

Volume 19, Issue 1 January 2020



International Potluck Dinner

Saturday, January 25th, 6 - 8 Pm At The Clubhouse



Come meet your neighbors and share a favorite or popular appetizer, entrée, side dish, or dessert from your country or state.

Water and juice will be served, but feel free to bring your own beverage of choice! Cards will be available to write the name of your dish, the country or state, and your name, so others can ask you about it.

We hope to see you all here!

For more information, please contact Veerle Swinnen at veerlekurt@msn.com.

Be sure to befriend us on Facebook @LOE Social Committee to stay up to date on all events!

Safety Committee Update

The Safety Committee and the Board of Directors recently discussed the results of the town hall and responses to the resident survey. Although most respondents indicated a general sense of safety there is acknowledgement that security and safety can be improved in some areas. There is also an understanding that a large assessment increase is not favored. A significant concern of many LOE residents is traffic safety - obeying the speed limit and heeding stop signs. Considering the consequences and the limited time residents drive in LOE driving 25 MPH and stopping - actually stopping - should be everyone's responsibility.

The Safety Committee will continue to work on possible improvements. In the interim each resident can participate in making LOE safer. If you see an unauthorized vehicle enter or any suspicious activity please let Securitas, our Security Company, know. The front gate can be reached at 713-937-8825. Let's help each other improve LOE.

2020 Assessments

Assessments are due on or before January 1, 2020. Payments not received by March 1, 2020 will incur a late fee of \$100.00 plus 18% interest until the assessment is paid in full. Payment coupons were mailed out in December. Include your coupon with your payment to ensure it is applied to the proper account. Failure to do so could delay processing of your payment.

Please forward the payment coupon to your mortgage company if they escrow these funds. For additional copies of your payment coupon please email contactus.tx@fsresidential.com and reference LOE 2020 Assessment in the subject line.

Make check payable to LAKES ON ELDRIDGE COMMUNITY ASSOCIATION, INC. Payments may also be made on-line at www.clickpay.com. Your assessment payment is not tax deductible. Please contact Donna at donna.mcdonald@fsresidential.com for information regarding payment plans.

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IMPORTANT NUMBERS

FIRST SERVICE RESIDENTIAL

1330 Enclave Parkway, Suite 425, Houston, TX 77077 713-932-1122 (24/7) or contactus.tx@fsresidential.com Office hours are 8:30am to 5:30pm Monday through Friday

LOE Guard House 713-937-8825
Waterfowl, Betty Burkett713-302-9929
Sheriff - (non-emergency)713-221-6000
Cy-Fair Fire Department - (emergency)281-466-6161
(non-emergency)281-550-6663
Poison Control1-800-764-7661
Texas DPS713-681-1761
Texas Pride Disposal281-342-8178
(trash collection Mondays & Thursdays, recycling Mondays)
TNG Utility (Water)
Harris County Tax Office713-224-1919
Reliant Energy
CenterPoint (gas)713-659-2111
Center Point (street light)713-207-2222
(give pole # of street which is out)
Comcast713-341-1000
Houston Chronicle713-220-7211
Metro Transit Info713-635-4000
Kirk Elementary
Truitt Middle School281-856-1100
Cy-Falls High School281-856-1000
Cy-Ridge High School281-807-8000
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LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Donna McDonald, at FirstService Residential (FSR), 713-332-4711. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members or email: Donnamcdonald@fsresidential.com

David Westphal	President
Gary Fehsenfeld	Vice President
Sue Strebel	Secretary
Erik Roussel	Treasurer
Gaynor Richardson	Director

Visit the Association Website: www.lakesoneldridge.nabrnetwork.com

LOE CLUBHOUSE RENTALS

CLUBHOUSE INQUIRIES FOR RENTALS ARE HANDLED BY FSR. PLEASE REVIEW THE CLUBHOUSE RENTAL AGREEMENT FOUND IN THE RESOURCES TAB ON WWW. LAKESONELDRIDGE.NET TO INQUIRE ABOUT AVAILABILITY OR OTHER INFORMATION, PLEASE EMAIL CONTACTUS.TX@FSRESIDENTIAL.COM WITH LOE CLUBHOUSE IN THE SUBJECT LINE AND INCLUDE INFORMATION ABOUT YOUR PROPOSED DATES, TYPE OF EVENT, # OF GUESTS, ETC. EMAIL INQUIRIES ARE PREFERRED OVER PHONE CALL INQUIRIES DUE TO THE TIME NEEDED TO ADDRESS YOUR INQUIRY.

Lakes on Eldridge Events Calendar 2020

Saturday, January 25 - 6:00 pm - 8:00 pm International Potluck dinner*

Friday, February 7 - 6:30pm - 9:00pm First Friday & Wine Tasting *#

Saturday, February 29 - 6:00 pm - 8:00 pm Chili Cook Off*

> Saturday, April 4 - 10:00 am Easter Egg Hunt++

Saturday, April 25 - 9:00 am - 12:00 pm Recycle Day*

Saturday, June 13 - 6:00 pm - 10:00 pm Concert & Food Trucks*

Saturday, June 27 - 8:00 pm - 10:00 pm Dive In Movie++

Saturday, July 4 - 6:30 pm - 9:00 pm Parade, Hotdogs & Fireworks*

Friday, August 7 - 6:00 pm - 10:00 pm First Friday & Line Dancing*

Saturday, September 26 - 5:00 pm - 7:00 pm National Night Out Neighborhood Party*

Friday, October 2 - 6:30pm - 9:00pm First Friday & Art Fair*

Friday, October 16 - 6:30pm - 9:00pm Oktoberfest*#

Saturday, October 24 - 3:00 pm - 5:00 pm Family Halloween Party ++

Saturday, November 7 - 10:00 am - 2:00 pm Holiday Market *

Saturday, December 5 - 10:00 am - 12:00 pm Children's Christmas Party*

Tuesday, December 31 - 7:30 pm - 12:30 am New Year's Eve Party*

Recurring Events

First Friday of every month: OPEN CLUBHOUSE 6:00 pm – 9:00 pm. Meet up with your neighbors for a chat and a drink. **BYOB and bring an appetizer to share.**

- * For more information about these events, please contact Carrie Loid (cgloid@hotmail.com) or Veerle Swinnen (veerlekurt@msn.com).
- ++ For more information about the family events, please contact Christine White de Ciro (lakesoneldridgefamilies@gmail.com).
 - # Nominal fee may be charged.

PLEASE BEFRIEND US ON FACEBOOK @LOE SOCIAL COMMITTEE & @LOE FAMILIES to stay informed about all our fun events!

Maintenance/Project Highlights

Recent Maintenance/Project Highlights

- Cleaned Workout and Flex Room fans. Replaced all AC/ Heat filters throughout the clubhouse.
- Installed spring loaded hinges on clubhouse front door so door won't stand open so much. Also installed a door stop on the bottom of the door which will hold the door open for loading/unloading activities.
- Executed temporary gate/alarm repairs promptly the next morning following resident collision with Eldridge entry gate December 1. Residents need to wait until the gate has swung totally out of the way before proceeding through the gate. Don't be in such a rush!!!
- Arranged for ATT to repair dead Guard House phone and internet service, unfortunately several days after failure.
- Repaired faulty threshold on for Clubhouse Office door. Also scheduled replacement of damaged threshold for Workout Room door.







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Do You Know What's Really In Your Wine?

Would you like to discover delicious wines WITHOUT ADDED SUGAR, PESTICIDES OR OTHER ADDITIVES?

Join us at our February 7th, First Friday Social where "Scout & Cellar Wines"

will present their 100% clean-crafted wines. Presentations will be given at 6:30pm and at 8:00pm.

Come on over, enjoy a glass of wine with your neighbors, and support a business that cares about your health and our environment by offering clean-crafted and healthier wines from France, Italy, Argentina Chile, Napa, and Oregon! You will be able to order wine and they will be delivered to your door!

For more information, please contact Veerle Swinnen at veerlekurt@msn.com.

TO DESCRIPTION OF THE PROPERTY FOR A BOTTLE OF WINE TO BE CONSIDERED CLEAN-CRAFTED. IT MUST SATISFY THE FOLLOWING GUIDELINES: GROWN WILDLY ADDED & ALWAYS WITH " CHEMICALS TENDED BY PESTICIDES ACTUAL PEOPLE SUSTAINABLE. ORGANIC MILE BIODYNAMIC MASS PRODUCED BY INDUSTRIAL MOST HARVESTED COPPER SULPATE TESTED FROM -BY HAND MEDA PURPLE

LOE Book Club



We meet the 4th Monday of each month at 7:30 P.M. (unless we decide to skip a month or change the meeting day). We take turns hosting the meeting and sometimes change the date or book, so please contact celeste. fritz@gmail.com to get the details for each meeting. Our group has

lively discussion (not totally about the books) and we challenge ourselves to read out of our comfort zones. It's never too late to join us!

January 27 – Circe by Madeline Miller. In the house of Helios, god of the sun and mightiest of the Titans, a daughter is born. But Circe is a strange child—not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that she does possess power—the power of witchcraft, which can transform rivals into monsters and menace the gods themselves.

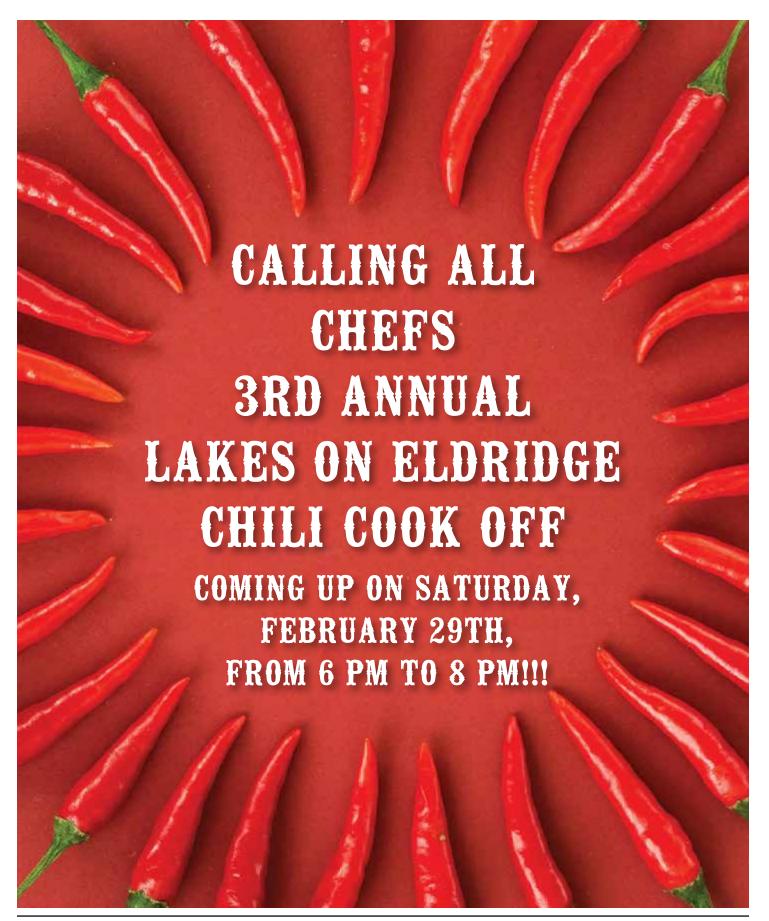
With unforgettably vivid characters, mesmerizing language and page-turning suspense, Circe is a triumph of storytelling, an intoxicating epic of family rivalry, palace intrigue, love and loss, as well as a celebration of indomitable female strength in a man's world.

Are You Making Exterior Changes to Your Home?



Did you know you need to submit an ARC (Architectural Review Committee) application for approval? The form can be found on the LOE website at www. lakesoneldridge.nabrnetwork. com under RESOURCES and Association FORMS or you can email contactus. tx@fsresidential and request the form. Per the Governing Documents, Article IV, Section 2, any improvement

to the exterior of your home needs to be approved. Some of the most common changes are roofs, painting, landscape changes, fences, structural, windows, and pool addition. You can see the full list by reviewing the ARC Guidelines which are also on the LOE website.



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LOE COMMUNITY EVENTS

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			HAPPY NEW YEAR!	Bolly X - Flex Room 7:30pm-9:00pm	First Friday Social 6:00PM - 9:00PM	
5 Bolly X – Flex Room 9:00am-10;30am	ŏ	7 Women's Bible Study Clubhouse 9am-12pm Bolly X - Flex Room 7:30pm-9:00pm	в	7 Clubhouse Reserved	10	11
Bolly X Flex Room 9:00am-10;30am	13	Women's Bible Study Clubhouse 9am-12pm Bolly X - Flex Room 7:30pm-9:00pm	15	Bolly X - Flex Room 7:30pm-9:00pm	ì.y	18
Bolly X Flex Room 9-00am-10-30am	Board Meeting 5:30 PM - tentotive	Women's Bible Study Clubbouse 9am-12pm Bolly X - Flex Room 7:30pm- 9:00pm	22	23 Bolly X - Flex Room 7:30pm-9:00pm	24	International Pothick 6:00PM - 8:00PM
Bolly X - Flex Room 9.00am-10:30am	27	Women's Bible Study Clubbouse 9am-12pm Bolly X - Flex Room 7:30pm-9:00pm	29	30 Bolly X - Flex Room 7:30pm-9:00pm	31	Calendar Subject to changes





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New Year



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Crescent Cove's National Night Out







Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

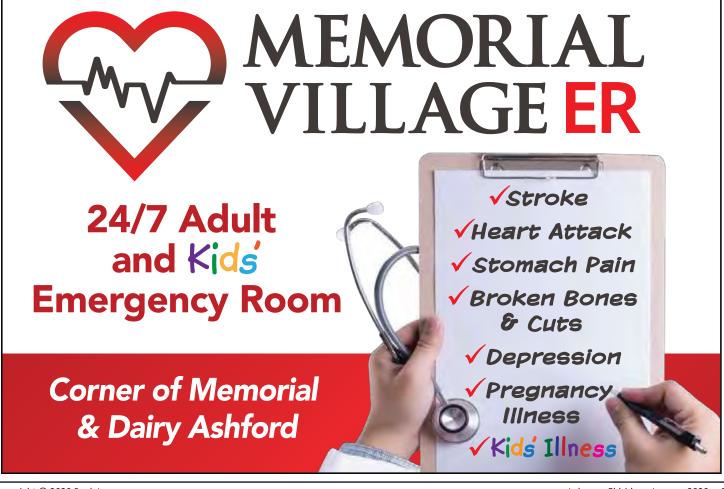
Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.









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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.

Photo courtesy of Getty Images #13139, Source: eLivingToday.com, Content downloaded from FamilyFeatures.com.

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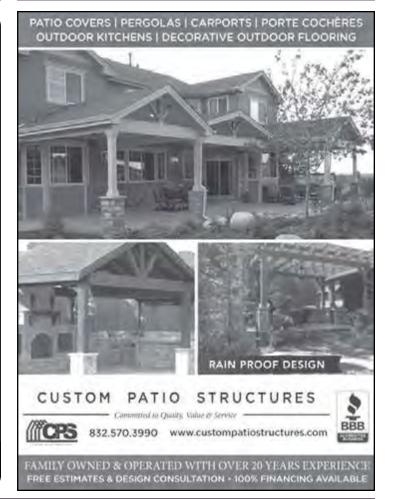
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