

The Official Publication of the Woodland Hills Homeowner's Association

Volume 3, Number 5

May 2008

Erosion Project Update

Many of you have been waiting to hear what will be done with the erosion that has impacted the creek running through our park. After many months of study, the project has begun in earnest. This will be one of the largest projects for our development in recent years.

Work began on Monday, April 14th. Gambions (large stone filled wire containers) will be placed along the banks of the creek, which has been slightly widened. This should minimize additional erosion along the banks. The bridge in the park will be restored to its position. Some additional planting will be part of the rebuilding process. Work is expected to be completed in 45 days. Please contact Don Young if you have additional questions.

Upcoming Social Events

The semi-annual garage sale went off as scheduled on April 20th with a beautiful day for shopping and lots of good traffic. A reminder if you did not get to participate that our next garage sale will be the third Saturday of September.

Wine Tasting party is planned for mid-May. Please contact Christie Kimbell or Lyn Carr for details.

July 4th parade and picnic – we are working with the city to see if we can organize our own "home-town' style of parade for July 4th. Please talk to your neighbors and friends about participating. We'd love to see floats for school organizations, old car groups, fast car groups, bicycle/tricycle groups, whatever creative ideas you can come up with! Sponsorship opportunities will be available which will help fund prizes, awards and fun stuff for kids. Please contact Christie Kimbell for details.

> Don't want to wait for the mail? View the Woodland Hills Homeowner's Association Newsletter on the 1st day of each month at www.PEELinc.com

RECENT IMPROVEMENTS

We are working diligently to keep our Woodland Hills neighborhood a highly sought after living experience. With that in mind, here are the recent maintenance actions taken to keep us looking good!

Bids are being taken to repair the iron fence on Martin. The heavy rains have caused damage to certain portions of the fence.

The bridge decking at the greenbelt off Scarborough Lane has been repaired. Old, worn boards on the wood bridges are now safe and sturdy. Graffiti under the bridge over Scarborough Lane has had a paint cover applied.



In the park, a new creek pump has been installed to maintain water levels in the lower pond. An electrical repair has been completed so that lights are now working over the parking lot. We now have electrical power for the park – which was not available before. Plus the erosion project has begun (please see more details in separate article).

Last but not least, the flower beds will have the annuals changed out for summer color beds.



Park Reservations

We would like to request that if you are having a large party in the park, that you call to reserve the park. You can do this by calling or emailing Christie Kimbell, our Social Committee Chairperson. (contact

info listed front page of newsletter) Reserving the park ensures that no one will be surprised when planning your party and you can be assured that space is available.

One more reminder, when you have a large party in the park, it is your responsibility to leave the park in good condition. Bring trash bags for your party debris and leave nothing behind but good memories and pristine natural environment.

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We would like to publish YOUR news too! If you would like to announce births, graduations, weddings, military deployment, military return and such type of news, please send a note to helenharvey@att. net. We'd love to share the stories of the people who make up our community.

Woodland Hills Homeowner Association Email Address

The Woodland Hills HOA has established an email box at hoa_woodlandhills@yahoo.com. Since the newsletter comes out only once a month, we needed a way to communicate more frequently with the neighborhood. Please feel free to email the HOA with any questions you might have, feedback, or concerns. In addition, if you just want to know what is happening, send an email with Update in the subject line and an automated response will go out with all of the latest HOA news. This should help tide us over between newsletters.





Residents of Woodland Hills since 1985 Over 70 homes sold in Woodland Hills since 1995

What is the single most important criteria in selecting a Realtor?

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I am reminded of Johnny Carson's first two T.V. shows, "Do you trust your wife" and "Who do you trust". The outcome of deciding who to trust had significant rewards, if it was the right choice.

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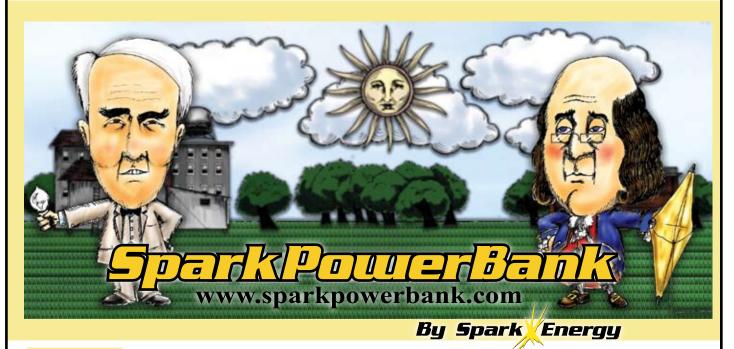
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Woodland Hills

Welcome New Neighbors

Woodland Hills Directory Update

How long has it been since you've had a current WHHA Directory? Well, neighbor – it's about to happen! What a huge task it has been to get all the updated information for our neighborhood directory. After

many months it has all come published shortly. Christie Kimbell with all the block this happen. Please see your



of tedious work, together and will be Many thanks to for coordinating captains to make

Block Captain for

new directories shortly. If your directory information is not current, you can update it by letting your Block Captain know and it will be updated for the next directory printing. And if you don't have a Block Captain? Well, again here is an opportunity to serve your immediate neighbors near you. Won't you consider helping out? Or perhaps ask someone you know if they would serve as Block Captain for your street? It is not a difficult volunteer job and does not require a great deal of time. Contact Christie Kimbell if you are interested in helping out.



Please welcome our newest additions to Woodland Hills: Robert & Caroline Medina 4206 Pembrooke Parkway West Colleyville, TX 76034 Welcome Lvnn Brvant Lynn Bryant will be working with Don Young on the Finance Committee for our Homeowners Association. We look forward to having Lvnn on the team. Thank you for volunteering! It's time to schedule your A/C clean and check LIFETIME mana \$25 off **Any Plumbing** or A/C service

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Diet and Your Health

By Jeannette Quickenden S.A.C. Dip, MICHT, AADP

Welcome to our new feature 'what you eat and your health' our aim is to help you help you.

The old saying "we are what we eat" is so true. Everything we consume is digested and absorbed into our bloodstream to 'fuel' our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you

know that there are also numbers of 'good' foods that can have an adverse effect on some individuals?

For example do you or a family member suffer with any of the following?

- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from

autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower "bad" LDL cholesterol.

Our first article will hit home to many parents - A hyperactive nightmare on two legs – does this sound like your child? We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at jeannette@qhealth-naturally.com.

Please note to assist others, individual questions may be used in further features but no personal details will be disclosed.

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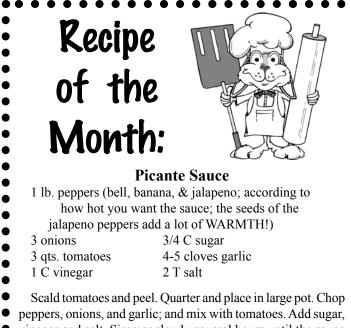
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vinegar and salt. Simmer slowly several hours until the sauceis the desired consistency.

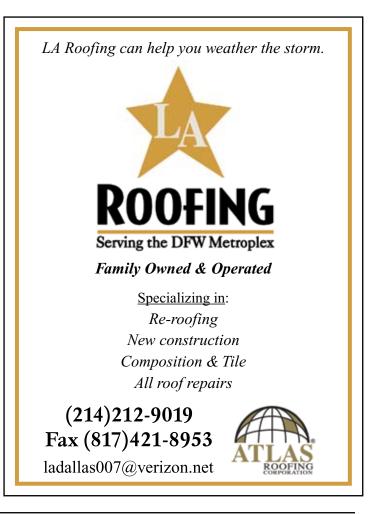
If you would like to submit YOUR recipe email it to articles@peelinc.com.

Sudoku The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box. 2 8 1 9 5 6 8 1 4 5 9 2 6 4 8 3 6 3 5 1 2 9 7 Solution at www.PEELinc.com © 2006. Feature Exchange

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May Landscaping By Ron Kerwin

May is a great month to get full usage of our outdoor areas. The morning temps are nice and it has not yet become really hot in the afternoons. Continue to freely plant shrubs, trees, flowers and vegetables. Remember to put down a minimum of 2 inches of new mulch in all your beds. A good layer of mulch keeps the plant roots cooler, helps with weed control, and helps slow the water you apply from evaporating from the root zone.

Water your lawns less frequently and more deeply. Frequent short duration watering leads to shallow root systems. Less frequent longer duration watering leads to deeper root systems. Deeper root systems are more healthy and better for your lawns. They will hold up better in the extreme heat. Our lawns need one inch of water per week. Put out a container with straight sides and catch the water as you irrigate, you can easily measure the result. Two watering times at $\frac{1}{2}$ inch each are better than 4 times at 1/4 inch, the water penetrates further and this will force the roots down to find it. Regular mowing is critical for good lawn health. Mow only the top 1/3 of the total length. Letting the grass grow long and then cutting off more than the 1/3 is damaging to the grass, and makes the mulching process less efficient and less attractive.

There is a new soil disease coming into our area that I was made aware of late last year. It reveals itself in St Augustine grasses. It is not cinch bugs, it is not grubs although it does resemble their grass damages. The grass blades die and fall off the runners. The runners remain in place, but somewhat resemble a cobweb. It is NOT a grass disease, it IS a soil disease. The big chemical companies do have chemicals to treat it. This is a Gulf Coast epidemic that is moving North. Homeowners with no foot traffic and do their own yard work still get it. Its origins are a guess at this point. I am trying to be pro-active and let you know your

turf may get the problem& to watch out for it





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FROM THE AMERICAN COUNCIL ON EXERCISE*

The Top Ten Fun Fitness Summer Activities for Kids

SUMMER IS HERE AND CHILDREN

need to stay active, healthy and busy during their break from school. Parents need to encourage their children to warm up properly and stretch before each activity and teach them never to play through any type of pain or make winning the reason for playing any sport. Let them choose the activity and keep the focus on having fun. To keep kids moving, the American Council on Exercise suggests ten, fun fitness summer activities.

- **1. Soccer:** This highly active game involving both agility and teamwork has grown increasingly popular in the U.S. in recent years. To keep kids injury free, be sure they are geared up in appropriate protective equipment, such as shin guards. Soccer players should also wear shoes with cleats or ribbed soles to prevent slipping.
- 2. Martial Arts: With a variety of forms to choose from, martial arts are a great way to get kids involved in a sport that involves strength, coordination and mental discipline. Proper training and equipment to prevent injury are a must.
- **3. Bike Riding:** Bicycle riding is a fun activity for the whole family. Experts suggest children ride on sidewalks and paths until they are at least 10 years old, show good riding skills and are able to follow the rules of the road. Helmets, of course, are a necessity for both children and adults.
- **4. Swimming:** Nothing beats splashing around a pool with friends, and swimming offers the benefits of a full-body workout for both young and old. The American Academy of Pediatrics recommends swimming lessons for children ages 4 and up, although classes are available for babies and toddlers as well.

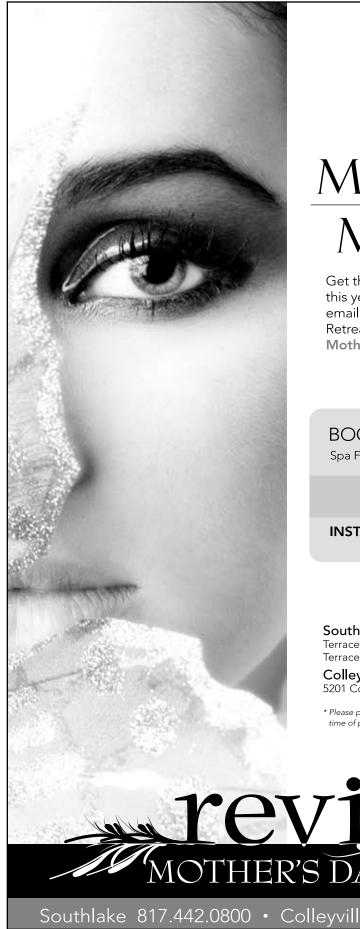
5. Basketball: Whether it's a round of HORSE, a game of one on one, or a full-court competition, basketball is ideal for developing hand/eye coordination and teamwork. Encourage children under the age of seven to use a smaller foam or rubber ball, and lower the height of the basket if possible.



- 8. Board Sports: Whether snowboarding in the winter, surfing in the summer, or skateboarding year-round, kids love to be on the board. Injury risk, however, is higher for these sports. For both snowboarding and skateboarding, kids should wear helmets to prevent head injuries, and surfers or boogieboarders should always be accompanied by an adult.
- **9. Jumping rope:** Jumping rope is still a favorite on most playgrounds. Whether alone or in a group, jumping rope challenges both coordination and stamina.
- 10. Ice-skating/Inline-skating: Ice-skating, inline-skating and hockey can be both fun and safe as long as appropriate protective gear such as a helmet, wrist guards and kneepads are worn. Hockey players should wear a helmet with foam lining and a full-face mask, a mouth guard, pads for shoulders, knees, elbows and shins, as well as gloves.
- **6. Obstacle courses:** Challenge kids to use a variety of different skills by setting up an obstacle course at the park using playground equipment or other items, such as jump ropes, balls and cones.
- 7. Dancing: Whether your kids like ballet or hip-hop, dancing encourages them to be creative and move their bodies freely. For video arcade fans, an innovative new game challenges opponents to follow a dance routine while watching the video. Kids can spend time learning new moves while also getting a great workout.



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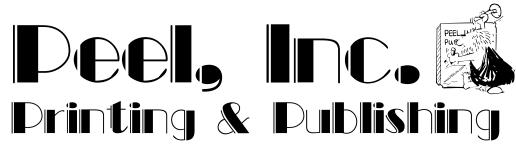
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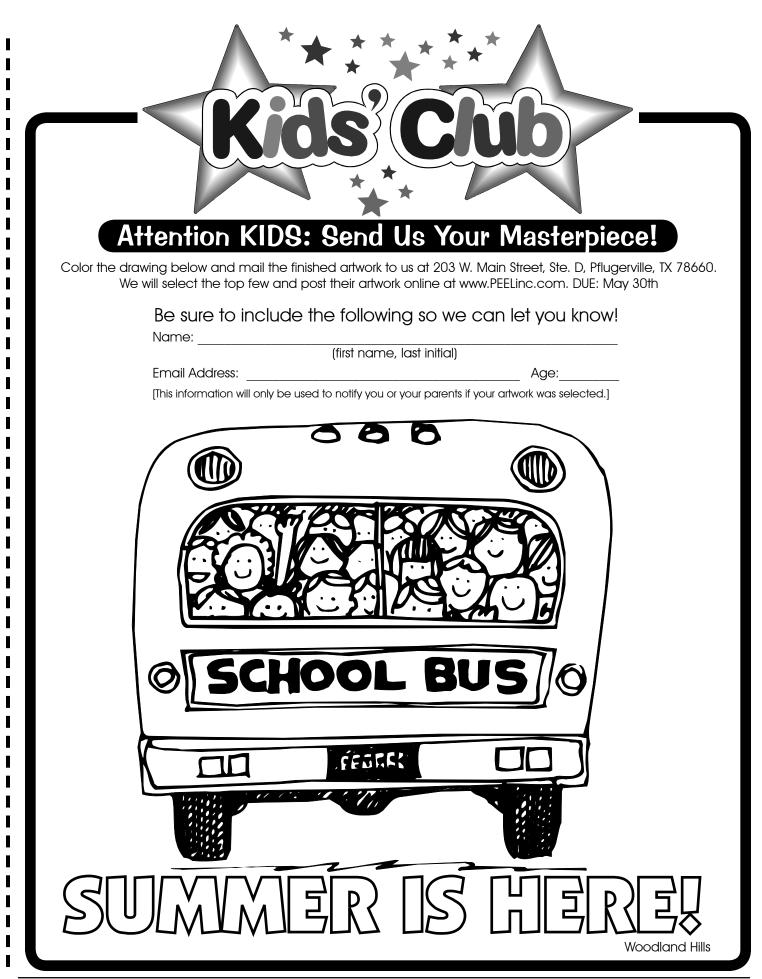


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Name:	
Property Address:	
Telephone Home:	_ Work: Mobile:
Project Start Date: (Note all sections must be filled in our your	_ Email: r request will be rejected)
Roof Type:	Manufacturer Warranty: (min. 30 yrs)
Shingle Weight: (Ibs.)	
Laminated or Dimensional Shingles (circle	one) "A" Fire Rating: Yes or No
Plywood Decking: 1/2" or 7/16" (circle on	ie)
Roofing Company/Phone:	Color:
	as membrane underlay. May use CDX Plywood, no Wafer or eferred is 370 lbs. Metal edging shall be installed and painted to erences on roofing companies.
Signature of Applicant	Date of Submission
Date Received by ACC	
ACC Approval Signature	Date
ACC Rejection Signature and Reason	Date
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