



The HOME FRONT

SEPTEMBER 2016

Official Publication of the Cardiff Ranch HOA

VOL 1, ISSUE 1

WELCOME TO THE HOME FRONT

*A Newsletter
for the Residents of
Cardiff Ranch*

The Home Front is a monthly newsletter mailed to all Cardiff Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Cardiff Ranch Community Yard Sale

The Fall Cardiff Ranch Community Yard Sale
will be held on Saturday, October 1st
from 8:00 a.m. – noon.

Please e-mail the Cardiff Ranch office at crclubhouse@entouch.net if you would like to have your address included on the postings.



From the Cardiff Ranch Office:

Just a reminder that the Cardiff Ranch fitness center is for the ages of 18 years of age and older. No one under 18 is allowed in the fitness center even if they are with an adult. This rule is clearly stated both on the door and also on the wall inside the fitness center.

The office has been receiving complaints that children have been using the equipment. We will be monitoring this issue and will report violators to First Service. This could result in a suspension to gym access for the members of that household.

IMPORTANT NUMBERS

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Emergency	911
Constable Precinct 3	281-342-3411
Fort Bend County Sheriff	281-342-6116
Harris County Sheriff	713-221-6000
Fulshear Police Department	281-346-2202
Poison Control	800-222-1222

UTILITIES

Best Trash.....	281-313-2378
Fort Bend MUD # 58 (Water)	713-405-1750
Electricity	866-979-5265
Centerpoint Energy (Gas)	713-659-2111

SCHOOLS

Katy ISD	281-396-6000
Davidson Elementary	281-234-2500
Wood Creek Junior High	281-234-0800
Seven Lakes High School	281-237-2800
Tompkins High School	281-234-1000

PROPERTY MANAGEMENT

Doreen Cutroni
On-Site Community Manager
P.O.A of Cardiff Ranch
26818 Wooded Canyon Dr.
Katy, TX 77494
281-394-7314

OFFICE HOURS:

Monday 4 P.M. – 8 P.M.
Friday 1 P.M. – 6 P.M.
Saturday 10 A.M. – 4 P.M.

NEWSLETTER PUBLISHER

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Me, eat Rabbit Food?

A Plant Diet Can Boost your Health and Be Delicious!

Research shows that flexitarians ...those who make plant foods the star of their diet, with meat, fish, dairy, and eggs playing a supporting role-are healthier than frequent meat eaters. Some of the possible benefits of this diet are:

- Decrease the risk of heart disease
- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

“When you base your meals on plant foods, you’re packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don’t get enough of.”

“A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A “less meat, more plants” style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider:

Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana “ice cream”. Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports



Hurricane Preparedness

Each year NOAA and the American Red Cross publishes a preparedness guide of tropical cyclones to help us prepare for such an emergency. You can download a copy of that guide at <http://www.nws.noaa.gov/os/hurricane/resources/TropicalCyclones11.pdf>. This guide gives great information on the metrological terms associated with tropical storms and what to expect from those storms. Most importantly, it lists critical information about how to prepare for an incoming storm.

Guidelines each year prior to hurricane season:

- Determine safe evacuation routes inland
- Learn locations of official shelters
- Check emergency equipment such as flashlights, generators and battery powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- Buy food that will not spoil and store drinking water.
- Buy plywood or other material to protect your home if you don't have it.
- Trim trees and shrubbery so branches don't fly into your home.
- Clear clogged rain gutters and downspouts.
- Decide where to move your boat if applicable.
- Review your insurance policy.
- Find pet friendly hotels on your evacuation route.

During the storm and when Houston is in the warning area, you should:

- Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- Close storm shutters.
- Follow instructions issued by local officials. Leave immediately if ordered.
- Stay with friends or relatives at a low-rise inland hotel or at designated public shelter outside of the flood zone.
- DO NOT stay in a mobile home or manufactured home.
- Notify neighbors and a family member outside of the warned area of your evacuation plans.
- Take pets with you, but remember that most public shelters do not allow pets other than service pets for people with disabilities.
- Identify pet friendly hotels along your evacuation route.

If you are staying home to "hunker" out the storm:

- Turn refrigerator to maximum cold and keep it closed.
- Turn off utilities if told to do so by authorities.
- Turn off propane gas tanks.
- Unplug small appliances.
- Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.
- Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- Close all interior doors. Secure and brace exterior doors.
- If you are in a two-story house, go to an interior first floor room.

- If you are in a multi-story building and away from water, go to the first or second floor and stay in the hallways or other interior rooms away from windows.
- Lie on the floor under a table or other sturdy object.



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Crickets

Field crickets are a common sight around homes in late summer into autumn. These insects are about 1" long when fully grown. Crickets are dark brown to black with large hind legs used for jumping. They also have two cerci, or appendages that come off the tip of the abdomen. Female crickets have a large sword-like structure, the ovipositor, protruding from the tip of the abdomen. The ovipositor is used to deposit eggs into soil.

Crickets feed on plant material as well as other insects. They are able to cause damage to seedlings and sometimes large populations can be destructive. Large masses of dead crickets around doorways or other areas can be distasteful to view and cause a foul odor.

Field crickets are primarily outdoor insects, but may occasionally venture indoors. When crickets do come indoors, they may bother residents with their chirping. Males chirp to attract a mate creating the sound by rubbing their forewings together.

Cricket management is more easily accomplished in the summer when nymphs, who cannot fly, are present. Unfortunately, this usually isn't when large populations of crickets are discovered.


Before turning to pesticides to manage your cricket problems, try these ideas:

- Turn off outside lights at night or use bulbs that are less attractive to insects
- Seal cracks & crevices where insects can enter with sealant
- Remove debris stacked near the structure
- Keep lawn & surrounding areas mowed
- Stuff weep holes with copper mesh

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 <http://www.urban-ipm.blogspot.com>

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NOBODY IS DROWNPROOF


WATCH KIDS AROUND WATER

COLIN HOLST


82 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES




WATCH KIDS & KEEP
IN ARM'S REACH




LEARN
TO SWIM




WEAR
LIFE JACKETS




MULTIPLE BARRIERS
AROUND WATER




KEEP YOUR
HOME SAFER




CHECK WATER
SOURCES FIRST



STAY
AWAY



BE SAFER IN
OPEN WATER




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CPR

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz → PREVENT drowning

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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 Backhand 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, the overhead “smash” and the forehand service return.

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, Susan Herb, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Susan 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 Susan 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 left foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Susan 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 right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Susan 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 left 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.

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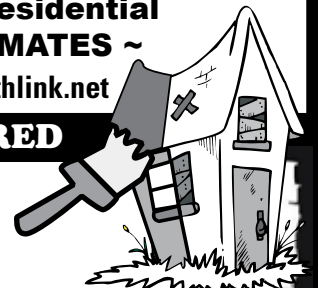
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Overnight Coffee Cake



Recipe provided by Sherry Watson. The original source is unknown (cut from an old magazine many years ago). This recipe is unbelievably simple, but it makes a beautiful presentation at the table.

1 pkg. frozen cloverleaf roll dough (about 25 rolls)
1 pkg. (four-serving size) vanilla pudding mix (not instant)

½ cup brown sugar
½ cup pecans, chopped
1 stick butter, melted

Separate frozen roll dough into pieces (each cloverleaf makes three pieces). Other rolls will work, but with larger pieces of dough, use only 20; more may be too many for your pan.

Combine dry pudding mix with brown sugar and pecans.

Melt butter.

Place pieces of frozen roll dough in a well-buttered Bundt pan. (Do not use angel food pan; butter leaks out!) Pour melted butter over frozen dough and sprinkle with pudding mixture.

Leave cake pan out overnight; the dough rises beautifully by morning. Bake at 350 degrees for 30 minutes. Invert on serving plate to serve. Sticky – but good!

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Personal Classifieds (one time sell items, such as a used bike...) run at no charge to Cardiff Ranch residents, limit 30 words, please e-mail crclubhouse@entouch.net.



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:
Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.
DUE: September 30th

Be sure to include the following so we can let you know!

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Age: _____



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