



# The HOME FRONT

MARCH 2020

Official Publication of the Cardiff Ranch HOA

VOL 5, ISSUE 3

## *LETTER FROM THE BOARD*

Hello Neighbors,

Ready for Spring Break? By now the grass, flowers, shrubs, and trees are growing again. The neighborhood trees had a thorough trim in October and November, and we should see the trees thriving this spring and summer. Of course, spring also means the weeds are back. Please check your lawn and flower beds weekly and pull out those weeds. Remember to mulch as well.

This spring we are working on the entrance monument on the Roesner Road side of the neighborhood. These improvements will include updates to the landscaping at the Roesner monument and the beds along Red Canyon that you see as you enter the neighborhood. Along Red Canyon, we will also be removing the grasses which often impede the sidewalk. There is also planned brick work to ensure the monument brick matches the newly constructed wall.

We invested a lot of money to fix our irrigation system. This should result in watering in our neighborhood only during evening hours, saving us a lot of water. During these improvements for the irrigation tune-up, we focused heavily on having the proper sprinkler heads. These items do not come cheap and many times they stick above the grass. Please be aware of those when you visit our common areas. We've had some vandalism last summer and would rather save our money to keep the annual HOA dues down.

If you see landscaping issues or have ideas on how to help Cardiff Ranch look better, please don't keep it for yourself. Send the board an e-mail through [procardi@ciramail.com](mailto:procardi@ciramail.com) 'for the Cardiff Ranch Board'. Or even better, come meet us at the Clubhouse every second Saturday of the month at 9:30am.

We are working on lighting in several sections of our common areas. At the pagoda we want to upgrade the lights to look nice and emphasize the features of the area. The monument at the clubhouse will also get an update, after we clean it up and complete the brick upgrades.

Do not forget that we will begin actively enforcing the street parking policy soon. You can find the parking policies in the community management portal. Log in from <https://www.realmanage.com/resident-services/>. Once logged in, click on "Restrictions Summary" on the left hand side and locate the "Parking" category. Multiple times per month there will be a security company enforcing the policy. Please remember that we are doing this for the safety and well-being of our community.

Be on the lookout for emails inviting you to come and get your fingerprints and/or access codes set up. We have approved the purchase and installation of a new controlled access system, as we do not want to let another pool season go by with the unreliable and often broken old one. Both the pool and the exercise room will be made accessible with this new system.

Please use this moment to make sure you have an e-mail address registered with the property management company. We regularly have the management company send out messaging. These messages include events, news about maintenance work, and HOA meetings. If you want to receive these messages, please setup an account with our management company through [ciranet.com](http://ciranet.com) or send an e-mail to [procardi@ciramail.com](mailto:procardi@ciramail.com) and ask to be added to the HOA messaging, providing your address, name, phone number and e-mail address.

Our events committee already hosted two fun events this year, Bingo Night sponsored by Jacqueline Garza and a Leap Year Celebration. This summer they have an exciting event planned, Cardiff Ranch Olympics, but need help with sponsoring and volunteers. If you own a business in or around Cardiff Ranch and are interested in sponsoring community events, please send an e-mail to the Event Committee at [cardiff ranchreservations@gmail.com](mailto:cardiff ranchreservations@gmail.com).

Sincerely,  
Your Resident Board Members

# CARDIFF RANCH

## IMPORTANT NUMBERS

### IMPORTANT NUMBERS

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
James and Sharon Tays Junior High School .....	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](mailto:procardi@ciramail.com)

### CARDIFF RANCH HOA

#### Board Members

Kenny Welshons – President  
Inge Elmendorp - Vice President & Treasure  
Prasad Patibanda – Secretary  
Richard Lyles – Director  
Bobbie Jo Ray – Director

### NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
Advertising..... [advertising@peelinc.com](mailto: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](mailto:procardi@ciramail.com) for more information.

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

## 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 [cardifffranchnews@gmail.com](mailto:cardifffranchnews@gmail.com).

Submit articles to: [cardifffranchnews@gmail.com](mailto:cardifffranchnews@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.)



## *Round Tables & Board Meetings*

**Round Table (Saturday) & Board Meetings (Thursday)**

**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**

## *Indianmeal Moths*



Probably the most encountered pantry pest by homeowners is the Indianmeal moth. These moths can be found in pet food, birdseed, cereals, dried fruit, nuts, powdered milk, candy, and more. Food can become infested while in fields, warehouses, or stores and

then brought into the home with infested products.

Indianmeal moth adults are small with grayish wings tipped in copper. Larvae are creamy-yellow to yellowish-green to pinkish in color with a dark brown head. Larvae tend to feed on the top of infested items and may produce silk that binds the food together. When larvae are preparing to pupate, they leave the item where they were feeding and crawl to corners or edges of walls, shelves, containers, or other items to spin a silken cocoon.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Begin with oldest food items, usually in the back of the pantry, and inspect everything, including unopened food items since these may also be a source. When you find an infested item, do not stop your inspection, multiple items can be infested. Not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri, natural supplements, make-up, or rice heating packs.

Infested items can be thrown away or treated with heat or cold. If you don't want to throw away food, either place infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days or spread infested food in a thin layer on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all insects are dead, you can sift the food or pick out the insects. Another option would be to leave the insects in the food and get a little more protein with your meal!

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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Please Clean Up  
After Your Pet**

# CARDIFF RANCH

## Host Families Needed

### A Cultural Experience

Want to bring a little culture into your life and the lives of your children? Why not try hosting a high school foreign exchange student? It's a great way to learn about a new culture all from the comfort of your home.

STS Foundation is currently looking for host families for the 2020/2021 school year. Hosting is such a rewarding experience and it benefits all of those involved.

STS Foundation accepts all types of host families – from single parents, newly marrieds, empty nesters and same sex couples. In order to host, you would need to meet the following qualifications:

- Host must be 25 years or older
- Pass a background check
- Provide food for 3 meals daily
- Ensure reliable transportation to and from school (bus is ok)
- A bed for your student
- A safe and loving home

STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact me at 832-455-7881 PM me or email at [vicki.stsfoundation@yahoo.com](mailto:vicki.stsfoundation@yahoo.com).

## Baby Squirrel Season

### WHAT YOU NEED TO KNOW

By Cheryl Conley, TWRC Wildlife Center



And so it begins. Baby season 2020 and it all begins with baby squirrels. There are a number of reasons why baby squirrels get separated from mom. Homeowners cut down trees that have nests, high winds can blow nests down or can knock babies out of the nest or sometimes they just fall out. Whatever the reason, you can help.

The first thing you want to do is make sure the baby is safe and warm. Put it in a box or other small container

with a soft towel or t-shirt. You can microwave a sock filled with rice for one minute and place it in the box with the baby or set 1/2 of the box on top of a heating pad set to low. **DO NOT TRY TO FEED IT.** If you do not see any blood on the baby and there are no ants crawling on it, you can try to reunite it with mom. A squirrel's real mom is the best mom.

1. Place the box with the baby squirrel in it near where you found the baby. You can also attach string or twine to the box and securely hang it from a low branch. Just remember to keep an eye on it from a distance so it's safe from dogs, cats and other predators.

2. Getting the baby to call for its mom can help. Sometimes gently picking up the baby will cause it to call her. You can also try holding one foot and applying gentle pressure. **DO NOT SQUEEZE HARD.** This is a tiny, fragile baby.

3. If it's raining lightly, cover half the box and put the baby on the dry half. If it's pouring, keep the baby inside until the rain lets up. Remember to **KEEP IT WARM.**

4. Be patient. It can take up to four hours for mom to come and get her little one. If she doesn't, you'll need the help of a rehabilitator. Bring the baby to us. If it's after hours, keep the baby in a quiet, dark room and keep it warm until we open. Do not attempt to feed it.

If you notice injuries, keep the baby safe and warm in a dark room until you can get it to us. Do not handle it.

If you'd like to help care for the baby squirrels that are brought to us, we have opportunities available to care for them at our Center or in your home. We will train you. For more information, email [berry.moffett@twrcwildlifecenter.org](mailto:berry.moffett@twrcwildlifecenter.org) or call 713.468.8972.

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## The Value of Sleep for Children and Teens

*Shelley Coleman M.A., L.P.C.-S.*

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



# CARDIFF RANCH

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## PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



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## A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

### Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

### How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies

build up to provide protection against the influenza virus.

### Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

### Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

### Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food



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