

# Woodland Hills



The Official Publication of the Woodland Hills Homeowner's Association

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May 2012

## Easter Fun!



Turnout was great for our third annual Easter Egg Hunt. We counted about 50+ children from our neighborhood and they all brought parents, grandparents, aunts and uncles. The weather was perfect and everyone enjoyed the day. The Easter Bunny arrived before the egg hunt began and spent time mingling with the children and getting lots of pictures taken.

Thanks to everyone who participated and special thanks to my husband, Craig Nielsen who helped with this event.

*Terri Nielsen*  
Social Chairperson

## Letter from the President

Spring is a great time of the year! It represents the start of a new season of life for just about everyone and everything. It's not much different with the WHHOA. We have lots of new ideas begging to get underway. There are three "new" spring projects that you will see in the works over the next few weeks as you drive through the neighborhood.

The first, and probably the most noticeable, will be the color change out and re-mulching of the common area flower beds along Martin Parkway. It's been several years since the beds have been completely mulched and, in addition, we will be organically enhancing the color planting areas. This should result in healthier plants and more vibrant colors in our most visible areas. Annual shrubbery lost to last year's drought will be replaced where needed, too. We are anticipating a much improved look along Martin Parkway and the entrances at Glade and Cheek-Sparger roads.

Secondly, we are in the process of finalizing the agreement with the City of Colleyville to construct a Bear Creek access ramp at Melrose Park. The concrete and "organic block" ramp will utilize the entrance to the parking lot just south of the creek, curve back to the northeast and slope down into the creek bed. This will provide permanent and paved access to the Martin Parkway bridge bed so the city workers can move heavy equipment in to clean up debris that builds up under the bridge. As you are aware, the debris from high water collects on the west side of the bridge, causing problems for the creek floodway. This restricted flow is also sometimes responsible for the Martin Parkway closings that take place by forcing water up and over the bridge. While this won't solve the occasional flooding problem, it will allow for quicker and more efficient clean up in the aftermath.

Thirdly, we are currently drafting specifications and a scope of work for the renovation of the next section of Melrose Park walking trails. This is part of our annual capital improvements plan. We hope to be able to accept bids on this work within the next 30-45 days with work commencing shortly thereafter. The board is excited about this project and we all look forward to completing this project. It's been long in works!

We're excited about these new projects and we're eager to see them finished. Please give us your feedback as you see them brought online. As always, you may email or phone any board member with your comments or questions. Enjoy the wonderful spring!

*Mark Skinner*  
President-Board of Directors, Woodland Hills Homeowners Association

# Woodland Hills

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### PUBLISHER

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NOT AVAILABLE  
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*Do You Have Reason  
to Celebrate?*

We want to hear from you! Email *Kirsten* at [tiki100@verizon.net](mailto:tiki100@verizon.net) to let the community know!

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## UPCOMING SOCIAL EVENTS

By: Terri Nielsen, Social Chairperson

### FOURTH OF JULY PARADE AND PICNIC

Parade starts @ 10 am with a short walk thru the neighborhood to Melrose Park. There are all sorts of things to do for the kids--- bounce house, face painting and balloons.



For the fifth year in a row, the Moberly's will be sponsoring the hot dogs and brisket! Don't forget to bring your lawn chairs and relax in the shade for this fun

filled day in the park.

WHHOA gives a big THANK YOU to our food sponsor – the MOBERLY TEAM!

### FALL GARAGE SALE

Saturday, September 15, 2012 – 8 AM to NOON



### FALL MOVIE NIGHT IN THE PARK

Saturday – October 13, 2012 - Melrose Park - Dinner @ 6:30 pm



Movie will start around 7:30 pm or sunset. Once again, the Hamburger man is going to provide hamburgers, hot dogs and all the fixin's and we will also have popcorn for the movie!

### CHRISTMAS IN THE PARK

December 1, 2012 – Melrose Park – 3 PM to 6 PM

Come and enjoy the beginning of the Christmas season with lighting of Melrose Park, carriage rides and Santa! We will be serving hot apple cider and Christmas cookies so bring your lawn chairs and blankets for this festive occasion.



If you would like to help in organizing upcoming social events, please contact Terri Nielsen @817.684.0450 (home) or 817.475.1389 (cell) or email – [tanderson3312@sbcglobal.net](mailto:tanderson3312@sbcglobal.net)

## International Youth soccer players seeking Colleyville host families

Ross Carnes of Glendale Drive, the Area Coordinator for The Center for Cultural Interchange, has announced that his organization is hosting a soccer clinic for 10-15 International youth soccer players from France and Spain who are coming to Colleyville July 8-28.

These passionate young players are looking to learn more about our American culture and improve their English by experiencing life with an American Host Family. These players, boys and girls between 14-17 years old are fully insured, pay their own personal expenses and international travel costs.

Host families are responsible for providing housing, meals and transportation to daily soccer training for two weeks. In addition to their training, they will participate in excursions to the Fort Worth Stock Yards, Six Flags in Arlington and a professional soccer game. Host families must have children at home in the same age group as the student they are hosting and be willing to provide a welcoming home to these students.

Carnes said that his organization has been providing exchange experiences for International and American students for over 25 years but has not tried a soccer exchange until now. He is excited to bring students into our community and share the many things we have to offer these young students.

For more information, please contact Ross Carnes, 817-874-2459 or email him at [rhcarnes47@gmail.com](mailto:rhcarnes47@gmail.com).

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### Event Pictures!!

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# Woodland Hills

4th of July



July 2011 Parade – John, Melanie, Megan, Lance, Susan and Charna Gray

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## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Woodland Hills Newsletter.

E-mail your pictures to [tiki100@verizon.net](mailto:tiki100@verizon.net) by the 8th of the month.



## Volunteering: Make a Difference

Volunteering! When first asked to write an article for the newsletter on Volunteering, my first thought was “no problem.” When my husband John and I starting thinking it through, however, second thoughts started to arise. The standard “5 W’s” (why, who, where, when, and what/how) lead us to the following thoughts.

**Who and Why volunteer** – Not for the glory or the money! YOU volunteer because YOU see a need and YOU have the skills and desire to fill it, or YOU are willing to learn some new skills to fill the requirements needed or someone asks “Will you help? We need you!” A ready mind and a willing heart are the primary requirements

Where and When to volunteer -We chose to live in Colleyville because of the small town feel, clean streets, parks with trees, good schools and children’s programs, a new library and active, friendly people. We also know that these things do not “just happen”, they are the result of people who care enough to volunteer and get involved - Residents who are problem solvers – not just complainers.

**What - How do we volunteer?** – Think about what your interests are. Or what are you passionate about? From there you can find something that interests you, yet also makes a difference.

Volunteering for Keep Colleyville Beautiful only requires two major events during the year, one in the spring and one in the fall. We do this by working along with neighbors such as Mayor Kelly and Chuck Majors from the City Parks and Rec. Department and youth from the different schools, including Boy Scout Troops and church groups. Community-minded individuals help make our city one of the top contenders in the Keep Texas Beautiful and Keep America Beautiful Programs.

My husband and I volunteer to maintain the section of Glade Road east of Pool on a monthly basis. On a beautiful day, you probably see us out there! This is part of the Adopt-A-Street Program and several other streets are available if you are interested. It’s nice to see your street make a statement about our city and its residents.

Medically, we are so lucky to live in this area – only minutes from major hospitals and doctors. My hip was replaced in 2003 at the Texas HEB Hospital and I saw firsthand how volunteers helped with the rehab. Most of the volunteers were folks just like me who had been there before me and were able to share what to expect and to cheer me on with the words “everything would be okay, if you continue to work at it.” I was able to sign up to volunteer for only 4 hours a week. It is a small contribution to help give to others what was shared with me.

The Colleyville Library is a state-of-the-art facility under the leadership of Mary Rodne, Director, and her capable staff. Books on Tape allow me to listen to the latest books whenever I am in my car or doing quilting at home. This allows me to do two things at one time. Hard cover books are still a joy, but we are now into e-books as well and can download them

to our Kindle. Checking out movies and watching our grandchildren enjoy the programs provided – such as the upcoming Summer Reading Program – make serving on the Library Board a pleasure.

Serving with our church, First United Methodist Fort Worth, at the Welcome Center and First Friends, lets us meet new people and extend a hand of friendship. Often one is lost in a new environment and one person’s smile can make all the difference as to how we feel about the type of folks we meet. Someone shared their smile with me and I wanted to pass it along.

We are involved with other organizations such as the Rotary Club and its flag program and Dancing For the Stars; the Lions Club and it’s “Breakfast with Santa” and eye-glass collections; Colleyville Senior Activity Center with weekly bridge games and monthly String-A-Long-With-Us acoustic strings group; Colleyville Chamber of Commerce luncheons; and Quilter’s Dream quilting clubs and classes. We

have participated in Leadership Colleyville - where you can learn about the inter-working of our city and its interaction with other government bodies, and the Police Department Citizen’s Academy – a behind the scenes view of our police

department and the challenges they face daily. The program offered by the Colleyville Fire Department

is definitely on our list because of the information offered and the rave reviews we have heard from other attendees.

Last I would be remiss if I did not speak to our WHHO association and our involvement which allows us the opportunity to get to know our neighbors on a first name basis. Seeing the increase of “young people” and “seasoned older folks with young attitudes” at the park events such as the Fourth of July Parade – where my

husband gets to bring out his “antique truck” and our whole family including grandkids get to ride, is thrilling and speaks to the hard work of our residents who “magically make it happen.”

Block Captains, such a Helen Sink and Rod Balke; organize events in their neighborhood areas so you get to know who lives on either side of your home and across the street. Do you know your volunteer block captain? These neighbors are the ones who watch your home when you are out of town and whose home you volunteer to watch when they are away. These events are great times to “meet and greet” and catch up on what is going on with our neighbors.

Volunteering makes you feel a part of your neighborhood and the world around you. You are not just watching things happen; you are helping make them happen. What more can you ask? The joy is all yours!!

If you want more information about any of these volunteer opportunities, just email or give me a call at 817-318-8229 or [cvquilter@verizon.net](mailto:cvquilter@verizon.net)

*Submitted by Charna Gray*





# What's Happening in Woodland Hills?

Listed For Sale In Woodland Hills  
By The Minter Team:



★ 10 Properties Currently Listed For Sale  
 Average List Price - \$469,120  
 Average Price Per Sq.Ft. - \$125.31  
 Average Days on Market - 84

★ 2 Properties Currently Under Contract  
 Average List Price - \$499,950  
 Average Price Per Sq.Ft. - \$138.96  
 Average Days on Market - 102

★ 7 Properties Sold in the Last 6 Months  
 Average List Price - \$337,386  
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# Eva the Entrepreneur



The play ground equipment at the First United Methodist Church of Grapevine located on Heritage Avenue was old, unsafe and in desperate need of replacement. "It was pathetic," says eight year old Eva Elmore, a parishioner and Woodland Hills resident, so she decided to do something about it. The young entrepreneur opened a lemonade stand and sold lemonade and cookies for donations. She raised \$3,100.00.

Way to go Eva!

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# Woodland Hills

## Timely Tip *for Calloway's Gardeners*

Texas is home to nearly 5,000 native plant species due to the vast and diverse geography of our great state! Often people envision "native plants" with Mesquites and cacti but many of our basic landscape plants are native to Texas.

After the Summer of 2011, gardeners are looking for Texas tough plants in their landscapes. Native plants tolerate our Texas Summer heat better than most, require less water, need less mowing, provide habitats for birds, butterflies and other wildlife, protect the soil and save on fertilizers and insecticides.

Add native trees to your landscape and enjoy the colorful blooms from the Texas Mountain Laurel or Desert Willow. Select Texas Sage for its purple Summer flowers or the Red Yucca with its red spike-like bloom as additions to your landscape.

Native grasses such as Mexican Feathergrass or Big Muhly add another different texture and look to the garden. Also, don't forget the reliable perennials for providing Texas tough color! Blackfoot Daisy, Gaura, Coneflower and many of your Salvias are native to Texas and will provide color year after year once they are established.

Don't forget Mom this month! Color in May comes from more than a bouquet of blossoms for Mom on Mother's Day! Plan ahead and give that special person a living bouquet that changes with the seasons. Buy your mom a native plant and know that you are making her garden a more enjoyable place for both her and the birds and butterflies.

If you need specific help with your next gardening idea or project, please join us for FREE in-store gardening clinics this month. Clinics begin at 10:15 a.m. and are facilitated at every store.

### **Saturday, May 5: Those Blooming Shrubs (10:15 a.m.)**

Evergreens may provide the backbone, but Azaleas, Hydrangeas, Camellias and Roses add the "pop" that colors your garden!

### **Saturday, May 12: Flowers for Mom (10:15 a.m.)**

Celebrate Mother's Day with living plants in a container garden arrangement!

### **Saturday, May 19: Native Plants, Texas Style! (10:15 a.m.)**

Plants adapted to Texas weather... that conserve water, provide habitat and thrive here!

### **Saturday, May 26: Basic Landscape Design (10:15 a.m.)**

Experts walk you through soil preparation, plant selection and design concepts.

*For more information, visit [www.calloways.com](http://www.calloways.com). Hope to see you in the garden soon!*



## Getting Started

*Submitted by Natalie Verde, Group Exercise Instructor*

It's almost time to break out the swimwear--- that little bikini, sleek one piece or Speedo. Are you ready? If you are not then don't worry about it there is still plenty of time to get started.

Start by tracking what you eat. Write down everything you consume. If you grab a handful of chips or cereal while standing in the pantry then write it down. Drink half of your kid's juice pack--- count it. Once you have an idea of what you are eating then you can identify where you can start making small changes. Begin by cutting your daily calorie intake by 250 calories. That could be the two cokes you find that you are drinking with lunch or the king size candy bar in the afternoon.

Now you have got to move your body. There are a lot of good workouts out there. High intensity circuits are very popular, but they are not for everyone. Jumping rope followed by sprints, "burpies," and combinations of pushups and side planks are great, but if you can't walk two days later you are not really going to enjoy it. Do something you like--- walk, run, dance or play basketball. Bottom line you want to burn 250 calories.

To shed one pound you have to burn 3500 calories. By cutting 250 calories a day from your current diet and burning 250 calories through daily exercise you will reduce your caloric intake by 500 calories per day---3500 calories a week.





# The Wellness Media is Buzzing!!



**Oxidative Stress is implicated in over 250 disease processes and metabolic disorders.**

As we go about our normal day, we are all exposed to many environmental factors that **cause the cells in our bodies to produce free radicals**, including.....pollutants in the air that we breath, chemicals in the food we eat, stressful activities and situations, contaminants and radiation from the electronic tools that we must use in our daily routines, and even exercise. **Oxidative Stress causes our bodies to form free radicals, or "RUST" internally, and leads to numerous disorders and diseases, including\*:**

- Alzheimer's Disease
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- Arrhythmia
- Asthma
- Atherosclerosis
- Benign Prostatic Hyperplasia
- Bipolar Disorder
- Cancer
- Cardiovascular Disease
- Carpal Tunnel Syndrome
- Cataracts
- Celiac's Disease
- Congestive Heart Failure
- Childhood Neurological Development Disorders
- Chronic Fatigue Syndrome
- Chronic Obstructive Pulmonary Disease (COPD)
- Crohn's Disease
- Depression
- Dermatitis
- Diabetes
- Erectile Dysfunction
- Fibromyalgia
- Gastroesophageal Reflux Disease (GERD)
- Glaucoma
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- Parkinson's Disease
- Psoriasis
- Rheumatoid Arthritis
- Sleep Apnea
- Systemic Lupus Erythematosus
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*\*Sources: [oxidativestressresource.org](http://oxidativestressresource.org) and [pubmed.gov](http://pubmed.gov)*

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# Woodland Hills

## Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



## Summer Reading Program

Looking for something the kids to do this summer? Each year the Colleyville Public Library offers a Summer Reading Program for residents of Colleyville.

Citizens of all ages can earn prizes for the books they read and/or listen to (e-books and audio books count too!) FREE daily activities are available, including weekly story times for children, Chess Club, LEGO Mania, Tuesday Activity Days, visiting performers every Thursday, and Friday Movie Days.

Summer Reading Program 2012 will run June 11 - July 28, 2012. REGISTRATION REQUIRED for all story times and Chess Club; opens Monday, June 4 at 10 a.m.

Summer Reading Program will commence with the "Reading Is So Delicious" Kick-Off Party on Saturday, June 9 from 8:30 - 10:30 a.m. and will end with a special Summer Reading Program Grand Finale outdoor event on Friday, August 3, 2012. Questions? 817-503-1154.



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