

Trail Writer

The Official Publication of the
Winchester Trails
Maintenance Assoc. Social Committee

Volume 7, Issue 3
www.winchestertrails.com

March 2011

UPCOMING EVENTS

February 2011

21 - Presidents Day; CFISD Inclement
Weather Makeup Day

March 2011

9 - Ash Wednesday
13 - Daylight Savings Time begins
14 - 18 - CFISD Student Holiday
17 - St. Patrick's Day
20 - First day of Spring

April 2011

1 - April Fool's Day
6 - Maintenance Board Meeting 7PM
16 - Community Garage Sale
8:00AM - 4:00PM

Happy
St. Patrick's
Day!



GREEN THUMB CORNER

We've endured a few cold spells over recent months, but some of the insect pests have survived and the winter weeds have been growing, so it's time to get down to some serious work during the spring season to get the yard and garden in good shape before the warm weather arrives.

For an impressive display of spring and summer color, this is a good time to get started with transplants. There were some nice displays of pansies during the last few months but they won't be very happy in warm weather after the end of March, so pull them up and replace with petunias, marigolds, vinca (periwinkle), begonias or geraniums. Lantana is also very good - as a regional native, it is tolerant to heat and drought and is very hardy in summer conditions (although it may not survive winter frosts if you try to keep it going as a perennial). Plant caladiums and impatiens in the shady areas.

Complete the winter pruning, if not done already. We suffered significant freeze damage this year, so make sure you remove any dead wood and cut back to green growth. Try to complete all tree and shrub planting now, before the first full burst of spring growth, and divide and transplant perennials. We reviewed tree-feeding in last month's article but it's not too late to do it in March/April (for established trees, not newly planted) and don't forget an acidifier (such as Ironite) if the pine trees are looking yellow.

If you're feeling energetic, the lawn will benefit from a good thatch-raking and also aeration by spiking with a spading fork (special mower attachments make both jobs a lot easier). On the subject of mowers, some routine annual maintenance is advisable before the heavy usage begins: sharpen the blade, check the spark plug, change the oil, and you'll get better performance and reliability. A nice clean cut from a sharp mower blade produces a better appearance than the ragged and bruised grass stems that result from a dull edge.

Azaleas can be pruned and fertilized immediately AFTER blooming, and you can give the grass its first feed of the season (use something like 15-5-10) as soon as it has started to green-up. Begin a monthly feeding program with roses (12-24-12 is a good general-purpose fertilizer), and feed all established plants and shrubs. Surface cultivation will mix the fertilizer into the soil and is important to promote good growth and rapid development. And of course, mulch well.

I try to limit the use of chemicals, but it's almost impossible to grow roses in the Houston climate without resorting to pesticides and fungicides. Spray weekly with Daconil to control Black Spot fungus, and Diazinon or Malathion for aphids (you can mix the two treatments in the same spray solution). Unfortunately, spraying is also necessary for successful fruit trees. Use a "fruit and nut" spray and make the first application when three-quarters of the blossoms have dropped, then continue at 10-day or two-week

(Continued on Page 2)

Winchester Trails

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Jim Malone is the security representative for WT.
His email can be found on the Security page of the Trails website.

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Office number is answered 24/7/365. After hours pager on call.	
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Report vehical tag number/type or description of person; as appropriate

NEWSLETTER

Publisher	
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Green Thumb Corner - (Continued from Cover Page)

intervals until a couple of weeks before harvest. I've tried skipping the spray regimen with peaches and plums, and the result has been 100% infestation of the crop by wasp larvae.

In the vegetable garden, set out tomato and pepper plants this month (and if you hurry it may not be too late for broccoli). Plant seeds for beets and carrots now, but wait until April before planting corn, beans, squash, cucumber, cantaloupe and melons (when the soil is warmer for faster and more consistent germination).

THIS MONTH'S TIP: As we get into the warmth and humidity of spring, watch out for Brown Patch lawn fungus, visible as an expanding circle of dead grass. Apply Terraclor granules and feed to encourage new growth - leaves and stems may be dead, but the grass will come back from the roots.

Phil Richards

Prich8935@aol.com

Reprint from March 2010 TrailWriter



The graphic features a green sign with white text that reads "GARAGE SALE" in a stylized, bold font. The sign is mounted on a brick wall. Below the sign, the text "Neighborhood-wide Garage Sale Coming Up!" is written in a large, bold, black font. Underneath this, a paragraph of text in a smaller font asks if the reader is spring cleaning and suggests a garage sale as a way to get rid of old items and make extra money. It states that the sale is coming up on April 16th and encourages starting to gather items now.

Yard of the Month



*Daryl and Cindy Barker
9202 Tepee Trail*



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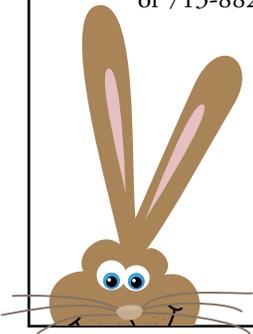
Volunteers Needed

For Easter

Do your kids love the hunt? We need you!!

Calling for Easter volunteers to head up the egg hunt for the tots this year! It was a blast last year, so let's make this the best year yet!

Contact Lisa Wooldridge at social@winchestertrails.com or 713-882-1861.



For Stork

Do you have time to help your community? The Stork volunteer is one of the best and easiest of all volunteer positions. If you have an hour a month and can help your subdivision maintain its charm, please volunteer. I would be glad to give you instructions or explain what the position requires. If you have not volunteered before, this is the one to select. If you enjoy seeing the little ones, give me a call at 832.878.1005 or email info@winchestertrails.com. Thank you for considering, Ron Matthews

Road Trip for Trails Seniors

If you are 50 years "young" and a Trails resident, you are invited on our next road trip.

We will visit the Bush Presidential Library at Texas A&M on Tuesday, March 22, 2011.

We will have a 26-passenger Harris County PCT 4 bus.

8 am will be our departure time from our Trails Clubhouse.

Contact Paulette Walker - paulette_walker@sbcglobal.net or 281-894-5708 or Alice Brunson - abbcmail-apb@yahoo.com or 281-955-9045

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MILESTONES

NEW DRIVERS - HAPPY 16TH!

03/03 - Eric Grass
03/15 - Andrew Kelly
03/25 - Chelsey Brown
03/26 - Lauren Pacetti
03/31 - Lauren Ancell

NEW ADULTS - HAPPY 21ST!

03/01 - Stephanie Claybourn
03/13 - John Hood
03/14 - Julia Shatilo
03/17 - Chris Chumley
03/22 - Julia Larry
03/23 - Chase Wilson
03/27 - Joseph McCormick
03/31 - Melissa Olson

HAPPY 30TH ANNIVERSARY!

03/21 - Tim & Leda Lindsey

Melissa Zmerzlikar directory@winchestertrails.com

**NOT AVAILABLE
ONLINE**

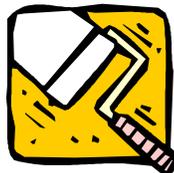
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Preview Days for Cypress Christian School

**Parent Open House on
Thursday, March 24, 2011
from 9-11 a.m.**

Parents considering enrolling their child for the 2011-2012 school year will have the opportunity to visit classes and gather information about the school. Parents should check in with CCS staff in the foyer of the Elementary Building or the foyer of the Multi-use Facility.

**Student Visitor Days on
Tuesday, March 29, 2011 from
9 - 2 p.m. and Tuesday, April
19, 2011 from 9 - 2 p.m.**

Students considering attending CCS for the 2011-2012 school year may attend all or part of the day with us. Parents must sign their child in for the day. Kindergarten and first grade parents/students stay for 30-45 minutes.

For more information, please call 281-469-7745 or visit website at www.CypressChristian.org.

Cardiovascular Disease and Women *Think Red Heart*

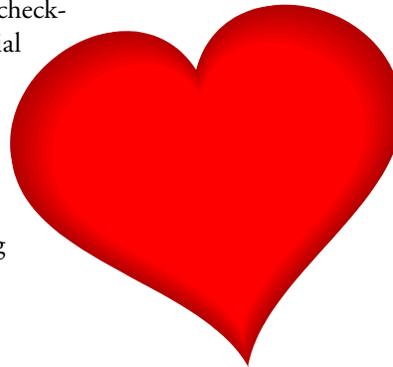
Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*



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