available food, they may become year-round residents. They are highly adaptable.

A goose's body size can range from 30 to 43 inches with a wingspan of 4.2 feet to 5.6 feet. You'll be pleased to know that wild Canadian geese mate for life but domesticated geese prefer to play the field and can have many mates. Wild geese will stay loyal to their mates until death at which time they may seek out another mate. Interestingly, geese exhibit signs of mourning when they lose a mate. They separate from the flock and will often make mourning-type sounds.

Come spring, you may hear or see geese heading north. Normally they will return to the same nesting site every year. The female chooses the nesting site and does most of the nest construction while dad stands guard. The female lays between 4 and 9 eggs and will lay one every 1 to 2 days. The incubation period is about 30 days and during this time she will only leave the nest for very short periods of time to eat and drink. Soon after hatching, the goslings are taken to the water to eat. Mom and dad are very protective of their broods for 10-12 weeks after hatching. As the goslings grow older and learn to fly, the parents become less protective.

The Canada Goose is protected under the Migratory Bird Treaty Act of 1918. This means that it is illegal to capture, kill, trade, transport, or damage eggs or their nests without permission from the US Fish and Wildlife Service. There is, however, a hunting season for geese in Texas. Here is the link for the regulations: <https://tpwd.texas.gov/regulations/outdoor-annual/regs/animals/goose>.

By Cheryl Conley

Woodwind Lakes

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November 10, 2021

RE: UPCOMING CHANGES TO YOUR SOLID WASTE & RECYCLE COLLECTION SCHEDULE

To the residents of Windfern Forest Utility District:

Effective January 1, 2022, your garbage and recycle schedule is changing. Your new collection schedule will be MONDAY & THURSDAY garbage collection with THURSDAY recycle collection. The new collection schedule will begin as follows:

- Monday, January 3rd – Garbage collection
- Thursday, January 6th– Garbage and recycle collection

As a reminder, please have your waste and recycle curbside by 6:00 am.

We would also like to remind our customers that plastic bags should **NOT** be placed in your recycling, and recyclables should **NEVER** be bagged in plastic bags. We encourage you to place overflow in paper bags, containers clearly labeled RECYCLE, or old recycle bins. Additional recycling containers, larger recycling containers, and recycling stickers to adhere to personal containers are available by contacting our office.

For additional details on your solid waste and recycling program, or to email or webchat with a representative, please visit www.texaspridedisposal.com/windfernforestud. You can also enroll in service notifications by clicking our Residential tab at the top of our website.

We thank you for being part of our family, and we wish everyone a wonderful holiday season!

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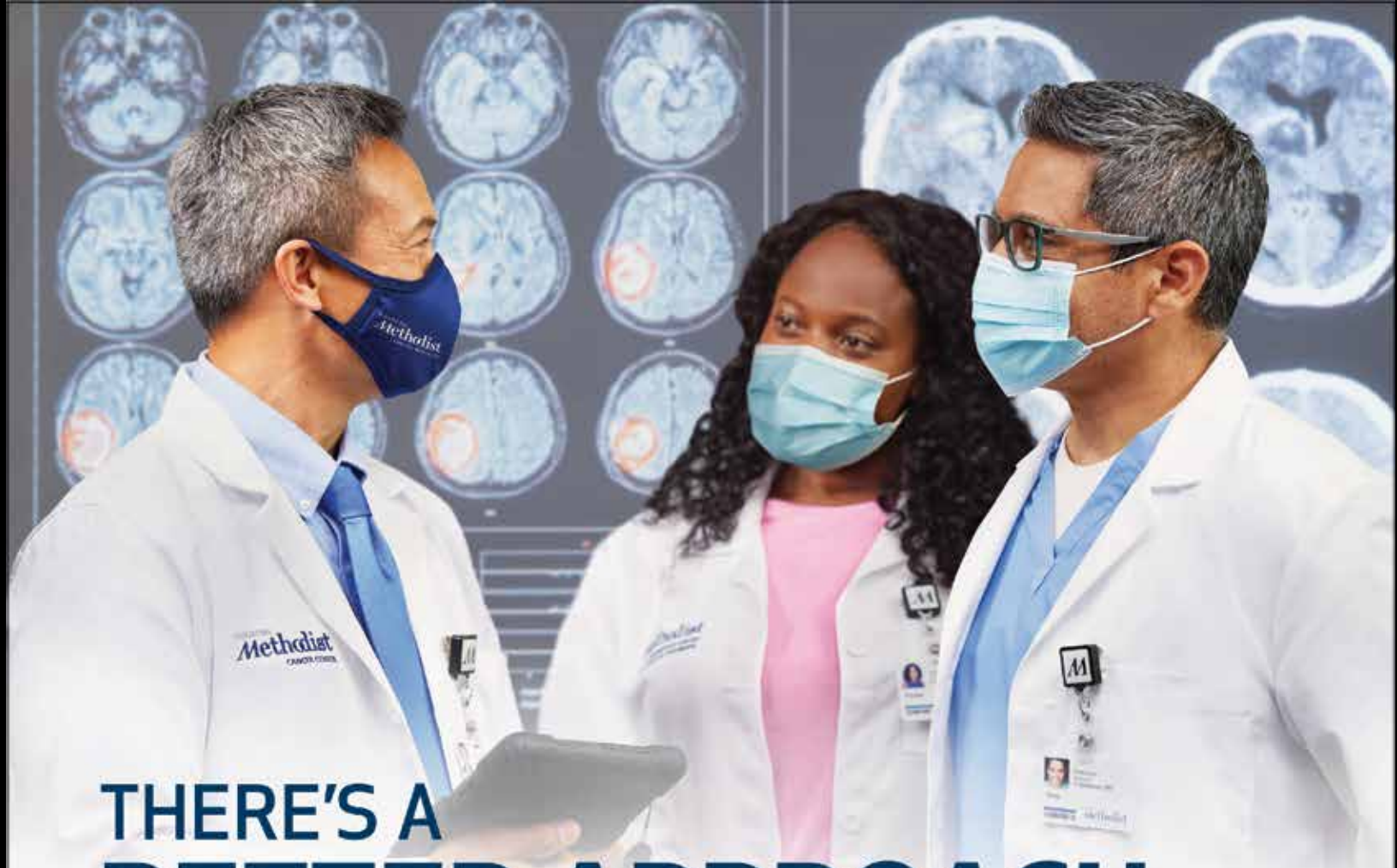
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**And All the Neighbors Who Donated
The Delicious Desserts!**

ATTENTION RESIDENTS AND HOMEOWNERS CONCERNED WITH NEIGHBORHOOD SECURITY!



A committee is being formed to conduct research and evaluate companies that install and monitor security cameras. A group of interested and dedicated people are needed to map where cameras are needed (e.g., at every entrance, several intersections, pools, tennis court and lake entrances) and contact companies that provide these services. Upon completion of the research, a proposal will be presented to the HOA.

Please contact Ann Tatum, anntatum9203@gmail.com, if you are interested in creating a safer neighborhood environment.