

# Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



March 2013

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

Volume 7, Issue 3

## Welcome to the new 2013 Board

*By Marilyn Schaefer*

What is a Board? The technical definition depends on which type of board you are thinking about. A board in general is a long, thin, flat piece of wood or other hard material, made up of many fibers. When used it becomes a strong support, and gives guidance for things like fences, floors or other building purposes. In effect it is the backbone of the structure.

Another definition is the human variety referred to as a Board of Directors. This group is a body of elected or appointed members who have shown interest in jointly oversee the activities of a company or organization. They are often referred to as "the board". The board when used for its purpose gives strong support and guidance to its followers usually guided by pre-written by-laws of the company or organization. In this case Windermere Lakes Neighborhood by-laws.

Do you have a copy? You should have gotten one at your closing but if not contact us and one can be supplied. By-Laws are the rules and regulations enacted by an association or a corporation to provide a framework for its operation and management. Bylaws may specify the qualifications, rights, and liabilities of membership, and the powers, duties, and grounds for the dissolution of an organization. By-laws generally provide for meetings, elections of a board of directors and officers, filling vacancies, notices, types and duties of officers, committees, assessments and other routine conduct. By-laws are, in effect a contract among members, and must be formally adopted and/or amended.

How did these people you are about to meet get chosen? You elected each one last November during our annual all Community Board Meeting. You either attended in person to vote or mailed in your proxy-vote sent you through the mail by the previous board.

Each of these people are neighbors with families and full-time jobs. Each has their own personal reasons for giving back to their community. These volunteers do not receive payment to be on the board or handle community affairs, but as a group no matter what their reasons, together they use their energies for the betterment of all. Their goal is to keep our neighborhood clean, neat, and safe for all families and if you every question why we need a HOA Board of Directors just drive through surrounding

neighborhoods and look at trash, broken down old cars parked in the grass, trash cans kept out front, broken fences, over grown shrubs and dying grass. I don't know about you but when I tell someone where I live they always say, "I love that neighborhood- it's so beautiful- very expensive". I always say, "Yes but, worth it." Then I smile and walk away knowing that we are the best kept secret around. Did you know many neighborhoods are sold in the same price range but don't look as expensive because it is through all the community efforts, yours and ours that we appear to be better. So pat yourself on the back and receive a big Thank You from your Board. Remember each time you mow your grass, edge your yard, plant flowers, place your trash cans behind fences, trim those bushes, pick up litter or repaint your dock you are making our appeal to the masses greater causing property values go up and we all win. Whatever it is you do big or small- it counts? So don't wait to receive notice; paint it, clean it, toss it, cut it and make it nice. If you see something on your street that needs to be corrected please report it and let us know it's up to us to keep our neighborhood beautiful.

*Now let's meet your 2013 Board!*



**President- Raj Amin**

Raj Amin. and his wife Bhavini (Vini) have lived in WLS since Dec 2000 and says they love their home and community. About three years ago he joined the WLS BOD because like most residents he thought the current board was not doing a good job and SCS Management company unfair to us. After joining the Board he says he came to realization that "THEY" were just volunteers trying their best to help the community. I was an

*(Continued on Page 3)*

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Lake Care.....Aaron Duhon  
Landscape ..... Rich Schaefer  
Newsletter ..... Marilyn Schaefer  
Security.....Terry Burnside  
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Peel, Inc. .... [www.PEELinc.com](http://www.PEELinc.com), 888-687-6444  
Advertising.....[advertising@PEELinc.com](mailto:advertising@PEELinc.com), 888-687-6444

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## **Meet The Board** (Continued from Cover Page)

outsider then but I was welcomed with open arms and some of my "New Ideas" like allowing year around boat storage and not having to fill out registration forms every January were incorporated. This year he got the opportunity to become the President and he graciously welcomed this opportunity. His dream is to work with his colleagues on the Board to incorporate the neighborhood beautification projects we described at the general meeting in November and also make our community safe and secure without raising the dues. He proudly stated, "I put my hand on Gita and pledge to serve the community to the best of my ability. So help me god." (I.e. lord Krishna). And from this board members prospective; he is doing a fantastic job. His ideas are unique, sensible and always with the neighborhood's best interest in mind. He listens, thinks about it and never makes rash quick decisions before taking into account what ramifications of his decision may bring upon the community. He's a very sensible thinker and we are blessed to have him lead us this year.

**Vice President-** Jonathan Fowler

**Treasurer** -Sreehari Gorantla



**Secretary/Newsletter-** Marilyn Schaefer

Marilyn is a true-blue Texan. She was born into a Roustabout family in a small Texas town called Wichita Falls. At age two (2) her father's company moved them to Houston, Texas where they resided until she was six (6) years of age. Up-rooted again they headed toward the Oklahoma area with a stopover in Dallas, Texas to visit grandparents. Once their mom decided moving was for the birds and put her foot down. Dad could either give up Roustabouting or find another line of work or find another family. Guess dad took her at her word as he changed jobs and for the next 63 years they resided in and around the Dallas, Texas area. In 2009 Marilyn married Rich Schaefer who again returned her back to Houston, Texas. While she was learning the city she stumbled through Windermere Lakes and told Rich that they were going to live in that neighborhood someday. Two years later in 2011 they moved into 11819 Sunset Lake Court and have are living happily ever after. The first week- Marilyn contacted the community and asks how to get involved in the community and was given the opportunity to help write articles for the community newsletter and handle Yard of the Month duties. 2013 Marilyn was officially elected to the Board as Secretary and today still handles the monthly newsletter. She says this is their retirement home and she is planning no future moves.



**Director/Lake Committee-** Aaron Duncan

Native Louisianaian, Texan since 1985. My family of six has been a resident on Key Biscayne Ct since August 2002. My daughter the last of two brothers and a sister will be ending the family's legacy at Cy-Ridge by graduating in 2013. How many activities have come and gone with them, Baseball, Football, Dazzlers Dance team, FFA animals, Homecoming dances, Winter formals, proms, the end of senior year after- prom lock-ins chaperoning and booster club offices. Well with that era of my life coming to an end, I decided to get involved with the neighborhood again. I volunteered to head the lake committee a year or so ago, previously helped Mr Williams with the lakes some years ago. Anyone remember the fishing tournament. I was appointed to the board due to vacancy and was elected to the board last November. I'll be working to enhance the beauty of our subdivision. A pair of herons have returned in the entrance waterfall and new lighting for the landscape. We conducted a fish count in December to assess the need for fish restocking. Be on the look out for the beautification of the lakes in 2013. If you have any ideas for the community come and share at the monthly board meeting. See you around enjoying the lakes!



**Security Committee-** Terry Burnside

Terry Burnside was born in Abilene Texas, but has spent most of his life in Houston. His youth was spent growing up in the Aldine area and graduating from Aldine High School. Terry's wife Claudia was born and raised in Guatemala City. They met and married 30 years ago. After her move to Houston, she and Terry raised a lovely family of three (3) boys who are all grown. Terry and Claudia say they moved into Windermere Lakes in 2012 and enjoy sharing their experiences here in the community with friends and family alike. They like the peaceful life style of the lakes and of course are very proud to share their experiences with each of their boys and love having them around as much as possible. Congratulation goes out to this couples very successful marriage of 30 years.

## Old Wives Tales

There's a story about a guy who called his grandmother the first time he cooked a roast. "I did it just like you used to. First, I first lopped of the ends of the roast, then seasoned it, added onions and carrots, and put it in the oven for two hours. It was perfect."

"You cut off the ends?" she asked.

"Didn't you?" he countered.

"Only when the roast was too big to fit the pan," she said.

Old wives' tales are like that. They may have been useful at one time and may have some truth to them -- but it's probably gotten garbled in translation from one generation to the next. After all, many of these "old wives" were midwives and healers who were valued medical practitioners. We shouldn't be surprised to find some science in their advice.

Here is a collection of 10 myths about health. As in the story above, just because we don't understand why our grandmothers (and grandfathers) did something, that doesn't mean they didn't know what they were doing. See if you can find out the truths from the fiction.

**1. Do cats really take away baby's breath?**-Cats have been seen alternately as divine or evil. We all know black cats bring bad luck, right? No scientific evidence found. Cats do crave softness, warmth and the smell of milk which can be found on a baby's breath. Hence the draw toward the infant's mouth. This wives tale is not true.

**2. Cracking Your Knuckles Causes Arthritis**-The snap, crackle and pop of cracking knuckles really annoys some people. But is there a danger besides making a person unpopular among friends and co-workers? Let's compare the knuckle-cracking process to the condition of arthritis. Joints are surrounded by a lubricating, nourishing soup called synovial fluid. This fluid contains fats, nutrients to maintain bone health and dissolved gases. Cracking the knuckles stretches the capsule that surrounds the fluid, and stretching the capsule increases its volume, which lessens the pressure inside. The gases expand under this lower pressure, forming bubbles that eventually pop. Fortunately for knuckle-cracking haters, it takes a while for the gases to reenter the solution, during which time the characteristic noises can't be made. Another myth solved. Not true.

**3. Eating Chocolate Makes Acne Worse**-Chocolate lovers, rejoice: No studies have shown a direct link between the "food of the gods" (the original Greek meaning behind chocolate's scientific name, *Theobroma cacao*) and acne. But before diving into that pan of chocolate-fudge brownies, you should know the whole story. Chocolate is good for you. See below.

**4. Is Chocolate good for me or bad for me?**-To be on the safe side, I'd say both. If you are on the heavy side love chocolate, choose dark chocolate it is made with up to 80 percent cacao, it has more pure chocolate bliss and less sugar and dairy than milk chocolate or semi-sweet chocolate have. However, many agree a small piece of chocolate daily will keep you healthy. True or false who cares its Chocolate. Go for it.

**5. You Lose Most of Your Body Heat through Your Head**-A hat will keep you warm, but is it more important than warm socks and gloves? You can trace this partial truth to experiments conducted in the Arctic by the United States military in the 1950s. Volunteers were adequately dressed from the shoulders down, but left bareheaded. Not surprisingly, that's where most of their body heat escaped -- up to 80 of percent of the body heat they lost, according to the earliest reports. The warning that you can lose 40 to 45 percent of your body heat from an exposed head became standard in the "U.S. Army Survival Manual." The reasons given are the lack of insulating fat and the proximity of the blood vessels to the surface. This is not a myth it is truth. Cover up those heads.

**6. You Should Starve a Fever and Feed a Cold**- The logical remedy was to stoke the bodily furnace with food, which would also lift the spirits. (This thinking may also underlie another myth: that you can "sweat out" a cold by bundling up, thus overheating the body.) When you're sick with a cold or the flu, your body needs the nutrients of a balanced diet and energy from adequate calories to fight off the infection, especially in the early stages of illness. There's no medical advantage to under eating or overeating in either case. Staying well-nourished and well hydrated is the best advice. Keep the food and liquids coming in both cases?

**7. Eating Carrots Improves Your Eyesight**- During WWII, Britain's Ministry of Food encouraged people to be creative with their carrots, which may have let to carrot cake's popularity in the 1950s and beyond. To the relief of eyeglass makers and their stockholders everywhere, eating carrots doe's not correct defective vision -- unless the vision problem is caused by a vitamin A deficiency. Although carrots don't supply vitamin A, they do contain a do-it-yourself version called beta-carotene. Beta-carotene is a chemical compound that gives a variety of vegetables their colorful hues, including leafy greens, orange squashes and red and yellow peppers.

With beta-carotene abundant in so many foods, how did carrots come to be named the miracle worker? In World War II, the British military wanted to explain their fighter pilots' remarkable success in shooting down German aircraft on nighttime raids. Coincidentally, the country had a bumper crop of carrots, which patriotic citizens planted in home gardens to increase domestic food supplies. Thus carrots became the Royal Air Force's secret weapon against German bombers. Wartime posters claimed that carrots "help you see in the blackout," referring to air raids, when cities went dark to avoid giving away strategic targets. Whether the propagandists knew it or not, German medical lore held the same belief. The real reason for the Air Force's success? The military had developed an advanced system of airborne radar to detect enemy planes in the dark.

**8. Eating Sugar Makes Kids Hyper**-While the sugar in this chocolate bar won't make a kid hyper, the caffeine certainly could. Like some other myths on our list, this one has enough semblance

*(Continued on Page 5)*



## *Wives Tales (Continued from Page 4)*

of truth to sound legitimate. Simple sugars are pure calories (i.e., energy). They're quickly digested and sent to the bloodstream. So a rush of energy in the blood should cause a rush of activity in the body. The evidence often cited is the typical scenario of kids at a party. They binge on cake, cookies and sugary drinks, and then play games and generally wreak (mostly harmless) havoc. Ergo, sugar causes their behavior.

**9. Caffeine Stunts Your Growth**-No studies have shown a direct cause-and-effect relationship between caffeine intake and stunted growth. However, the claim might not be totally unfounded. A supporting argument might go like this: Human growth hormone (HGH), which promotes proper development, is secreted mostly during sleep. Caffeine is a stimulant, which excites the nervous system and can interfere with sleep. Thus, consuming caffeine indirectly hinders the production of HGH and limits growth. This argument, while logical, lacks scientific backing. And when you consider the other factors that affect growth, including heredity and nutrition, you can see how simplistic the explanation sounds.

On the other hand, here's some food (or drink) for thought: Caffeinated beverages have increased in popularity. According to reports from the beverage industry, coffee sales rose 9 percent in 2010-2011, topping \$4 billion worldwide, and sales of caffeine-laced energy drinks grew 136 percent between 2005 and 2009, mostly due to increased consumption by regular drinkers.

Yet people are, if anything, growing taller. Reports from the CDC indicate that the height of the average American guy rose about 1.5 inches between 1960 and 2002, and the typical female added 1 inch

to her stature. And the average Australian has shown a similarly slow but steady growth. Again, many factors affected this trend. But if it should reverse and the average height drops following this boom in caffeine consumption, then this old wives' tale might warrant a closer look.

**10. Vitamin C Cures the Common Cold**-This "old" tale goes back only to 1970 and a book, "Vitamin C and the Common Cold," by Linus Pauling. Pauling was a brilliant chemist, a two-time Nobel Prize winner. In his book, he claimed that mega doses of vitamin C cured the common cold. This was a promising theory that Pauling had been investigating for several years. But he had no solid research to support it. The medical establishment loudly denounced him. The controversy proved to be great publicity, and many people bought into Pauling's claim -- and still do, despite the continued lack of evidence.

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## MARCH 2013 YARD OF THE MONTH 9918 Sand Dollar

*By Marilyn Schaefer*



Congratulations! 9918 Sand Dollar you are our March Yard of the Month. The Aus Carole Family brightened up the entire yard by planting multi-color pansy's in every flower bed and engulfing them heavily in black mulch. The contrast shows the cute horseshoe shaped flower bed that could double as a smile. If you look close you can see two eyes in the glass windows, just below a mustache hedge sporting a great big smile. This yard just says "Happy". Yard is neatly trimmed and looks nice even though the grass color is fading. No blame as the weather continues to confuse the growth with temperatures hot today-cool tomorrow. I'm naming this cute property "Happy Face". It made me smile and I bet its owners keep smiling as they take their gift certificate presented to them by Windermere Lakes to Home Depot for more flowery stock. It's time to start bulb planting. Hop to it everyone and be the next Yard of the Month Winner and don't forget to drive by and check out Happy Face. She's a cutie!

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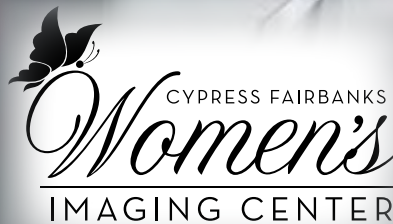
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