

WINCHESTER COUNTRY

Published Monthly by the Winchester Country Maintenance Association

Volume 13, Issue 10

October 2016

National night out is October 4th. 6-9pm

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live. Start planning now for your block parties!!!! Get out meet your neighbors. Neighbors helping neighbors.

CLEAN YOUR CLOSETS FOR THE WINCHESTER COUNTRY COMMUNITY GARAGE SALE

Our Community Garage Sale will be Friday, October 14th and Saturday, October 15, 8am to 5pm.

Winchester Country will put signs up at the entrances to the subdivision. You will need to make your own sign to put at the end of your street. ***THESE SIGNS MAY NOT BE ATTACHED TO ANY STOP SIGNS, POLES OR LIGHT FIXTURES****. Please remember on Saturday to remove your signs as we want to always keep our community looking its very best. Do not put signs up in the entrances of the subdivision. Thank you to all who will be participating. In case of inclement weather the signs will remain up and the next weekend (October 23-24th) will be the rain date.

Youth Directory Updates

If you would like to be listed in the 2016 Youth Directory, please email your name and information to wmaclubhouse@winchestercountry.org or drop it off in the mail slot at the clubhouse office.

**October
Office Hours**
Monday 5pm-7pm
Thursday 10am-2pm

OCTOBER

- 4 National Night Out
- 11 Quilt Group Meeting @ 6pm
- 13 Homeowners Association Board Meeting
- 14/15 Community Garage Sale
- 25 Quilt Group Meeting @ 6pm
- 31 Halloween
- 31 Senior's Group Meeting @ 6pm

NOVEMBER

- 8 Election Day
- 8 Quilt Group Meeting @ 6pm
- 10 Homeowners Association Board Meeting
- 11 Veteran's Day
- 22 Quilt Group Meeting @ 6pm
- 24 Happy Thanksgiving!
- 28 Senior's Group Meeting @ 6pm

DECEMBER

- 8 Homeowners Association Board Meeting
- 10 Cookies With Santa @ Clubhouse 1-3pm
- 13 Quilt Group Meeting @ 6pm
- 25 Merry Christmas!
- 26 Senior's Group Meeting @ 6pm
- 27 Quilt Group Meeting @ 6pm
- 31 Happy New Year's Eve!

Winchester Country

MAINTENANCE ASSOCIATION BOARD

MAINTENANCE BOARD CONTACT INFORMATION

Board Members with areas of Responsibility

President:Nicole Chovanetz:
 nchovanetz1@gmail.com
Primary Contact: Website, Trash Issues
SecondaryAll

Vice President: Vicki Hamm
 wcmavh@gmail.com
Primary Contact: Security, Pool, Tennis Courts,
Community Landscaping
Secondary ContactTrash, Website

Secretary/Treasurer:Peter Dayton
padayton@gmail.com
Primary Contact: Parks,
 Clubhouse, Community Coordinator
Secondary Contact: Pool, Clubhouse Scheduling,
 Newsletter, Pool Tags

Director: Lucy Charles
 wcmalc@sbcglobal.net
Secondary Contact: Tennis Court, Clubhouse

Director: Richard Burgess
Deed Restrictions
 wcmadirector2@winchestercountry.org

Community Coordinator: Debi Tallerico
 wcmclubhouse@winchestercountry.org
Primary Contact: Clubhouse scheduling,
 Pool & Tennis Cards, Newsletter

IMPORTANT PHONE NUMBERS

FirstService Residential713-932-1122
 Emergency or Crime in progress..... 911
 WC Deputies 713-221-6000
 Vacation Watch 281-290-2100
 WCA Trash Pickup281-368-8397
 Post Office800-275-8777
 Harris County Flood Control District713-684-4000
 Harris County Animal Control 281-999-3191
 Advantage Water Mgt. (Water & Sewer)281-807-9500
 Cy-fair Volunteer Fire Dept. 281-550-6663
 Center Point Energy Electrical Outages 713-207-2222
 Center Point Energy Gas Services713-659-2111
 Pool Phone 281-890-9066

NEWSLETTER INFO

Editor..... wcm@sbcglobal.net

Publisher

Peel, Inc. www.PEELinc.com, 888-687-6444

Advertising..... advertising@PEELinc.com, 888-687-6444

WEBSITE

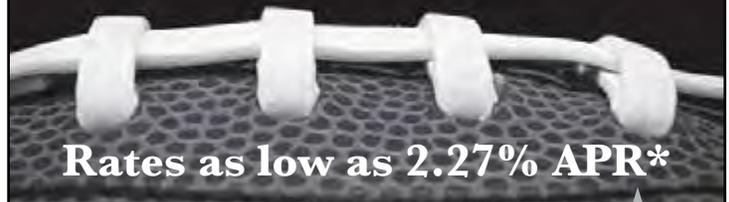
Please check out our website for all the latest in community news, events and resources. You can download pool and tennis card applications, check the rental availability of the clubhouse, view trash guidelines and see current neighborhood events.

WWW.WINCHESTERCOUNTRY.ORG



WHAT'S YOUR GAME PLAN? Our Auto Loans will Land You in The End Zone!

- 90 Days No Payment**
- Terms Up to 84 Months
- Finance up to 125% of the Vehicle's Value
- Get Pre-Approved Before You Shop
- Apply Online or at Any of our Branches



Rates as low as 2.27% APR*

832.604.4848 | WWW.ECCU.NET
 2439 NORTH FREEWAY,
 SPRING, TX 77386
 18540 NORTHWEST FREEWAY
 HOUSTON, TX 77065



*APR = Annual Percentage Rate and is inclusive of all discounts and is dependent on credit worthiness. Rates, terms and offers stated on this website are subject to change without notice. Your rate may vary based on the loan amount, term and your personal circumstances. Certain loan terms and rates depend on model year and loan amount. Membership is required before loan can be funded. 84 monthly payments of \$12.89 per \$1,000 borrowed. Effective 9/1/2015 rates will be discounted by .20% on these loans for each stipulation that is met from the following: 1) Auto loans if an Extended Warranty is elected. 2) Auto loans if Vehicle Multi-Shield is elected. .10% on these loans for each stipulation that is elected: 3) Auto loans, motorcycle, motorhomes, travel trailers, boats, ATV and jet ski loans if GAP is elected. 4) .05% If Loss of Life Protection is elected. 5) .10% if a combination of Loss of Life/Disability/Involuntary Unemployment/Family Leave Protection are elected. The maximum discount for auto loans is .60% if all of the above stipulations are met. The maximum discount for motorcycle, motorhomes, travel trailers, boats, ATV and jet ski loans is .20% if all of the above stipulations are met. The maximum for all other loans is .10% if a combination of Loss of Life/Disability/Involuntary Unemployment/Family Leave Protection are elected. The rate discount excludes VISA(®) Platinum Credit Cards, Business MasterCard Credit Cards, Home Equity Loans, Mortgage Loans and Business Loans. Discounts are only given at time of loan closing. **90 days of no car payments is available only for credit scores 660 or greater. Loans currently financed at ECCU are not eligible for this offer.

WC SENIORS GROUP

If you are 55 years old or older we are looking for you. We meet the LAST Monday of the month at 6:00pm at the Winchester Country Clubhouse.

We play cards, dominoes or other games. We go out to eat and attend plays at the Family Arts Center on Grant Road or the 1960 Playhouse on Gant Road. For more information please call Helen Delaney at 281-794-8796.

OTHER SENIOR HAPPENINGS AROUND TOWN. Cy Fair AARP Chapter #4543 meet the 3rd Tuesday at Jersey Village Baptist Church in Building D. Room 101 located @ 16518 Jersey Drive. Houston, Texas 77040. We gather for coffee, snacks and fellowship about 9:30am. We have speakers and we take day trips on a bus provided by Precinct 4 to various locations. We take in a movie at a local theatre once a month and we go out to eat after the meeting. We are not involved in the AARP insurance. We look forward to seeing you at one of our meetings. Call Helen Delaney at 281-794-8796

Winchester Country Quilting Get Together

We are excited to announce a new neighborhood quilt group to start July 12th. We will meet the 2nd and 4th Tuesday every month from 6pm-8pm in Clubhouse 1 at Winchester Country Clubhouse. Come join the fun!! All are welcome from Beginners to Advanced. Bring your machines or your hand projects. This is not a formal group. We are in it for the camaraderie. Contact Christine at slkwally@aol.com for more information.



Trimming to Take-Downs
 Trimming • Removal of Debris
 Hedge Trimming • Stump Grinding
 Professional Tree Health Care

Bonded & Insured Since 1987

Call David
Ph: 281-469-0458

Mention this ad for a Spring Special! Senior Citizens Receive an Additional Discount.

FREE ESTIMATES



jonesroadtreeservice.com

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators



RESIDENTIAL & COMMERCIAL 24-7 SERVICE
 LICENSED & INSURED

Take \$25.00 Off Your Next Service Call

FAMILY OWNED AND OPERATED
713.467.1125 or 281.897.0001
www.WiredES.com



TECL 22809 Master 100394



BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

~ FREE ESTIMATES ~

BashansPainting@earthlink.net

◆ FULLY INSURED

281-347-6702

281-731-3383 cell



HARDIPLANK®





Fall Home Maintenance Checklist

1. Change out HVAC filters.
2. Check toilets and faucets for leaks.
3. Caulk cracks and gaps in siding.
4. Check weatherstripping and thresholds.
5. Clean gutters and downspouts.
6. Have your fireplace cleaned and inspected.
7. Put fresh batteries in smoke alarms and carbon monoxide detectors.

TENNIS CARD INFORMATION

Now that the 2016 pool season has ended, you must have completed a pool/tennis card form for your tennis card to remain active throughout the remainder of 2016.

If you have completed a pool/tennis card form for 2016, you will remain activated until the end of the year.

If you would like to activate your tennis card (and all HOA fees paid up to date), there is **NO FEE** for existing tennis cards to be activated when turning in your form. **THIS FORM MUST BE FILLED OUT YEARLY**, this is to ensure that our current residents in Winchester Country are the **ONLY RESIDENTS** with access to the tennis courts.

If you are requesting a tennis card for the first time or need a replacement card (there is a \$10 fee that you must attach to your Tennis Registration Form), you may put your form with \$10 in the mail slot located at the clubhouse / pool to the left of the gate under the bulletin board. You will be mailed a card that will automatically at that time be activated (providing all fees are up to date). You download a form at www.winchestercountry.org or pick one up at the clubhouse office. If you have any questions please contact Debi @ 281-890-8856.



**SO EASY IT'S
SHOCKING!**

TEXASDIRECTAUTO.COM
SELL US YOUR CAR!™

What to Do in the First 24 Hours After a Flood



After flood waters subside, document, work with your insurer, and clean up safely.

Whether a flood is caused by ground water, falling water, or home water system malfunction, there are some best practices you'll need to employ within the first 24 hours after the flood to ensure the safety of your home and family and give you the best outcome possible with your insurance company

Avoid additional risks

If the flood was serious enough for you to leave your home, be sure you stay safe upon your return. The Federal Emergency Management Agency warns that you should check for any visible structural damage, such as warping, loosened or cracked foundation elements, cracks, and holes before entering the home and contact utility companies if you suspect damage to water, gas, electric, and sewer lines.

In addition, it's important to have a working flashlight and turn off all water and electrical sources within the home, says Dr. Maurice A. Ramirez, author of *The Complete Idiot's Guide to Disaster Preparedness*. Even if the power isn't operational, it's a good idea to go to your fuse box and turn off the main, plus all of the individual fuse connections. That way, if the power is reactivated, you're not at risk for mixing standing water and electricity.

Take pictures

Before you remove any water or make any repairs, fully document the damage for your insurer by taking photos or video. Digital versions are best, says Ramirez, because they can be stored electronically and easily copied. If you start removing water or making repairs before you photograph the damage, you could potentially decrease the extent of your coverage, he says.

Protect your health

Even if the water in your home is clear, it could be contaminated by sewage or household chemicals. Ramirez recommends wearing waders, hip- or waist-high waterproof boots. In addition, wear rubber gloves to remove water-damaged possessions and to avoid

contaminants, Ramirez notes. Be sure to throw out any food that may have come into contact with flood waters. FEMA recommends boiling water until authorities declare the water supply is safe.

Call your insurance company

Since you should notify your insurer soon as possible after the flood, it's a good idea to keep your insurance company and local agent's phone number in your always-ready emergency bag. (Note that the NFIP works through private insurance companies, so you contact your insurer just as you would for any other type of claim). In cases where a flood has affected a region or community, your agent may be busy handling his or her own flood issues. In that case, contact the insurance company's headquarters.

Since groundwater flood damage typically isn't covered by conventional homeowners insurance policies, you'll need to work with your insurer to determine the cause of the flood and the extent of your coverage.

Advise your insurance representative of the state of your home and any repairs you intend to do immediately. Be sure to follow the insurance company's direction about whether or not to wait for an adjuster to inspect the property before making repairs, says Ramirez. Document the damage and conversations at every stage of the process.

What can you expect in terms of time to get back to normal? It could be as little as one week if the claim and clean up is minimal to five to six months if you're working with an insurance adjuster and contractor to complete extensive repairs.

Find out if you're in a disaster area

Once a region has been officially declared a "disaster area" by government authorities, property owners have access to increased resources, including public services to protect and remediate the area. In addition, you may have access to financial assistance. Your insurance company will have additional information on this or you can contact FEMA directly.

Remove water

Once you get the OK from your insurer to remove the water, use a sump pump, available from most hardware or home supply stores for \$150 to \$500, and a wet vac (\$40 to \$130). Ramirez cautions that water is heavy—a cubic foot weight 10 lbs.—so be careful not to injure yourself, especially if you're carrying buckets of water up and down stairs. Open doors and windows to allow fresh air to circulate so long as that won't allow in more water.

Mitigate mold damage

Mold can develop within 24 to 48 hours of a flood, says Ashley Small of FEMA, so remove wet contents, including carpeting and bedding, as soon as possible. If an item has been wet for less than 48 hours, it may be salvageable. However, you'll need to decide whether it holds enough monetary or sentimental value to try to

(Continued on Page 6)

Winchester Country

(Continued from Page 5)

do so. And notify your insurance company before removing items to ensure that you're not affecting coverage. Always photograph the flood-soaked items.

Rugs, for example, may be dried and then cleaned professionally, which could cost \$100 to \$500 or more, depending on the size and number. Large pieces of furniture that are saturated will likely be difficult to dry effectively, and should often be discarded.

Mold growth can be controlled on surfaces by cleaning with a non-ammonia detergent or pine oil cleaner and disinfecting with a 10% bleach solution. (Caution: Never mix ammonia and bleach products, as the resulting fumes can be highly toxic.) Always test this solution on a small area of the item or area you're cleaning to be sure it doesn't cause staining or fading.

Take photographs before removing wet wallboards and baseboards because insurers will want to see the height of any water damage to walls. Carefully poke holes at floor level in the drywall to allow water trapped behind it to escape.

You may also wish to hire a flood restoration service—you can find pros under “Flood” or “Disaster recovery” in your local phone book, or check with the Better Business Bureau, local Chamber of Commerce, or contractor recommendation sites, such as Angieslist.com or MerchantCircle.com. Look for those with Institute of

Inspection, Cleaning, and Restoration Certification.

Secure the property

As the homeowner, it's your responsibility to secure the property so that no additional damage occurs. Put boards over broken windows and secure a tarp as protection if the roof has been damaged. Again, take photographs to prove to the insurance company that you have done everything possible to protect your home against further damage.

If the home is habitable, take precautions to keep yourself and your family safe from injury. Use flashlights to move around dark rooms, for example. If the home isn't habitable, don't try to stay there. Move to a shelter or alternate location. Consult your insurer to find out what provisions the company will make for temporary housing while your home is being repaired.

By GWEN MORAN has written about finance and real estate for over a decade. Her work has been in Entrepreneur, Newsweek, and The Residential Specialist. A Jersey Shore resident, she's weathered hurricanes, Nor'easters, and one earthquake.

<https://www.houselogic.com/finances-taxes/home-insurance/what-do-first-24-hours-after-flood/>

**NOT AVAILABLE
ONLINE**

At no time will any source be allowed to use Winchester Country's contents, or loan said contents, to others in any way, 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 Winchester Country is exclusively for the private use of the Winchester Country HOA and Peel, Inc.

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.

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.



RECIPE OF THE MONTH

The Wrap Of Kahn

Ingredients:

- 1 bottle Peanut sauce- (the best I have found is made by Archer farms and sold at Target stores that have bigger grocery sections. I've made my own but prefer theirs)
- 1 to 1 1/2 lbs chicken breast cut in small to medium cubes
- 1 to 2 limes
- some cilantro chopped
- 1 cup white rice (jasmine is best)
- 1 or 2 cups- raw- shredded red cabbage (you will want to figure out how to use up the rest of the cabbage-though it keeps quite a while)
- Some bamboo shoots- drained and cut skinny
- 1 jar spicy black bean or spicy brown bean sauce
- Good Gorgonzola cheese- crumbled up
- Thin flour tortillas (the thick ones don't work well for this)

Procedure:

Rice- cook it according to the directions- when done fluff with fork and mix in some cilantro and lime juice to taste. Set aside.

Chicken- I usually cook it in large sauté pan with olive oil, lime juice, garlic (powered or fresh depending on what I have) salt and some pepper- If I'm feeling real energetic I cook some finely chopped sweet onion in there as well. When it is just about done I add the peanut sauce and cook till chicken is done and sauce is heated through. Sometimes I throw cilantro in this part of the dish also. Be mindful that you want some looseness to the chicken mixture some the excess peanut sauce seeps into the rice- yum!

The put together:

Heat up tortilla over gas if you can (don't microwave it) schmear on a thin layer of the spicy bean sauce
put on decent layers of bamboo shoots and cabbage
add rice layer
add some of the chicken mixture
top with Gorgonzola (I put healthy portion because I love the stuff, but you will want to play around till it tastes right to you.)
Roll it up like a burrito,

Enjoy!



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

WC

Join us for a Pink Champagne Brunch!

In Honor of Breast Cancer Awareness Month

Saturday, October 15, 2016

10 - Noon

11307 FM 1960 W.

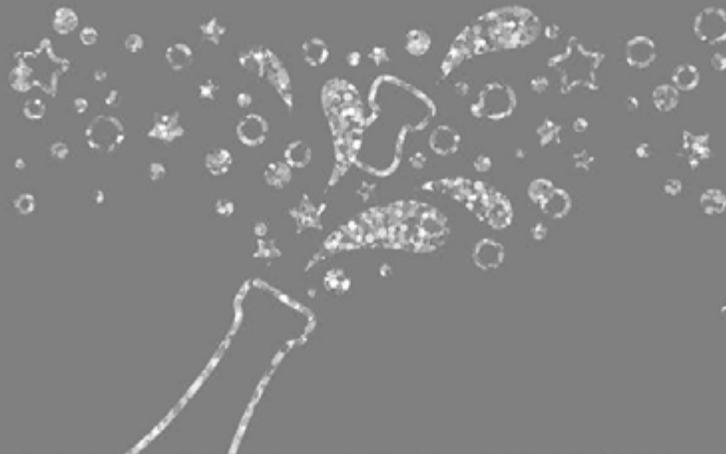
Bring a friend and spend a morning with the Breast Care Physicians
of Cypress Fairbanks Medical Center Hospital

Learn more about:

- Current Options
- Prevention and Screening
- 3D Mammograms
 - Risk Factors
- Latest Treatments
- Survivorship

A delicious complimentary brunch buffet will be served.

Space is limited. Please call to register: 1-888-511-PINK (7465).



CYPRESS FAIRBANKS
Women's
IMAGING CENTER