

# Windermere Lakes



H O M E O W N E R S                      A S S O C I A T I O N

January 2011

[www.windermere lakes.net](http://www.windermere lakes.net)

Volume 5, Issue 1

## Congratulations to Our Holiday Lights Contest Winners!

- **1st Place – 10327 Ripple Lake:** White lights on the roofline, trees and shrubs wowed the judges on this beautiful home. Lights outlined the windows and carried over into the back side of the home and upper deck. One look at this gorgeous home and you know it is Christmas. Congratulations to our 1st place winner. We hope they enjoy the \$150 gift card.
- **2nd Place – 10019 Ripple Lake:** With a front yard full of holiday decorations and lights, this home is lovely. But it was the back yard and dock that captured the judges attention. Lights, lights, lights on the dock, fence and trees sparkle and add real holiday cheer. Congratulations to our 2nd place winner. We hope they enjoy the \$100 gift card.
- **3rd Place – 9914 Ripple Lake:** Red and green are the theme on this outstanding home. The judges loved the post card view that this elegantly decorated home provides when viewed from a distance. A bright shiny star on the chimney complete the terrific holiday setting. Congratulations to our 3rd place winner. We hope they enjoy the \$75 gift card.

Congratulations to our winners! Most importantly, thanks to all our homeowners who decorated for the holidays. It was a difficult task to select only three winners. The judges would like to share a listing of the many honorable mentions who also garnered a second look. Thanks again to all who participated and helped make Windermere Lakes shine for the holidays.

*Judy Maze, on behalf of Windermere Landscape Committee Members*



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can be contacted at [www.windmerelakes.net](http://www.windmerelakes.net)*

\* We are establishing our Committees for 2010 and need resident volunteers! If you are interested in participating with us, please contact us at [www.windmerelakes.net](http://www.windmerelakes.net) for more details. This is a great way to meet your fellow neighbors and to help make our Windermere Lakes community a better place to live.

## NEWSLETTER INFO

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## HEALTH BRIEFS

### **PARENTS: BEWARE OF HOLIDAY WEIGHT TALK**

Adults should pay attention to how they talk about their weight during this time of year and what impact it might have on young children, according to an expert at Baylor College of Medicine.

"Parents should model healthy living and behaviors and use caution when using words such as 'fat' and 'overweight' around children," said Dr. Leng Bang, assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Because children model what parents do, they may end up feeling guilt and shame in relation to food, said Bang. The most important thing to do is focus on the positive rather than the negative and beware of your influence on a child.

Bang suggests looking out for signs that a child may have a negative image of themselves due to their weight. Children may have a change in behavior and avoid school or social events because they worry about what people will think about them. They may feel anxiety or depression and use food to cope.

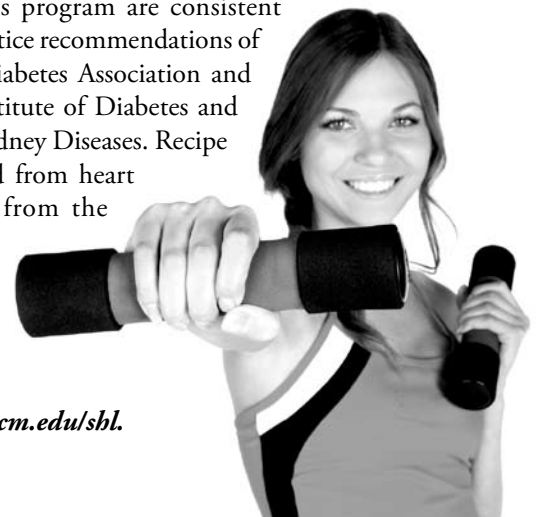
Consult a nutritionist or mental health professional if these signs are present, he advised.

### **SUGAR, HEART AND LIFE**

A new program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart  
and Life can be  
found at [www.bcm.edu/shl](http://www.bcm.edu/shl).*





## Meet Jermaine, Tibreauna, Keatrick, Jaderrion, and Treyveonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or [gracelindgren@adoptiontexas.org](mailto:gracelindgren@adoptiontexas.org)



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## NW Harris County Aggie Moms Club Events

### Meeting - Tuesday, Jan 11, 2011

Get your 2011 year off to a great start with the Northwest Harris County Aggie Mom's Club! All new, current, and former Aggie Moms are invited to join us to hear an awesome motivational speaker, Jim Bob Solsbery. Jim Bob is a former Aggie, class of '67, who is both a comedian and motivational speaker. He is the author of a book entitled, *Humor is an Attitude: Sometimes You Just Have to Laugh Your Way Out*. Mr. Solsbery has spent the last 30 years as a business owner, entrepreneur, educator, professional trainer, and served as the Executive Director for U.S. Department of Agriculture. Jim Bob is the recipient of the National Association of Humor Writers Award and he speaks to groups across the nation about keeping a positive attitude and a healthy sense of humor. Please invite your husbands and Aggie students to join us for a night of humor and get your year off to a great start!

Our meeting will be held at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Please join us there Tuesday, Jan. 11, at 7 pm for refreshments and fellowship with other Aggie Moms. Listen to an excellent speaker, learn more about upcoming Aggie Mom events, explore gift items in our Aggie Boutique, win door prizes and book money for your student, and learn more about upcoming scholarship opportunities. **For more information about NWHC Aggie Mom events, check out our website at [www.nwhcaggie moms.org](http://www.nwhcaggie moms.org) or contact Vickie Hamley at 713-466-4494.**

### Accepting Scholarship Applications - Deadline Feb 7th

The time for submitting Aggie student scholarship applications to the NWHC Aggie Mom's Club is fast approaching! They are now accepting Scholarship Applications for the 2010-2011 school year. Last year 6 scholarships totaling \$6750 were awarded to area Aggie students. Complete applications and eligibility requirements are available at [www.nwhcaggie moms.org](http://www.nwhcaggie moms.org) and also at the general meetings. The application must be postmarked no later than Monday, Feb. 7th, 2011. Parents do not have to be a member of the organization in order for their students to apply.

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Windermere Lake residents, limit 30 words, please e-mail [newsletter@windermerylakes.com](mailto:newsletter@windermerylakes.com).

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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## 3 Steps to Kick-Start your Career in 2011

By Amy Wolfgang, M.Ed.

It's a new year and many of us spend this time evaluating different aspects of our lives: our health, our finances, and our career. Below are the 3 most important actions you can take to kick-start your career in 2011!

### IDENTIFY YOUR CAREER GOALS

Before you can begin to make changes in your career, you need to identify what you are looking to change. Identify a few career goals that you want to achieve in 2011. Sample goals include:

- Develop new skills in a particular area
- Make a lateral move at your company
- Earn a promotion
- Start a new job in a different industry

Once you know what you want to achieve you can begin the work to make those changes happen.

**Action Item:** Write down your career goals for 2011. This does not need to be a formal document, but write them down on paper or type them into a document.

### GET YOUR RESUME IN SHAPE

When was the last time you updated your resume? For some it was years ago when they last applied to a job. For others, it was only a few months ago. Regardless of when you viewed your resume last, now is the time to review it and make sure it includes all of your latest accomplishments.

**Look at the bullet points on your resume and ask yourself the following questions:**

- Do they describe your responsibilities or do they focus on results? A good resume focuses on what you accomplished rather than the tasks that filled your day.
- Is your resume attractive to read or is it too dense with information? Sometimes it can be hard to edit your own work.

We feel a personal connection to what we have accomplished and we should, however, we do not need to include every accomplishment for every position we have ever held.

**Action Items:** Review the bullet points on your resume and make sure your accomplishments jump out. Then make sure your resume is easy to read. Ask others to help you decide what you should and should not keep on your resume.

### DEVELOP CONNECTIONS

Finding a new job typically takes more than just applying for a position on a website. You need to tap into the hidden job market by making connections with other professionals. These connections can often help get your resume on top of the pile in front of the hiring manager. Additionally, knowing people at the company you are applying to can help you understand the culture better and the type of individuals that succeed at that company. Developing relationships now will help you in the future, even if you are happy at your current job.

Are you already using professional social networking sites? Great. Are you utilizing them effectively? Have you recently added connections to your sites? Have you joined all relevant groups on the sites?

Professional social networking sites are an important tool to use in a tech-savvy town like Austin, Texas. Once you are connected virtually, it's time to start making an effort to connect with people in your network. Take them to coffee or schedule a phone conversation. You want individuals to keep you in the front of their mind for when an opportunity comes up. Remember, part of developing relationships is reciprocating. It's a two way street. Think about how you can help the individual you are connecting with and offer that help.

**Action Items:** Join professional social networking sites and "invite" those you know to join your network. Then search for good contacts to have personal meetings and conversations with.

In a tight job market, you need every advantage you can get. These actions will give you a leg up and lead to a great career in 2011!

*Good Luck!*

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