



WillowTalk

Willowbridge - Stonebridge Homeowners Association Newsletter
www.willowbridgehoa.com

Volume 15

November 2010

No. 11

September HOA Meeting Highlights

- The wood fence along West Rd is showing signs of aging and is in need of repair. PCMI will solicit bids to repair the fence.
 - Sprinkler heads in a number of the common areas around the neighborhood need to be adjusted and/or repaired. Our irrigation company will be contacted to perform these repairs.
 - Board members will review the current lighting in the parking lot and pool areas. It is agreed that these areas are not adequately lit.
 - The new tennis program will begin in October. All tennis players will be required to wear tags while at the tennis courts. This will identify each player as a resident. Tennis players will have the option of reserving tennis courts through the online system which will soon be available on the HOA website.
 - All homeowners are encouraged to call PCMI if they notice any landscape lighting that is not operating properly. PCMI contact information can be found in this newsletter in the Directory section.
 - Tennis tags and new stickers for homeowners' vehicles will be distributed at the National Night Out festival at the clubhouse.
 - The October HOA meeting will be the annual budget meeting. Two board positions are open for election. Please make every effort to be there so as to insure a quorum. The budget will be discussed and board members will be available for homeowner questions.
- If you wish to provide input or discussion topics for the committee, come join us on the fourth Thursday of each month or send an email to Khara Mathews at PCMI. The next meeting is the Annual Homeowner's Association meeting scheduled for October 28th. Please make every effort to be there.

National Night Out

Our festival was a HUGE success. Thank you to all of the block captains and residents who volunteered to help and host a block party. We served over 600 chili dogs, popped numerous bags of pop corn, and sliced over 300 pieces of cake. The kids enjoyed jumping in the Moon walk, sliding down the jumbo slide, and running through the maze w/ laser guns. We strengthened our neighborhood spirit with our Harris County Sheriff Deputies and the Cy-Fair Volunteer Fire Department/Station 10.

Many thanks to the following people:

- Brad, Erika & Collin Dubros: cooked hot dogs & served pop corn
- Eddy Harkay and he boys: set up, serve hot dogs & hosted block party
- Fred & Lynn Elder: - set up and serving cake
- Gracie & Laura Galvan: set up & hosted block party
- Carol Martin: worked during festival

- Michelle & Kendal Kyle: clean up
 - Shweta & Rachel Patel: set up and clean up
 - Greg Godzilla: set up and cooked chili
 - Barb Betzco: set up & hosted block party
 - Denise Kraft: Set up
 - Michael & Janet Kluck: Block Captain Table
 - Karen Roush: Clean up
 - Cy- Fair Volunteer Fire Department-Station 10
 - Harris County Sheriff's Department: Deputy Broussard, Simmons, Delatorre, Nichols, Thomas, Sergeant Morrison, Lieutenant Overstreet, & Major Evans
 - Block Parties Winners: Eddy Harkay: Winner Best Appetizers, Janet Ward: Winner Best Decorations, Gracie Galvan: Most Participants, Laurel Boren: Most Participants
- If you have any security concerns please email martin@juliedubros.com or call 713-221-6000.

All article content must be submitted to Kyle Survanche at surou812@yahoo.com by the 8th of the month in order to be included in the newsletter.

A Big Welcome To Our New Home Owners!

San Patricio - Monteith	Tarrant Ct. - Meaux
Wilbarger - Peters	Ballinger Circle - Cherechinsky
Stone Porch - Garcia	Slate Stone Ct. - Reinholtz

Provided by the Welcome Committee

Willowbridge - Stonebridge

IMPORTANT NUMBERS

All Emergencies.....	911
Harris County Sheriff.....	713-221-6000
Harris County Animal Control	281-999-3191
Cy-Fair Hospital.....	281-890-4285
CenterPoint - Street Lights & Outages.....	713-207-2222
CenterPoint Energy.....	713-659-2111
Newsletter Publisher	
Peel, Inc.	www.PEELinc.com, 888-687-6444
Advertising.....	advertising@PEELinc.com, 888-687-6444
PCMI/ Khara Mathews.....	281-870-0585x1350
Poison Control Center	800-764-7661
Southwestern Bell - Repair	800-246-8464
- Billing.....	800-585-7928
Swimming Pool - Pay Phone	281-469-9004
Swimming Pool - Lifeguard.....	281-517-0225
Trash – Waste Management.....	713-686-6666
Vacation Watch - Harris County District 5	281-290-2100
W. Harris County MUD #11.....	281-807-9500
Willow Place Post Office	281-890-2392
Willowbridge Website	www.willowbridgehoa.com

ASSOCIATION DIRECTORY

Welcoming Committee	
Gracie Galvan	281-732-0009
Beautification Committee	
Thomas Heitzman	281-807-6937
Homeowners Association	281-870-0585x1350
PCMI - Khara Mathews	kmathews@stes.com
Clubhouse/Reservations	
Sherita Jeter	281-870-0585 ext 127
Pool Parties/Tags	
PCMI	281- 870 - 0585
Marquee Coordinator	
Barbara Lallinger.....	281-890-8464
Newsletter Coordinator	
Kyle Survance	surou812@yahoo.com
Security Coordinator	
Julie Dubros.....	281-794-9032
Website Coordinator	
Angela Doray.....	willowbridgehoa@live.com
Yard of the Month Committee	
Nominate your favorite at: willowbridgehoa.com or Contact	
Chuck Roush.....	roushteam@att.net
Tennis Court Reservations	
.....	TBD
Soccer Field Reservations	
Terese Joubron	teresejoubbran@yahoo.com
Lost Pet Coordinator	
Sonia Moore	msrco@aol.com, 281-955-8068

BOARD OF DIRECTORS

Julie Dubros	President
Kyle Survance	Vice President
Thomas Heitzman	Secretary
Robert Logsdon.....	Treasurer
Karen Roush	Director

HOA INFORMATION

Willowbridge Homeowners Association Inc. - PCMI
Khara Mathews..... 281-870-0585x1350
E-Mail

kmathews@stes.com

Fax

281-870-9170

If you have any questions or comments regarding the neighborhood please contact the numbers above.

HOA MEETINGS

HOA meetings are held on the 4th Thursday of each month, 7:00 p.m. at the Clubhouse, unless otherwise noted on the marquee. Meetings are open to members and your attendance and participation are encouraged!

WELCOMING COMMITTEE

The Welcoming Committee meetings are the last Monday of each month.

HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street signs and street flooding: (281) 353-8424 or www.hcp4.net.
If a resident wants to request a new sign or replace a damaged one, they have to go online and fill out a request.

Talking Trash

A neighborly reminder from the Trash Lady: Garbage and/ or recyclables should not be placed at the curb for pick-up any earlier than the night before the scheduled pick-up. This includes grass clippings. Please help keep the neighborhood looking its best by minimizing the time our garbage and garbage cans are visible to our neighbors and our visitors.



Harris County Sheriff Crime Map Site

If you would like to find out what's happening in and around our county, check out the Harris County's Sheriff's Crime Map. The consolidated crime reporting system can be accessed by clicking on the "Crime Map" link on the home page of the Harris County Sheriff's Office's (HCSO) website, www.hcso.hctx.net. It allows users to search for crime statistics based on an address, zip code, or city and state. Even more, Crime Reports allows users to sign up for e-mail crime alerts, empowering them with information they need to be on the look-out for trouble and work with law enforcement to head it off and help improve the safety of their neighborhood. Users will be able to search for statistics based on crime types such as: Homicide, Breaking and Entering, Robbery, Assaults, Sexual Offenses, Registered Sex Offenders, Property Crimes, Theft, Theft of a vehicle, Theft from a vehicle. The online crime map will be updated several times a day with officer-written reports from the HCSO and all of the eight constable precincts.

Jersey Village High School Project Prom 2011

JVHS's Project Prom 2011 is having a Garage Sale, November 20 & 21 at Trader's Village on Eldridge Rd near West Rd. We are asking for your support in donating gently used items for our sale.

PODS are conveniently located at Jersey Village Baptist Church, 16518 Jersey Dr. Collections are accepted every Monday 6-8 p.m. and Saturdays 10 a.m. - 2 p.m., beginning in November, with extended hours at request. Volunteers are also needed.

For more information, please contact Dolores Garcia at garcia2011pp@gmail.com

Cheerleaders Golf Tournament

The Jersey Village High School Cheerleaders will be holding their annual golf tournament on November 12th at Longwood Golf Course. The Cheerleader's Booster Club is a non-profit organization and all proceeds of the tournament are used to assist with uniforms, school year expenses supporting other organizations, and competitions. Entry fee is \$125/golfer or \$450/team of four. Your entry fee includes range balls, green fees, cart and free beverages. Sponsorship of a hole is \$100. Registration begins at 11:00am then a shotgun start at noon. If you are interested in attending or sponsoring a hole please contact Coach Lisa Siems at lisa.siems@cfisd.net.



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RUMMY,

The Blind Husky Who Teaches



On September 15, Willowbridge residents came to meet an incredible dog and instructor. Lisa and Rummy taught our children a valuable lesson about understanding the importance of caring for and rescuing animals. Lisa's work in Houston is particularly important because Texas was included as one of the states in the largest dog fighting bust in U.S. history. One out of four high school students is involved in, or knows someone involved in dog fighting and animal abuse. One out of four! Lisa feels it's so important that kids understand that dogs like Rummy and others suffer when they are abandoned. To learn more about Lisa and Rummy visit: <http://network.bestfriends.org/nextgen/teens/13960/news.aspx>

We collected over 30 bags of dog food, the food was donated to BARC of Houston. BARC is a shelter for dogs and cats. It is located off 3200 Carr Street in Houston. The Bureau of Animal Regulation & Care promotes and protects public health and animal care through animal law enforcement, sheltering, pet placement programs, and pet ownership education.

If you found a pet or lost a pet, please contact Sonia Moore, Willowbridge Pet Coordinator at: Msrco@aol.com



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TIME MANAGEMENT & EXERCISE:

Making the Most of Our Time

By Sarah S. Jordan, MS

(This is Part II from Sarah's series on "Tools for a Healthy Lifestyle.")

Do you wish that you had more time? I would venture to guess that almost everyone would say, "Yes!" In today's world, we seem to be taking on more than ever and rarely finding the time or energy that we deserve to focus on our health and the health of our family. The important thing is to always keep trying and to value health as a consistent priority in our lives. In Part I of this series, we identified commitment as the first tool for living a healthy lifestyle. To begin, a commitment to healthy living should be made, and the next step is to evaluate our time and schedules in order to identify realistic ways to fit in more movement and exercise.

I have become very aware of the importance and benefit of exercise for physical and mental strength in my life's journey of being a fitness director, business owner, and most of all, in becoming a mother. I have also realized that any exercise is better than none! Finding time to exercise is challenging, and the key is to make every minute count. If baby is napping and mom has just 15 minutes to exercise, those 15 minutes can equal big improvements in weight control and energy levels over time. If work has required us to sit at our computer all day, just getting up for 20 minutes of outdoor activity or stepping onto a cardio machine might just change our day and stress levels completely!

Here are a few tips for making the most of your workout time. Increase your intensity. If the duration of workout is short, intensity should be high.

Include intervals! On an elliptical machine, set resistance to something that feels challenging (not easy), but something you are able to push through without compromising your form. Do three-minute intervals. Minute 1: Somewhat easy / recovery. Minute 2: 75% of your fastest speed. Minute 3: Sprint! Repeat several times. 21 minutes of intervals (followed by a cool down) is an incredible workout!

Add a 60-second interval to your walk. Power walk for three minutes and then jog or do walking lunges for one minute. Repeat several times. The interval challenges different muscle groups and adds a new element to your routine.

Find something that allows you to get cardio and strength training in one hour. I started a group exercise class format at UT and Pure Austin called Dynamic Strength, and people love it! Participants get their strength training, but they also get cardio intervals, flexibility, and relaxation too! Total body workout.

And most importantly, remember that ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will thank you. Good time management is key in so many areas of life. We have all heard the saying; "Time is of the essence." Let's take a moment, evaluate our time, and see how we can incorporate more movement into our lives. What is your essence? You have the power to make it great! *Stay tuned for Part III coming next month.*

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Dean Lankford, DMD

Evan Melamed, DDS

(Continued on Page X)

Kenneth Lepow, DDS



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AGGIE MOM'S CLUB *A Festive Holiday Social Evening*

The Northwest Harris County Aggie Mom's Club invites you to join other Aggie moms for a festive social evening on Tuesday, December 14th. All current, future, and former Aggie moms are welcome to join us at 7 pm for some holiday fun in a friendly and supportive atmosphere. The event will be held at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. Come and learn more about Aggie student activities, purchase great Christmas gifts from the Aggie boutique, win door prizes and book money for your students, and learn about upcoming scholarship opportunities. During the December celebration, we will have an "Aggie" Christmas ornament exchange. Please bring a wrapped Aggie tree ornament to exchange with other Aggie moms.

One of the main goals of the Aggie Mom's Club is to give scholarships to Aggie students. The NWHC Aggie Mom's Club is now accepting Scholarship Applications for the 2010-2011 school year. Complete applications and eligibility requirements are available at www.nwhcaggiemoms.com and also at the general meetings. The application must be postmarked no later than Monday, Feb 7th, 2011. Last year 6 scholarships totaling \$6750 were awarded to area Aggie students. Please contact Vickie Hamley at 713-466-4494 or check out our website for more information!

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Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

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