

Woodwind Lakes



It's all right here

October 2019

Volume 8, Issue 10



Purple Martin Migration

CONTINUED ON PAGE 2

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Improvement Application Submittal

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

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

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

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WCA - 825 Highway 6 South, Houston, TX 77083
281-368-8397 - contact@wcamerica.com

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WL Website.....www.woodwindlakeshoa.com
Sec 1, 2 and 3 Utility.....
..... <http://hcmud261.com/HCMUD261/Index.htm>
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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.

(Continued from Cover)



Everyone looks forward to the arrival of the Purple Martins each year. Most of us think their arrival means spring is just around the corner. But, at this time of the year, no one really thinks about them anymore. Most people don't know that they're very busy getting ready to migrate south.

Preparations for migration begin in July and August when the birds form large flocks and roost (a place where birds or bats regularly settle or congregate to rest at night). There can be thousands of birds in a roost. They call this gathering "staging." Some of the better-known roosts in the Houston area are Gordon Park in Stafford and around Willowbrook Mall. They spend their days eating flying insects to build up body fat for their long flight ahead.

So where do they go? In the spring of 2009, geolocators were attached to 20 birds from two Texas colonies. It was discovered that the birds wintered deep in the Amazon rainforest and traveled an amazing 250 to 300 miles per day! They can fly between 17 and 27 miles per hour unless a predator is chasing them when their speed can reach 40 miles per hour. They spend several months in South America in large roosts where they undergo their annual molt. Although their

annual molt begins before migration, they don't molt their flight or tail feathers until they reach South America. Molting is very beneficial because it replaces damaged feathers and helps get rid of parasites.

Purple martins will spend several months in South America before heading back to North America. The scouts typically show up in our area in mid-January through early February. The term "scout" is used to describe the first martin(s) observed. They will go to the same nesting site from the previous year. The scouts can be either an older male or female but are usually males. Arrival of the remainder of the birds depends on their age and sex. Older male birds arrive after the scouts followed by the older females followed by the younger ones. The younger ones, or subadults, may not appear until 4 to 12 weeks after the first ones arrive. They fledged the previous year so their first priority is to find a nesting site.

According to the Texas A&M AgriLife Extension Service, Texas martins nest almost exclusively in bird housing provided by humans. Once they have occupied a martin house, they will continue to use it year after year as long as you clean it out in the fall and keep the starlings and sparrows from moving in.

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Woodwind Lakes

September Yard of the Month

Section 1 8003 Sonata Court

Section 2 8914 Andante Drive

Section 3 8739 Andante Drive

Section 4 9314 Sinfonia Drive



Constable Stats

Burglary Habitation: 0	Disturbance Juvenile: 0
Theft Vehicle: 0	Suspicious Vehicles: 4
Assault: 0	Phone Harassment: 1
Disturbance Family: 0	Theft Habitation: 0
Alarms: 8	Robbery: 0
Runaways: 0	Criminal Mischief: 0
Burglary Vehicle: 0	Disturbance Other: 0
Theft Other: 0	Suspicious Persons: 1
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Pavilion and Pavilion Pool Reminder



If you need a key to the Pavilion Pool or reserve the Pavilion or Pavilion Pool, please contact Mandi Branam,

mbranam@grahammanagementhouston.com.

The rules and forms can be found on the Woodwind Lakes Website...www.woodwindlakeshoa.com.

It's Pumpkin Season and Time to Enjoy this Delicious *Fruit*



Yes, it's a fruit which surprises many of us!

When we prepare pumpkin, don't forget the benefits of its seeds! The seeds of this fruit offer an impressive cocktail of health enhancing and disease fighting compounds, vitamins, and minerals that can be consumed year long. Emerging evidence indicates that pumpkin seeds represent a potent functional food in the battle against *Heart Disease, Osteoporosis, Bladder Dysfunction, Anxiety and Arthritis.*

Tryptophan, an abundant amino acid found in pumpkin seeds, might help alleviate anxiety. Since tryptophan is converted to serotonin, a neurotransmitter that enhances mood and well-being in the brain, perhaps consuming tryptophan foods would be helpful in improving mood. Suggestion: Pumpkin seeds toasted with a little olive oil and salt are delicious. They can be baked in the oven at 160-170 F for 15-20 minutes. Enjoy adding to soups, salads, cereals or raw as a snack.

Here are a few fast facts on the benefits of the pumpkin "meat".

- The potassium contained within pumpkin can have a positive effect on blood pressure.
- The antioxidants in pumpkin could help prevent degenerative damage to the eyes.
- Please try to avoid canned pumpkin "mix", as it typically contains added sugars and syrups.
- Pumpkin puree or canned pumpkin can be used as a replacement for butter or oil in baking recipes.
- Pumpkin is a powerful source of *fiber* which slows the rate of sugar absorption into the blood.

Let's Not Just Carve It Up. Let's Cook It And Eat It!

Wishing everyone a Healthy and Happy Fall Season!!

Donna Konopka

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Woodwind Lakes

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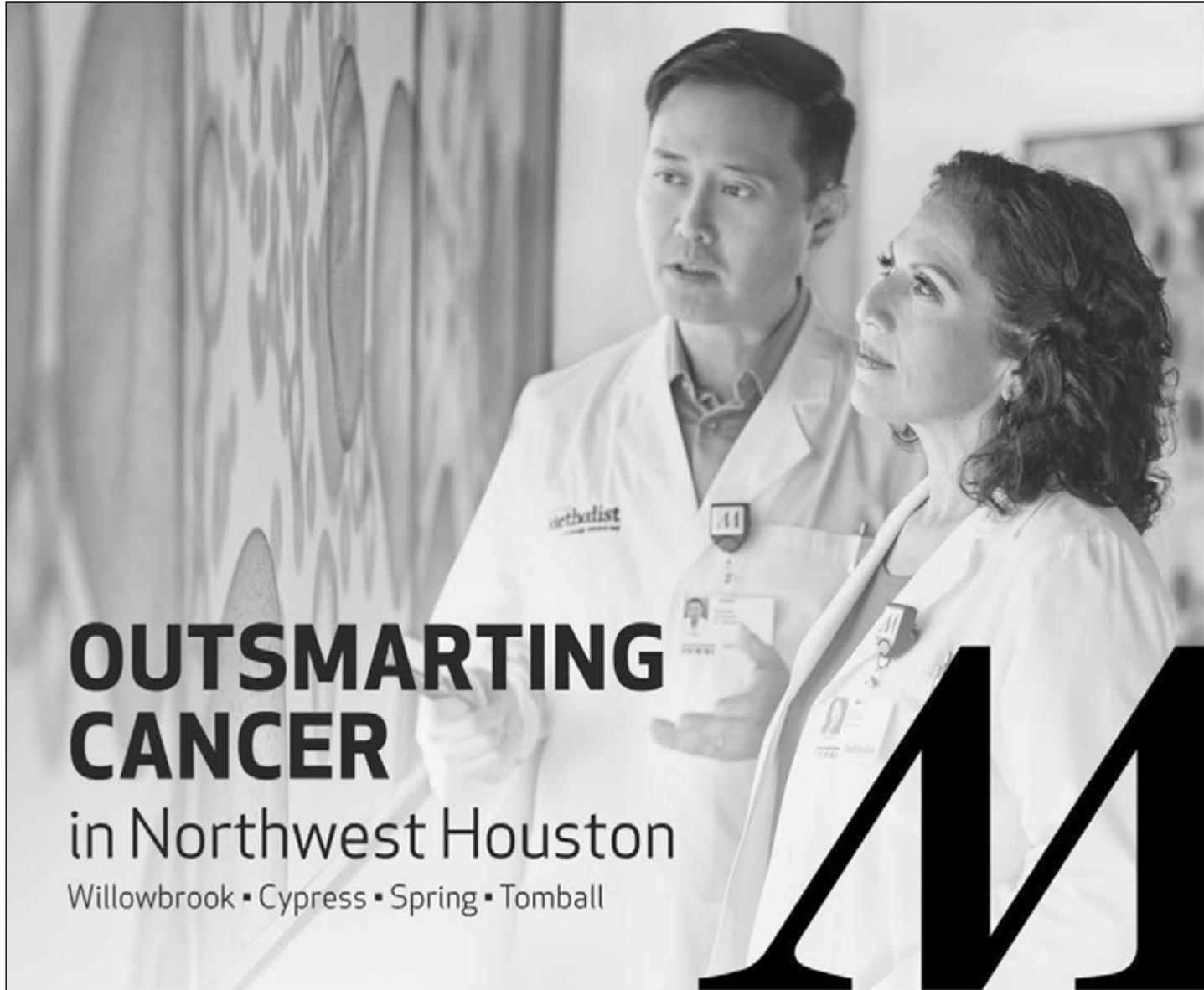
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WOD

Winter Annuals

The optimal time to plant winter annuals is in November but they can be planted as early as mid to end of October if the weather is cool. Plant using either Osmocote or Miracle-Gro Shake-N-Feed. Use at least 4" container plants. Their root systems are more fully developed and become established more quickly.

Loosen soil and mix in Osmocote or Miracle Gro Shake N 'Feed. These ingredients are plant foods not fertilizers so there is no

danger of damaging the plants. Plant 3"- 6" apart depending on how full a look you want at the start. Leave the top 1/4" of plant above the soil level to allow for settling. Press soil around each plant to secure. After all plants are in the ground water area well, apply shredded mulch and then water lightly. After established, water all winter annuals sparingly. All but Cyclamen can handle a freeze without being covered.

DIANTHUS
HEIGHT 6-12"



KALE (ORNAMENTAL CABBAGE)



CYCLAMEN



AMAZON DIANTHUS
HEIGHT 18-36"



ALYSSUM



PANSIES

