



The HOME FRONT

JANUARY 2020

Official Publication of the Cardiff Ranch HOA

VOL 5, ISSUE 1

Letter From The Board

Dear Neighbors,
Happy New Year!

Hello neighbors, the Cardiff Ranch Board of Director election results were announced at the Annual Meeting.

The 2020 Board of Directors are:

Kenny Welshons – President

Inge Elmendorp - Vice President & Treasure

Prasad Patibanda – Secretary

Richard Lyles – Director

Bobbie Jo Ray – Director

We are also very pleased to announce that Land Tejas has exited from the Board of Directors as well. 2020 is the first year that all members are Cardiff Ranch residents!

As we move into this new year, we are looking for feedback from the community. One of the items we would like feedback on is the pool schedule for Summer 2020. In 2019, we closed the pool on Mondays and Tuesdays, so that it could remain open on Saturdays and Sundays in September and October. Please let us know if you would like this schedule to remain, or if you have a suggestion for a change.

To provide your feedback on pools, or any other issue, please come to one of our Round Table meetings held on the second Saturday of each month at 9:30am or a board meeting held on the third Thursday of Jan., Mar., May, July, Sept., and Nov., at 7pm. The schedule will be set by March for the 2020 pool season.

In 2020 we will focus on community violations, and we hope to improve the response time so that violations are addressed and corrected quickly. As of the writing of this letter, we had 9 violations corrected in December and 25 new or outstanding violations from the previous month.

A violation notice is just a reminder that some extra attention is needed in a specific area. This helps ensure that all of the homes

in the community are safe, presentable, and well kept. Keeping our community looking great is the number one thing we can all do to ensure that our home values continue to increase, so we keep up with the larger communities around us.

If you need help with correcting a violation, please reach out to us. We can suggest landscapers and contractors that your neighbors use in the community to help with any items. Residents can report violations as well by using our community portal from RealManage or emailing procardi@ciramail.com with pictures and a description of the violation.

Please come meet your new board members on Saturday January 11 at 9:30am or Thursday January 16 at 7pm.

Sincerely,

Your Resident Board Members



CARDIFF RANCH

IMPORTANT NUMBERS

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Emergency 911
Fort Bend County Sheriff 281-342-6116
Poison Control 800-222-1222
RealManage Service Center 866-473-2573

UTILITIES

Best Trash 281-313-2378
En-Touch (Customer Service) 281-225-1000
Fort Bend MUD # 58 (Water) 713-405-1750

SCHOOLS

Katy ISD 281-396-6000
Davidson Elementary 281-234-2500
Tays Junior High 281-234-2400
Obra D. Tompkins High School 281-234-1000

PROPERTY MANAGEMENT

RealManage

16000 Barkers Point Lane, Suite 250 Houston, TX 77079
(866)473-2573 • procardi@ciramail.com

CARDIFF RANCH HOA

Board Members

Rachel Gwin Land Tejas
Ross Kennedy
Kenny Welshons
Prasad Patibanda
Inge Elmendorp-Huijts

Resident Advisory Members

Ernesto Quintanilla
Abeer Abdelaal
Hunuma Gujjula
Gwen Farley

NEWSLETTER PUBLISHER

Peel, Inc. 512-263-9181
Advertising advertising@peelinc.com

IMPORTANT INFO

To set up access for the pool and gym use please contact
(866)473-2573

The Clubhouse is available for rentals by association
members. Please call (866)473-2573 or email
procardi@ciramail.com for more information.

You can report violations or concerns by calling
(866)473-2573 or emailing procardi@ciramail.com.
Please include photos of the violation if possible. All
violation reports remain confidential.



Round Tables & Board Meetings

ROUND TABLE (SATURDAY)

AND BOARD MEETINGS (THURSDAY)

JANUARY 11TH 9:30AM - ROUND TABLE

JANUARY 16TH 7PM - BOARD MEETING

FEBRUARY 8TH 9:30AM - ROUND TABLE

MARCH 14TH 9:30AM - ROUND TABLE

MARCH 19TH 7PM - BOARD MEETING

APRIL 11TH 9:30AM - ROUND TABLE

MAY 9TH 9:30AM - ROUND TABLE

MAY 21ST 7PM - BOARD MEETING

JUNE 13TH 9:30AM - ROUND TABLE

JULY 11TH 9:30AM - ROUND TABLE

JULY 16TH 7PM - BOARD MEETING

AUGUST 8TH 9:30AM - ROUND TABLE

SEPTEMBER 12TH 9:30AM - ROUND TABLE

SEPTEMBER 17TH 7PM - BOARD MEETING

OCTOBER 10TH 9:30AM - ROUND TABLE

NOVEMBER 14TH 9:30AM - ROUND TABLE

NOVEMBER 19TH 7PM - BOARD MEETING

DECEMBER 12TH 9:30AM - ROUND TABLE

RATS!



I walked into my back yard last week to tend my pots. My eye caught something amiss in the pool. At first, I thought it was a dog toy. I quickly realized it was real wet floating fur in my pool, and to my horror, understood it was a rat.

Though lifeless, I immediately woke my husband and asked that he remove it. As my protests were louder than his at being assigned a task so early, he dragged himself out of bed, grabbed a shovel and went to the back yard. By this time, my whole family was alerted by my screeching, and assembled poolside to view the rat's extraction.

As my husband lowered the shovel head to the water's surface, the dead rat sprang to life and began swimming with all it's might towards the shovel. It pulled itself onto the head and stayed put, shivering and pathetic.

We all looked at each other, shocked, then at my husband. Without vocalizing it, we all knew that having just watched the poor, destructive creature manage to save its life, at least temporarily, there was no way we could kill it. My husband walked to our brick wall and put it over the side, knowing full well it would probably be back in our yard within minutes and not stay put on Roesner Rd.

I called our exterminator that very hour. He came out and inspected the house, in and out. There was evidence of rats in our garage and outside, but nowhere else. While we spared that rat's life at that moment, I had no intention of allowing a foothold, and neither should you.

Our neighborhood, situated close to Buffalo Bayou and numerous retention ponds in recently cleared land masses, has

rats, folks, like most areas across the country. Seeing one doesn't mean you're keeping a dirty house, though bad housekeeping and maintenance can certainly make it more attractive to them. Having pets and feeding birds, like I do, supplies an ample food source for them. Simply having trees in your yard creates a cozy environment. Keeping cats and dogs is no guarantee that they'll stay away, as evidenced by the presence of my little fellow, floating in a pool used by my dog on a regular basis.

We have two main types of rats here in Katy, the Norway rat and the roof rat. Both are equally destructive and difficult to expel once a family takes hold. It's imperative to stop any infestation the moment you see your first rat outside, or far worse, inside your house. First, know the signs, other than actually spotting one.

Inspect your yard and home thoroughly.

- Do you find rat droppings around dog or cat dishes or pet food storage containers?
- Do you hear noises coming from the attic just after dusk?
- Have you found remnants of rat nests when dismantling your firewood stack?
- Does your dog or cat bring home dead rat carcasses?
- Is there evidence rodents are feeding on fruit/nuts that are in or falling from the trees in your yard?
- Do you see burrows among plants or damaged vegetables when working in the garden?
- Do you see rats traveling along utility lines or on the tops of fences at dusk or soon after?
- Have you found rat nests behind boxes or in drawers in the garage?
- Are there smudge marks caused by the rats rubbing their fur against beams, rafters, pipes, and walls?
- Do you see burrows beneath your compost pile or beneath the garbage can?
- Are there rat or mouse droppings in your recycle bins?
- Have you ever had to remove a drowned rat from your swimming pool or hot tub?
- Do you see evidence of something digging under your garden tool shed or doghouse?

If you can answer yes to any of the above questions, do yourself and the community a favor. Rats, though cute in cartoons, can create havoc within your home. They also carry diseases and fleas. Once an infestation takes hold, the extermination process will kill many, but will also cause them to flee...to your neighbor's house. Please don't let it get that far. I'd much rather see an exterminator's truck in my neighbor's house, than a rat scampering across our shared fence line.

You can go the DIY and get rat bait and traps, but I pay less than \$50 a month and have exterminators take care of rats, roaches and spiders. They will check for and seal up any entrances into your home, a difficult task to take on yourself, put out proper traps and poisons for your situation and keep an eye out for you. It's well worth the peace of mind, and a necessary step in home maintenance.

The Shrimp Bisque Episode



I talk to a lot of people who claim they can't cook. I hear stories about repeated failures followed by a belief that cooking skills are born. I'm here to tell you, this is utterly false.

It's certainly true that cooking can be a subjective art form. I've fawned over countless celebrity chefs and their ability to create sublime combinations of flavors. I pretend to have my own cooking show sometimes, dishing out plates to rounds of applause from throngs of admirers. But in reality, I'm no great cook, despite the beliefs of some people I've cooked for. I'm just really good at following recipes with precision and joy.

I've suffered countless failures, however. I just never let them deter me from continuing to experiment. And I'm lucky to have a husband and family who support and encourage my endeavors, despite putting some of my truly awful creations in their mouths.

I came by my love of cooking in a rather unfortunate manner. My mother was hospitalized for many months when I was eight years old. Though my grandmother came to stay with me, my infant brother and my father to help us through, her cooking repertoire pretty much ended with instant mashed potatoes and bacon.

Tired of questionable nutrition and even more dubious flavors, I announced that I wanted to cook dinners myself. I cracked open my mother's Joy of Cooking and started with a chicken curry. The look of relief and pleasure on my father's face that evening set me off on a lifetime love of pleasing people with food. From that point

forward, I did most of the cooking for my family, and still do to this day. That certainly doesn't mean I didn't have to learn the hard way, in many cases.

Over Thanksgiving, with my extended family around the table, they reminisced about many of my failures and set the table to raucous laughter through the entire meal.

"Remember the shrimp bisque episode?" my mother asked me.

"Noooooooooooo. That was awful!"

"Tell us!" all the rest of the family asked. My mother shook her head and I began.

"It was after ya'll got divorced," I said to my dad. "I went to Mom's apartment to surprise her with the shrimp bisque I always brought her from the restaurant I worked at. She loved it, so I snagged the recipe from the chef and bought all the stuff to make it. I told her to relax and just drink some wine. She worked hard all day and took care of my brother, so I wanted her to have a special, peaceful evening as it was her birthday. She went into the living room and I set about cooking. I had to do a lot of chopping and prepping. The recipe had to be blended to make a smooth, slightly thick soup. This was the last step before sherry was added. The recipe told me to let it cool before I put it in the blender. I disregarded this advice, put it in the blender, put the top on and turned it on."

They all looked at me and burst out laughing.

"Yeah. I was 22. I had no clue what happens when you put hot liquid in a blender."

My mother took it over from here.

"Mind you all, I had just recently cleaned the apartment, especially the kitchen. A deep clean. Took everything off counters, the top of the fridge, the cabinets and floors...all of it. Took me hours. I heard it before I saw it. It was a weird sort of explosion followed by a slight scream from Tiffie, followed by absolute silence. I walked into the kitchen to see it and her covered in pink liquid. It was rolling down the walls, dripping off the ceiling, splattered all over the floor. It covered every surface available, the coffee maker, the fridge, my African Violet, the window, the curtain, the sink, the cabinets, her hair. I was afraid she was crying because she was burned, but she was fine. Josh fell over on the floor laughing, Tiffie was crying, and I was furious. It took us 3 hours, 4 bottles of wine and a ladder to get it all cleaned up, and we never did eat. I smelled shrimp for days."

I hadn't thought about that scene in years. And it was wonderful to see my family laugh together, as we so often had over meals, even though it was at my expense. Cooking transcends age and time, recipes passed down through generations often have fabulous stories attached to them, like this one.

We all fall. It's how gracefully and quickly you get back up that forms your character. So, for those of you novices out there, letting fear keep you from trying new cooking ventures, just think of me, tears and shrimp bisque streaming down my face, crack open a new cookbook you've never used, gather around the table and make some memories. Bon appetit.

Turkey Tetrazzini

My freezer is always full of delicious turkey meat after the holidays. This is a family favorite, post-holiday Italian tradition in Connecticut, and I'm sure many other places.

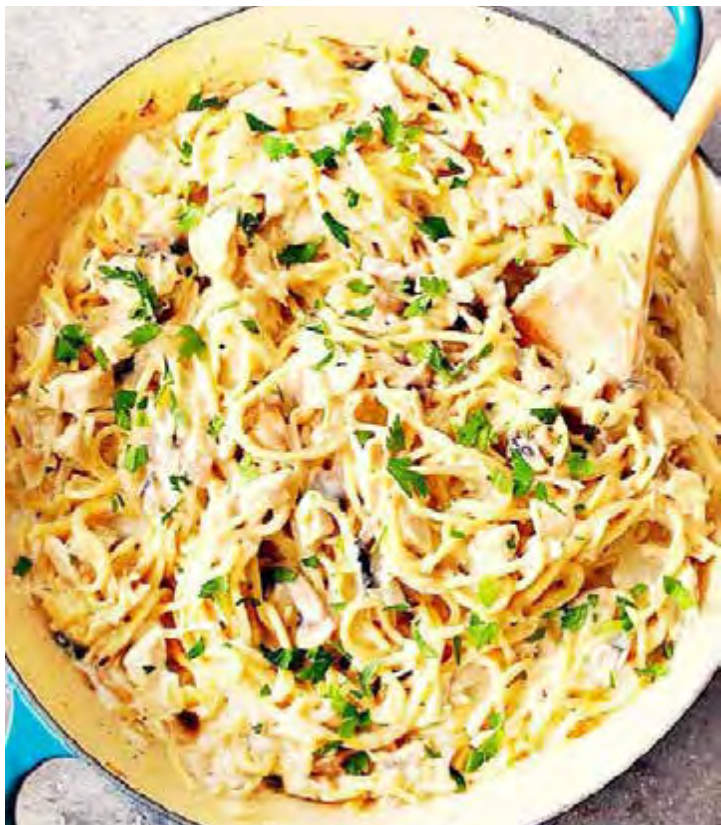
Ingredients.

6 strips of bacon, fried and chopped
1 small onion, diced
1 package of sliced mushrooms
½ cup flour
4 tbsp. butter
1 ½ cups each of heavy cream, milk and chicken stock
1 to 1 ½ lbs. spaghetti or fettuccini (I use 3 packages of fresh pasta)
½ cup sherry
1 tsp. nutmeg
Salt and pepper. To taste.
1 to 1 ½ cup shaved parmesan cheese

Fry bacon. Reserve about 2 tbsps. fat in the skillet, pour off the rest. Put mushrooms and onion in pan and sauté over medium heat for 5-8 minutes. Remove and set aside.

Add butter and flour to pan and sauté for 5 minutes, stirring constantly. Slowly add liquid, nutmeg, salt and pepper, bring to boil, stirring occasionally. Adjust seasoning to taste.

Add parmesan, turn off heat, then add cooked and drained pasta. Toss to mix, transfer to casserole dish and bake at 375 for 30 minutes. Buon appetito!



Call for Submissions

We want your content! Do you have something fun to share? We want to hear it! This is YOUR newsletter.

Whether you want to submit just one article, a monthly column, or a quarterly editorial, we welcome your stories and community advice.

Here are some ideas, but don't feel limited to just these...

- 1) Gardening or lawn tips.
- 2) Community resources for your ethnic or cultural group.
- 3) Favorite recipes.
- 4) Volunteering opportunities.
- 5) A community crossword.
- 6) Advice on just about anything: from pets to pools.
- 7) Best places in Katy to bike or hike.
- 8) Rainy day activities for your kids.
- 9) Home maintenance dos and don'ts.
- 10) Best of Nextdoor roundups on your favorite topics.
- 11) News about a school event, tradition, or sports game.
- 12) Recap of a community event.

Here are a few items to please AVOID:

- 1) Anything with a business name or for a business purpose – sorry it's against our newsletter company's editorial guidelines.
- 2) Anything political or opinionated. Not the place for op-eds, guys. Let's keep it fun and friendly!
- 3) Anything promoting a specific religion, belief, or cause (even if it's a really great one).

Want advice on what to write or if a topic is appropriate? Please email cardiffbranchnews@gmail.com.

Submit articles to: cardiffbranchnews@gmail.com.

Articles are due by the 1st of every month for the FOLLOWING month's newsletter. (E.g. articles submitted May 1, will go into the June newsletter.)

CARDIFF RANCH

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Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

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Happy New Year from

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A man in a white shirt and dark pants is standing next to a blue van. The van has "WIRED GENERATORS" and "ELECTRICAL SERVICES" written on its side. The background is a red and white starburst pattern.

Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.



Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com



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