

SPRING TRAILS

THE OFFICIAL NEWSLETTER OF THE SPRING TRAILS COMMUNITY ASSOCIATION

VOL 1

ISSUE 7

Our Little Fishing Pond

By Riki Treadway

This pond is a part of the Bayou Land Conservancy as well as the Spring Creek Greenway Nature Center. It's surrounded by trails, woodlands, swamps and all of the wildlife that would normally inhabit that area. The property and its flora and fauna are protected under conservation easements through Bayou Land Conservancy and occasionally patrolled by the nature center and Texas Parks and Wildlife game wardens.



Large Mouth Bass caught in the neighborhood pond

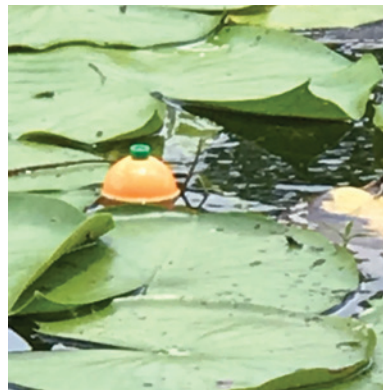
Our neighborhood, Spring Trails, has the honor of backing up to the property. Residents can enjoy the trails between dawn and dusk, enjoy the wildlife from your own backyard and even fish here! It's a catch and release pond housing everything from the smallest of microbes to the largest of fish and turtles. At one point and time we even had beavers living within the area. You can still see the signs of their

presence in the sides of some of the remaining trees.

Sharing this space comes with responsibilities to the land owners, the wildlife and the other patrons who use the space. During a recent trip to the pond, I found myself doing more fishing line and lure collection than actually enjoying the property. Along with the line and lures I also found trash and packaging from other fishermen/women. It wasn't accidentally left behind. It was obviously discarded into the bushes.



Garbage and line found along the edges of the pond



Bobber found left in the water when a fisherman had their line

There are trash receptacles as well as places to put your used line and lures that prevents them from littering the ground and harming the wildlife we've worked so hard to protect.

On a recent trip, a fellow neighbor found a Great Horned Owl in quite the predicament. It had been caught up in the discarded fishing line and

was unable to fly away. When it was found it was grounded, tired and scared. If not for the gentleman who found it and the brave Bayou Land Conservancy member who came looking for it, it would have died slowly or become a prey item for something.

We have GOT to do our part to keep this area clean and clear for future visits otherwise we could not only lose the ability to visit this beautiful property, but we will also be causing



Image courtesy of Mark Combs

more harm to the already endangered property and its inhabitants. Ways that you can help can be as easy as picking up what you find when walking. When you fish, pick up your line. If you get snagged, be prepared to get wet. Don't leave it for the turtles and fish to figure out.



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(We are still working Insurance claims for hail or wind damage in Spring Trails...)



SPRING TRAILS

Letter from the Board President

By Leanne Kessler

Changes are abundant at Spring Trails. Over the last 18 months, the community has experienced new leadership, new contractors, a new look, much needed maintenance, reforestation, enhanced flora, and let's not forget our increasingly-popular events. It's gratifying to see the impact these efforts have had on the community, and the support received from homeowners and residents throughout these initiatives has been both heartwarming and appreciated.

The new Board of Directors has admittedly struggled at times to maintain consistent operations while learning the various aspects of community governance. But we continue to push forward deliberately, thoughtfully, and always with the community's best interest in mind. And the future looks bright.

Much of the progress Spring Trails has experienced and intends to continue is due to volunteer efforts through the community's committees: Events, Beautification, Communications, recently kick-off Amenities, and coming soon Policy Review. The Board encourages and welcomes all residents to get involved as we pursue capital improvement initiatives, enhanced communications, ongoing beautification, improved governance, and a variety of fun-filled community events and activities. The knowledge, vision and commitment among Spring Trails residents is invaluable.

Volunteer opportunities as well as updates on initiatives can be found on the Spring Trails website at www.springtrails.com. The Spring Trails website is and will continue to be our primary means of communications, along with the monthly newsletter and eblasts. Recently a text messaging service has been implemented to more quickly communicate urgent information (see article on page 9). By registering through the Spring Trails website, residents can receive accurate and timely information directly from the Association, contact property management, RSVP for events, report problems, review or obtain Association documents, volunteer...everything we have to offer is available through our website. Contact the Board through the website Request Manager. We welcome your feedback, your ideas, your questions, your concerns, your help.

Join us as we celebrate our beautiful community and successes, and work toward an even brighter future.

Mark Your Calendars!

July 2nd – MUD 94 Board Meeting

July 4th – Independence Day Pool Party

July 11th - HOA Board Meeting

July 12th – Heavy Trash Day

July 19th – Dive In Movie

August 6th – MUD 94 Board Meeting

August 8th - HOA Board Meeting

August 9th – Dive In Movie

August 9th – Heavy Trash Day

August 29th – Adult Bingo Night

Visit the Spring Trails Website,

Events tab for event details and to register.

IMPORTANT: New Recycle Pick Up dates: July 3rd,

July 17th, August 7th and August 21st.

Communications

Thank you to this month's Newsletter Contributors: Riki Treadway, Malinda Seger, Sylvia Sudeth, Vicki Odom, Khara Mathews. Residents interested in submitting stories or articles for inclusion in the newsletter can do so online at <https://peelinc.com/index.php/submit-an-article/>. Articles are due by the 10th day of the preceding month.

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Spring Trails Luau

Aloha, Spring Trails!

The Luau officially kicked off summertime fun at the Spring Trails pool! Residents enjoyed Pitmaster BBQ and treats from Kona Ice as they sat under the shade of the trees in front of the Visitor's Center. Inside the pool area, the kids loved the giant Tiki water slide, playing with beach balls, and hanging out with family and friends.

Thanks to all the volunteers who spent hours setting up for the event, serving the delicious meal, and at checking in guests: Ralph and Dolores Jones, Luz Antonio, Carlos Crespo, Cindy King, Jake King, Madison Soonier, Genette Willbanks, John and Jill Rigsdell, Malinda Seger and Events Coordinator, Ruth Hutyra. We also appreciate the event sponsorship of Lisa Benoit, of Texas United Realty, who provided the beautiful leis for guests, and Affiliates of Family Medicine for graciously allowing residents to use their parking lot for overflow parking.

Look for other pool events during the summer on the Spring Trails website. Please RSVP early as the maximum number of residents in the pool area is limited.



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Spring Trails Neighborhood Watch *by Sylvia Sudeth*



The doorbell repeatedly rings in rapid succession. Pounding on the interior garage door is followed by a loud voice shouting, "POLICE! POLICE!" Carolyn reaches the hall almost at the same time the officer begins yelling and she is shocked by his warning. "Ma'am shut your garage door now. Do not leave it open ever! There is a criminal being pursued by officers. Shut your door right NOW!" As the officer exits and without hesitation Carolyn shuts the garage door, her interior door and peers out her windows to see two state troopers stationed in the cul-de-sac. It is 3pm and broad daylight.

Scenes such as this are still fairly uncommon in Spring Trails but obviously do occur from time to time. Crime seems to be an inevitable part of life. So what is the antidote? A neighborhood watch.

Spring Trails Neighborhood Watch (STNW) was created this year in answer to our neighborhood's need for extra eyes and ears to help police officers and constables patrolling our community. There is ABSOLUTELY NO VIGILANTE JUSTICE with this group. Anything out of the ordinary is reported to the police. No personal interaction or contact is required.

Neighborhood Watch needs volunteers. Anyone living in Spring Trails is welcome to join in.

Patrols – Drive through the neighborhood observing and reporting to dispatch office-two hour shifts. Patrol volunteers must pass a basic background check and attend a two-hour training session. Patrols keep a log and may give a report of activities on the STNW Facebook page.

Don't want to drive around and patrol (particularly in the middle of the night)? You can still be a key part of the Neighborhood Watch.

Block Captains - Coordinate people in village, communications, promote home safety and security.

Fundraisers – Solicit donations to support and fund background checks, magnetic signs, t-shirts, equipment, website development, signage for the neighborhood...and someday maybe even a Spring Trails patrol car.

Special Events Coordinators - National Night Out, presence at Community events (i.e Luau, Movie Nights) to recruit volunteers are needed.

Of Neighborhood Watches, the Montgomery County Sheriff's website (http://www.mctxsheriff.org/residents/neighborhood_watch_programs.php) says:

"Every day, neighborhoods across the United States confront

any number of property and violent crimes and threats of crime. This strategy attempts to provide local law enforcement with additional eyes and ears to watch out for all types of criminal activity and promote neighborhood security. Community crime watches can address all types of crime, but their primary focus is typically residential burglary and other crimes around the home, such as larceny and vandalism. Their presence can also help deter criminals who would attempt to conduct drug- or gang-related activities in the neighborhood."

The Spring Trails Neighborhood Watch has generated a lot of support thus far. Who doesn't want to live in a safer subdivision, right? Working together will make everyone safer and can help keep our crime statistics low.

Email springtrailsnw@gmail.com for more information or to sign-up for a training class today. The Facebook group can be found by searching Spring Trails Neighborhood Watch. Members must answer three questions before being admitted to the closed group.

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Text Alerts

As part of on-going efforts to improve the availability and timeliness of Association updates and notifications, Spring Trails is now offering text message alerts to residents. Initially text messages will be used to notify residents of more urgent issues (i.e., a last-minute event cancelation, local flooding, a gate malfunction, etc.). Eblasts will continue to be used for routine, less urgent, announcements.

Like eblasts and email notifications, Residents interested in receiving text message alerts can sign up through the Spring Trails website at www.springtrails.com. Existing users can click "Your Profile" at the top right of the home page and simply add a mobile phone number to the "Text messaging number" field and save your update. New users must first register through the website by clicking "Register" at the top right of the home page and completing the required fields. Important to note, in order to better manage cost, text message alerts will be limited to one user per household.

The Spring Trails Board of Directors is confident the use of text message alerts will prove to be an effective means of communicating to residents. Residents are encouraged to register through the Spring Trails website to begin receiving these and other community-related announcements.

Help Make the World a Better Place

Did you know that by opening your home to a foreign exchange student you are taking on the role as a diplomat of the United States? Its true! Hosting a teenager from another country is form of public diplomacy – it gives both the host family and the student an opportunity to learn from each other, exchange cultural experiences and most of all, form life-long relationships.

All that is required of a host family is to provide three meals a day, a place for the student to sleep and a little bit of TLC thrown in. Students can share a room with a same sex sibling that is within three years of their age. The students all come with their own spending money, health insurance and an eagerness to be part of your family.

STS Foundation, a 501(c)(3) organization, is looking for volunteer host families for the 2019/2020 school year. We accept all different types of families, from single parents, to newly marrieds, to empty nesters to same sex couples. The application process is simple, once you are completely vetted, you will have access to our student database where you can select the student that best fits in with your family.

If you would like to find out more about hosting one of our wonderful students, please contact Vicki Odom at (832) 455-7881 or email at vicki.stsfoundation@yahoo.com. I can get you started in helping to make the world a better place to live.



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Acceptable Material:

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Plastic containers with the symbol #1 (no microwave trays)



Plastic containers with the symbol #2 (milk and water

jugs-NO CAPS)

Pigmented plastic containers with the symbol #2 (detergent, shampoo, butter tubs-NO CAPS)



Plastic food and beverage containers with the symbol #5 (yogurt)

Cardboard (not wax coated)

Paper, Magazines, Catalogues, Junk Mail

Glass food and beverage containers (clear, brown and green)

ALL MATERIALS MUST BE EMPTY, CLEAN AND DRY (NO FOOD RESIDUE).

Unacceptable Material:

Yard waste, Styrofoam, pizza boxes, diapers, plastic bags, plastic containers with symbols #3, 4, 6 or 7 or no symbol, mirrors, window or auto glass, light bulbs, ceramics, oil or antifreeze containers, coat hangers, paint cans, medical waste, ANY MATERIAL NOT ON THE "ACCEPTED MATERIAL" LIST.

Questions regarding recycling or standard waste collection can be directed to Republic Services at 713-726-7300.

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Storm Drain Tips

You know the old saying, "When it rains, it pours." Well lately it seems, when it rains it floods. MUD 94 and storm water consultant Storm Water Solutions remind residents that storm drains easily become clogged with lawn clippings and leaves, garbage and other forms of debris; contributing to the extent and severity of local street flooding. But you can help mitigate the risk of flooding by following these simple but effective steps:

- Clear debris from storm drains.

- Bag, mulch or compost grass clippings and leaves.

- Pick up loose garbage from sidewalks and streets.

Storm Water Solutions is the Ms4 Stormwater Consultant for MC MUD 94. For more information about stormwater management and its impact on our waterways, visit <http://cleanbayous.org/debris-can-clog-storm-drains-2/>.

JHSL

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org. Season begins in September!

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

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Spiking up your Metabolism at any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!



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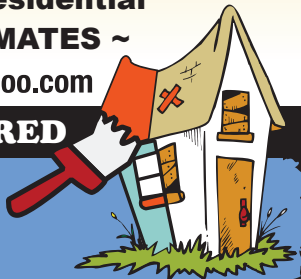
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