

Woodwind Lakes



It's all right here

December 2016

Volume 5, Issue 12

CHRISTMAS YARD of the MONTH



WOW! Last year the decorations in the neighborhood were sooo good it took us several trips around the neighborhood to choose the BEST yard. This year we have decided to award a yard in each section with a special sign for Best Christmas Decoration as well as a \$25 gift card from Home Depot. We plan to choose the yards on the eve of Dec 11th or 12th, so be sure to get your decorations up by then and have your lights on between 6 and 9pm.

Thanks so much to our neighbor, Chris Stamos in Section 1, for financing this project for us.

IMPORTANT CONTACTS

BOARD OF DIRECTORS

Director.....**Jonathan Marrs**
.....jonathanmarrs@me.com
Director.....**Mendi Strnadel**
.....mstrnadel@att.net
Director.....**Polly Looper**
.....polpocket@gmail.com
Director.....**Robin Sample**
.....robinlsample@gmail.com
Director.....**Ray Pavia**
.....ray77040@gmail.com

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Website

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Peel, Inc advertising@PEELinc.com, 1-888-687-6444

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PAVILION & ADULT POOL

Donna Jackson..... 713-466-8668
..... kotilla@hotmail.com

MOTHERS OF WWL

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

CHRISTMAS COMMITTEE

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WOMEN'S CLUB

Marianne West..... fandmwest@earthlink.net
Barbara Henderson..... texas.cats@sbcglobal.net
Sharon Siebern..... s_siebern@hotmail.com
Cindy Horn cindy.d.horn@gmail.com

OTHER USEFUL NUMBERS

Sterling Association Services, Inc.

.....servicedesk@sterlingasi.com, 832-678-4500
6842 North Sam Houston Parkway W., Houston TX 77064
Mailing Address - P.O. Box 38113, Houston TX 77238-8113

Association Manager

Ry Reid ry@sterlingasi.com

Administrative Asst. - Teresa Flores..... teresa@sterlingasi.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

UTILITIES

SECTIONS 1, 2, 3

WASTE MGT CUSTOMER SERVICE.....713-686-6666
Trash Pick-up is Tuesday and Friday.

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

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

SECTION 4 VILLAGE OF WOODWIND LAKES

Royal Disposal & Recycle, P.O. Box 160, Fulshear TX 77441
P. - 713-526-1536 | F. - 281-346-2961 | royaldisposal@comcast.net
Trash pick-up for Section 4 only, is on Wednesday and Saturday
including curbside recycling every Saturday.
TOPS Water, Eric Martin (713) 822-8389

USEFUL LINKS

WL Website.....http://woodwindlakes.us/
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 (ICS)

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.

YARD of the MONTH November

Section 1
8010 Sonata Court

Section 3
7926 Adagio Avenue

Section 2
9122 Rhapsody Lane

Section 4
7903 Clarion Way

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During this busy time of year,
it's important to remember the
most significant things in life . . .

Family, Faith & Friends.

Wishing you & your family many
simple pleasures this holiday season.



A 2014 & 2015 Top Producer

Lynn Collins
REALTOR, MBA
Woodwind Lakes Resident



**GARY
GREENE**

281.743.1159

lynn.collins@GaryGreene.com
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Woodwind Lakes Women's Club Christmas Luncheon

Tuesday,
December 13, 2016
at 11:00 am

At the Home of
Pat Richard
7731 Melody
Circle



**Come Join Us for Games, Prizes, Delicious Food and
Christmas Cheer! Always a Day of Fun!**

For additional information please contact:

Marianne West (713 849-0364)
Barbara Henderson (713 466-4893)
Sharon Siebern (713 849-5596)
Anne Martin (713 466-8502)
Cindy Horn (972 998-8242)

A Huge Thank You to "Bass Egg" for Their Service to our Woodwind Lakes Community

At community events such as our Christmas Celebration they have provided the sound system and music for our enjoyment. The music is a huge part of the festive flavor of our celebration.

Thank you to Chris Stamos in Section 1 for your support of our community.

Chris will be donating a Bass Egg to our Christmas on the Lake Silent Auction. You don't want to miss bidding on this great surround sound speaker.



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Is It Good to Go ...NUTS??

Oh, yes...Enjoy nuts in moderation as they are some of the healthiest snacks you can eat. Did you know that certain nuts are beneficial for specific health problems? Let's name a few.

Almonds: If you are one of the millions of Americans who takes medication to reduce cholesterol, you might want to add almonds to the mix.

Brazil Nuts: These nuts are considered the number one food source for selenium on the planet. Just one or two Brazil nuts per day can be all you need to maintain a healthy level of selenium in your body. Selenium has been scientifically proven to lift mood and help prevent depression. When it comes to a good mood, serotonin (a neurotransmitter) is a key player. Researchers at the University of Barcelona found that people had higher levels of serotonin after nut consumptions, which included Brazil nuts, walnuts and almonds. Lower levels of serotonin can result in tiredness, depression and anxiety.

Macadamia Nuts: These are also a good source of fiber and high in monounsaturated oil (good fat). A Journal of Nutrition study found that people who got fiber from macadamia nuts had a greater reduction in LDL (Low Density Lipoprotein) and total cholesterol than those who ate a similar diet without nuts.

Peanuts: These are rich in resveratrol, a potent antioxidant that reduces inflammation. A large Harvard nurses' Health Study found that people who regularly ate peanut butter, peanuts or other nuts were less likely to develop diabetes.

Some Possible Health Benefits of Eating Nuts:

- Reduce the Risk of Coronary Heart Disease (CHD)
- Lower Blood Cholesterol
- Lower Stroke Risk (especially with walnuts)
- May Reduce the Risk of Developing Blood Clots That can cause a Fatal Heart Attack
- Improve the Health of the Lining of Your Arteries

Nuts provide many useful nutrients such as protein and vitamins and minerals.

The American Heart Association recommends eating about 4 servings of unsalted nuts. A serving is a small handful (1.5 ounces) of whole nuts or 2 tablespoons of nut butter. Mayo Clinic says "just eating nuts and not cutting back on saturated fats from many dairy and meat products won't do your heart any good."

Take care..... To Our Health,

Donna Kelley Konopka

REACHING YOUR NEIGHBORS

and many others...

- Atascocita CIA
- Blackhorse Ranch
- Briar Hills
- Bridgeland
- Canyon Gate at Northpointe
- Cardiff Ranch
- Cypress Creek Lakes
- Cypress Mill
- Cypress Park
- Eagle Springs
- Fairfield
- Grand Lake Estates
- Lakeshore
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes on Eldridge
- Lakes on Eldridge North
- Laurel Creek
- Legends Ranch
- Meyerland
- Normandy Forest
- North Lake Forest
- Park Creek
- Park Lakes
- Riata Ranch
- Ricewood Village
- Shadow Creek Ranch
- Silverlake
- Steeplechase
- Sterling Lakes
- Stone Forest
- Summerwood
- Towne Lakes
- Village Creek
- Villages of Decker Oaks
- Villages of NorthPointe
- Walden on Lake Houston
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birthday party, ladies' night out, etc.....

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Donna Jackson
713-466-8668
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Advent Concert with Healing Prayer

Friday, December 16, 2016
7-10pm

St. Aidan's Episcopal Church
13131 Fry Rd.
Cypress, TX

Shellee Coley is a Texas-based singer-songwriter with three studio projects under her belt and a fourth on the way. Her songs often bring light to the not-so-celebrated parts of life and walk people through them, into growth and change. There is a clear spiritual undertone to her music that sets a listener up to experience their own faith while listening to her songs. She says, "I want to write music and create spaces that encourage people to see themselves in my stories and hopefully get to know themselves a little more. Because how can you truly know God, if you don't even know yourself?"

Tickets are \$15 and St. Aidan's Clergy will be available for prayer during and after the concert.

Register at our website: <http://aidanschurch.org/action/shellee-colley/>

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IPM...Integrated Pest Management

IPM is short for Integrated Pest Management and is the blending of effective, economical and environmentally sound pest control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

Here are some things to reduce the number of pests in your home:

- o Reduce food or water resources for insects:
- o Encourage family to eat in one location. This makes it easier to clean since spills and crumbs are not spread around the house.
- o Clean up any spilled food or drink as soon as possible.
- o Sweep & vacuum regularly. This helps to remove food crumbs, pet hair and other things that insects may feed upon.
- o Do not leave dirty dishes in the sink overnight. Even small bits of food can be a meal for insects.
- o Do not leave pet food out overnight. Again, can be a free meal for insects.
- o Remove old newspapers, magazines and books that are unused. Silverfish love to feed on these types of items.
- o Repair plumbing leaks to get rid of water sources required by insects.
- o Use a plastic bag to line garbage cans to make garbage easier to remove.
- o Remove garbage on a weekly basis, possibly more during warmer times of the year.
- o Reduce areas where insects may live:
- o Clean drains with a stiff brush & then flush with boiling water. There are small flies that can grow in the slime layer of drain pipes. The stiff brush will loosen the slime and the boiling water will flush it away.
- o Remove tree stumps and any dead branches in the yard to avoid carpenter or acrobat ant populations living in these areas.
- o Remove debris (firewood, bricks, stones, etc.) away from the home. These areas can be inhabited by a variety of arthropods including spiders, scorpions and cockroaches.
- o Clean closets on a quarterly basis to reduce the chance of spiders moving in.
- o Reduce moving insects into the house:
- o Inspect all items for pests before bringing them into the house. Insect pests can be brought into the home with such items as potted plants, boxes full of things inherited from a family member, on used clothing of furniture, among other things.
- o Prune tree limbs that touch or overhang the home & prune back and shrubs that touch the home. When shrubs or trees touch or overhang the home, they can be used as bridges for insects to get onto the home and then move inside.
- o Seal entry points on the outside of the home with sealant, expanding foam or copper mesh screening. Pipe penetrations, weep hole or cracks can allow insects, spider or other animals move into the home.

- o Store food in sealed plastic or glass containers to keep pantry pests out.
- o Keep screens, weather stripping and door thresh holds in good repair. Many insect pests are very small, so even a small tear in a screen or crack under a door can allow them to come inside.
- o Use yellow bulbs in outside lights to reduce the number of insects coming near doorways.

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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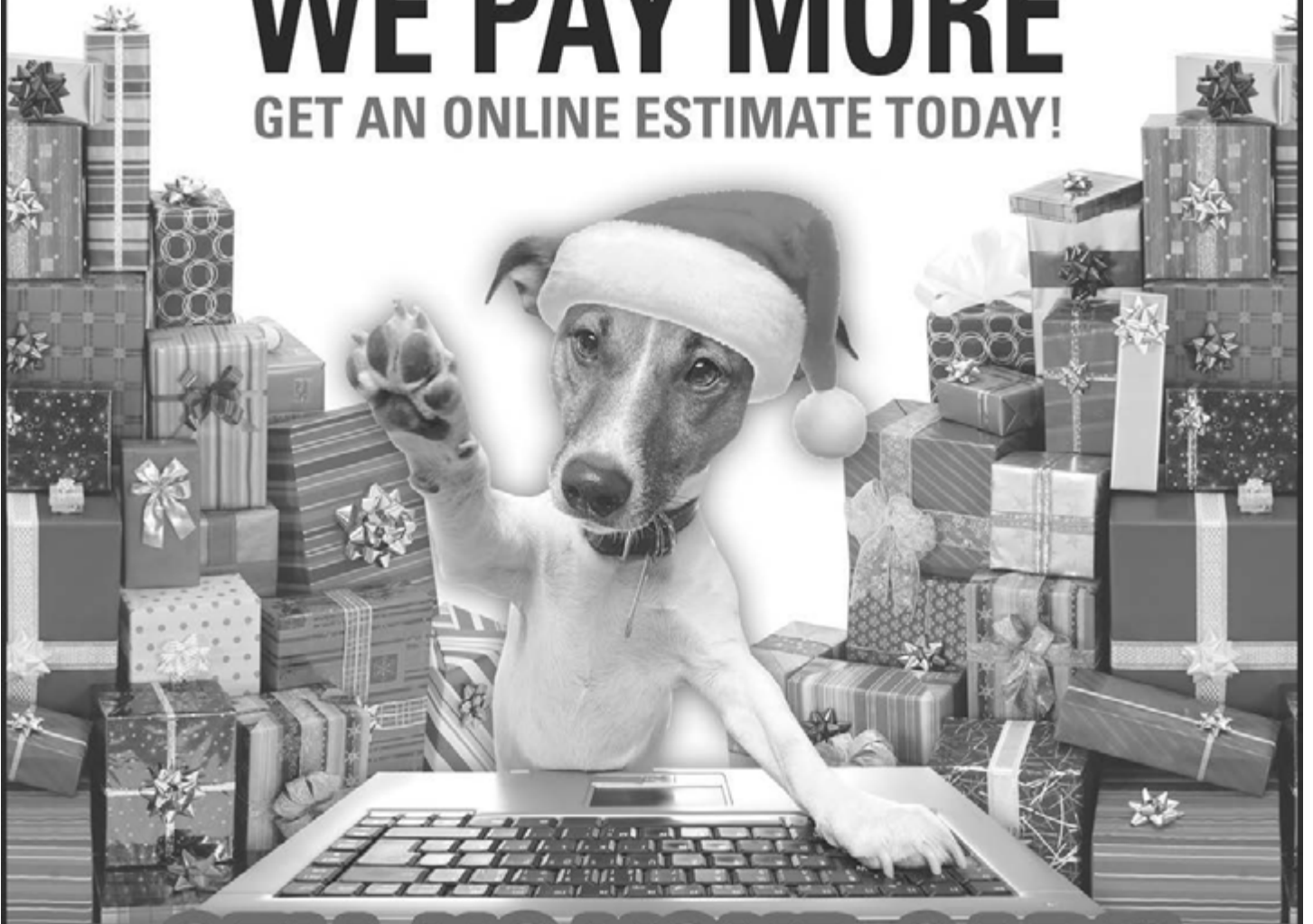
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