

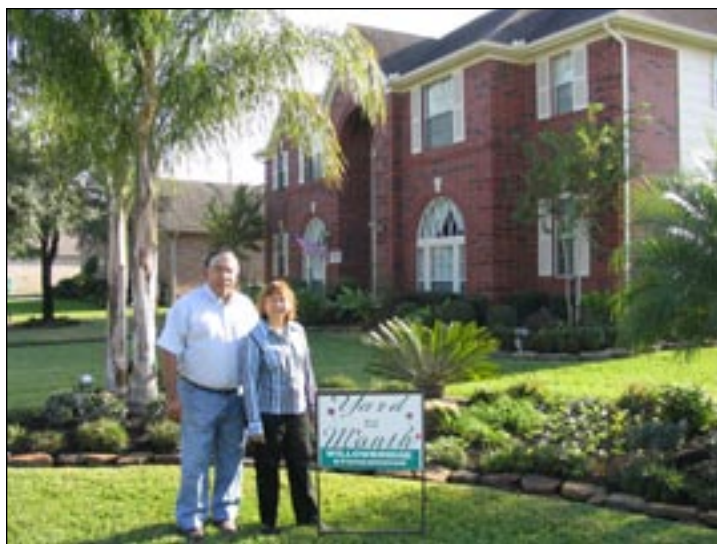


Volume 10

December 2005

No. 12

## Yard of the Month November 2005



*Milo and Janie Diaz*  
9923 Willowbridge Park Blvd

Milo and Janie Diaz are a delightful couple who have lived at 9923 Willowbridge Park Blvd since 1997. They have three grown children, Melissa the nurse (age 33), Eddie the chef (age 32) and Valerie the insurance worker (age 29). Janie is an insurance agent since 1981 and owns Diaz Insurance Agency. Milo retired from Kroger in 2001, sells life insurance and does the bookkeeping at the agency.

The Diaz's have invested a great deal in their front yard, landscaping with two beautiful Silverqueen palms, Rebelina palms and Sago palms which they personally picked out from a nursery in the Texas Rio Grande Valley. They have extensive flowerbeds around their home, lined with decorative rock and accent lighting. Planting include: magnolia, gingers, crape myrtle, pineapple guava, yaupon holly, pigmy date palm, aztec grass, pompon juniper, snap dragons, holly fern, pansies and Mexican petunias. All beds are fully irrigated and freshly mulched with a rich dark hardwood mulch.

## Willowbridge/Stonebridge

### HOA Annual Meeting - October 20, 2005

Our Annual Homeowners Meeting was held at the Clubhouse on October 20, 2005. Robert Logsdon and Mark McShaffry were elected to serve 3-yr terms on the Board, replacing Andy Mears & Pete Lehle whose terms expired. Andy & Pete were recognized with awards for their unending service to our community. Deputies Ned and Dupree were present to field questions relating to our security patrol and there was some preliminary discussion about gating the community. An informal poll of the people in attendance showed majority support for continuing recycling services and further evaluating the gating options.

### Willowbridge/Stonebridge ACC Meeting October 24, 2005

The Willowbridge/Stonebridge Architectural Change Committee (ACC) met with PCMI's Myla Chandler, Andy Mears, Robert Logsdon and Glen Telge on October 24, 2005 to discuss the processes by which they will review and decide on homeowner's applications for significant changes to their property. The ACC is a group of homeowner volunteers, approved by the HOA Board. They meet several times a month to review the applications that have been sent to PCMI. Anyone with interest in serving on this committee is asked to contact PCMI- Myla Chandler at 281-870-0585 x1313 or myla@pcmi-us.com.

Seasons Greetings

View the WillowTalk each month  
on-line at [www.PEELinc.com](http://www.PEELinc.com)

# Willowbridge - Stonebridge

## Important Numbers

<b>All Emergencies.....</b>	<b>911</b>
Harris County Sheriff.....	713-221-6000
Harris County Animal Control.....	281-999-3191
Cy-Fair Hospital.....	281-890-4285
Houston Lighting & Power.....	713-207-7777
Center Point - Street Lights.....	713-207-2222
ENTEX Gas.....	713-659-2111
Newsletter Publisher	
Peel, Inc.....	512-989-8905
Adver. Donna Sommer dsommer@PEELinc.com, 832-237-4684	
Adver. Kim Moore.....kim@PEELinc.com, 281-373-3807	
PCMI/Myla Chandler.....	281-870-0585x1313
Republic Waste.....	713-849-0400 or 281-446-2030
Southwestern Bell - Repair.....	800-246-8464
- Billing.....	800-585-7928
Swimming Pool - Pay Phone.....	281-469-9004
Swimming Pool - Lifeguard.....	281-517-0225
W. Harris County MUD #11.....	281-807-9500
Willow Place Post Office.....	281-890-9416
Willowbridge Website.....	www.willowbridgehoa.com

## Civic Association Directory

### Beautification Committee

Lydia Cruzen	
Glen Telge.....	281-469-2525

### Block Captains Coordinator

Open

### Bunko

Denise Ramponi.....	281-970-8151
Shalene Fox.....	281-807-1515

### Clubhouse/Pool Coordinator

Rita Keller.....	281-870-0585 ext.1348
------------------	-----------------------

### Pool Tags

Karen.....	281-890-4765
------------	--------------

### Directory Committee

Shalene Fox.....	281-807-1515
------------------	--------------

### Homeowners Association

PCMI - Myla Chandler myla@pcmi-us.com, 281-870-0585	
---	--

### Marquee Coordinator

Glenda Stachowiak.....	281-894-8339
------------------------	--------------

### Mothers of Young Children

Cathy Chestnut.....	281-894-4768
---------------------	--------------

### Needlecraft Group

Rebecca Vajdak.....	281-894-8258
---------------------	--------------

### Newsletter Coordinator

Bobby Knight.....	281-890-2384
-------------------	--------------

### Security Coordinator

George Schaudel.....	281-469-0013
----------------------	--------------

### Tennis

### Website Committee

Robert Logsdon.....	281-970-1381
---------------------	--------------

### Welcoming Committee

Karen Roush.....kroush@houston.rr.com, 281-890-4765	
---	--

### Yard of the Month Committee

Glen Telge.....	281-469-2525
-----------------	--------------

## Board of Directors

Fred Edler.....	President
Angela Sammons.....	Vice-President
Mark McShaffry.....	Secretary
Glen Telge.....	Treasurer
Robert Logsdon.....	Director, ARC Liason

## Willowbridge Homeowners Association Inc. - PCMI

Myla Chandler.....	281-870-0585x1313
E-Mail.....	myla@pcmi-us.com
Fax.....	281-870-9170

If you have any questions or comments regarding the neighborhood please contact the #'s above.

## Advertising Information

Please support the businesses that advertise in the WillowTalk. Their advertising dollars make it possible for all Willowbridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the WillowTalk by advertising, please contact our sales office @ 512-989-8905 or advertising@peelinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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## Community Star Awards

Outgoing HOA President Andy Mears and outgoing Director Pete Lelhe have been awarded the Willowbridge/Stonebridge Community Star Award.

Andy Mears has served our community as an HOA Board Director since 1999 and President in 2005. Andy has served through many difficult and tough decisions. Andy was also extremely active in defeating the Wal Mart attempt to locate in our area. Andy's grace and diplomacy has safely led us through the years.

Pete Lelhe has served our community as an HOA Board Director since 2002. Pete has spent endless hours researching the Flood Zones and has advised the Board on the impact of new construction in the area. Pete's common sense and direct manner has served the community very well.

Thank You, Pete and Andy for all you have done for our community.

We will miss you on the HOA Board of Directors.

### Questions, complaints, comments?

Contact Myla at PCMI by e-mail: [myla@pcmi-us.com](mailto:myla@pcmi-us.com) or calling 281-870-0585. To ensure prompt attention and response please make sure you include your full name, address, and a contact number. Please remember that being polite and practical helps. We are all trying to do a good job and keep our neighborhood a pleasant place for residents.

## Attention

Ladies of Willowbridge / Stonebridge!!

Ladies Night Out

Coming in January, 2006

Watch for more details in your January newsletter!

We will plan to meet at an area restaurant one week-night a month for dinner. It's an opportunity to "get out of the house" and spend some time with the "girls".

Call

Lyn Edler (832-237-9445)

Or

Kathy Mears (281-970-0088)

For questions or suggestions!

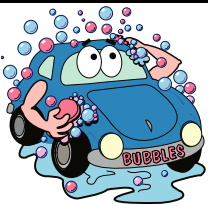
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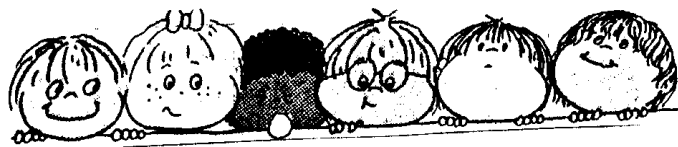
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# Willowbridge - Stonebridge

# Merry Christmas

## Mother's Of Young Children



**Tuesday, Dec. 6<sup>th</sup>, 6:30pm** Mom's Christmas Party, Laurel Boren's, Call Cathy Chestnut (281-894-4768) for details.

**Sunday, Dec. 11<sup>th</sup>, 5pm** Christmas with Santa, clubhouse  
**Tuesday, Jan. 10<sup>th</sup>, 7pm** Mom's Meeting, Christina Raymond's house

**Tuesday, Jan. 17<sup>th</sup>, 7pm** Mom's Night Out, Carrabba's on Champions – Meet at the clubhouse at 6:45pm

If you want more details or have any questions, please contact Cathy Chestnut at (281) 894-4768.

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Massage**

w/ coupon - one coupon per  
client - exp. 01/31/06  
not valid on gift  
certificate purchase

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**Olga Salazar - Houston, TX USA**

Dr. Nguyen is the most hitech-savvy dentist I have ever met. I have been a patient of Dr. Nguyen for 7 years. His ability and knowledge to utilize computerized equipment and hi-tech (laser etc.) equipment have amazed me. Dr. Nguyen works hard and do the best for his patients. I highly recommend Dr. Nguyen to be your dentist.

**Jason Wong - Houston, TX USA**

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Evaluation**

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appointment.**

# Willowbridge - Stonebridge

## December 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 	3
4	5	6 Mom's Group 	7 Men's Game Night	8	9 	10 Newsletter Deadline
11 Mom's Group	12 Bunko	13 Bridge 	14	15	16 	17
18	19	20 	21	22	23 	24 Christmas Eve
25 	26	27 	28	29	30 	31 New Year's Eve



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Offer Exp. March 15, 2006

## January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4 Men's Game Night	5	6 	7
8	9 Bunko	10 Newsletter Deadline  Bridge Mom's Group	11	12	13 	14
15	16	17 Mom's Group 	18	19	20 	21
22	23	24 	25	26	27 	28
29	30	31 				

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# Willowbridge - Stonebridge

## Neighborhood Teenage Baby-Sitters Available!

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Teenage Job Seekers  
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## Classifieds

**FOR SALE:** Antique Solid Oak Round Table with 4 Chairs. Excellent Condition. \$600.00; 281-955-9331.

## To Submit Articles:

E-Mail articles to the following address: [articles@PEELinc.com](mailto:articles@PEELinc.com). Photos may be mailed to P.O. Box 886; Littlefield, TX 79339. Articles must be received by the 10<sup>th</sup> of the month for the following month's issue. Please specify on the article that it is to be published in the *WillowTalk*.

**Rachael's**



**Thank You for  
Your Business  
in 2005!**

*We hope to See You  
in 2006!*

**12240 FM 1960 W @ N. Eldridge • 281-469-3881**

## Tree Decorating Guidelines

Your tree will look best with a balance of texture, shape, size and color- but with one theme being dominant. Begin decorating by first establishing symmetry- put on the most dominant &/or largest number of ornaments.

- Hang shiny finished, bright colors, and larger ornaments first before matte finished, muted, and smaller ornaments.
- Place dominant colored glass, mirrored, or metal ornaments in your tree's interior to show depth.
- Repetition helps to establish your theme- use the same color, texture, shape ornaments.
- Use garlands, swags, bows, ribbon cascades in one color or pattern.
- Use one basic motif- folk, religious, romance, natural, juvenile, Santa, etc.
- For a formal look, hang similar ornaments, fruit, flowers, or bows at peaks of garland swags.
- Ensure ornaments are hanging freely and not touching tree branches- cluster several for a dramatic effect.
- Combine different colors, sizes, or shapes on one hook (or tie together) and place symmetrically over tree.
- Finish by covering the base of your tree with a tree skirt.

**Use this chart for suggested amount of decorations you will need:**

tree height	# of mini-bulbs	# of ft garland	# of ornaments
2	100-150	10	25-35
3	150-250	24	35-50
4	200-350	40	50-75
6	300-450	75	100-150
7	350-550	90	150-200
8	400-650	100	175-275

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# Willowbridge - Stonebridge

## Overweight and Your Environment

For years, people fighting overweight have been told that it's simple: limit the calories, increase the exercise, and the weight will come off. Well, it's simple all right, but not easy, and in trying to explain this perplexing difficulty, people have come up with a variety of theories to explain why a person becomes and stays overweight, from simple laziness, to addiction or genetics. In other words, many of the explanations lay the blame on the person. In some cases, these internal explanations may be accurate, but as recent research has explained, there may be other, environmental, factors involved.

### Be aware of your environment

Your neighborhood is one example of an environment. A paper published in the British Medical Journal reports on a surprising relationship between obesity in adults with graffiti and greenery. We have all seen neighborhoods where there are more "incivilities" than in other neighborhoods. These incivilities (like pet messes, litter, graffiti, and the lack of trees and other plants) are factors that make life less pleasant. What the researchers found is that the more of these unpleasant factors in a neighborhood, the more likely its residents are to be obese or less physically active. In fact, in neighborhoods with high levels of incivilities, residents are 50 percent less likely to be physically active and about 50 percent more likely to be overweight or obese.

Another environment is your dining area, which for many folks

includes a television. Many studies have noted a strong relationship between television watching and overweight, including watching TV during meals. Several explanations have been offered for this, including that the more hours a person spends in front of a TV, the less active that person usually is; that watching TV during meals often continues beyond mealtime and expands the time spent sitting in front of a TV; and that TV advertising and programming encourages viewers to eat unhealthful foods. It's also been suggested that watching TV while you're eating distracts you from your body's signals telling you that you're full. Whatever the reason, the best strategy may be to turn off the TV during meals or even get rid of it.

An even smaller scale environment is your plate. A study on food intake by adults, this one published in The American Journal of Clinical Nutrition, shows that the more food there is on your plate, the more you're likely to eat, even if you stop being hungry. This suggests that if you're trying to control your food intake, the best approach is to decide what and how much you should eat, put that on your plate in the kitchen, and then take your plate to the table, leaving the serving bowls and platters behind.

This means also that eating out can be a particular challenge because you don't have as much control over the portions served on your plate. Eating at other people's houses, as many will do during the holidays,

*(Continued on Page 11)*



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## Overweight - (Continued from Page 10)

can be difficult for the same reason. In a restaurant, it's a bit easier, because you can ask the server to reduce the portions or simply not bring you the foods you've decided not to eat.

Recognize the situation

So many of us have been brought up with the notion that whatever goes wrong is due to a character flaw or other fault within individuals. This fallacy, called the Fundamental Attribution Error, has stopped many from recognizing the power of a person's surroundings to affect behavior. But once you recognize it, you can take action to protect yourself and better your health.

## START SOMETHING

Catch up or get ahead this holiday season!

Take a mini-mester course and sign up for spring semester now!  
Phone, online and on campus registration under way for mini-mester and spring semester.

**Mini-mester classes begin Dec. 19**  
**Spring semester classes begin Jan. 17**



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## Kindred Hospital Houston Northwest Offers

### Free Support Groups and Classes to the Community

Free Better Breathers Support Group meets the 4<sup>th</sup> Wednesday of each month at 10:30 am – 11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease.

Free Diabetes Support Group meets the 1<sup>st</sup> Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT. The next meeting will be December 6<sup>th</sup>.

### Free Diabetes Teaching Classes

These 3 classes will be given the 1<sup>st</sup> Saturday of each month. They can be taken all at once, one at a time or whatever is most convenient for your schedule. Our 1<sup>st</sup> Saturday is December 3<sup>rd</sup> in the hospital cafeteria. All classes led by Sylvia Kircher, RN, CDE, CPT.

8:30 am – 10:30 am	Introduction to Insulin Pumps
10:30 am – 12:30 pm	Basics of Carb Counting
1:30 pm – 3:30 pm	Getting the most out of your insulin pump

For more information or to RSVP please contact Tere Kelly @ 281-517-1008. Kindred Hospital Houston Northwest is located at 11297 Fallbrook Dr.

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## Dominguez Pest & Lawn Service

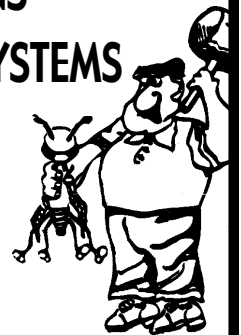
**Roaches • Fleas • Termites**  
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**TERMITE INSPECTIONS**  
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**Operated Since 1980**



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# WILLOWBRIDGE MARKET REPORT

Courtesy of "Super Dave"

#1 in Sales in Jones Rd and West Rd Area!

*This market information report is provided to keep you informed of resale market activity in your subdivision.*

	May 05	Jun 05	Jul 05	Aug 05	Sept 05	Oct 05
\$230,000 +	1	0	2	1	2	2
\$210,000-229,999	0	2	0	0	1	0
\$190,000-209,999	0	1	1	0	0	0
\$170,000-189,999	0	2	1	0	4	1
\$150,000-169,999	0	0	0	2	0	0
\$150,000 -	0	0	0	0	0	0
<b>TOTAL</b>	<b>1</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>7</b>	<b>3</b>
<b>Highest \$/Sq Ft</b>	<b>69.70</b>	<b>88.53</b>	<b>73.00</b>	<b>76.43</b>	<b>82.01</b>	<b>80.67</b>

This chart represents resale homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

## #1 Selling Agent in Willowbridge!\*

### David "Super Dave" Flory



- #3 Realtor in Houston (out of 17,000)!\*\*
- Top 1% of Realtors in the U.S.
- Over 480 Homes SOLD in 2004
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. resale homes sold in Willowbridge: \$90.59



Direct line: **281-477-0345**

\* According to information taken from the HAR MLS Computer 2001

\*\*Ranked by the Houston Business Journal 3/2005

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