Woodwind Lakes It's all right here

February 2013 Volume 2, Issue 2

Message from WWL Board

Use of WWL Pavilion and Common Areas

The WWL Board of Directors has had a number of inquiries recently concerning use of the Pavilion and surrounding Common Areas. All WWL facilities are yours and the Board encourages the use of them. However, we all want those using them to respect our common property and to be safe. We hope that this note will promote full enjoyment of our facilities and foster understanding of the responsibilities associated with their use.

The Pavilion (including all walking paths, playground, swimming pools, tennis courts and the "Reserve" area) is restricted for the exclusive use of WWL residents. Guests of a resident are permitted, provided they are accompanied by a resident at all times. All users are expected to abide by all posted rules.

If you wish to have a function, please make a reservation. Use the Facility Reservation Form found on the WWL website woodwindlakes.us/amenities. Donna Jackson (kotilla@hotmail. com) will assist in coordinating the use of bathroom and storage room keys, and provide further instructions on use of equipment, cleanup and the like. Children under the age of 13 must be accompanied by their parents in the Reserve. 911 phones are available at both pools.

Neither the HOA Board nor the residents may rent or lease the common facilities. So, no fees for the facilities can or will be charged (see Deed Restrictions, ARTICLE Section 7(g)).

The Association enjoys favorable insurance rates because the use of our common areas is restricted to residents and their guests. The Association also wishes to protect itself against the threat of lawsuits. Therefore, please adhere to these guidelines and help us keep our association dues as low as possible.

Third party service providers (or service providers owned and operated by a resident) may assist a resident to host a function. However, if a fee is charged to participants of a function, the service provider or a resident must file a certificate of liability insurance with the Sterling office in advance of the function. Contact Frank Cario (frank@sterlingasi.com). The certificate must name Woodwind Lakes as an additional insured. Any fee-for-service event shall be restricted to residents only participation.

Anyone using the Common Properties and/or Facilities should understand that each owner has certain legal obligations and commitments (see Deed Restrictions, ARTICLE XII, Section 7). "Each Owner shall be liable to the Association for any damage to the Common Properties and/or Facilities of any type or to any equipment thereon which may be sustained by reason of the negligence of said Owner, his tenants, employees, agents, customers, guests or invitees, to the extent that any such damage shall not be covered by insurance."

Ready For Summer?

The Family Pool has recovered from a facelift operation. All the plaster has been chipped out and removed. New plaster has been installed. Just when you think your money is being poured into the ground, it is.





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IMPORTANT CONTACTS

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Call Before You Dig 1-800-DIG-TESS or 1-800-344-8377 Pct. 4 Constable		
Street Light Outage713-207-2222www.centerpointenergy.com - Have light number.		
Texas Department of Public Safety Crime Servicehttp://records.txdps.state.tx.us		

UTILITIES

SECTIONS 1, 2, 3 WASTE MGT CUSTOMER SERVICE

713-686-6666 - Trash Pick-up is Tuesday and Friday. **TOPS Section 1, 2, 3 & 4** - 281-807-9500

SECTION 4 WATER DISTRICT

Windfern Forest Utility District - 713-983-3604 - www.wfud.org

M.U.D. #261 BOARD SECTIONS 1, 2 & 3

Raymond A. Merola	President
John Oyen	
S. Brady Whittaker	Secretary
Walter E. Spears	
Jason Van Loo	Director
M.U.D. 261	

SECTION 4 VILLAGE OF WOODWIND LAKES

Royal Disposal & Recycle, P.O. Box 160, Fulshear TX 77441 P. -713-526-1536 | F. - 281-346-2961 | royaldisposal@comcast.net Trash pick-up for Section 4 only, is on Wednesday and Saturday including curbside recycling every Saturday.

ADVERTISING INFO

Please support the advertisers that make the *Woodwind Lakes Newsletter* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or <u>advertising@peelinc.com</u>. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The *Woodwind Lakes Newsletter* is mailed monthly to all Woodwind Lakes residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to *frank@sterlingasi.com*. The deadline is the 9th of the month prior to the issue.

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Adult Pool/Pavilion

Because of our wonderful weather, the Pavilion is a great place to have a gathering....and it is free! All you have to do is make a reservation, put down a \$50 deposit and CLEAN UP as soon as your party is over...That means to haul off your trash....that's it and your deposit is given back or torn up (check)...For reservations contact Donna Jackson: 713-466-8668....home phone, email: kotilla@hotmail.com or catch me on Facebook



Grounds Committee

The Grounds Committee will begin 2013 with our first meeting on Tuesday the February 12th at at 7:00 p.m. Please watch for the signs indicating the location - always within Woodwind Lakes. All Residents are welcome to attend.

CONGRATULATIONS TO THE FOLLOWING HOLIDAY **DECORWINNERS FOR DECEMBER:**









Special Show Pricing on assorted fruit trees, seasonal color and gardening containers.





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Yard of the Month Winners January 2013

Section 1 - 9203 Brahms Lane

Section 2 - 8838 Andante Drive

Section 3 - 7815 Cadenza Court

Section 4 - 9435 Oratorio Court

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Easter Egg Hunt

The Easter Egg Hunt will be held on Sunday, March 24th at 4:00 p.m. at the pavilion. Look for full details in the March newsletter, including a contact person and rain date.

MOMS IN PRAYER

Moms in Prayer (www.momsintouch.org) meets the 2nd and 4th Thursday of each month from 8:30 - 9:30 p.m. at 8906 Opus Court. All moms with school-aged children are welcome to come pray for their kids and their schools. For more information, contact Kristah at kristah_slate@yahoo.com.

THE WOMEN'S CLUB OF WOODWIND LAKES

The Women's Club of Woodwind Lakes is pleased to announce that the membership is the largest in its history. Any woman in Woodwind Lakes can join any time during the year. Please make your wishes known to an officer/member and they will instruct you on the procedure to join the Club.

Topics to be addressed during the coming monthly meetings are: The Art of Stained Glass, Eating to Thrive, Preparedness: the American Red Cross Way, and Massage Therapy. A social period is held before and after the programs. The Co-Hosts provide ample, delicious refreshments. The Club meets in the Host's home the third Tuesday of the month at 10:00 am, from September through May.

Recently a committee of Joyce Kraft, Anne Martin, Sharon Siebern and Marianne West revised the Club's Bylaws. Four Standing Committees were added to strengthen the structure and provide continuity. The standing committees are: Charities, Hospitality/New Residents, Membership/Publicity, and Scrapbook/Historian. Each member is encouraged to serve on a committee.

The Women's Club of Woodwind Lakes has provided a vehicle for getting to know new residents, provide support of community activities and support each other in time of need. Come on, "Try it - You'll Like It" !!

Contact any of the officers for more information: Diana Mintner V-Pres. 713.702.2686; Stacia Harvey, Sec. 713.899.6491; Sharon Siebern, Treasurer 713.849-5596 and Joyce Kraft, Pres. 713.983.7738.



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Kidney Talk

by Sula Dunklin, MSN, RN, Certified Nephrology Nurse



Do you know someone on hemodialysis?

Many have been touched by someone with Kidney Failure and now requires dialysis, but do you understand what the process involves and how important this treatment is to sustaining life?

Did you know that there are ways to delay or prevent having to go on dialysis depending on what stage of chronic kidney failure you are in?

- **1.** Seek care from your physician if you have high blood pressure.
- **2.** Seek care from your physician if you are a diabetic.
- **3.** Get screened for kidney disease if you have a family history of either.

It is imperative that you become engaged in educating yourself about your health. It is your responsibility to live a healthy lifestyle and knowledge is essential to making the right choices.



What is hemodialysis?

Hemodialysis is a process where the patient's blood is removed from his/her body by placing a large needle in a artery and a vein that has been surgically connected together or through use of a double lumen catheter inserted into a major vessel that leads to the heart.

The blood is pumped through an artificial kidney which removes waste products and excess water and then returns the blood to the patient.

This process typically takes 4 hours and is required three times per week.

Without dialysis, the person would build up toxins and excess fluid in the body leading to death.

What if I'm already on dialysis?

- · Become proactive in your care
- Know all there is to know about what happens to your body when your kidney fails
- Know your lab values and understand them
- Know and follow best practice guidelines for treating and maintaining a healthy life

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February Gardening Tips

This month, let's turn our attention to houseplants. They can create a happier environment, especially with the dreary weather we've recently having. With a bit of planning, houseplants can become an integral part of your overall décor, instead just being a specimen in a pot sitting on a window sill, or shoved in a corner.

Use this technique from interior decorators. Choose an area in your home where you think a plant would look well, or is needed. Take time to check out how much light it gets on a regular basis. This will help you develop a list of potential candidates that can thrive in that location.

Take a picture of that area, print several copies, and write down the amount of light that area receives on the back of each copy. Acquire pictures of plant candidates that you're interested in. These can be pictures printed from websites, magazines, or prints of plant pictures that you have taken (a friend's home, shopping mall, office, work, wherever). Cut out their shapes and place them on the room's picture. This will give you a basic idea about the size you need. Use this technique to get an idea of the type of pot or other hard good (e.g. a pedestal) that the plant would look good in, and fit with your décor.

Bring this montage with you when you come to buy your plants. You might see something you hadn't considered before. Your picture will help you visualize it how it will look in your home. It will also help the salesperson determine whether that area meets the plant's light requirements. They can also tell you how much water it will need. When you make your final selection, write this on the back of your picture, next to the amount of light the area receives.

Either have your plant delivered, or carefully take it home. If it's a large plant that needs to be taken home in an open truck bed, make sure it is secured, and covered by a tarp. This will help protect the leaves from being shredded during transport. Take them straight home; don't take them along on a continued shopping trip. They can get too hot and burn, or too cold and freeze.

Once you've gotten your plant settled in its home, it should be pretty easy to take care of it if you follow these basic watering and care rules:

Here is a quick and easy watering check for a potted plant that you can pick up. Feel how heavy it is after you thoroughly water it. Every day, it will get lighter. Try to remember how heavy it was when you pick it up again to check whether it needs to be watered. If it is super light, water at once.

If the plant is small enough to pick up and move, take it to the sink or tub for watering. Water the entire root ball thoroughly; water should run out the bottom of the pot. Allow the plant to drain in the sink or tub OVERNIGHT, then put it back in its place. If your plant is too large to move, carefully water the plant until water runs out into the saucer. After about 20 minutes or so, remove any excess water from the saucer. This can be a challenge. Using a turkey baster, and/ or sponge to soak up the excess water is time-consuming and messy, but is necessary.

If you are the type of person who does better with a schedule, mark your calendar every time you water for the first 6 weeks. You will start to see a pattern when your plant will most likely need watering. Repeat as the seasons change.

It is better to err on the side of too dry than too wet. NEVER EVER allow a plant to sit in water. This is the single worst thing you can do. It is equivalent to you wearing the same wet shoes all day, every day. Think about what would happen to your feet. The same thing happens to plants. Fungus, bacteria, and molds develop that can affect your health. And stagnant water can have a wildly offensive odor...

At least once a month, dust your houseplants. Small houseplants can be showered in the tub or sink. For large plants, wipe off their leaves and stems with a damp rag. Make sure that the bottoms of the leaves get rinsed/wiped off, too. It not only rinses off the dust, it helps prevent spider mites from moving in.

If your plant starts to have off-colored spots, it's probably too much water. Brown crunchy tips are a common sign of too much water. Droopy green leaves are usually not enough.

Fertilizing is very important when the plant is actively growing during spring through summer. Normally it is recommended using an organic fertilizer for all plants; however they are blessed with an "odor" to which some of you might be "sensitive". A good alternative is Medina Hasta Gro. It is low odor and low salt. If you prefer to use a non-organic fertilizer, use a water soluble one; however, at the end of the growing season you may find a white crusty residue on the bottom

(Continued on Page 7)

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of the pot or around the rim. These are mineral salts, which can cause your plants to dry out quicker, and, if not removed, can be toxic to them. So at least once a year, typically at the end of the growing season, thoroughly drench the entire root ball and let it completely drain. It leaches out these mineral salts and your plants will be healthier.

Try to avoid large temperature jumps when adjusting your thermostat to heat/cool your home. A plant is happiest when there are no big fluctuations in temperature.

Mothers of Woodwind Lakes

Mothers of Woodwind Lakes is open to all families in the neighborhood. At this time we are mainly a forum to meet other families and gather resources that interest families.

The online web discussion group has had many active topics and resources for families with children of all ages...topics include items for sale, repair person resources, school information, networking for childcare and elder care.

Please contact Rebecca Waterman at 713-896-9796 or rebeccawaterman@sbcglobal.net if you would like to join the group and online discussion board. Your information will be shared with other group members only. There are no dues or time commitments. At no time will any source be allowed to use The Woodwind Lakes 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 Peel, Inc. The information in The Woodwind Lakes Newsletter is exclusively for the private use of the Woodwind Lakes HOA and Peel, Inc.

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