

Woodwind Lakes



It's all right here

January 2018

Volume 7, Issue 1

*Thank You
Woodwind Lakes
for Another
Successful
Christmas on the
Lake Event!*



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.....<http://www.cd4.hctx.net>

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Advertising

Peel, Inc advertising@PEELinc.com, 1-888-687-6444

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Donna Jackson..... 713-466-8668
..... kotilla@hotmail.com

FAMILIES OF WWL

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CHRISTMAS COMMITTEE

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WOMEN'S CLUB

President: Barbara Henderson Strong.....texas.cats@sbcglobal.net
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Secretary: Cindy Horn.....cindy.d.horn@gmail.com
Treasurer: Judith Simons.....jjsimons@comcast.net

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Sterling Association Services, Inc.

.....servicedesk@sterlingasi.com, 832-678-4500
6842 North Sam Houston Parkway W., Houston TX 77064
Mailing Address - P.O. Box 38113, Houston TX 77238-8113

Association Manager

Debra Willis..... dwillis@sterlingasi.com

Administrative Asst. - Melissa Fulp..... melissa@sterlingasi.com

Call Before You Dig..... 1-800-DIG-TESS or 1-800-344-8377

Pct. 4 Constable..... 281-376-3472

Street Light Outage..... 713-207-2222

..... www.centerpointenergy.com - Have light number.

Texas Department of Public Safety Crime Service

..... <http://records.txdps.state.tx.us>

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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.
TOPS Water, Eric Martin (713) 822-8389

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WL Website.....www.woodwindlakeshoa.com
Sec 1, 2 and 3 Utility.....
..... <http://hcmud261.com/HCMUD261/Index.htm>
Section 4 Utility <http://www.wfud.org/>
Social Media .. https://woodwindlakes.nextdoor.com/news_feed/
Newsletter <http://www.peelinc.com/>
Sec 4 Gate (ICS)

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 advertising@peelinc.com. 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 Lynn.Collins@garygreene.com. The deadline is the 7th of the month prior to the issue.



ASSOCIATION OF WOODWIND LAKES

Beginning with the January 17, 2018 HOA meeting, the general session will start at 6:00 PM. If you arrive at the board room and the door is closed, please wait until the door is opened to enter.

The location has not changed. It will continue to be held at the Windfern Forest MUD building, located at 14410 Mauna Loa, Houston, Texas 77040 (North Gessner at Mauna Loa).

DECEMBER YARD OF THE MONTH

Section 1

9118 Woodwind Lakes Drive

Section 3

7607 Allegro Court

Section 2

7634 Rolling Rock Street

Section 4

8006 Sinfonia Drive

WOMEN'S CLUB

EVENING WINE TASTING EVENT

Tuesday, January 16, 2018, 7:00PM

Home of Ann Tatum – 7806 Ensemble Drive

For more information please contact:

Barbara Strong (713 466-4893) Ann Tatum (713 724-0998)

Judith Simons (713 896-7041) Cindy Horn (972 998-8242)



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in the coming year!

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Cleaning up loose trash is one of the best ways to pitch in for your community and the environment.

Our community holiday events bring residents together for a day of fun for neighbors of all ages. It is important that all residents do their part to keep our community safe and clean. If you're not sure how you can pitch in, consider a stroll around your block or one of the lakes today to pick up litter. Here are five ways that picking up litter serves Woodwind Lakes.

1. Keeping it beautiful: Litter is an eyesore, plain and simple. Studies show that litter can negatively impact your sense of community and safety. When others pass you as you pick up litter, smile and say hello. It shows pride in community and encourages others to do their part as well.

2. Protecting children: Litter can pose health and safety risks, especially to curious children who are more likely to pick items up. Make sure you put litter in a bag or a lined trash can and not just loosely in an unlined one. Loose trash often winds up as litter again on trash collection day.

3. Keeping costs down: According to Keep America Beautiful, litter cleanups cost the U.S. \$11.5 billion a year and that figure doesn't include indirect costs, such as decreased property values, commerce and tourism. These costs are shared by our government

and by local businesses.

4. Preventing floods: Litter often makes its way into storm drains where it can cause serious clogs that lead to flooding. Litter that does pass through the storm drain flows directly into our lakes and streams thereby polluting the beautiful lakes and creeks in our neighborhood.

5. Protecting wildlife: Litter poses a threat to local wildlife when they confuse it for food or nesting materials. If litter gets into our local waterways, chances are it will eventually wind up in the ocean. Marine litter can be deadly to seabirds, sea turtles and marine mammals.



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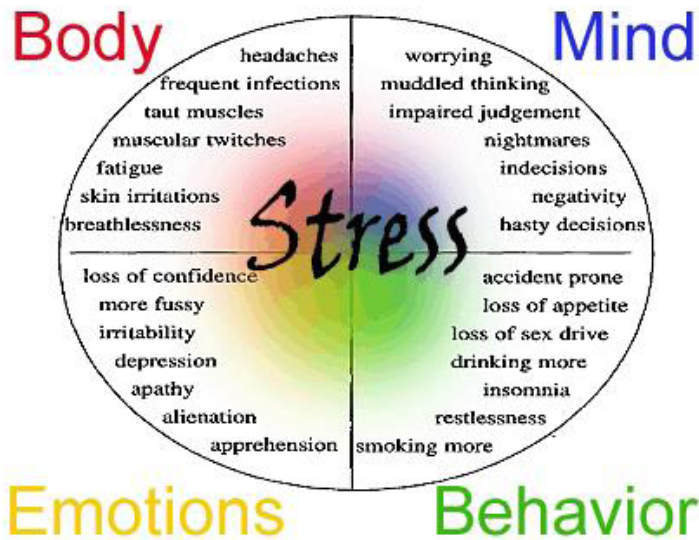


HARDIPLANK®



IMMUNE SYSTEM

Submitted by: Donna Konopka



What does stress do our bodies? It weakens our immune system which is our body guard. Our immune system is in a battle every day. That is its job. Your defenses can be impacted by our environment, diet, stress, sleep, travel and other lifestyle factors.

Healthy immune function is a whole body effort and maintaining it takes a holistic approach. Here are a few things that can help:

- Get at least 7 hours of sleep a night. Some of you are saying... how is that going to happen with all that's on my To Do list? Need a little extra help getting to sleep? Perhaps, take a look at cilantro which benefits the sleep cycle naturally and calms nerves. It can also improve sleep quality through its natural sedative effects. Cilantro is considered safe; however, individuals that are allergic to fennel, dill, aniseed, caraway, or other similar herbs may experience mild allergic reactions.
- Exercise regularly to promote memory cells and mobilize immune cells.
- Minimize stress AS MUCH AS POSSIBLE or practice healthy coping strategies, like exercise.
- Eat a healthy, balanced diet full of fruits, vegetables and lean proteins making sure you get a healthy amount of fiber for good gut function.
- Practice good hygiene including frequent hand washing so our body doesn't have to deal with as many pathogens in the first place.

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TEXAS A&M
AGRI LIFE
EXTENSION

RECLUSE SPIDERS

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the "back" (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.



Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets, bathrooms, under

furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems after being bitten by a spider, then seek medical attention immediately.

To avoid spider bites, try some (or all) of the following:

- Use sticky taps to capture spiders
- Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
- Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
- When storing items, either use sealed plastic containers/bags or tape boxes on all seams to keep spiders out
- Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
- Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

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

MEET IRIS

By Cheryl Conley, TWRC Wildlife Center



Let me introduce you to Iris, our 9-year-old Eastern Screech Owl. She makes her home at TWRC Wildlife Center and is a “gal about town”. As one of our Animal Ambassadors, she can often be seen at schools, churches and community events throughout the Houston area.

Iris was just a few days old when a rescuer found her on the ground. Our vet staff could see that one of her eyes wasn’t developing properly. After

being examined by a specialist, it was discovered that she was blind in that eye. Knowing that owls can still survive in the wild with only one eye, a dedicated rehabilitator worked with her to prepare her for release. With her eye problem and some other issues that developed, it was decided that it was in the best interest of Iris not

to release her and instead “promote” her to an Animal Ambassador.

Iris lives a pretty good life. She is served with frozen mice that have been warmed. She goes to the “beauty shop” every couple of months to get her nails done (actually they’re called talons) and get her beak trimmed and shaped. She is also given a thorough examination to make sure she is healthy. We are grateful to Dr. White at Briarcrest Veterinary Clinic who donates his time to the Center to care for Iris and our other Animal Ambassadors. In the wild, Screech Owls live an average of 12 years but because Iris doesn’t have to face the challenges of life in the wild, she is expected to live well beyond 12 years of age.

Screech owls have a unique call. One source described it as a horse on helium. They let out a descending whinny capped off with a trill. If you come to our Center to visit, she may even “talk” to you. One of her favorite things is to do is to respond to sirens she hears. As soon as she hears a siren, she starts in. Wish we could read her mind to find out why she does that.

Iris and her handlers are available to come and talk to your group, your school, your church or other gatherings. If you would like pricing information, send an email to education@twrcwildlifecenter.org.

TWRC Wildlife Center is a 501(c)(3) organization. www.twrcwildlifecenter.org

Why You Should Host an Exchange Student – Yes, You!

“International exchanges are not a great tide to sweep away all differences, but they will slowly wear away at the obstacles to peace as surely as water wears away a hard stone.”

– Former President George H.W. Bush

This time of year, the 100 or so high school exchange student programs in the U.S. are beginning to seek host families for the coming academic year for both one semester and full academic year students.

About 28,000 students come to the U.S. each year for youth exchange programs of varying lengths. Not surprisingly, their motivations vary. They want to improve their English-speaking skills. They want to establish their independence from their parents. They want to see the America of Hollywood and the streets of New York. If they don’t have siblings, they would like one. They want to share the beauty and complexity of Japanese or Italian cooking. They want to play American football and be on the cheerleading team. They want to travel and see new places.

They want to live life as an American teenager.

Families who welcome these exchange students into their homes and hearts not only enrich the life of an exceptional young person, they help build people-to-people connections that span the globe and last of a lifetime.

– Secretary of State Hillary Clinton, Summer 2010

I think cultural exchanges, including hosting high school exchange students, offer benefits far beyond being “a good citizen.” Beyond

actually learning about another culture and how things might be done differently on a daily basis, it challenges one’s assumptions about other cultures, teaches communication skills, and helps develop patience and flexibility.

Few experiences can teach you – and your children — the small but critical differences between cultures as living with someone from another country.

The benefits to America children – both our own children and others who are attending school with exchange students – are significant in ways that are difficult (if not impossible) to quantify. It’s not something adults often think about. Even school administrators don’t always think through how exposure to other cultures can benefit students in their districts. Think about communication for just a moment. Although your children will, of course, speak English to their exchange student, the potential for miscommunication is huge when you are talking to non-native English speakers. The processes of learning how to re-shape your thoughts, speak more clearly, and make sure what you intend to say is what is heard are important skills. Think about your assumptions about other cultures – your assumptions, and those of your children and their friends, about another country’s foods, habits, or attitudes. Think about relationships, and learning how to adapt, become more cooperative, and developing an ability to be flexible.

(Continued on Page 8)



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WOD



**2017 Christmas at Woodwind Lakes
December 2, 2017**

This is the 4th year of our wonderful
and successful annual Woodwind Lakes
Christmas celebration.

We appreciate your involvement in our
community and Thank you for your
donation to the Association of Woodwind
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decorations, Christmas lighting, food and
entertainment.

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Thank You – Ray Pavia – HOA President

(Continued from Page 7)

You *do* have something to offer.

Many families tell me they can't host because "we aren't a good host family." People assume they must be outgoing, that they need to be a family that travels a lot, or that they must be a family that goes to museums, events, and activities all the time. People assume that it is critical for a host family to live in a big city so it will be "fun" for a teen, that it is important to provide a student with his or her own bedroom, or that they must live near the high school. Many people assume you must have a high school student in your home in order to host a high school exchange student. The list of "why we're not a good family" goes on, but most of these pre-conceptions simply aren't accurate. Is it nice to travel with your student? Of course, because it's fun to share your city, your state, or your country's beautiful places. But not everyone travels much. Is it nice to live next to the high school? Of course. But let's face it, most people don't. Is it "fun" for a teen to live in the city? Sure. But nice people who have the desire, capability, and emotional intelligence to be a host family live everywhere.

The truth is, there is no typical American host family, because there is no single "typical" American family. American host families have teens and don't have teens. They have young children and toddlers. They have children who are now grown and living elsewhere, or no children at all. They have dogs or not, large homes or small ones. Single parents are families, as are grandparents. American families live in large cities, suburban areas, and in small communities. The students are not here to travel, have a tour guide, just have "fun," or to have an easy life with a five-minute school commute. They're here to go to school, learn about our country, live with a family, and to learn what life is like for an American teen. They can play on the soccer team or have a role in the school play no matter where they live and no matter what the composition of their host family.

The key to hosting a student is not in who is in your family, but who you are as people. Good host families are people who want to share their own culture and community, and learn about someone else's. Good host parents look to give their families a glimpse of the world and introduce them to new customs and cultures.

STS Foundation is currently looking for host families in our area. If you are interested in hosting a student and enjoying this enriching experience, please contact Vicki Odom at 832-455-7881 or email me at vicki.stsfoundation@gmail.com for more information.