

# Woodwind Lakes



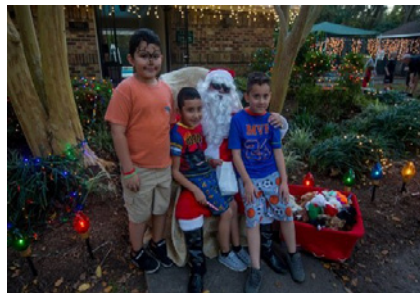
It's all right here

January 2019

Volume 8, Issue 1

## Christmas On The Lake

2018



**FROM THE CHRISTMAS COMMITTEE TO ALL WHO MADE THIS ANOTHER SUCCESSFUL EVENT THANK YOU!!!**

### *Christmas Committee*

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Lynn Collins  
Terri Corbitt

Nancy Dawson  
Barbara Dooley  
Ruth & Lee Edwards  
Gail Ford

Darryl & Dawn Hackfield  
Wilfred Krenek  
Linda Merigold  
Jay & Ellen Michaels

Joycelyn Spears  
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Ann Tatum

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

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### PAVILION & ADULT POOL

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..... [kotilla@hotmail.com](mailto:kotilla@hotmail.com)

### FAMILIES OF WWL

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#### Graham Management

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

#### Association Manager

Mandi Branam..... [mbranam@grahammanagementhouston.com](mailto:mbranam@grahammanagementhouston.com)

**Improvement Application Submittal** .....

..... [arc@grahammanagementhouston.com](mailto: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](http://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.

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### 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**

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**M.U.D. 261** ..... [www.HCMUD261.com](http://www.HCMUD261.com)

### SECTION 4 VILLAGE OF WOODWIND LAKES

WCA - 825 Highway 6 South, Houston, TX 77083  
281-368-8397 - [contact@wcamerica.com](mailto:contact@wcamerica.com)

TOPS Water - 281-807-9500

### USEFUL LINKS

WL Website.....[www.woodwindlakeshoa.com](http://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/](https://woodwindlakes.nextdoor.com/news_feed/)  
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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](mailto:Lynn.Collins@garygreene.com). The deadline is the 7th of the month prior to the issue.

# YARD OF THE MONTH

## JUDGING WILL RESUME

## FEBRUARY 2019



# Women's Club

Tuesday, January 15, 2019 at 10:00AM  
Tammi Beardsley -Certified Fitness Instructor  
"A Balanced Life Everyday"  
Exercise, Fitness and Health for All Ages  
Home of Cindy Horn @ 9119 Rhapsody Lane

*For more information please contact:*

- Ann Tatum (713 724-0998)
- Judith Simons (713 896-7041)
- Linda Jefferson (832 228-3265)
- Cindy Horn (972 998-8242)



happy new year

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and Happiness  
in the coming year!

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# Woodwind Lakes

## Harris County Constable, Precinct 4 - Constable Mark Herman

Woodwind Lakes Stats December 2018

### Categories

Burglary Habitation: 0	Burglary Vehicle: 0
Theft Habitation: 0	Theft Vehicle: 0
Theft Other: 0	Robbery: 0
Assault: 0	Sexual Assault: 0
Criminal Mischief: 0	Disturbance Family: 0
Disturbance Juvenile: 0	Disturbance Other: 0
Alarms: 7	Suspicious Vehicles: 1
Suspicious Persons: 0	Runaways: 0
Phone Harassment: 0	Other Calls: 24

### Summary of Events

#### Other Calls:

8800 ANDANTE DR.- An unknown suspect(s) used the complainant's personal identification information.

#### Alarms

Deputies responded to 7 residential alarms that were all cleared as false or cancelled.

#### Suspicious Vehicles

Deputies responded to a 1 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 24 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

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## A Woodwind Lakes Resident

Currently Have Buyers Looking in Woodwind Lakes



**Katesellshouston.com**  
**713-582-7021**

**Kate Weatherford, Realtor**  
**Kate.weatherford@exprealty.com**

# GAIN RELIEF FROM VARICOSE AND SPIDER VEINS

TUESDAY, JAN. 29, 2019 | 6 P.M.



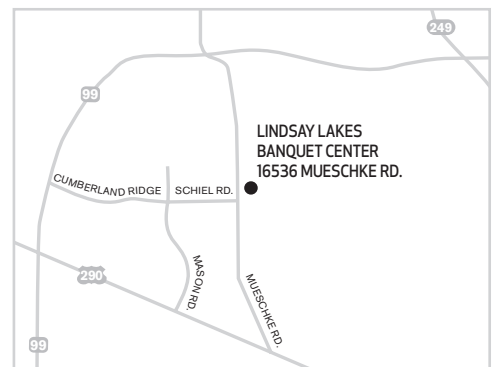
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## "All Diseases Begin In The Gut" ...Hippocrates

Give Your Gut A Makeover To Boost Health And Longevity



December is always a busy month filled with many fun festivities and delicious food. It is also the time of year for changing temperatures. We want to keep colds and the flu away and one trick to doing just that is to pay attention to keeping our gut healthy.

The human gut affects many aspects of health, from the ability of the IMMUNE SYSTEM to RESIST INFECTIONS to JOINT HEALTH, WEIGHT, risk of DIABETES, ability to handle STRESS, MOOD, MEMORY, AUTOIMMUNE SYSTEM, BRAIN, HEART ... believe it or not, there are more benefits to keeping our gut healthy! It is common to overlook the health of our gastrointestinal system, even though it contains 10 times more health determining bacteria than the rest of our body.

Some recommendations for good gut health from health experts are:

- Probiotics in food or supplement form to keep gut bacteria in balance.
- Choosing a nutritious diet including those that contain the good bacteria such as fermented foods (sauerkraut-refrigerated kind), pickles, kimchi and kombucha.
- Avoiding GMOs (Genetically Modified Organisms) and food laden with pesticides to reduce damage to good gut bacteria.

"Every Bite We Take Either Feeds or Fights Disease"  
-Donna Konopka

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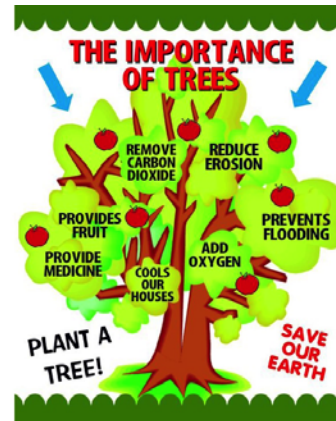
## Woodwind Lakes Pavilion

Just a reminder, the WWL Pavilion is available year-round... reservations/deposits are all that are necessary.

The Pavilion/Pavilion Pool were used an average of 40 times in 2017 and 40 times in 2018. Great facilities to host personal events!



## Notice to Woodwind Lakes Residents



TREES MAY NOT BE REMOVED WITHOUT PRIOR APPROVAL FROM THE ARCHITECTURAL CONTROL COMMITTEE (ACC)

A tree removal application must be submitted to Graham Management, check our website [www.woodwindlakeshoa.com](http://www.woodwindlakeshoa.com)

### FINES FOR TREE VIOLATIONS:

First Violation	\$300.00
Second Violation	\$400.00
Subsequent Violations	\$500.00
Removing a tree after denial by the ACC and denial of appeal to the HOA	\$1,000.00

The owner will be notified immediately with a certified letter.

THE VAST AMOUNT OF TREES IN WOODWIND LAKES (PINE TREES, OAKS, PECAN, CREPE MYRTLE, SYCAMORE, MAPLE, ELM AND MORE) KEEPS OUR COMMUNITY LOOKING BEAUTIFUL, PEACEFUL AND SERENE.

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# Cirque Fitness: Fun with Neighbors



Recently I was invited to join a super fun group of ladies from my neighborhood Woodwind Lakes for a get-together. I love these women because they always find something interesting and fun to do together. This excursion was to AXIS, a Northwest Houston aerial arts gym, off 290 and Highway 6, which if you have never heard of it, includes training on aerial silks, rings, an aerial cube and acroyoga. The training is basically with all those cool devices you normally only see at a Cirque du Soleil or circus show. I was immediately skeptical of how much I could actually do, as I have the balance and grace of a sick Hippopotamus. I am also 6 feet tall and pretty much at my age all my joints hate me.

We arrived at 7:30, signed our waivers and were greeted by people training there who actually knew what they were doing. If they weren't paid performers, they should be considering how good they looked. Our instructor then led us into a 20 minute stretching and warmup session. It is important to stretch, really stretch, before trying these maneuvers, not only because your body could cramp mid-position but you want to extend your limbs as far as they will go to make everything look as good as possible. Also, you won't believe how much you will utilize your shoulder muscles. Women traditionally have weaker upper bodies and just 1 hour into the class I could feel all my upper body muscles being engaged.

The entire experience at AXIS pretty much came down to this: graceful instructor shows us how to do a beautiful move that looks effortless. We all laugh picturing ourselves never being able to do it. We then follow her steps and are caught by surprise when we actually execute the move! Maybe not as pretty as she does it but we can see that with practice **WE ACTUALLY COULD**. It was eye-opening and empowering, particularly with all of us cheering each other on. **GIRL POWER!**

We all really loved the silks. The instructor immediately assured us that the silks rigging, hanging 80 feet up, would not allow us to fall. Our instructor explained the techniques to our different exercises and the safety procedures and we were on our way. Shockingly, we all learned we could execute the moves and found they were easier if you were spinning. Every body type was represented ya'll and we all did it. Like I said, empowering.

I learned professional paid performers do work out there regularly and just watching them will inspire you as you learn the techniques. So, make a date, check it out and tell them we sent you! I swear you will love it!

Visit Let's Grow Girl at [letsgrowgirl.com](http://letsgrowgirl.com)  
Miranda Sevcik