

BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 4 | ISSUE 11

NOVEMBER 2018

November 2018

COMMUNITY CALENDAR

Observed as:

- National Diabetes Month
- Lung Cancer Awareness Month
- National Adoption Month
- National Native American Heritage Month

Birthstone: Topaz and Citrine

Flower: Chrysanthemum

Astrological Signs:

Scorpio (till 21st) & Sagittarius (22nd =>)

1st.....	All Saints Day
2nd.....	All Souls Day
4th.....	Daylight Savings Time Ends
5th.....	Guy Fawkes Day
6th.....	Election Day
7th.....	Diwali (Hindu Festival)
10th.....	Science Day for Peace & Development
11th.....	Veterans Day
11th.....	Singles Day (China)
12th.....	National Pizza Day
14th.....	Board Meeting
14th.....	World Diabetes Day
15th.....	Great American Smokeout
15th.....	World Philosophy Day
16th.....	National UnFriend Day
17th.....	International Men's Day
19th.....	World Toilet Day
20th.....	Mawlid Un Nabi
20th.....	Universal Children's Day
21st.....	World Television Day
22nd.....	Thanksgiving Day
23rd.....	Black Friday
24th.....	Small Business Saturday
26th.....	Cyber Monday
27th.....	Giving Tuesday
30th.....	St. Andrew

Reminders...

- ✓ Important Homeowner Registration www.ciaservices.com
- ✓ Drive Safely, watch your speed, and obey street signs.
- ✓ Remove trash cans from public view on non-trash days.
- ✓ Assessments are due every year on January 1st*

Assessments Notice

The Assessments are due on January 1st of each year and provide for services in the community. Every owner has an obligation to pay the annual assessment. If you do not receive a statement in November, please submit an accounts receivable request to C.I.A. Services to confirm your balance and ensure it is paid on time. You may submit your payment by mail, in person, or on-line.

ATTENTION HOMEOWNERS

The November Board Meeting will be held at the CIA Services Conference Room located at 3000 Wilcrest, Suite 200, Houston, TX 77084. The agenda, date and time will be announced via email. Please be sure you have your correct contact and email information with the Management Company by visiting www.CIASERVICES.com



IMPORTANT NUMBERS

MANAGEMENT COMPANY

CIA Services, Inc.

3000 Wilcrest, Houston, TX
713 981-9000

EMERGENCY

Emergency Situation	911
Constable Precinct 5	281 463-6666
Sheriff Emergency & Non	713 221-6000
Harris County Sheriff (Store Front).....	281 564-5990
Harris County Sheriff (sub-station)	281 463-2648
Poison Control	800 764-7661
Crime Stoppers	713 222-TIPS

UTILITIES

AT&T (Repairs).....	800 246-8464
Center Point Energy (Electric).....	713-207-2222
Center Point Energy (Gas)	713 659-2111
Mud #120 (Water)	713 405-1750
Street Light Repairs -need Pole#	713 207-2222
Trash (Texas Pride Disposal)	281 342-8178

PUBLIC SERVICES

Local U.S. Post Office	281 920-9337
<i>12655 Whittington Dr, Houston, TX 77077</i>	
Toll Road EZ Tag	281-875-EASY (3279)
Volunteer Fire Dept.....	281 498-1310
Steve Radack (<i>County Commissioner</i>)	713 755-6306
Animal Control.....	281 999-3191
Dead Animal Pick-up (Precinct 5).....	713 439-6000
Dead Bird Report.....	713 440-3036
Graffiti Clean-up.....	281 463-6300
Mosquito Control (Health Dept.)	713 440-4800
Mow the Bayou.....	713 684-4000

SCHOOLS

Alief Independent School Dist.	281 498-8110
Alief Transportation (to report Bus).....	281 983-8400

NEWSLETTER INFORMATION

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COMMUNITY MANAGER

Catina Hunter..... Catina.Hunter@ciaservices.com



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2018 Native American Indian Championship Pow Wow Traders Village Houston

The exciting 29th Annual Native American Indian Championship Pow Wow Traders Village Houston will be held on November 10-11, 2018. A two-day Native American Pow Wow with colorful tribal dance contests, an arts & crafts show, tipis, honoring ceremonies, singing and much more will be part of the Annual Native American Indian Championship Pow Wow Traders Village Houston. This Veteran's Day Weekend event is a great time to visit with old friends and make new ones. Plan to join us for this colorful and interesting Native American powwow, presented by the DFW Inter-Tribal Association, at Traders Village Houston.

Native American Indian Championship Pow Wow Traders Village Houston

Several hundred Native Americans, representing numerous tribes from across the US, will take part in this celebration of Native American culture and heritage. The drums and singers will provide the beat for the dancers in full regalia of feathers, buckskin, bells and beadwork competing for prize money and awards in many different dance categories. Spectators at the Annual Native American Indian Championship Pow Wow Traders Village Houston will marvel at the precision and showmanship that even the youngest competitors display in their dancing. Participants range in age from two-year old toddlers to grandmothers in their 80s. These dancers will compete for \$15,000 in prize money.

All dance competitions will take place from 12:30 p.m. to 5:00 p.m. on Saturday and Sunday.

Free Admission – Parking \$4.00 per vehicle.

Special morning entertainment will start at 11:30 a.m. each day with dancers making their Grand Entry at 12:00 noon.

Arts & Crafts Show

Artists, craftsmen and traders from all over the country will showcase their wares and talents at the arts & crafts show and sale under the giant Expo. The arts & crafts sale will be open from 10:00 a.m. to sundown each day.

Indian Food Booths

The Indian food booths will serve authentic Native American food all weekend long. Everyone, spectators and competitors alike, can enjoy authentic Native American fry bread, Indian tacos and more.

Visitors are invited to enjoy a true-to-life experience of days gone by as they wander through the tipi village which provides a close-up look at life with this age-old form of portable shelter.

Location

Traders Village Houston, 7979 N. Eldridge Road, Houston, Texas 77041 Phone: 281-890-5500

West Bend Community Improvement Association

Quarterly Inspection Area of Focus

The following areas will receive a more comprehensive evaluation during the specified quarter. However, bi-weekly deed restriction inspections will continue to check the items below, in addition to all other areas throughout the year.

Homeowners are legally obligated to maintain their property in accordance with the West Bend Community Improvement Association governing documents.

September – November

- Fence Repairs
- Tree Trimming

December – February

- Sidewalk & Driveway repairs
- Power washing of sidewalk & driveway

The Quarterly Inspection Area of focus is an attempt to decrease the number of first letter violation notices. It gives homeowners the opportunity to rectify any problems in a focus area before the quarter approaches.

Thank you for your continued cooperation.

NEXTDOOR.com

Nextdoor is the free and private social network just for West Bend neighbors. On Nextdoor, neighbors share crime and safety concerns, local events, recommendations, items for sale/free, ideas about how to make our neighborhood better, messages from the Harris County Sheriff's Dept., and the Houston Chronicle.

Our neighborhood is using a private online network called Nextdoor.

Please join us to build a better neighborhood!

www.nextdoor.com/join Code: MZXJX

ARCHITECTURAL CONTROL COMMITTEE

The (ACC) Architectural Control Committee must be informed if you are planning to change the exterior style, color, or have plans for additions or any removal to your property. A mandatory Architectural Review Form will need to be completed and signed. You may obtain this form on-line at www.ciaservices.com

November is Diabetes Awareness Month

By Andrea Gabrick

Follow these tips to stay at your peak!

1. Say "Om"

Learn to meditate to help reduce stress and improve your blood sugar levels.

2. Step Out

Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.

3. Eat Right

Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes.

4. Jet Set

Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.

5. Hang 10

Drop 10% of your body weight through diet and exercise.

6. Trade Up

Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.

7. See Clearly

Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.

8. Stand Up

You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.

9. Show Color

Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.

10. Learn More

Visit WebMD's Diabetes Center for news, tips, a blood sugar tracker, and more.

Expert Tips on Living With Diabetes

Tips from Adrian Vella, MD, endocrinologist, Mayo Clinic, Rochester, Minn.

- Use the web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.
- Get a pedometer. People with diabetes need to exercise. For many of my patients, that means walking. Set a goal.

Tips from Deborah J. Wexler, MD, assistant professor of medicine, Harvard Medical School, and co-clinical director, Massachusetts General Hospital Diabetes Unit.



- Diabetes can be discouraging. You may feel sad, anxious, or depressed for no apparent reason. Get support, and you will be better able to meet the challenges.
- Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.

Tips from Samuel Andrews II, MD, endocrinologist, Ochsner Medical Center, New Orleans, and co-author of The New Sugar Busters.

- Choose foods that won't boost your blood sugar. That means eating brown or basmati rice and whole wheat bread and pasta. Skip juices and eat whole fruits and fiber.
- Daily exercise helps control your weight and blood sugar levels. Each day, hop on a bike, go for a swim, or take a walk.



Please remember to pick up
after your pets and
“scoop the poop”

Holiday Decorating Contest West Bend C.I.A

The contest will be held each year on the Sunday on or just before the 15th of December in the evening between 6 – 8 p.m.

Winners will be notified the same evening as the Judges will knock on your door to deliver your winnings, and to place a sign in your yard.

The contest is for exterior decorations only, including decorations in windows visible from the exterior. Judging will be based on “curb appeal” as viewed from the street. Judges will not enter the property to view back or side yards. Participants should ensure that all lights, animations and decorations are in place and activated for the judging period.

The top three winners will receive Gift Cards; 1st place \$100, 2nd place \$75, and 3rd place \$50.

Photos will be taken of the winner’s property to be posted on the West Bend CIA Services website and in the newsletter.

Please note the Holiday decorations must be removed no later than the 3rd Sunday of January.

Your participation is appreciated!

REPORT STREETLIGHT OUTAGES



CenterPoint Energy maintains streetlights throughout West Bend. If a light is out or blinking, please call CenterPoint at 713-207-2222 or report it online <https://slo.centerpointenergy.com/>. You will be asked to provide:

- a pole number for the non-functioning lights you want to report
- contact information (in case more information is needed to locate a streetlight)
- an e-mail address (if you want feedback regarding your repair request)
- the number of streetlights you would like to report

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Tabletop Turkey Craft

1. Paint a paper cup brown. Turn the cup upside down and glue a pom-pom to the top of the cup for the head.
2. Cut nine 4-inch leaf shapes from different colors of construction paper. Fold a 1-inch-square piece of orange construction paper in half; cut a triangle shape out of the folded paper for the beak. Using a 2-inch square of red paper folded in half, cut a heart shape to create the turkey's wattle.
3. Glue the beak and wattle to the pom-pom. Add googly eyes. Glue on the "feathers."

Needed:

- 1" Pom Poms
- 9" x 12" Construction Paper, Assorted Colors
- Assorted Wiggle Eyes



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3 Ways To Better Manage the Time You Spend on Social Media

By MarLee Berry, texashillcountry.com/lifestyle



In recent years, the use of social media platforms around the world has skyrocketed. With the click of a button or the swipe of a screen, you can be connected to friends and family across the world. Technological advances in the last decade have enabled us to keep abreast of current events, celebrity lifestyles, and just about any other subject you can imagine, all with the use of one little device.

However, as amazing as this technology is, it has the potential to distract us from accomplishing our goals. In fact, during a study conducted by Dscout, individuals touched their phones an average of 2,617 times per day. All these touches culminated into an average time of just over two hours spent on a smartphone for the typical user.

If you are one of those who finds yourself constantly fighting the urge to check your phone or update social media, do not worry. There are a number of ways to increase your productivity and manage the time you spend plugged-into your favorite apps. Here, we have listed three tools that will have you setting aside time for the important things sooner rather than later.

1. The BreakFree App

A great way to see if you are spending too much time on your phone is by tracking your app usage. The BreakFree app, created for both Apple and Android operating systems, is a great way to accomplish this. According to Inc.com, this app not only tells you everytime you unlock your phone, it breaks down the entirety of your screen interaction each day. Additionally, the app sums it all up neatly in an overall “addiction score” so that you can keep track of your improvement.

2. The RescueTime app

According to RescueTime’s website, this app has a variety of features that can help you track and manage your social media habits. A blocking aspect denies access to any website you select and an overall productivity score lets you know if your newfound time management skills are paying off.

The lite version of this handy tool is completely free and allows you to track the time you spend on the worldwide web. However, RescueTime’s blocking feature only comes in its premium version which can be purchased for \$9 per month. This app is available for computers and mobile devices

3. The Moment App

To conclude this list of helpful tools, the Moment app includes many of the same features previously mentioned in descriptions for other apps. However, Moment does have a sub-entity labeled Moment Family, which enables you to control the browsing and usage habits of your entire family depending on what in-app purchases you decide to make. Its description notes this app is great for accountability purposes, as family members can track other’s goals and usage amounts.

Currently, Moment and Moment Family are only available for iPhones. However, you can sign-up to receive notifications when it is available for Androids as well.

In many ways, technology has made our lives much easier, but it is important to recognize the possible dangers of spending too much time glued to a screen. Hopefully, these three tools will help you increase your productivity and will free up time for you to do things you truly enjoy!





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