

Winchester Country

Published Monthly by the Winchester Country Civic Association

Volume 6, Issue 2

February 2009

Valentine's Day Challenge

Everywhere we look today we see gloom and doom, the newspapers, television and even our places of work; therefore, this Valentines Day I challenge you to do something different. I challenge you to "PAY IT FORWARD". The "PAY IT FORWARD" concept was popularized with the book Pay It Forward by Catherine Ryan Hyde, which was later made into a movie with the same title, starring Helen Hunt, Haley Joel Osment, and Kevin Spacey. The idea is very simple. You do random acts of kindness for someone else and they in turn will do a random act for someone else and pretty soon we will start to see a change in our neighborhood, then our city, then our state and so on. Here are a few ideas to get you started.

1. Be attentive wherever you are for opportunities to help someone. Perhaps you have an elderly or disabled neighbor who is too proud to ask for help with their yard work or maybe you're in a restaurant and see someone who looks like they could use some kind stranger to pay for their meal. You can change people's attitudes about the world through your unobtrusive acts of kindness.
2. Do something nice for someone you don't know (or don't know very well). It should be something significant, and not for a person from whom you expect a good deed -- or anything at all, for that matter -- in return.
3. Spread the word. If the person thanks you and wants to "repay" you (that is, pay it "back"), let them know that what you'd really like is for them to pay it "forward" -- you'd like them to do something nice for three people they don't know, and ask those three people to do something nice for three more people. The idea is to consciously increase the goodness of the world.
4. Pay it forward. When you notice that somebody has done something nice for you, make a note in your mind to practice three acts of kindness towards other people, as described in Step 2.
5. Even small acts, such as paying the bridge toll for the car behind you when you pay for your own, counts. If it makes the world a friendlier place, you succeeded!

If you are ready to make a difference in your world then I challenge you to Pay it Forward.

Have a great Valentine's Day,

Holly Calbat

Community Coordinator

FEBRUARY

12	Maintenance Board Mtg.
14	Valentine's Day
16	President's Day
23	Senior's Meeting @ Clubhouse 6:00 pm

MARCH

12	Maintenance Board Mtg.
16 – 20	CFISD Spring Break
17	St. Patrick's Day
23	Senior's Meeting @ Clubhouse 6:00 pm
24	Homeowner's Meeting @ Clubhouse 7:00 pm

APRIL

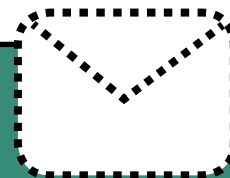
4	Easter Event @ Clubhouse 1 – 3 pm
9	Maintenance Board Mtg.
10	Good Friday/CFISD Holiday
12	Easter Sunday
25	Mobile Vet Clinic
27	Senior's Meeting @ Clubhouse 6:00 pm

FEBRUARY OFFICE HOURS

Mondays 5:00 – 7:00 PM
Wednesdays 10:00 – 2:00 PM

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Winchester Country

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Community Coordinator

Holly Calbat..... wcmawchcoordinator@winchestercountry.org,

.....281-890-8856

.....Fax 281-463-0050

Seniors Group Leader

Lynn Field ljfieldtx@att.net, 281-894-9532

Harris County Sheriff Numbers

Emergency or Crime in progress..... 911

WC Deputies 713-221-6000

Vacation Watch..... 281-290-2100

Important Phone Numbers

Post Office 1-800-275-8777

Harris County Flood Control District

Bayou Maintenance 281-684-4000

Harris County Animal Control..... 281-999-3191

SCS Management scs-wcma@winchestercountry.org, 281-463-1777

..... Fax 281-463-0050

Advantage Water Mgmt. (Water & Sewer Problems)

MUD 9,10 & 11 281-807-9500

WCA Waste (Wed. & Sat.) 281-368-8397

Cy-Fair Volunteer Fire Department Business Office 281-550-6663

Center Point Energy 713-207-2222

Reliant Entex 713-659-2111

Pool Phone 281-890-9066

MARCH 2009

Newsletter Deadline is Friday, February 6, 2009

Submit your articles and Photos to:

Newsletter Editor

Email wchcoordinator@winchestercountry.org

Mail 9607 Rio Grande Houston, TX 77064

Advertising Information

Please support the businesses that advertise in the Winchester Country Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter each month at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444; advertising@PEELinc.com for ad information and pricing. The deadline for ads is the 10th of each month for the upcoming month's newsletter.

Shobhana Kamdar, M.D. PEDIATRICIAN

is pleased to announce the opening
of her second office in the Cy-Fair area.

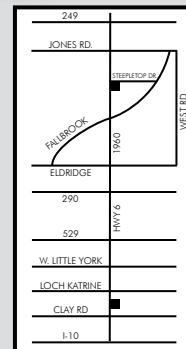
11307 FM 1960 West, Ste. 130
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Winchester Country

February Birthdays

Ellen Lukert	February 1	Alisha Smith	February 22
Cecilia Navarro	February 2	Joel Valdez	February 22
Mackenzie Brinsfield	February 2	Jonathan Mayon	February 22
Tim Lyons	February 2	Roger Horton	February 22
Brandon Taylor Garza	February 3	Sarah Armel	February 22
Logan Herzog	February 11	Amanda Gomez	February 24
Gilbert Garza	February 17	Marc Soto	February 24
Andrew Threlkeld	February 21	Madeleine Ronning	February 25
Andy Trevino	February 21	Gene Foote	February 26
Catherine Piotrowski	February 22	Monica Rodriguez	February 28
Jillian Griffin	February 22	Steven Zewe	February 28

February Anniversaries

Charles & Bridget Cook	February 4
Ronnie & Esmeralda Fritz	February 14
Greg & Tracie Durbala	February 16
Ron & Alysia Smith	February 17

*Don't want to wait
for the mail?*

View the current issue of the
Winchester Country
Newsletter on the 1st day of
the month at
www.PEELinc.com

www.winchestercountry.org

Be sure to check out our website at www.winchestercountry.org. There you will find Neighborhood contact information, Important community telephone numbers,

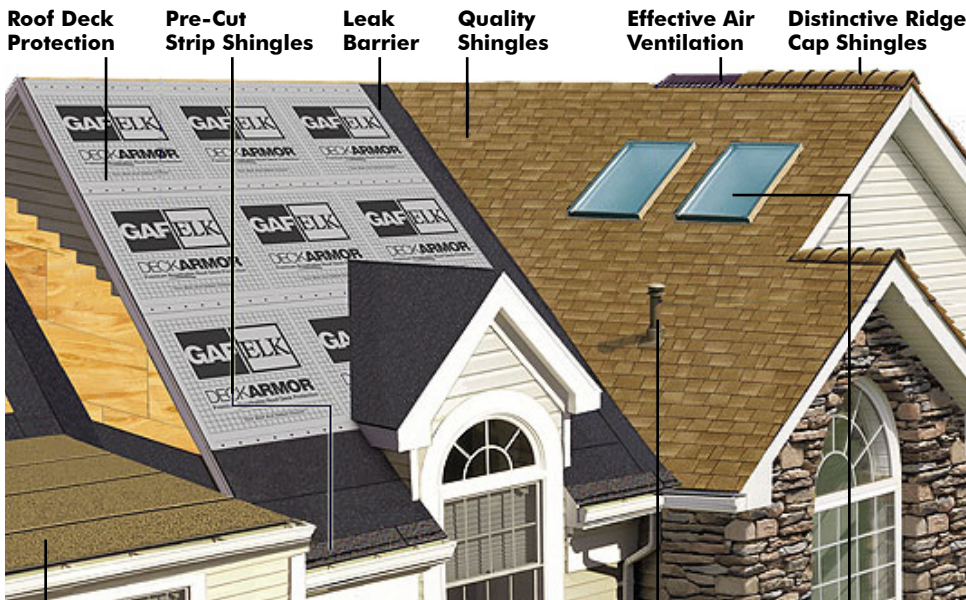


a calendar of events, deed restrictions, clubhouse and pool information, back issues of the newsletter and many more important resources.



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Winchester Country

Winchester Country Seniors' Club

If you are 55 years old and older we are looking for you. Come find out what a fun group we are and join us the 4th Monday of every month at the Winchester Country Clubhouse. In the past our group has enjoyed potluck dinners, bingo, outings to the theatre, lunch outings and other fun events. For more information please call Lynn Field, (Group Leader) at 281-894-9532.

Our next meeting dates will be as follows:

Monday, February 23, 2009 at 6:00 pm

Monday, March 23, 2009 at 6:00 pm

Monday, April 27, 2009 at 6:00 pm

Thank you and we look forward to seeing you.

Winchester Country Identification Decals

You can obtain identification decals of your vehicle one of two ways: you can email me at wchcoordinator@winchestercountry.org or mail to WCMA, 9607 Rio Grande, Houston, Texas 77064. You will need to include the following: your name, address, make, model, year and color of your vehicle and I will mail it out to you ASAP.

Winchester Country Singles!

We are inviting ALL singles within Winchester Country from the age of 21 up to the most senior person. Proposed activities for the community are Salsa dancing lessons beginning to intermediate, aerobic classes to be held at the club house and/or events at local businesses such as watching Houston Sports teams at a local Sports Bar. We hope to make this a fun and positive organization for singles in Winchester Country. If you are interested, please contact us at WinchesterSingles@yahoo.com or call (281) 469-0663 and ask for Sam.

Cy-Fair AARP

Cy-Fair AARP Chapter #4543 meets the third Tuesday of every month at 10:00 a.m. at Village on the Park located at 12102 Steepleway Blvd., Houston, Texas 77065. We gather about 9:30 a.m. for coffee and fellowship. We take the precinct 4 bus for trips every month. All seniors 55 plus are invited to join us at our next meetings, February 17 and March 17. For more information please call Helen Sliepka at 281-469-8351.



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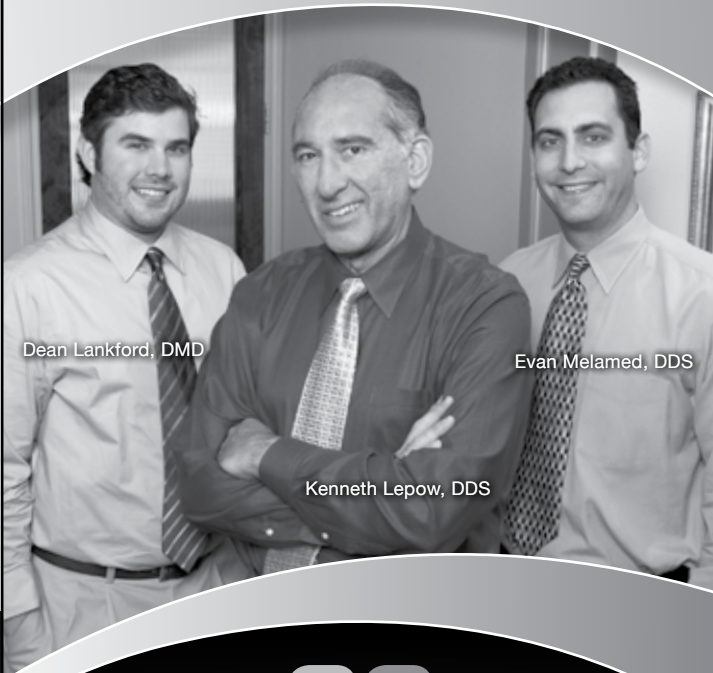
Personal classifieds (one time sell items, such as a used bike...) run at no charge to Winchester Country residents, limit 30 words, please e-mail to wchcoordinator@evl.net.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.

ACC Application

Before making any improvements/repairs or additions to your home, please request a copy of the ACC Application from SCS Mgmt Services, or come to the office at the Clubhouse (see hours someone will be there) or go to website at www.winchestercountry.org and download the form.

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Winchester Country

Attention Aggie Moms- The "Countdown" has begun!

You are cordially invited to join the members of the **Northwest Harris County Aggie Moms Club** on **Tuesday, February 10th at 7:00 p.m.** for our monthly meeting.

Come be enchanted as you listen to **Brian Blake**, Director of the George Bush Museum, describe the new space exhibit, *Beyond the Moon: NASA's Continuing Mission* that has "launched" in College Station! Additionally, he will talk about the re-modeling of the museum that has just been completed and bring us up to date on the unique events planned in the near future.

We will "blast off" for food, fun, and fellowship at the Houston Distributing Company, conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960.

Don't miss out on this fun evening- it will be "out of this world"!!!

Shelly Fine-VP Programs
832-606-8170

CFISD News

The CFISD Board of Trustees approved the Calendar Committee's recommendation for the 2009-2010 instructional calendar during its regularly scheduled meeting on Monday, Dec. 15.

The following are highlights of the attached 2009-2010 school calendar:

- Students begin school on Monday, Aug. 24, 2009.
- Labor Day, Sept. 7, is a student/staff holiday.
- The calendar has a three-day Thanksgiving holiday (Nov. 25-27).
- There is a two-week Winter Break for students (Dec. 21 - Jan. 5).
- Spring Break is scheduled for March 15-19, 2010;
- The school year ends on June 2, 2010.

Please note that **December 21 and 22, 2009, the first two days of Winter Break**, as well as February 15, 2010 and June 3, 2010 will be student holidays/non-school days **unless inclement weather makeup days are required**. If makeup days are required, student absences will be addressed as they are for any other instructional day.



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Cy Fair Project Prom



Project Prom is a drug-free and alcohol-free lock-in after the prom Friday, May 1 from 11pm to 6 am, May 2, 2009. This is a free, fun-filled evening for all seniors whether they attend the prom or not. The senior parents provide this all-night party with entertainment, games, activities, shows, food and prizes at the Sam Houston Race Park! It requires vast amounts of organization, planning, time, money and parental participation in order for it to be a success. We have had several fundraisers in order to reach

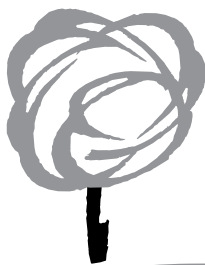
our goal. Please visit our website to learn how you can support Project Prom. Each senior will use Project Prom Bucks to use in the prize raffles at Project Prom. They earn these PP\$ from their parent's participation all year long. There are many ways to earn PP\$ and to support Project Prom. Learn how at www.cyfairprojectprom.org.

Upcoming fundraisers include **Mulch Sales**, pre-order with form online at our website or at the front desk at school by February 27. Or purchase at our two drop off points on March 7th from 9 am to 3 pm at the Wortham Villages Club or StoneGate park near the guardhouse. 2 cubic feet of black mulch is bagged and sold for \$5 per bag. For more information, please contact Lisa Reinhardt at lareinhardt@sbcglobal.net.

Another upcoming fundraiser is our **Golf**

Tournament. It will be held at Houston National Golf Club in the StoneGate subdivision on Friday April 3rd. The cost is cost is \$110 per golfer. If you are a member of Houston National, the golf fees are waived and total cost would be \$65.00. This will be a fun tournament with lots of different challenges and includes lunch, raffles and a silent auction. Shotgun start at 9 am. There is an opportunity for sponsorships and you can donate items for our raffles or auction by contacting Brett Bidinger 281-304-8888 or Brett@BidingerDesign.com.

Senior parents of Cy Fair High School, please join us for our next monthly meeting for Project Prom in the cafeteria at 7pm on Monday, February 9th. See you there!



2nd Annual

Cy-Fair

HOME AND GARDEN SHOW March 14 & 15, 2009

SHOW HOURS

Saturday 9am-7pm
Sunday 10am-6pm

TICKETS

Adults \$9 • Seniors \$7
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Saturday 9am-12pm

meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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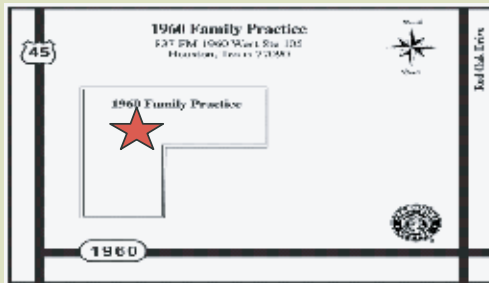
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Winchester Country

Meet Rebecka

As we look forward to 2009, maybe we have kids graduating from high school, maybe we ourselves decided to go back to school, or maybe we are looking forward to a career change. Either way, we are looking forward to this year with optimism and hope – hope for health and happiness. Whatever our goals are for the new year, the children in foster care remain in pretty much the same place, with the same goals. You see, the children were removed from their homes, from their families – not because of something they did, but something their parents did. Now, they live in a temporary foster care system wondering what the future holds. Foster care is a time for these children to heal, but it is not the end. It is supposed to be a temporary system until the children can move on to permanency, and permanency being the safe, stable and loving family that will be there for them forever.

Meet Rebecka. She has been in foster care a few years and has hopes. Her biggest hope is that someone will love her enough to claim her. Her other hopes include the person, or family, being patient enough for her to learn and grow, and catch up for all of the time missed. For some children, they need that one on one time, the time to be special, the time to feel the object of others attention.

Rebecka, 11, is an active, intelligent and engaging child, who needs direction, and assistance in staying focused. Rebecka likes to read, listen



to country music, sing, attend church and play with friends. Rebecka is talented, intelligent and a gifted vocalist. She likes to play with kids her age. Rebecka however, at this time, requires supervision while with peers. She vies for attention. She is a young girl with a beautiful smile and a lot of potential. Although she may exhibit challenging behaviors, she will thrive with a committed family.

Rebecka would benefit from being adopted by parents who have strong parenting skills. Rebecka will need time to bond. She would benefit from a permanent placement with a loving, supportive and understanding family where she continue to grow and learn. Rebecka needs consistent care from parents who will promote her future success. If you would like to learn more about adoption from foster care, please contact the Adoption Coalition of Texas at info@adopttexas.org or 512-301-2825. If you are interested in learning more about Rebecka, contact Grace Lindren, LMSW, Wendy's Wonderful Kids Recruiter/Adoption Coalition of Texas at 512-687-3209/fax 512-692-2540, gracelindgren@adopttexas.org.

If you are interested, you can view a story with Rebecka on News 8 Austin Forever Families ~ just click the link: http://www.news8austin.com/content/living/forever_families/?ArID=226023&SecID=428

Photo Courtesy of the Adoption Coalition of Texas/The Heart Gallery of Central Texas, Photo by HJ Brockway, Photo Gusto

CREAM CHEESE COOKIES



1 (3 oz.) pkg. cream cheese
1/2 cup butter
1 cup sugar
1 cup flour
1/2 cup pecans, chopped

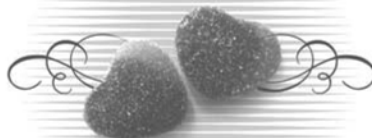
Soften cream cheese and butter. Cream together until fluffy. Cream in sugar and mix in flour. Add chopped pecans. Drop by teaspoonfuls on lightly oiled baking sheet. Bake at 350° for 10 to 12 minutes. *Delicious!*

This special recipe from our 'Cooking With Sunshine' cookbook is just the treat to share with those close to your heart.

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Happy Valentine's Day!



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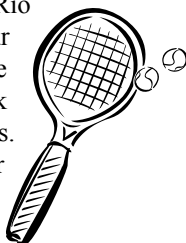
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Building and Preserving Wealth In Home Ownership.

Winchester Country

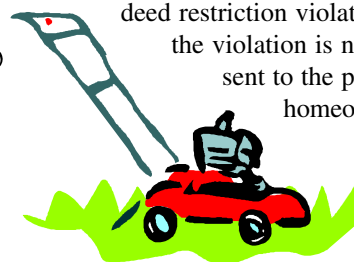
Tennis Court Cards

Our tennis court gate has been fixed. If your tennis card does not work please contact Holly Calbat at 281-890-8856. If you wish to obtain a tennis court card there is a \$10 deposit. You can either mail a check (made payable to WCMA) to WCMA, 9607 Rio Grande, Houston, Texas 77064 or you can drop off your check in the mail box slot located outside the clubhouse office. Please write in the memo line of your check "tennis card." Please include your mailing address. Your card will be mailed to you. If you would rather pick up your card you can stop by the Community Coordinator's office during office hours.



Forced Mowing

In an effort to continue to make Winchester Country a great Neighborhood in which to live the WCMA board has adopted a more aggressive mowing policy. In the event a property is sent a deed restriction violation letter to mow the property and the violation is not corrected a lawn service will be sent to the property and mowed at a cost to the homeowner. If a violation letter is received and a resident needs additional time or assistance please contact Debra at SCS Management at 281-500-7119.



Classified Ads

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.

Maintenance Association Meeting

Fourth Tuesday of every quarter - 7 p.m.

Swim & Tennis Club; 9607 Rio Grande Drive

Questions or information regarding Deed Restriction violation letters, your annual maintenance dues or Architectural Approval of any type must be requested and obtained in writing from:

Winchester Country Maintenance Association,
c/o SCS Management Services

7170 Cherry Park Drive; Houston, TX 77095

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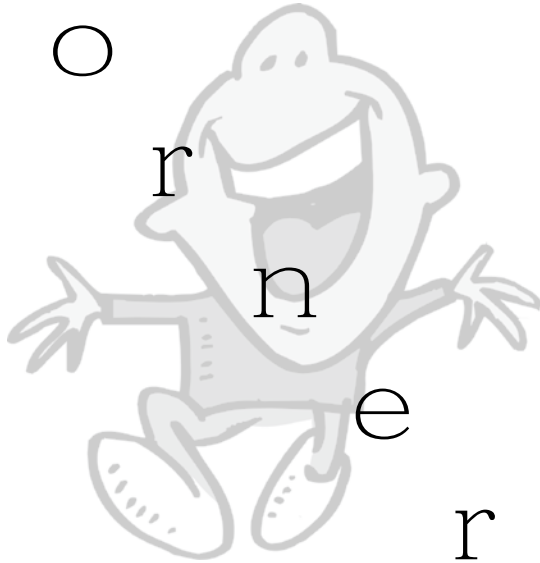
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Winchester Country

K i d z



Locate eight names you might call your dog. Words can go vertically, horizontally, and diagonally.

Do it in less than 3 minutes and you are a Pro!

**K
i
d
z
W
o
r
d
S
e
e
k**

X	H	G	K	O	R	E	T	E	E	W	T
J	K	Z	J	D	V	D	F	L	L	M	N
J	N	F	T	I	L	W	D	Q	T	M	X
J	S	P	K	F	N	R	W	D	R	S	L
L	A	P	U	M	P	K	I	N	U	Y	A
R	L	C	T	L	F	Z	K	G	T	L	C
K	L	T	K	R	H	J	A	R	B	J	S
G	Y	R	M	S	Y	R	O	K	R	M	A
T	M	C	N	N	O	H	N	M	Z	N	R
V	F	X	R	T	S	N	R	L	K	N	Q

FIDO
SALLY

JACKSON
SHORTY

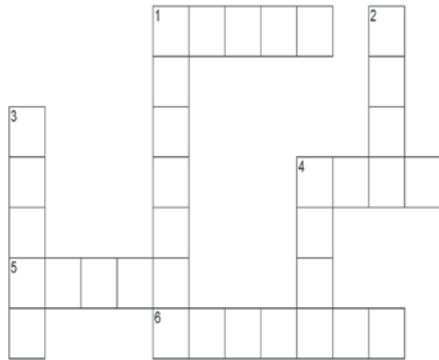
PUMPKIN
SUGAR

RASCAL
TWEETER

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Kidz Crossword Puzzle

Instructions: Match the correct answer with each clue to complete the puzzle.



ACROSS

DOWN

Clue

Answer Clue

Answer

1. Queen's headdress
4. Opposite of first
5. Computer mail
6. Squeeze or hold

- | | |
|---------|-----------------------|
| Last | 1. To laugh |
| Embrace | 2. Throw or pass |
| Crown | 3. Something to spend |
| Email | 4. Melted rock |

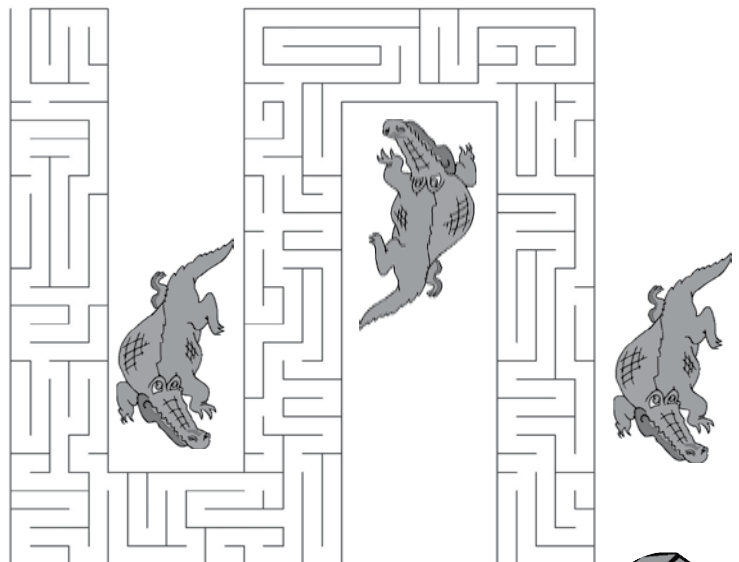
- | |
|---------|
| Money |
| Lava |
| Toss |
| Chuckle |

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Kidz Maze Mania



Help the couple safely canoe back to their camp. Watch out for the hungry alligators!



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Winchester Country

Birthday - Anniversary - Youth Job Directory Update

Winchester Country Residents please note that we will be updating the Birthdays, Anniversaries and Youth Job directory.

Birthdays

(list each family member)

Name	Month/Date
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Anniversaries

(list celebrants)

Name	Month/Date
_____	_____

Youth Job Directory

Name	Age	Job	Phone
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Examples:

(B) Babysitting

(Y) Yardwork

(PS) Pet Sitting

(C) Carwashing

Please email your information to the following wchcoordinator@winchestercountry.org, drop off this information in mail slot located at the clubhouse, or mail to the community coordinator at 9607 Rio Grande Houston, TX 77064.

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WC

Winchester Country

February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!



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WINCHESTER COUNTRY MARKET REPORT

Courtesy of "SUPER DAVE"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Jul 08	Aug 08	Sep 08	Oct 08	Nov 08	Dec 08
\$150,000 +	1	0	0	0	0	0
\$140,000 - 149,999	1	0	0	0	1	1
\$130,000 - 139,999	1	1	1	1	2	0
\$120,000 - 129,999	1	0	0	0	1	0
\$110,000 - 119,999	1	1	0	1	0	1
\$110,000 -	0	1	2	5	1	0
TOTAL	5	3	3	7	5	2
Highest \$/Sq Ft	86.62	87.90	66.59	67.30	81.25	70.63

This chart represents the homes that have sold and closed in the past 6 months according to the Houston Multiple Listing Service.

Recent Sales by "SUPER DAVE" in Winchester Country

- 10107 Cedaredge
- 10151 Storm Meadow
- 9922 Arrowgrass
- 10127 Storm Meadow
- 9711 Territory
- 9918 Cabin Creek
- 10106 Cedaredge
- 10126 Storm Meadow
- 9706 Territory Ln.
- 9703 Cabin Creek
- 9818 Territory
- 10315 Ash Fork
- 9527 Round Up
- 10122 Storm Meadow
- 10402 Tablerock

David "Super Dave" Flory



- #1 Selling Agent in Winchester 1991-2007!*
- #2 Selling Realtor in Texas!**
- Selling Over 600 Homes A Year!
- Over 96% of David's Listings Result in a Sale

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in Winchester Country: \$100.02



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*According to information taken from the Houston Board of Realtors MLS computer

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