

Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



June 2012

www.windermerylakes.net

Volume 6, Issue 6

FUEL YOUR CHILDS CREATIVITY QUOTIENT

Submitted by Sugandha Jain

The impact of a high creativity quotient (CQ) is evident even among the top management in business. Results from 2010 IBM Global CEO study reveal that highly effective CEO's place the greatest emphasis on creative leadership. In order to achieve top results, CEO's are not fearful of experimenting. These CEO's lead the new generation by continually thinking of new ways and fresh approaches.

However, the sad reality is that creativity scores have been decreasing in children since 1990. In their book, *The Creativity Crisis: New Thinking about children*, authors Po Bronson and Ashley Merryman, cite evidence on how creative quotient in children has plummeted.

As parents, we have to ask ourselves some

tough questions. Is our education system so hyper-focused on testing that we are squeezing out the innate creativity of our children? Are we pushing our children so hard that we are leaving no room for creativity? What can we do to turn things around?

The good news is that creativity can be nurtured and learned. Exposing children to a creative environment can assist in enhancing their CQ. Creativity training actually changes brain function. It creates new neurons in key parts of the brain and builds new connections between these neurons.

So, what is the recipe for sparking creativity in children? The right amount of sleep, nutrition and avoiding pessimism can work wonders. Positive thinking is so powerful that

it can attract unimaginable successful results in a person's life. Teaching children to trust themselves is a vital ingredient as creativity comes from trusting your instincts.

Asking 'What if' questions to your children can increase their CQ. Leo Burnett says that curiosity about life in all of its aspects is the secret of great creative people. Solving open-ended problems also nurtures creativity. Parents and children who work together to solve challenging problems gain understanding on mastering uncomfortable feelings that these problems present. Families that create together stay together!

Sugandha Jain is a Master Registered Texas Trainer & Director of Accreditation at a local preschool



IMPORTANT NUMBERS

Emergency	911
Sheriff's Dept.	713-221-6000
Center Point Energy - Customer Service (Gas).....	713-659-2111
Cy-Fair Fire Dept	911
Cy-Fair Hospital.....	281-890-4285
Animal Control.....	281-999-3191
Center Point (Street lights)	713-207-2222
Library	281-890-2665
NW Harris County MUD #29	713-983-3602
Post Office.....	713-937-6827
Reliant Energy - Residential Electirc.....	713-207-7777
SCS Management Services, Inc.	281-463-1777
Comcast Cable/Communications.....	800-266-2278
Waste Management/Trash Pick Up.....	713-686-6666
Southwest Water Company	713-405-1750
(Service/Billing - NW Harris Co. MUD #29)	

BOARD OF DIRECTORS

President	Kevin Swicegood
Vice President	Raj Amin
Treasurer	Sreehari Gorantla
Secretary.....	Gerri Rougeau-Eubank
Directors	Kevin McClard

COMMITTEES:

Security	Kevin Swicegood
Social	Bill Wentzell
Clubhouse/Recreational Facilities.....	Dianne Wentzell
Communication.....	Gerri Rougeau-Eubank
Landscape	Judy Maze
Finance	Sreehari Gorantla
Architectural Control/Deed Restrictions	Kevin McClard

*All Board members and Committees
can be contacted at www.windmerelakes.net*

NEWSLETTER INFO

Editor.....	newsletter@windmerelakes.net
Publisher	
Peel, Inc.	www.PEELinc.com , 888-687-6444
Advertising.....	advertising@PEELinc.com , 888-687-6444

At no time will any source be allowed to use the Windermere Lakes Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Windermere Lakes Homeowners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Windermere Lakes residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Not Available Online

Father's Day is June 17th!


RACHAEL'S

We're On Facebook!

www.facebook.com/RachaelsHallmark

12240 FM 1960 W @ N. Eldridge - 281.469.3881



2012 Open Regattas at Seabrook Sailing Club

The Seabrook Sailing Club is hosting two major regattas this summer on Galveston Bay, open to all interested sailors. Whether it's challenging one design racing or family fun, Seabrook Sailing Club's summer regatta schedule has it all. We are looking forward to having local and out-of-town sailors join us for competition and fun on the bay.

Summer Solstice Regatta: Seabrook Sailing Club's annual Summer Solstice Regatta will be held on June 23 and 24, 2012. This year we will be kicking off the regatta on Friday night with fireworks and a keg! We encourage everybody to leave work early and bring a picnic. This regatta is open to all small sailboats and beginner racers are welcome. Lasers, 470's, Sunfish, windsurfers, Vanguard 15's, and catamarans are regular classes at this fun event. This regatta is on the Texas Laser District 15 Circuit schedule, drawing Lasers from around the state. There will be one design starts for all classes with at least three boats. A Portsmouth handicap fleet will be formed for boats that do not make up a one design fleet. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

Endless Summer Regatta: Each year, youth sailors from all over Texas and surrounding states participate in the Endless Summer Regatta at the Seabrook Sailing Club. The Endless Summer Regatta is the best attended event on the Texas Youth Circuit after Texas Race Week, with approximately



Optimists on the downwind run at the Endless Summer Regatta

200 sailors, coaches, parents, and organizers coming to Seabrook and Galveston Bay. The youth sailors participate in 6 different fleets; the beginner sailors in the Optimist Green fleet, the experienced Optimist sailors in the Red/White/Blue fleet, Laser 4.7, and Laser Radial. Parents enjoy the view of the sailing course and Kemah from the clubhouse deck, while their kids put their skills to the test. Sailing is a great sport for kids that fosters self-confidence, independence, and responsibility. As skippers, they are in control of their own destiny; they make their own decisions, which have a direct result on their finish position, well-being, and boat

condition. But most importantly, it's fun! The 2012 regatta will take place September 22-23, 2012. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

The Seabrook Sailing Club has been providing safe, organized, and challenging sailing for local sailors and guests since 1934. If you've been thinking about learning to sail, getting back on the water, or competing in our organized club races, check out what the Seabrook Sailing Club has to offer. For more information about SSC, contact James McTurk at SSCmembership@yahoo.com, or visit www.seabrooksailingclub.org.

CY-FAIR PET CLINIC

Vickie N. Lawrence, DVM

281-955-7200

New Location

12020 W. FM 1960, SUITE 900 AT WINDEMERE LAKES DRIVE

1/2 PRICE VACCINES

Every Tues., Wed., & Thurs.!

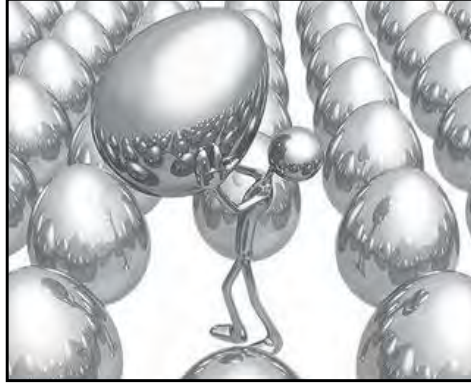
HOURS

MON. & FRI.	7AM - 6PM
TUES., WED. & THURS.	7AM - 7PM
SAT.	8AM - 12PM

FINANCIAL FOCUS OCCUPY YOUR WALLET

Submitted by Rich Keith

People often ask, "What things can we do keep our financial stability during financially volatile times such as these?" There are defensive strategies which anyone can employ regardless of their financial position. The answer, fortunately, has remained the same over many years. We have heard the importance of saving heavily and keeping debt low. But what about investing in your career, planning for a global financial tumble, or how about staying with your bank or leaving it behind? These practical questions are important in today's world.



First, the basics. Make sure you have an "emergency fund" of at least \$1,000 to cover a home or car repair. More is better: an amount equal to six months of expenses is best. Save at least 20% of what you make; this keeps you from using credit. While we're on the subject of credit, let's look at how much you're spending on servicing your debt. Are you carrying a credit card balance at 18 percent? Pay it down quickly because that's like getting an 18 percent risk-free return on your money. "If I could make 18 percent, I'd do it right now!" I've heard before. To further improve your cash flow, elect high deductibles on your car and home insurance. Basic family protection includes making sure you have your wills and powers of attorney in place and buy inexpensive term life insurance to cover your loved ones in the event the main wage earner dies prematurely. "Buy term life insurance, it's the right product for families," says noted financial whiz Suze Orman.

If anyone believes that our current low inflation rates will not increase dramatically as a result of the largest printing of money in the history of the world, then they are simply not paying attention. Prices will rise. Taxes will rise. Loans will become much more expensive. There is a trend in America toward renting more and more, from homes to party gowns, known as the "Rentership Society." Having a big home loan straps you

down and won't let you easily leave for greener pastures. But renters can quickly move to the place where jobs are. In fact there are studies which have linked chronic unemployment to home ownership. Run the numbers, and then consider renting your next home.

Next, invest in yourself. Your income is your "financial engine." Protect it by making sure you will keep working no matter what happens to your investments. Read, read, read. Be vigilant about finding the areas of specialization where the world is heading and learn about them. Take

someone to lunch who does what interests you and find out how they like it, and if a degree is required. Don't automatically opt for an advanced degree, especially from the new breed of for-profit career schools. These schools often are expensive, and students incur debt at a higher rate than students at public or nonprofit private schools.

Feel good while you are saving. Your big bank is not your friend. Historically low CD rates, high fees, combined with draconian lending policies, are driving millions of people away from the big banks and toward credit unions, as well as safer investments. Former IMF chief economist Simon Johnson's book, "13 Bankers: The Wall Street Takeover and the Next Financial Meltdown," reveals how a "cabal of big banks gambled with our money, wrecked the economy, and then accepted huge taxpayer bailouts, all the while paying out gigantic bonuses and fighting financial reform," Johnson says. His answer is to remove your money from the six biggest banks: Bank of America, JP Morgan Chase, Citigroup, Wells Fargo, Goldman Sachs, and Morgan Stanley. Smaller banks and especially nonprofit credit unions offer lower fees, better loan rates and consistently better customer service. For financial peace of mind, work with your financial coach to make sure your family is taken care of.



"Living, loving, and learning in Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seasc.org

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS



Come grow with us!
St. Elizabeth Ann Seton Catholic School

Open Registration Begins Feb. 13th!



10777 Northwest Freeway, Suite 800 Houston, Tx. 77092
Tel: 713-681-2500 www.harco-ins.com

- Automobile / Homeowners / Flood Insurance
- Personal Umbrella Liability

Contact: Kathey Hoffmaster x240
Gerri Rougeau, Windermere Lakes Resident

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



DID YOU KNOW?

The **MOST** near-drowning and drowning incidents occur during June and July in Texas!

Please take these simple steps to keep your family safe in and around the water and have the **Best Summer Ever!**

LAYERS OF PROTECTION



**CONSTANT VISUAL
SUPERVISION**



LEARN TO SWIM



**WEAR LIFE
JACKETS**



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



LEARN CPR



**CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN**



**VISIT US
ONLINE**

Health Briefs - June 2012

TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz,



associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an

(Continued on Page 7)




Brilliant Energy = Seriously LOW Electricity Rates

Brilliant Energy's Electricity Rates Challenge The Rates of Every Other Electricity Provider in Texas!


Lock-in a low electricity rate for up to 3-years!

Easy Online Sign-Up at BrilliantElectricity.com
USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL



Brilliant Energy is recommended by Texas Energy Analyst, Alan Lammey the host of the 'Energy Week' radio show on NewsTalk 1070 KNTH!

**Ask the "Energy Analyst":
281-658-0395**



Great Business Rates Too!

Brilliant Energy Texas PUC #10140

Health Briefs - (Continued from Page 6)

option,” said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. “It is a very safe and effective way to decrease sweating, especially in the hands and feet.” Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.



MANAGING FOOD ALLERGIES

Food packages often come with the caution, “Warning: may contain peanuts,” and for good reason. It’s estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow’s milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr.

Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children’s Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms.

Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children’s friends should be notified of food allergies.

My Client's need is my TOP PRIORITY!

Looking to move?
Want a bigger home?
Planning a real estate investment?

I'm here to help you!

Preethi Ram (MBA)
Cell: 832.922.7854
Email: pram@cbunited.com



Contact me today!

*You will not be
disappointed!*



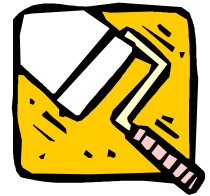
Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

WN



Windermere Lakes

**T
H
A
N
K

Y
O
U**



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM



Each Office Independently Owned and Operated

- **#1 Realtor in Windermere Lakes***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009