

# Grand Lake GAZETTE

Volume 2, Issue 8

OFFICIAL NEWSLETTER OF THE GRAND LAKE ESTATES POA

August 2016

## News and Notes from the Board JUNE BOARD NEWS SUMMARY

Minutes from the May 24, 2016 Board Meeting were corrected and approved. Financial reports were provided by IMC and can be found at [www.glepoa.com](http://www.glepoa.com) under Documents: Minutes and Financials 2016.

In the executive session, the Board reported it had addressed several compliance and collection matters and requests for inspection and variances. The Board also reviewed CCR violations, legal reports and recapped some pending legal matters.

### **Progress Reports:**

Sandy Beach Park: On hold due to neighborhood maintenance priorities.

Community Traffic Signs and Calming Options: Replacement stop signs have been ordered and will be changed out with old faded signs as soon as the Board receives the new signs. The speed humps have been temporarily placed on hold due to impending maintenance priorities.

Nuisance fencing progress: On hold pending neighborhood maintenance priorities.

Re-plat of reserves: The Board assigned the President to sign the re-plat and to record it with the county once it is approved by legal counsel.

### **Maintenance Issues:**

Guinevere Spillway: The spillway encountered significant damage during the excessive rain and flooding on May 26-27, 2016. L Squared gave a proposal on options to provide an engineering report and scope of work to do the repairs to the spillway. The bid was approximately \$29,000. The Board has asked that the bid be revised to the county standards when it was originally built. IMC will request the modification from L Squared on this bid. The Board will also obtain two additional bids for this project.

Connie Lane Project Remediation: Currently on hold pending legal matters. In the meantime, the Board will explore options for securing a sump pump to have on standby when we have excessive

rain and flooding to help avoid flooding homes.

### **New Business:**

The Board has made an Association Master data management file within the GLE POA Dropbox account and files are being transferred to management. This includes all data within the Dropbox folders, the website hosting "Go Daddy", emails, newsletters, conference calls, etc.

A modified fine structure was presented and approved. The new fine structure is pending legal review and approval.

The Board passed an electronic voting policy. Board email voting is now allowed with a 72-hour response time.

The Board will be meeting with David Whitely to discuss ACC policies and procedures and to develop a streamlined process for technical reviews. The Board is also modifying Smartwebs access to allow Board members to comment on ACC projects. All approvals must still be made by the ACC committee only. Damon Scott was named chairman of ACC committee. Initially the ACC committee was comprised of five members and two alternates. The Board approved the two alternates to members. The ACC will now be comprised of seven voting members.

ATV Resolution: The Board discussed modification to the resolution to possibly include a family registration fee with a yearly renewal. This proposal includes requiring homeowners to display the yearly renewal tags. Further discussion will be made at the July meeting.

### **Speakers and Guests:**

-Several guests from the community expressed concerns and issues for the Board's consideration in a question and answer session of approximately 15 minutes. Concern was expressed over drainage and ditch maintenance. Management will secure bids for consideration of quarterly ditch maintenance.

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## IMPORTANT NUMBERS

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### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Montgomery County Sheriff.....	936-760-5800

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Memorial Hermann-The Woodlands.....	281-364-2300
St. Luke's – The Woodlands.....	936-266-2000

### SCHOOLS

Montgomery ISD.....	936-276-2000
Lone Star Elementary.....	936-276-4500
Montgomery Intermediate .....	936-276-4700
Montgomery Middle School .....	936-276-3700
Montgomery Junior High .....	936-276-3300
Montgomery High School.....	936-276-3000

### PUBLIC SERVICES

Montgomery Post Office .....	1-800-275-8777
Driver's License Info.....	936-442-2810
Montgomery Central Appraisal .....	936-756-3354
Montgomery County Registration & Titling...	936-539-7896

### BOARD MEMBERS

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### MANAGEMENT SERVICE

IMC Property Management .....	936-756-0032
.....	tammyperry@imcmanagement.net

### GRAND LAKE ESTATES GOLF COURSE

Clubhouse.....	936-447-4653
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## Community Announcements

Missing out on the GLE newsletter? Go to <http://www.peelinc.com/residentsNewsletterSubscriptions.php> and sign up to have the newsletters sent directly to your mailbox.

GLE's Property Management Company is IMC Property Management and our property manager is Tammy Perry. Tammy can be reached at [tammyperry@imcmanagement.net](mailto:tammyperry@imcmanagement.net) or 936-756-0032.

St. Elizabeth Ann Seton Ladies Auxiliary will be holding their 24th annual Gingerbread Village Holiday Market on October 29, 2016. The show will be held from 9 A.M. to 4 P. M. at 6646 Addicks Satsuma Road, Houston, TX. If you are interested in showcasing your various art, crafts or other unique offerings, please contact Fae at [fae@krenekprinting.com](mailto:fae@krenekprinting.com).

## 13 Things Your Dog Can Teach You

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.



# YOUR MARKET WATCH

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2016

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## Summertime Market In Grand Lake Estates

We are in the full swing of buying season here in Montgomery, and it's exciting to see the results of the first half of the year. As the temperature begins to rise, we get more and more phone calls from people dreaming of Grand Lake Estates.

In comparison to this same time last year, sales have risen, and days on the market has lowered. Four bedroom homes with a pool under \$300k sell extremely fast. One level homes near within MISD are very in demand as well. If you have ever considered selling your home, or if you tried to sell and the timing was wrong, it is not too late. Contact us today for a free, no obligation, home market analysis.

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# Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.


**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

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## BLUE JAYS ARE NOT BLUE?

*By Cheryl Conley, TWRC Wildlife Center*



Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive.

Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is

the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.

In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org).

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# Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers( or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

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## EMERALD ASH BORER FOUND IN TEXAS

Emerald ash borer, often referred to as EAB, is an exotic pest from Asia. This beetle is a serious threat to ash trees. Emerald ash borer was accidentally introduced into the United States and was found in Michigan in 2002.

Four beetles were found in a trap located in NE Texas (Harrison County) in late April 2016. There are currently no confirmed cases of ash trees that are infested. The beetles will continue to be monitored throughout the state.

Larvae bore into trees under the bark and cut off the water and nutrient conducting vessels. Larvae are creamy white, legless with a flattened body. Larvae are 1- 1 ½ inches in length when fully developed.

As an adult, the beetle is elongated and cylindrical with the pronotum (a part of the thorax) extended back as a lobe towards the abdomen. Most notably, these beetles are bright, metallic green with reddish hues. Adults are about 1/2 inch in size. If the wings are removed or lifted, the upper side of the abdomen is bright coppery-red which can help differentiate this beetle from closely related species in Texas.

In infested trees, canopy die back is often seen in the top one third of the canopy and then moves down until the tree is bare. Epicormic shoots (leafy shoots coming off the trunk of the tree) may also be seen. Vertical fissures may appear on the bark and galleries may be able to be seen through openings. If bark is peeled off, serpentine galleries packed with frass (excrement) may be seen. Adult beetles produce a d-shaped exit hole (1/8 inch diameter). Woodpeckers may cause damage to trees infested with EAB. Look for flaking bark and uneven holes caused by the woodpeckers feeding on larvae and pupae.

If EAB activity is confirmed for ash trees within an area, it is recommended that a systemic insecticide treatment is given to ash trees of high value. If more than 50% of an infested ash tree crown remains, then treatment with a systemic insecticide may slow the attack. If less than 50% of an infested ash tree crown remains, the tree should be removed.

For great information on emerald ash borer within Texas see the following site: <https://tfsweb.tamu.edu/eab/>

This information is to have you watch for this beetle on ash trees in your area. Only 4 beetles have been found currently and only in NE Texas. No trees have yet been confirmed to be infested.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## PET OF THE MONTH

Interested in adopting Pippi? Please email us to fill out an adoption application [animalrescuekingdom@gmail.com](mailto:animalrescuekingdom@gmail.com)

Pippi was saved from a kill shelter. She is an Anatolian Shepherd around 1 years old. She gets along with small-large dogs and cats. She loves to be around people and enjoys sleeping next to your bed. She is a little shy but warms up quickly. She loves to run and play in the yard. She will run as fast as she can then run back to you and roll over. She is a joy! Potty trained and heartworm negative. She is approximately 40 lbs but will need to gain a little weight. \$200 adoption fee

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# Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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# TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



## How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position:** When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

**Step 2: The Back Swing:** Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step

forward to meet the ball

**Step 3: The Point of Contact:** Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

**Step 4: The Extension of the Point of Contact:** Jill is now directing the ball toward the opponent’s court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

**Step 5: The Follow Through:** Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return





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