

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

CONGRATULATIONS YARD OF THE MONTH - JULY 2011

Submitted by: Celine Wilson



**The Bowen Family
of Sky Brook Court**

The Beautification Committee would like to congratulate the July 2011 Summerwood Yard of the Month Winners!

**The Bowen Family of Sky Brook Court
The Jefferson Family of Kings Head Drive**

Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of July. Each winner will also receive a \$50 gift card to Lowe's!



**The Jefferson Family
of Kings Head Drive**

Summerwood is full of homeowners who take pride in their yards! Would you like to nominate one of them? Send us an email at summerwood.newsletter@gmail.com!

We look forward to hearing from you!

The Summerwood Beautification Committee

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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 Constable - Precinct 3 281-427-4791
 Houston Fire Station #105 14014 W. Lake Houston Pkwy
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 South Lake Houston EMS (Dispatch) 281-459-1277
 Dead Animal Pick-Up (Precinct 1) 281-820-5151
 Animal Control 281-999-3191
 After Hours 281-221-5000

UTILITY SERVICE NUMBERS

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 AT&T 800-288-2020
 CenterPoint 713-659-2111
 Reliant Energy 713-207-7777
 South West Water Company (MUD #342, #344, and #361)
 Customer Service 713-405-1750
 Garbage Pick-Up (Republic Waste) 281-446-2030
 (Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.)

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Summerwood Elementary 281-641-3000

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NEWSLETTER INFO

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NEWS FROM YOUR SUMMERWOOD

Pool Committee!

Lisa Stout

Ever think about that giant frog that sits on our splash pad? That guy has got to be one REALLY hot frog. Day after day he sits out on that splash pad cooking in the hot, hot sun. Stuck like Chuck. Plus he's been lonely because no one wants to sit out there very long because they're like, afraid of melting. In the meantime all the other frogs are hanging in the reserve or under rocks and in trees. So the big frog drops a little note to the pool committee. He says, "Hey SPC, How about a little shade for the splash pad?" So we're helping the big frog out. We got him some shade.

In addition to shade for the Splash Pad, our Summerwood Pools will see a few more improvements this summer. We hope the kiddos have been enjoying the new slide installed at East pool earlier this summer. The slide replaced a problematic section of the existing equipment. We have reports that the slide has been rough on little bottoms, so we'll have to noodle that one. We know the purchase of a new guard stand for East is less exciting, but important nonetheless. By the end of June, East pool will also have received four more sturdy round, green tables with umbrellas. We believe residents

have been happy with these new tables and would like to see a few more at both pools. Please let us know what you think when you see our survey later this season. We like them because they are resilient, clean up well and don't end up in the pools.

A new shower tower has been ordered for Central. We expect it to have been installed by mid to late June barring anything unforeseen. We can't remove that ratty plumbing for the existing showers fast enough. For those of you who agree it's an eyesore, we're in the car with you. Central's rest room floors underwent some significant stripping, recoating and leveling prior to the swim season. No really, they did.

Your Summerwood Pool Committee will be looking for new members after this season. We need team players. A sense of humor is helpful. If you are a Summerwood resident, who is passionate about our property values and our pool amenities, please reach out to us at: swpool.committee@gmail.com

In the meantime, enjoy the summer. Wear your sunscreen. And, happy swimming!



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Come and Be a Part of Crime Watch Committee

By Barbara Probandt

The Summerwood Crime Watch Committee meets on the second Tuesday of each month at 7:00 at the central clubhouse and residents are encouraged to come and be a part of the organization. The very existence of a Crime Watch in our area acts as a deterrent to criminal activities. Neighbors are asked to be the eyes and ears of their community and keep an eye out for crime. It's as easy as becoming aware of strange activity, cars, or persons in your area and reporting it to your block captain and/or local police.

THE CRIME WATCH COMMITTEE IS LOOKING FOR BLOCK CAPTAINS

Responsibilities include:

- Periodically receive and distribute crime watch information by email
- Inform neighbors of recent crimes within the neighborhood
- Encourage neighbors to bond together to discourage crime
- Help with the National Night Out Event that will take place in Summerwood on Tuesday, October 4th

To volunteer as a Block Captain, or if you have any questions or suggestions for the Crime Watch Committee, please email: dmyrick1967@gmail.com

The Hinton Family

Thanks Unidentified Summerwood Hero

On Thursday, May 12, something happened that solidified that we have wonderful neighbors in our community. This was the day we finally had a nice rain storm, and with the storm came wind and lightning. Both my husband and I were at work, and apparently lightning struck a tree in our back yard. While walking home from school in the rain, a very brave boy flagged my neighbor down to have her call 911 to report a fire at our house. The fire department arrived and thankfully contained the fire to the tree.

We do not know who the boy that was the real hero of the day is, but I want to say "Thank You" to him and his parents for instilling the need to "do the right thing" when you see an opportunity. And many thanks to my wonderful neighbor for calling 911 and following up with us by phone and in person to ensure we knew what happened at our home that day. I love living in Summerwood!

Sincerely, Karen Hinton

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YOUR FAVORITE SUMMERWOOD PHOTO

Congratulations to this Month's Winner, Gerard Probandt!



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CENTRAL & EAST POOL SCHEDULES

CENTRAL - Open 4:30am – 9:00pm, No one allowed in pool or pool area between 9:00pm – 4:30am

EAST - Open 10:00am – 9:00pm, Lifeguards present at all times

CENTRAL POOL

JUNE 2 – AUG 21, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only
Tues – Sun..... 10:00am – 9:00pm swim with lifeguards

- **Events**

June 2.....10:30 to 11:15 Swim Team clinic, partial lanes open
June 14.....10:30 to 11:15 Swim Team clinic, partial lanes open
June 16.....10:30 to 11:15 Swim Team clinic, partial lanes open
July 4 “4th of July Celebration” – check announcement!

- **Pool Closed for Swim Team**

Practice(June 2 – July 1)

Tues – Fri7:00am – 10:30am
Meet

Saturday, June 11..... 4:30am – 3:00pm

- **Pool Closed for Cleaning**

All Mondays
Tuesday, July 5

AUG 22 – SEPT 25, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only
Tues – Fri 10:00am – 9:00pm swim at your own risk
Sat – Sun 10:00am – 9:00pm swim with lifeguards

- **Events**

Sept 5 – Open Labor Day..... 10:00am – 9:00pm swim with lifeguards

- **Pool Closed for Cleaning**

All Mondays
Tuesday, Sept 6

SEPT 26 –OCT 31, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only
Tues – Sun..... 10:00am – 9:00pm swim at your own risk

- **Pool Closed November 2011 through February 2012**

EAST POOL

APR 30 – MAY 31, 2011

- **Swim Schedule**

Tues – Fri4:00pm – 7:00pm
Sat – Sun 10:00am – 9:00pm

- **Pool Closed for Cleaning**

All Mondays
Tuesday, May 31

JUNE 1 – AUG 21, 2011

- **Swim Schedule**

Wed – Mon 10:00am – 9:00pm

- **Events**

July 4..... “4th of July Celebration” – check announcement!

- **Pool Closed for Cleaning**

All Tuesdays

AUG 22 – SEPT 25, 2011

- **Swim Schedule**

Sat – Sun 10:00am – 9:00pm

- **Pool Closed October 2011 through April 2012**



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THE WINNERS ARE AS FOLLOWS:

- Veronica A. - iPad2
- LaKeysha B. - \$250.00 Visa Gift card
- Lori E. - Shopping Spree package
- Oneata L. - Summerwood Gear Package (Generously donated by Newland Communities)
- Melissa M. - Pet Sitting Package (Generously donated by Summer Creek Errands)
- Pam S. - Restaurant Package
- Evad W. - Family Fun Package (Included a family membership to the Houston Zoo, Children's Museum, Houston Museum of Natural Science....Generously donated by Newland Communities)
- Anna F. - Wii gaming console.
- David M. - Sentsy Package (provided in part by Lori Easterling, Independent Sentsy Director)
- Marta M - Sentsy Package (provided in part by Lori Easterling, Independent Sentsy Director)
- Anthony A. - Sentsy Package (provided in part by Lori Easterling, Independent Sentsy Director)

Thank you to the more than 130 residents that came out and enjoyed this fun filled event! We had so much fun watching everyone play and listening to all the excitement as someone's lucky number came up. We had many prizes to be won from some very generous sponsors. Great food from H-E-B Summerwood and great music.



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Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown may not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

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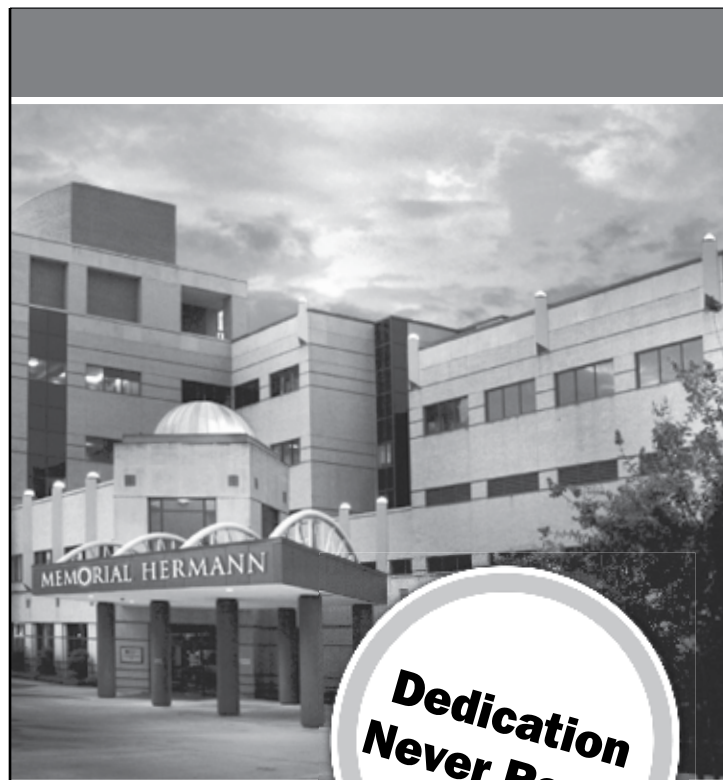
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Congratulations to Daisy Troop 9499!

We are proud to announce that Summerwood Daisy Troop 9499 has recently celebrated their Bridging Ceremony to Brownies. The girls have worked hard to successfully complete the Daisy Girl Scout program and we expect great things from our future Brownies!

It has been an amazing year for our Troop. The girls made care packages for a friend stationed in Afghanistan, volunteered at community events, experienced our first Troop campout, broke records with our cookie sale goals, and so much more!

Ms. Jen & Ms. Debbie wish all of our wonderful girls and their families a safe and happy summer, and we look forward to seeing everyone in the Fall.



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RECIPE OF THE MONTH - BROCCOLI CHEESE SOUP

Ingredients

3 T oil
1 C chopped onion
6 C water
6 cubes chicken bouillon cubes
8 ozs. fine egg noodles
2 - 10 oz. pkg. chopped broccoli
garlic powder
6 C milk
1 lb. shredded Velveeta cheese
opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

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Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>



FROM THE ARC

Is It Time to Refurbish, Repaint, or Reroof your Home?

By Barbara Probandt

Before you make a change to the exterior appearance of your Summerwood home you are asked to submit a Home Improvement Request (HIR) to the Architectural Review Committee (ARC) for approval. The proper form to use for your request along with information on architectural guidelines can be found on the www.summerwoodlife.com website. Log in, click on the yellow tab on the left hand side marked Document Library, and scroll down to the Architectural Review Committee tab. There you will find the Architectural Guidelines for our community along with the Home Improvement Form to submit to CIA Services (our management company) at 8811 FM 1960 Bypass Rd, Suite 200 Humble, TX 77338.

You are encouraged to refurbish and repaint periodically to keep your home beautiful. For instance you are encouraged to power wash your wood siding to remove mildew, maintain/repair your mail box as needed, and clean your curbs to enhance the beauty of your home. This maintenance obviously does not require ARC approval.

Since this is the season of the year that many want to spruce up the exterior of a home you may also be glad to know that you do not need ARC approval:

- To repaint your home using the original builder color
- To reroof your home using a 25 year (or higher quality) shingle of the original color
- To repaint your mailbox, front door, garage door, or other exterior feature using the same color that the builder originally used.





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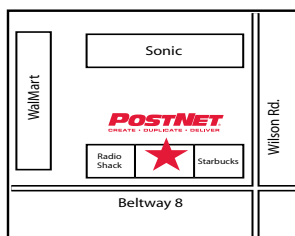


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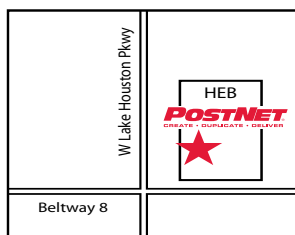
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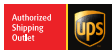


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Getting Muscles

Ever wish you could be as muscular as a superhero or your favorite professional athlete? Well, the big muscles you're thinking about aren't possible for kids. Superheroes, of course, aren't real, and professional athletes are grown-ups, whose bodies are different from kids' bodies in many ways.

Boys, especially, might wish for bigger muscles, but their bodies can't build that kind of grown-up muscle until they're older. On the bright side, both boys and girls can do a lot to build strong, healthy muscles. Let's find out how.

Playing Makes Muscles

It sounds too simple, but it's true. Playing, running, jumping, and riding your bike can make your muscles stronger. Any physical activity you like to do - from dancing to playing football - can make you stronger. Why? Because you're using your muscles when you do it.

Eat Strong

What should you eat if you want strong muscles? You might think you need a lot of foods that contain protein (such as meat and eggs) or foods that contain iron. But there's no one magical food that helps build muscles. Your muscles - and your entire body - will be strong and healthy if you eat a variety of nutritious foods.

Should You Pump Iron?

Some kids want to lift weights so they can look bigger and stronger. But lifting weights won't produce big muscles in kids who haven't gone through puberty yet, and lifting heavy weights can be dangerous to kids' muscles and tendons.

With supervision from a coach or trainer, kids can do some light weight lifting or exercise with resistance bands (large rubber bands). This kind of exercise can improve muscle tone, meaning a kid's muscles will be leaner and stronger, but not really bigger.

Push-ups, sit-ups, and chin-ups also help build strong muscles. But so can plain old running, jumping, and climbing. Get the message? More play time means stronger muscles. Now that's something to get pumped up about!

Reviewed by: Larissa Hirsch, MD

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A Quick Fix?

You might have heard about athletes who use illegal drugs called steroids to get muscles fast. Sports officials have started to punish athletes who use them. Not only is it unfair to other players, these artificial hormones can cause serious health problems. In other words, don't try them!



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