

Village Voice

Official Publication of Woodedge Village Homeowners Association

Woodedge Community Clean Up & Upcoming Community Building Events

Save this date: Saturday, April 24. Please plan to participate in our community clean up day. We will work on clubhouse and surrounding areas. There are various jobs to complete such as painting, yard work, and general beautification. You could also contribute by bringing desserts or snacks. We will communicate more with a specific plan closer to the date, but we hope you will save Saturday, April 24, to participate in our Woodedge Community Clean Up!

UPCOMING COMMUNITY BUILDING EVENTS:

- **Pool Time?** I am hoping to organize a family fun day at the pool once it opens.
- **Tennis Anyone?** Is anyone interested in playing tennis? I want to take a poll for the interest in either a Saturday or Sunday tennis play time. I am willing to hit balls to beginners and kids, as long as they have a good attitude! Please email me back at jasonandrewmccoy@hotmail.com if you have any interest in playing tennis. Also, contact me if you need a tennis key. There is a \$10 fee for the court key.

Remember, a strong sense of community heightens vigilance and helps to protect

(Continued on Page 3)



FEBRUARY

Yard of the Month

RUTH KNIGHT - OWNER
10311 WINDRIVER

Ruth has lived in Woodedge since May 1993. She has worked at Ace Hardware on Jones Road for seventeen years. Her favorite hobby is reading and her involvement at her church. Her home and her yard are always neat and well kept. We appreciate your diligence in keeping up your home and property.

A \$10.00 gift certificate from RCW Nursery was awarded to Ruth.

- Submitted by Bill and Darlene Borello

Congratulations Neighbor!

Woodedge Village

IMPORTANT NUMBERS

Sheriff's Department Dispatch (Non-emergency) .. 713-221-6000
Emergencies (If it's happening NOW):911
Harris County Phone Numbers
Animal Control (To report stray or dead animals)..... 713-999-3191
Flood Control:..... 713-684-4000
Graffiti Reporting Hotline 713-437-6833
Health Department (To report unsanitary, unsafe conditions)
..... 713-439-6000
Precinct 4 Commissioner's Office, Jerry Eversole . 713-755-6444
Poison Control 800-222-1222
Street Light Outages Online
..... <http://www.centerpointenergy.com/outage/>
Waste Management (Trash Pick-up) 713-686-6666
Southwest Water (Billing Questions / Service Problems)
..... 713-405-1750

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Jason McCoy..... Director, Pool, Tennis Courts, Club House,
Community Activities, Neighborhood Watch

*If you need to get in touch with a director, call
281-469-0829.*

NEWSLETTER INFO

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ARTICLE INFO

Woodedge Village HOA News is mailed monthly to all residents. Residents, community groups, schools, etc., are welcome to submit information. Personal news are also welcome. All submissions will be reviewed for content and approved by the Board of Directors and Newsletter Committee Chair. The deadline for submission is the 8th of the month before publication.

**DON'T WANT TO WAIT
FOR THE MAIL?**

VISIT WWW.PEELINC.COM FOR DETAILS.

A Declaration For March

The month of March has been declared Mailbox and Mold Month. This is the month we should "march" outside to take a discerning look at our mailboxes in our yards. Is your mailbox an attractive asset to your property? Or, is it rusty with paint chipping, leaning to one side, dented, door won't close and weeds growing around it? Make March your month to beautify your mailbox.

Also, while you're gazing at your mailbox, turn around and take a critical look at your house. Is mold growing in those areas that are frequently shaded? The month of March is a good time to remove mold, because we'll soon be leaving the wintry, wet season. It can be easily removed with diluted household bleach on small areas, or a highly recommended, mold-removing product call Jomax for larger areas. So, make March the month for no more mold.

- Submitted by Sharon Dillard

GARDEN SECRETS -

March 2010

Hey, let's get color - it's time to plant warm-season annuals such as cosmos and petunias. However, with our cold winter, you may still have some great cool weather plants still showing; replace them as needed.

Azaleas are always dependable and are available in many colors and sizes. Select the colors that you like best when they are in bloom. Some will rebloom during the summer and again in the fall. You gotta love them!

This is also a great time of the year to get a little exercise for your body in the garden. The weeds are laughing at you, get mad, chop, chop. The weeds are just about the only plants that will have survived the freeze. Turn the soil in your gardens and put in the new plants, followed by a healthy helping of mulch. Your garden and your body will be so happy.

I find that when I drive thru Woodedge Village, that there is a lot of trash in our yards and gutters. I stop and pick up as much as I can. When I walk my dog, I take along a trash bag and usually can fill it in a couple of blocks, with trash from the streets and gutters. We have a great subdivision, let's all work to keep it that way. If you see an old newspaper or fast food bag lying in the street, take the time to pick it up. Let's all take pride in the appearance of our subdivision.

Love your neighborhood and
happy gardening.

- Submitted by
Darlene & Bill
Borrello



Woodedge Village

Woodedge Community -
(Continued from Cover Page)

both our safety and home values! Please become a participant with the various activities the Board will be promoting in Woodedge Village.

Thanks
Jason McCoy

Sheriff's Department

DISPATCH 713-221-6000

Report suspicious persons, cars or activity. If something doesn't look right, give Dispatch a call so it can be checked out. Better to be safe, than sorry. Call 911 for emergencies.

Deed Restriction Violations Report

January 2010, Submitted by Sharon Dillard

Property Maintenance (mow, edge, weed, leaves, mold, trim shrubs, rotting wood, fence repair, painting needed, mailbox repair, etc.).....	6
Trailers, Boats, Stored Cars, RVs.....	3
Garbage Cans Stored in Street View or inappropriate Time at Curbside.....	18
Miscellaneous (grill, tools, driveway/porch clutter, accumulated newspapers, window a/c, parking on lawn)	15

Garbage cans in view from the street are the reason for the majority of violation letters/cards sent. Your garbage can/s should not be at the curb more than 24 hours after pick-up. When you bring your garbage cans in from the curb, store them where they are not visible from the street. They are unattractive and distract from the neatness of your property. If you are going to be out of town on garbage day, please ask a neighbor to move it from the curb for you.

Recently there have been problems with household garbage blowing into the streets and neighbors' yards. Household garbage should be stored in garbage cans with tight-fitting lids. Branches must be cut in lengths no more than 4 feet, bundled and tied, or they will not be picked up.

Thank you to all of the WV residents, who put out the extra effort to maintain their property in a neat and attractive manner. You are benefiting the whole neighborhood, and we appreciate it.

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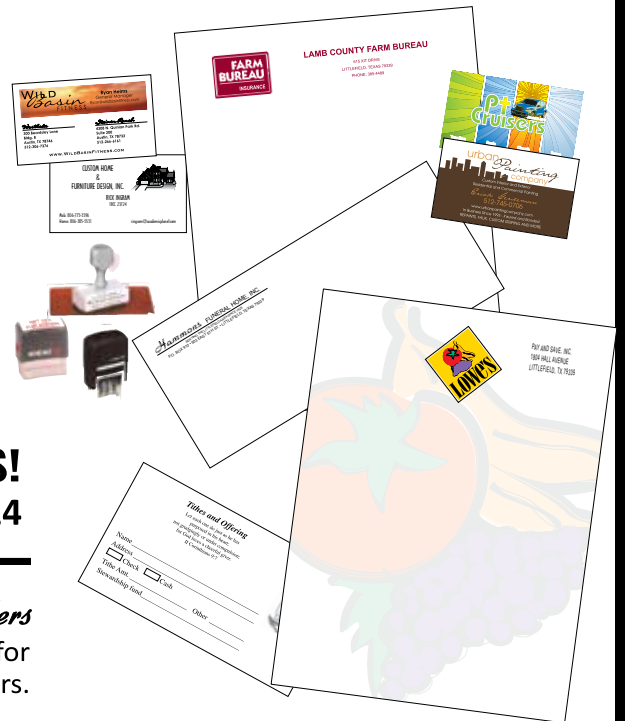
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Woodedge Village



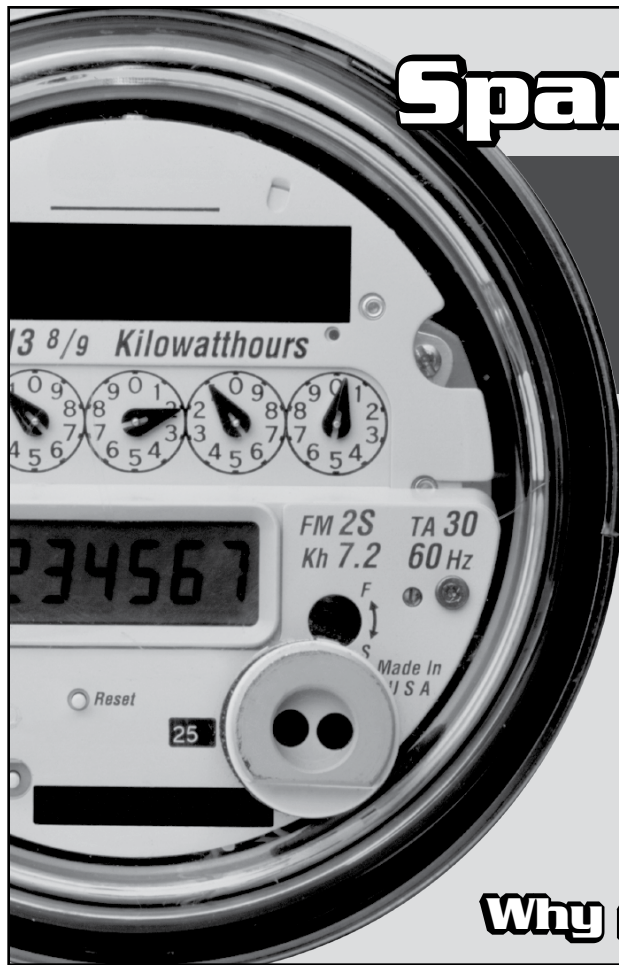
Yahoosers Hear It First

Be among the first to hear (sometimes within minutes) of various activity in the neighborhood, such as suspicious persons, theft, vandalism, solicitors, animals behaving strangely, etc. Get first hand recommendations from your neighbors for plumbers, repairmen, yard maintenance, tree removal, veterinarians, etc. Be among the first to hear announcements from the WV CIA. Want to call attention to something good someone has done? Or, maybe you feel the need to “sound off” IN A NICE AND DIPLOMATIC WAY about something. JOIN THE WV YAHOO GROUP. Send your name and address to woodedgevillage@yahoo.com and request to join.

Monthly CIA Board Meetings

THIRD THURSDAY OF EACH MONTH
7:00 P.M. , CLUBHOUSE

As a homeowner, you are automatically a member of the WV Homeowners' Association, so come join the meetin' and find out “what's happenin'”, in your neighborhood. Everyone is welcome.



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Woodedge Village

HARRIS COUNTY SHERIFF DEPARTMENT'S

January 2010 Crime Stats for Woodedge Village

Submitted by Edie Goodwin (281-469-3309)

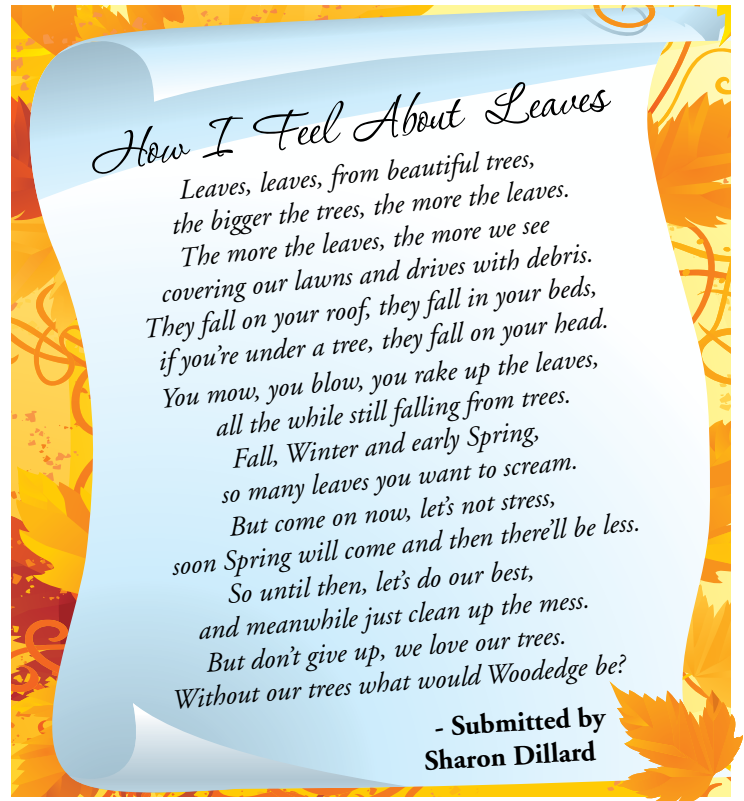
INCIDENT	TOTAL	DISP	DEPUTY	DATE	LOC
911 Hang Up	6				
Alarm Local					
Animal/Humane	1	ADV	Wright	1/26	SW
Assault					
Assault/Family					
Burglary/Habitation	1	REP	Wright	1/26	WR
Burglary/Vehicle	1	REP	Wright	1/15	WR
Check Park	11				
Contract Checks	37				
Credit Card Abuse	2	REP	Other	1/08	GC
Meet the Citizen	3				
Missing Person	1	CAN	Other	1/01	BT
Neighborhood Chk	29				
Unk Med Emerg	3				
Vehicle Suspicious	1	GOA	Ramsour	1\13	WR
Welfare Check	1				

- GOA is gone on arrival
- ADV is advised
- REP is Report made
- CIT is citation
- INF is information
- UNF is unfounded
- CAN is canceled
- WAR is warning

Call 713-221-6000 to contact the Sheriff's Department dispatcher or 911 for emergencies and calls in progress. Woodedge Village is located in Patrol District 5.

Be Safe, Stay Alert!

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References Available • Fully Insured
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Cook's Corner

Here's A Chicken Recipe That's Sure To Please!!

Maple-Pecan Chicken

- 4 boneless skinless chicken breasts (about 1 1/4 lb.)
 - 1/4 cup pure maple or maple-flavored syrup
 - 2 tablespoons mayonnaise
 - 1/2 cup Progresso plain panko crispy bread crumbs
 - 1/2 cup finely chopped pecans
1. Heat oven to 400 degrees F. Line baking sheet with foil; spray with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
 2. In shallow dish, mix together maple syrup and mayonnaise. In another shallow dish, mix together panko and pecans. Dip chicken into syrup mixture, then into panko. Place on baking sheet. Spray top of chicken with cooking spray.
 3. Bake 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165 degrees F) and coating is golden brown.

Pawsitive Pets

In the last article I promised some tips to help you reduce dog aggression issues. If your dog appears dominant aggressive you can try some simple tasks to help him to see you as the top dog. When your dog thinks of you as the leader, he will not be aggressive toward you.

If your dog dances around you as you prepare dinner you probably see this as displaying happiness and thanks. To him, he is telling you to hurry up and feed him - and in his eyes you are complying. A better way is for you to tell your dog what to do at meal time, and have him happily and calmly comply. If you feed your dog while he's showing bad behavior such as being demanding by jumping or barking or whining, you are rewarding him for the bad behavior and reinforcing it. Instead, make your dog sit and stay before you place his dish on the ground. This will reinforce that you control the food and the dog. It also helps him get into a calm state before you give him the "reward" of a meal.

Do not start practicing this at your dog's next meal. Instead, work on it after he has eaten and is not hungry or excited. A short time after he is done eating, offer him a few additional pieces of kibble after you ask him to sit by his bowl and wait. Place one piece of kibble (or a very small treat) in his bowl and say "Ok" to release him and allow him to eat it. If he is not trained to "stay", hold your open palm in front of his face as you place the kibble in his dish and say "Stay" one time firmly. If needed you can place a leash on him and put the end under your foot. Make the lead tight enough to just prevent him from reaching the bowl. Simply lift your foot when you say "ok" to release him. Do this 3 or 4 times and repeat after every meal for a week. Then try the exercise at meal time. If your dog does not wait patiently in a seated position, go back to the after meal training for another week, but be firmer and expect more obedience this time. You need to do these suggestions reliably every time in order for them to work.

Teaching your dog to be clam and submissive at meal time is an important step to show your dog you are the leader. Dogs respect the person who is in control of the food. Just like in a wild pack, the pack leader says who eats, and when. And the lead dogs eat first. When you can arrange it, eat before your dog, and make sure he sees you. Then when you are done eating feed your dog in a calm, controlled manner.

One final feeding tip - if you have more than one dog and any of them show food aggression/protection, be sure to feed them in a crate or in separate areas. Feed your most dominant dog first and you will lessen the chance that other dogs will try to steal food and cause fights.

Next month I will teach you how to practice taking the lead with your dominant aggressive dog. Because you are the boss, you should always lead.

Tiffany Moore, President

Houston Dog Park Association

Support Dog Parks, become a member: <http://www.houstondogpark.org/membership.htm>

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Woodedge Village

It's Only Natural...

Submitted by Mechele Beaty

Have you ever noticed that when you're getting exercise on a regular basis that your mind seems clearer and sharper? That's because exercising, (especially regular aerobic exercise like brisk walking, swimming, and yoga) improves brain function. It improves the flow of oxygen to the brain, helps us to maintain good blood flow to the brain, encourages the formation of new brain cells and reduces brain cell loss as we age. So, when you're out there trying to work off those "holiday pounds" just think about the great workout that your mind is getting!

I know, I know. We've had some pretty cold and dreary days this winter- the kind that make me want to curl up on the couch with my favorite throw and the remote and stay there. But, even if your body is motionless, you can still give your brain a workout! Reading, doing crossword puzzles, playing scrabble or even learning a foreign language can increase your brainpower. Socializing and talking with others can improve memory and sharpen your thinking skills. Also, a restful night's sleep allows you to think more creatively and have better long-term memory.

A healthy diet low in saturated fats and rich in colorful fruits and vegetables is a great way to keep your brain healthy. The brain uses carbohydrates for energy and omega-3 fatty acids for the formation of its cell structure. Foods rich in antioxidants like Vitamins A, Vitamin C, Vitamin E and Beta-carotene help protect brain cells from free-radical damage caused by environmental pollution. Proteins in the diet help brain performance and Iron carries oxygen to the brain cells. There are a lot of healthy foods that we can include in our diets to ensure optimal brain health.

- Garlic, Tomatoes, and Berries (especially Blueberries) can reduce the effects of age-related conditions such as Alzheimer's Disease and Dementia. The high content of lycopene in tomatoes help protect against free-radical damage to cells.
- Avocados contain mono-unsaturated fats, which contribute to healthy blood flow, the main requirement for a healthy brain. Whole Grain Breads and Cereals also enhance blood flow to the brain.
- Eggs are a great source of high quality proteins, vitamins, and minerals and contain a nutrient called choline that boosts the memory center in the brain. Whole grains like Brown Rice are essential for maintaining concentration throughout the day and also improve memory.
- Nuts, like Cashews, Walnuts and Almonds, are great sources of protein, fiber and beneficial fats. They can enable you to think clearer and are positive mood enhancers. Sunflower Seeds contain protein, beneficial fat, Vitamin E and Magnesium. They also contain Tryptophan, an important amino acid that the brain converts to Serotonin, which can naturally relieve mild depression and insomnia.

- Dark Chocolate contains several natural stimulants that enhance focus and concentration and increase the production of endorphins. It also releases dopamine to enhance mood.

In addition to a healthy diet, taking Vitamin C and Vitamin E supplements can prevent the risk of Alzheimer's Disease and slow down the progression of memory loss.

The contents of this article reflect the knowledge and opinions of the author and are for informational purposes only. Always consult a qualified health care provider.

For questions, comments or resource information: mbeaty@naturally4me.com

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to Celebrate?*

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