

# Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

Volume 3, Number 12

December 2008

## President's Letter

*Greeting Neighbors,*

Wow how the year has flown by! We are in the midst of the holiday season and a new year is quickly upon us. That means our annual meeting is just around the corner. Our 2009 annual meeting will be in February. We will have food and beverages and your board will provide updates on the happenings of 2008. We will also have the election of a 2 director positions and a review of the 2009 budget. Please plan to attend as your participation in this process is vital to our association's ability to conduct business. You will receive an invitation letter and ballots in the mail soon.

I wish you and your families a wonderful and joyous Christmas and a Happy New Year!!

Thanks  
Lance

## Mineral Rights Update

The best place to get current, updated information about mineral leasing is to check the Bedford Colleyville Mineral Rights Coalition web (BC-MRC) site at <http://www.bc-mrc.org/>. As of this writing, we are still in a "holding pattern". Titan has declined to enter into additional leasing agreements with property owners due to economic pressures and declining gas prices. The City of Colleyville signed their agreement with Titan for mineral lease on city-owned properties. There is some conversation continuing between Titan and BC-MRC leadership group about possible future negotiations.

BC-MRC continues to review all of its available legal and business options in order to finalize the best possible agreements for property owners in this area. Our representative to BC-MRC is Zack Bryant, who is a committee member of WHHOA Board.

## Annual Meeting – February 2nd

Please mark your calendars now and plan to attend the annual meeting of Woodland Hills Homeowners Association. Your participation is vital. First, we need a quorum of homeowners to hold the meeting. Second, your input is really important to all who serve on the Board and to the neighborhood at large. Finally, you will find it enlightening and informative to know what is going on now and what is planned for Woodland Hills. Have a say in what you want for your community. Get involved and share your time and talents.

The meeting will be on Tuesday, February 2, 2009 at 7pm. The meeting location is at the Colleyville Citizen's Center. The address is: 5301 Riverwalk Drive, Colleyville, TX 76034. (This is behind Market Street Grocery.) We plan to serve pizza and sodas as further enticement and encouragement to attend. Thanks in advance for your time!

## Welcome New Neighbors

Please join us in welcoming our newest additions to Woodland Hills:

**Farid Dana**  
3501 Pembroke Pkwy S

**Katherine Frazier**  
3301 Scarborough Lane Court

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# Woodland Hills

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## Kudos for CHHS Drumline!

*Submitted by Rick Watson*



Congratulations are in order for the Colleyville Heritage High School (CHHS) drumline! The drumline competed in the high school marching percussion festival during the 2008 Percussive Arts Society's International Convention (PASIC), held November 6th and 7th in San Antonio, Texas, and won 1st place with their 2008 production, "Guitar Hero". In addition to winning 1st place honors, the CHHS drumline also took home caption awards for best snare line, best tenor line, and best bass line. Four Woodland Hills residents are members of this award winning drumline: Patrick Barsallo, son of Cesar and Dee Ann Barsallo, T.J. Nichols, son of Terry and Fran Nichols, Taylor Watson, son of Rick and Stephanie Watson, and Dylan Welch, son of Brian and Kim Welch.

At PASIC, CHHS had more soloists enter the solo competition than any other high school in the nation and two CHHS soloists won 1st place honors on timpani and tenors. Woodland Hills residents Dylan Welch placed 1st on timpani and Patrick Barsallo placed 6th on snare.

*Congratulations to the CHHS drumline- #1 in the country!*

## Woodland Hills Homeowner Association Email Address

The Woodland Hills HOA has established an email box at [hoa\\_woodlandhills@yahoo.com](mailto:hoa_woodlandhills@yahoo.com). Since the newsletter comes out only once a month, we needed a way to communicate more frequently with the neighborhood. Please feel free to email the HOA with any questions you might have, feedback, or concerns. In addition, if you just want to know what is happening, send an email with Update in the subject line and an automated response will go out with all of the latest HOA news. This should help tide us over between newsletters.

## Verizon FIOS is Coming

By Helen Sink

You may have noticed some digging in our area. As of this writing, we've seen Verizon placing new FIOS cable along Glade Road and Martin through their contractor Klaasmeyer. So far, I've been impressed with how well they've minimized the disturbance of our landscaping.

FIOS stands for Fibre Optic Service and the digging places this new type of cable in our area. I looked at [www.verizon.com](http://www.verizon.com) to find out more about what FIOS is and according to that web site, this will provide High Definition (HD) on 100 channels as well as 348 digital channels.

As Verizon brings this option to our area, they will need permission to enter into "private streets" which are those in our gated HOA's within Woodland Hills. Public streets in the remainder of Woodland Hills will have the FIOS lines placed in the right of way along the curb side of your front lawn.

Service should be available beginning sometime in February if all goes according to plan. You may request this new service or continue using whatever service you have now (i.e. cable or satellite TV).

## Bankruptcy News

Carey Ebert of Oxford Court was featured in the Colleyville Courier recently to discuss the current status of bankruptcy filings. Carey and her husband David are partners at Ebert Law Offices in Hurst, specializing in bankruptcies.

In my follow up conversation with Carey and David, they shared that bankruptcies have increased due to the economic conditions of the times – which includes job losses, medical expenses, mortgage payment issues and divorce. We are at the worst levels of bankruptcies since the mid-80's when North Texas was impacted by the savings and loan crisis and falling oil prices. Texas has had lower bankruptcies than the rest of the nation but now, the job layoffs, foreclosures and declining oil and gas royalties are affecting our area too - as I'm sure we can all relate. In North Texas, bankruptcies have increased by 10%.

Carey said, "Although our area has been insulated from much of the bad economic conditions seen in other parts of the country, our time is coming! The DFW area has started to see an upswing in filings due to bank failures, layoffs and general downturn in consumer spending."

Carey is the incoming president of the National Association of Consumer Bankruptcy Attorneys, taking office in January. Carey earned her law degree in 1985 from Texas Tech University and is a past president of the Northeast Tarrant County Bar Association.

Carey and David have lived in Woodland Hills since 2001 and have been active participants supporting our HOA. You may remember that David Ebert was our WHHOA President 2005 to 2007 and served as a Board Member before that. They have two daughters, Taylor and Paige.

## Woodland Hills Social Activities

### Holiday Party –

The holiday party is scheduled for December 13th. Please contact Christie Kimbell at cell) 214-435-2295 or Email: [christiekimbell@proplanit.com](mailto:christiekimbell@proplanit.com). This is a progressive dinner which will give you an opportunity to meet and talk with your neighbors plus go from house to house and enjoy several different settings. We'll be planning a theme for the holiday party to make it extra special. Please mark your calendars and plan to attend. This is one of the highlights of the year for our neighborhood!

### Directories –

The Woodland Hills Directories have been updated and are available. Most have been distributed through the Block Captains. If you have not received your directory, please contact Christie Kimbell.

### NEIGHBOR NEWS

We would like to publish YOUR news too! If you would like to announce births, graduations, weddings, military deployment, military return and such type of news, please send a note to [helenharvey@att.net](mailto:helenharvey@att.net). We'd love to share the stories of the people who make up our community.



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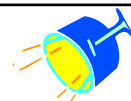


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# Woodland Hills



## Spotlight On.... LuAnn Barkel of Glendale Drive



- My family consists of: My husband of 31 years Tom, son Kyle, daughter Lindsey, son-in-law Clint Vail and my new grand baby Kaelynn. I also have a chocolate lab named Alley, a Shitzu Amber and my son's large Oscar fish named Ace.
- Something interesting or unique about your childhood? I was a Dutch dancer in the annual Holland Tulip Festival. We would perform shows for tourists at various times and places around the city and march/dance during the parades that ran through the city.
- My hobbies are: I enjoy traveling, swimming, fishing and most outdoor activities
- What keeps me busy is: Taking care of my 10 month old grand daughter! Rather than choose day care, my daughter and I decided I would be her day time care giver. I forgot how much energy it takes to raise a baby!
- My work is: I was formally a part time hair dresser, but I am now am now working full time taking care of my granddaughter. I wouldn't change jobs for the world!
- I volunteer for: First United Methodist Church of Colleyville. I serve on a committee that created a new memorial garden on the church property. The project is near to my heart after losing my best friend to breast cancer a few years ago.
- My favorite thing to do is: Meet some friends from the neighborhood in the early evenings to walk our dogs in our wonderful park. The dogs burn a lot of energy playing with each other and it give me a chance to enjoy the park and meet new neighbors
- My pet peeve is: I really get annoyed when I see women applying makeup while driving! It's dangerous and completely unnecessary.
- What I like most about living in Woodland Hills: Our parks! I love to walk for exercise and the parks and trails in our neighborhood offer lots of walking options that are out in the fresh air and away from the heavy traffic found in other parts of our city
- My dream vacation would be: Paris! I have traveled through parts of Europe, but I have never been to Paris. It's the City of Lights and a cultural center that I would love to visit.
- My fantasy dinner party would include (who as guests?) For a lighthearted dinner party, I would invite John Travolta, Goldie Hawn, Tom Hanks and Jerry Seinfeld (for my husband since he loves the old re-runs!)
- Best book I ever read: I just finished "The Last Lecture" and really found it inspiring. I also read a lot of fiction and Home Improvement magazines. I am also a sucker for "chick" flicks like "Sleepless in Seattle" and "Enchanted".
- If I could be a super hero I would be: Wonder Woman! I could just imagine what I could do with the extra strength and speed.
- Something most people don't know about me is: I had a horse that I kept on my grandparent's farm. I was active with 4H



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## Cabinet Doors Needed

Submitted by Carolyn Moore, Eaton Circle

We NEED CABINET DOORS to match ours. Remodeling your bath or kitchen? Your home's original cabinet doors may be the same as ours.

Please call Carolyn. 817 864-9090

## Special Thank You to Amos McCluney

Submitted by Darlene Page

I'd like to thank a Amos McCluney, a long time resident of Woodland Hills. Amos is a "regular" at the park and plays basketball. He told me that he really enjoys the park facilities. Recently, Amos was so thoughtful that he took it upon himself to replace our basketball nets. What a nice neighbor. Thank you for your contributions, Amos!



## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			6	8				9
		9	2	3	1	5		
		4		1	5			8
5		1	9		3			
6								
					4			
2				5			4	
	4						8	1

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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## Personal Classifieds

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## Park Reservations

We would like to request that if you are having a large party in the park, that you call to reserve the park. You can do this by calling or emailing Christie Kimbell, our Social Committee Chairperson. (contact info listed on the second page of this newsletter) Reserving the park ensures that no one will be surprised when planning your party and you can be assured that space is available.

One more reminder, when you have a large party in the park, it is your responsibility to leave the park in good condition. Bring trash bags for your party debris and leave nothing behind but good memories and pristine natural environment.

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## Pet Holiday Tips

Submitted by Dr. Cammie Teliha

The fall holiday season is a wonderful time for fun, food, family and friends all of which can be overwhelming for you family pets. The extra activities of the season can dramatically change the household routines, sights, and smells around the home. Therefore, it is import to consider these holiday activities from your pet's perspective and safe guard your furry friends to ensure that everyone in your family enjoys a happy and healthy holiday season.

First it is important to understand the hazards that our pets face as the holidays approaches. The following are some basic hazards that each pet can face during the holidays:

- Rich, fatty foods can be very dangerous to both cats and dogs. Many holiday foods such as turkey, smoked ham, garlic, onions and chocolate can cause GI upset, vomiting, diarrhea and even death.
- All bones, especially turkey bones, can cause intestinal tears and obstruct the digestive tract.
- Even grapes and raisins can be dangerous for dogs and can lead to kidney failure.
- Caffeine and alcohol can be toxic and should never be given to our pets, no matter how funny Uncle Pete thinks it might be.
- Cooking aids like aluminum foil, string and holiday decorations can all be very enticing for any pet, but each can be very dangerous and potentially deadly if ingested.

In addition to these specific hazards, the fact that the family routine can change dramatically can be very stressful to any pet. As parties occur, or when family and guests spend the night, pets can be overwhelmed with the noises and interactions which often leads to unwanted behaviors such as aggression, soiling and possibly running away.

With all these hazards to contended with my recommendation is to develop a simple and direct plan that everyone, both young and old, family and guest, can quickly understand and support.

### Holiday Game Plan:

**Post the Rules:** How often have you heard your guest say "Oh, just one bite won't hurt"? The problem is if everyone offers your pet a little nibble there is no way to know what might have caused your pet to get sick. Preventative safety measures are the best strategies. By simply letting everyone know the rules your pet well be safer and there won't be any confusion about your expectations from both family and friends.

**No Table Scraps:** With so many holiday health hazards involving food and diet, this simple recommendation will ensure a healthy and well fed pet throughout the holiday season. Discourage family members and guests from indulging

your pets with inappropriate treats. Food that is high in sodium and fats, such as peanuts, chips, poultry skin and other meats can cause an inflammation of the pancreas which can lead to pancreatitis, a potentially life threaten condition. Always try to maintain the same feeding schedule as the rest of the year and if Uncle Pete just can't resist, have a small amount of veterinary approved pet treats on hand.

**Tidy Tidy Tidy:** This means everything from food to decorations. I know that this is easier said than done, but if everyone knows the game plan you will be more successful than you might expect. Decorations might not seem like a good meal, but the holiday season can seem like a buffet smorgasbord to some pets. Keeping the house neat with decorations out of reach will discourage bad behavior and help you keep track of the ornaments that go missing. Keep leftover foods out of reach and in tightly closed containers and make sure garbage cans are secure and all trash bags and places in trash can. It only takes a couple of minutes for a pet to tear up a trash bag and devour whatever is inside.

**Time Out:** When animals are stressed they can often become unpredictable and behave erratically. This is never good for a party. Be mindful of how scared you cat might get with a house full of strangers or how hyper Fido can be when all of the cousins are over. Providing a quiet out of the way spot for your pet to relax and get away from all of the holiday activities can go a long way to ensuring a comfortable get together for everyone. Consider a pet time out when you sit down to eat. This will serve double duty by limiting the temptations for everyone. Cats are especially well served if they can hideaway in a back bedroom until everyone has gone home.

**Be Prepared:** This is especially true during the holidays. Always have your pet fully vaccinated and maintain your records for easy access. If your pet bites a guest the first question the ER will ask is "Is the animal vaccinated for rabies." If you can answer yes and provided current documentation you will greatly reduce all medical concerns and your potential financial obligations. Also, keep your veterinary hospital and the emergency veterinary clinic numbers handy. Your veterinarian can provide you with the closest emergency clinic information, this is especially important during the holidays when many animal hospital are not open.

The holiday season should be fun for everyone, including you family pet. By putting together and Holiday Game Plan you can ensure the health and safety of your pet and you guests. Remember to share you plan with all of your family and friends, maintain your pets regular diet and schedule, keep hazards away and be prepared and ready to take action of your pet becomes sick. By following these simple guidelines you can ensure that your pet will be healthy and happy for the holidays.





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## Block Captains Needed

By Helen Sink

OK – I am sending this same story out again this month because.... We are still in need of more block captains for Woodland Hills. I have been a block captain for many years and can personally attest to the fact that this is not hard work. It does not take a lot of time. It doesn't require any special skills! And the rewards are many: You get to know your neighbors, you develop new friendships, and you have an excuse to socialize! Some block captains throw a lot of parties, some do not. There are no rules or minimum obligations. Just a request to help keep communications going through our neighborhood and have a little fun. More block captains are needed to attain the status of approved neighborhood watch program which requires a certain ratio of block captains to homeowners. This would only help our neighborhood property values – so please join up! Contact Christie Kimbell or me to get more details.

### Specific locations and number of homes to cover are as follows:

Eaton Circle	16
Wilton Woods Court	8
Cumberland Court	6
Carisbrooke Court	10
Cambridge Court	11
Eversham Court	11
Melrose Park Drive & Court	
Eastonbury Court	3
Scarborough Ln E Court	4
Lexington Parkway	
Chrimac Way	17
Woodland Heights Circle	
Oxford Court	6

These are just the areas we know about! There could be others where a previous block captain is listed and no longer here. If you haven't seen anyone acting as your block captain, haven't received a new directory, or just have an interest in participating in this fun activity – please call Christie Kimbell or me to get involved.



Dishin' with...

Molly  
Fowler

## Easy, Elegant, Holiday Appetizer

Holidays are just around the corner! Whether friends drop by or you're invited out, it's always great to have a recipe for an appetizer! Here's one you can make on a moment's notice from ingredients you keep on hand. A package of tart shells in your freezer, brie cheese in your refrigerator, cranberry chutney and pistachios in the pantry – this is everything you need to be an enviable host or hostess in your neighborhood. These Brie & Cranberry Canapés are ideal! They are beautiful and delicious – but most of all, they're easy to make.

### Brie & Cranberry Canapés

Makes 15

1 pkg	Frozen Mini Phyllo Shells (Athens brand), thawed
10 oz	Brie cheese
½ Cup	Cranberry chutney (or cherry preserves)
½ Cup	Finely chopped pistachio nuts

Preheat oven to 350°. Place shells on a baking sheet. Cut the rind off the brie cheese then cut the cheese into 1-inch cubes. Place a cube of brie in each shell. Top each with a teaspoon of cranberry chutney. Bake in the oven for about 10 minutes or until the cheese is melted. Remove from oven and sprinkle each tart with chopped pistachio nuts. Serve warm or at room temperature.

Happy Holidays! — Molly

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## Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

### Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

### Get ready to ski

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.



It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

### Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.



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*Wishing Woodland Hills a  
Merry Christmas & Blessed New Year*



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