

Woodwind Lakes

NEWSLETTER

JULY 2023

The 2023 annual July 4th family parade and event!

A big thank you to the Woodwind Lakes HOA Board and volunteers for making this happen!



It was hot, but it was all fun, food and families!





Thank you to resident Hank Williams for all these wonderful photographs!

Is there something strange in your neighborhood?

If there's something strange in your neighborhood...

Who you gonna call?

GHOSTBUSTERS!

If there's something weird and it don't look good...

Who you gonna call?

GHOSTBUSTERS!



Well, so far, Woodwind Lakes seems to be without those much needed Ghostbusters. However we are fortunate to have alternative resources to call on. Sometimes residents will notice something in our beautiful neighborhood that needs attention. Maybe a faulty sprinkler head on one of the lakes. Maybe an issue with one of our swimming pools. Perhaps a branch

has fallen on one of the waking trails. And all manner of other things requiring some sort of action to correct whatever the problem might be.

So, who ya gonna call?

On the right is a list of just some of the common area items that might need attention and who you, as a neighbor looking out for yourself and all the rest of us, can call in order that corrective action can be taken. Please consider this: Nextdoor and Families of Woodwind Lakes on Facebook are great forums for many things and a terrific way to communicate with neighbors but it is probably not the best place to voice complaints about an undesirable condition.

If it needs taking care of contact Graham Management who will contact the appropriate vendor.

mzaragoza@grahammanagementhouston.com

SOME COMMON AREA ISSUES

1. Tree or large limb fallen
2. Hazardous sidewalk condition (in front of common area only)
3. Misdirected or faulty sprinkler head
4. Trip hazard on trails
5. Overflowing trash cans
6. Issue at swimming pools or pavilion
7. Fountain or waterfall not working

NOTE: To report a street light out: <https://www.centerpointenergy.com/en-us/residential/customer-service/electric-outage-center/report-streetlight-outages?sa=HO>

Have the light pole number (found on the pole).

Every sunset is an opportunity to reset.

Every sunrise begins with new eyes.

The beginning is always today.

Most people do not have the best of everything.

They just make the best of everything they have.



Tree frogs

Cheryl Conley, Lake Creek Preserve Board of Directors

The first and only time I've seen one of these critters was on my living room wall. Don't know how he got there but he was quickly scooped up and transferred to the nearest tree. After doing a little research, I discovered he was a green tree frog. Tree frogs are amphibians (a cold-blooded vertebrate animal of a class that comprises frogs, toads, newts and salamanders).

Tree frogs are carnivores and eat flies, worms, crickets, spiders, snails and slugs.

There are 800 species of tree frogs and Texas is home to 14 of them. Interestingly, not all tree frogs make their home in trees. The ones that live in trees are called arboreal. Others live in ponds and lakes or in moist ground cover and are called non-arboreal. The physical feature that classifies them all as tree frogs is their feet. The last bone in their toes is shaped like a claw and they have pads on their toes that help them climb.

Some of the tree frogs that occur in east Texas

Of the 14 that live in Texas, the following tree frogs can be found in the east Texas area.

Cope's Gray tree frog – native to the USA. Lives in trees close to fishless ponds where they mate. Grows to 2" in length. About the only difference between them and the gray tree frog is the mating call.

Squirrel tree frog – Native to USA. Can live in woodland areas or urban areas. They don't get larger than 1.5". They are usually green. Similar to green tree frog but with a different mating call.

Spring Peeper – They lay their eggs in water. Their call sounds like young chickens. Females are larger than males and are about 1.5" long. They are tan or

brown with a black "X" on their back. They're most active in the spring. Mating call is a "peep" sound.

Northern Cricket frog – May migrate north to hibernate. They live near slow or still waters. Great swimmers and can jump up to 3'. Less than 1.5" long.

Variations of green, gray and brown in color. Mating call sounds like a cricket.

Blanchard's Cricket frog – usually don't live over 1 year. Endangered species because of invasive predators. Usually found in wetlands or near crop agriculture. Never larger than 0.6" long. Brown and tan but can be olive green. Males have a mating call that sounds like a metallic clicking, similar to a cricket.

Green tree frog – a Texas native. Found in wet areas. Can grow to 2.3" in length. Usually green with smooth, oily skin. Males have wrinkled throats. Mating call is very nasal-sounding.

Strecker's Chorus frog – Lives in wet areas. They burrow in the woods using their front feet. Up to 1.8" long. Green or gray-green. They have a clear dark stripe through the eye and a dark spot below the eye. Mating call is similar to a bell and is made by the male.

Cajun Chorus frog – They spend most of their time on the ground. They lay eggs in still bodies of water. Males are about 1.25" long, females a little smaller. They are dark brown with 3 black stripes down the back. Mating call is similar to a trill.

Upland Chorus Frog – They prefer moist areas but can adapt to dryer locations near small bodies of water. No larger than 1.5" long. Brown or brown and gray. Skin almost always feels moist. Mating call sounds like a finger running along a comb.



Did you notice all of these tree frogs are very small? All arboreal tree frogs are small because they sit on leaves and small twigs.

The life cycle of Tree Frogs

Most tree frogs lay hundreds of eggs in water just below the surface. These clumps of eggs are called frogspawn and look like black specs surrounded by jelly. As they develop, they nourish themselves by eating the yolk of their egg. Their tails begin to grow and the eggs resemble the shape of a comma.

At 1 to 3 weeks, the babies hatch and are called tadpoles. Some refer to the tadpole stage as the larval stage. At this stage they have gills, a mouth and a tail. They can't leave the water so they survive on vegetation in the water. Over the next 14 weeks, they grow legs and their body changes shape. They can now start eating insects.

The tails begin to shrink, lungs and eardrums develop and skin grows over the gills. They have reached adulthood. The series of changes in the frog's body form as it moves through its life cycle is called metamorphosis.



Click on this photo of a Spring Peeper to hear their familiar chorus.



Living in a deed restricted community

ARE THERE ANY RESTRICTIONS REGARDING REPLACEMENT WINDOWS?

“

Question: I’m thinking of replacing my original windows with energy efficient windows. Since they’re so expensive I plan to only replace some of the windows now and do the others sometime in the future. Is that going to be okay and do I need permission?

”

This question has been one of the more misunderstood stipulations in the ACC Guidelines. From item 19 in the Guidelines (found on our web site at <http://www.woodwindlakeshoa.com/full-text-of-architectural-guidelines.html>) the requirements are as follows:

- If not replacing all windows in one area (front, sides, back, top and bottom), then replacement window or windows must reflect the pattern of the window it is replacing.
- If replacing all windows in one area (front, sides, back, top and bottom), the windows may be replaced with clear panes or panes with mullions.

- All windows in one area (front, sides, back), must be the same style. The front and side facing the street of corner houses must be the same style.
- If replacing all windows, they may be clear panes, panes with mullions, or panes with mullions in the front and clear panes on the sides and back.

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

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.

The reason for these requirements is to maintain a certain degree of consistency in the exterior appearance of homes. There are times when replacing all the windows on a home at the same time may not be possible. In order to achieve that consistency, it is required that all windows on the same side of the home have the same appearance.

Homeowners need to furnish a drawing of the home showing which sides will be replaced if not replacing all.

Why it's so important*

Fines for initiating exterior improvement without submission and/or approval of exterior improvement form:
First violation: \$500.00 and cease and desist letter

* <http://nebula.wsimg.com/d9bd8b7e06b9b4153264de0228018217?AccessKeyId=F3DB5C8692855128107F&disposition=0&alloworigin=1>

Why is gut health so important in staying healthy?

Approximately 70% of the immune system is ruled by the gut. Hippocrates himself said “diseases begin in the gut.” Thousands of years later, research continues to confirm Hippocrates was definitely onto something. These findings highlight the fact we cannot achieve optimal health without a healthy gut.

Your gut is another way of saying your digestive system.

A healthy gut means there are more good bacteria than harmful bacteria and harmful bacteria don't overtake the good.

Sometimes we incorrectly assume an absence of gastrointestinal (GI) symptoms (bloating,

gas, constipation, diarrhea, abdominal pain etc.) equates to a healthy gut but that is not necessarily true. Other symptoms of GI imbalance may include brain fog, poor concentration, poor memory, depression and anxiety. There is a strong connection between the brain and gut. This is the reason *much* research is connecting Parkinson's to poor gut health.

Extra steps for better bacteria

Parkinson's has hit our family (unfortunately due to Agent Orange exposure) and we are hitting the gut with lots of good bacteria. We have gone so far as to make our own milk kefir which provides many extra strands of the good bacteria unlike that purchased in the grocery store. We are first cleaning out the gut with magnesium to get rid of extra bad bacteria and replenishing with a lot of the good. Will keep you posted on that journey!

The beautiful and positive thing about gut health is that it is very responsive to nutrition and lifestyle interventions.

Other ways to fight back

Eating a diet high in processed foods and experiencing high levels of stress can work against us. When we think about gut health, we tend to focus on food but actually there are other things we need to concentrate on, such as

sleep, exercise and *how* we are eating. Kirsten Jackson, known as the IBS Dietitian, says for gut health aim to eat at least 30 different plants a week. Coffee would count as one, a spice would count as another. Kirsten says to also add barley, rice, quinoa, herbs and nuts as snacks and we'll soon get up to 30! It is not necessarily just fruits and veggies. Let's add *polyphenols* to join our healthy gut community such as green tea, berries, flaxseeds, hazelnuts, extra virgin olive oil, broccoli, red onion and drum roll....dark chocolate (at least 72% cacao).

Aim for 30 grams of fiber a day. This has been shown to reduce the risk of inflammatory conditions, cancers, heart disease and diabetes.

Some things to avoid

We have spoken of the “good stuff” to eat so what has a negative effect on the gut microbiome?



Ultra processed foods that add chemicals, such as additives, preservatives, emulsifiers and artificial sweeteners which we don't recognize as 'food'.



Too much alcohol can cause inflammation in our gut and lead to its lining becoming more permeable or 'leaky'.

In summary, here are the tips for healthier gut health:

- Concentrate on high fiber foods in a plant-based diet.
- Aim for 30 grams of fiber daily.
- Practice Mindfulness to reduce stress.
- Get a good night's sleep.
- Get moving...which is a benefit for digestion.
- Add probiotics and prebiotics to your diet.
- Take time to eat in a relaxed mode. Chew your food until the consistency is more like paste, then swallow.

These tips could lead to a healthier immune system and happier and more energized days!

Every bite we take feeds or fights disease.

Sending Healthy Wishes Your Way.
Sincerely,
Donna Konopka

GETTING MORE PROBIOTICS AND PREBIOTICS

Kirsten, the IBS Dietitian, recommends probiotics and prebiotics (which are the foods that feed our gut microbes) – think fertilizer – to add to our menus.

Here is her partial list of foods to include:

- Hard cheese
- Sauerkraut (found in refrigerator section)
- Kimchi
- Almonds
- Cashews
- Prunes
- Dates, dried apricots
- Natural live yogurt
- Legumes, chickpeas
- Artichokes
- Asparagus
- Beetroot
- Fennel
- Garlic
- Leeks

July Yard of the Month winners

SECTION 1



9130 BRAHMS LANE

SECTION 2



7614 MELODY CIRCLE

SECTION 3



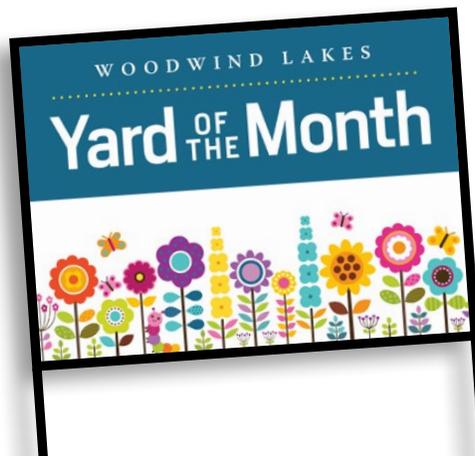
7607 ALLEGRO COURT

SECTION 4



9303 SINFONIA DRIVE

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 June 2023

Categories

Burglary Habitation: 0	Burglary Vehicle: 0	Theft Habitation: 0
Theft Vehicle: 0	Theft Other: 0	Robbery: 1
Assault: 0	Sexual Assault: 0	Criminal Mischief: 0
Disturbance Family: 0	Disturbance Juvenile: 0	Disturbance Other: 0
Alarms: 2	Suspicious Vehicles: 0	Suspicious Persons: 1
Runaways: 0	Phone Harrassment: 0	Other Calls: 29

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	11	50	8	0	0	13	0	0	757	13
W15	61	25	9	0	0	26	10000	0	891	20
TOTAL	72	75	17	0	0	39	10000	0	1648	33

Summary of Events

ROBBERY

7900 SONATA CT- On 06/17/2023 a known adult male complainant stated that he was robbed at gun point by an unknown black male suspect. The responding deputy conducted an investigation and later identified the suspect and filed a warrant for his arrest.

ALARMS

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

SUSPICIOUS VEHICLES

Deputies responded to a 0 suspicious vehicle calls that were all cleared as GOA or information.

SUSPICIOUS PERSONS

Deputies responded to 1 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 29 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