



# Winchester Country

Published Monthly by the Winchester Country Civic Association

Volume 9, Issue 1

January 2012

## JANUARY

- 1 ..... New Years Day
- 1-3..... CFISD Holiday
- 12.....Maintenance Board Meeting
- 16.. Martin Luther King (CFISD Holiday)
- 23..... Senior's Meeting @ Clubhouse  
.....6pm

### JANUARY OFFICE HOURS

- Monday..... 5:00 – 7:00 PM
- Thursday..... 10:00 – 2:00 PM

## FEBRUARY

- 2.....Ground Hog
- 9.....Maintenance Board Mtg.
- 12.....Lincoln's Birthday
- 14..... Valentine's Day
- 20..... President's Day
- 22..... Washington's Birthday
- 27..... Senior's Mtg @ 6:00pm  
..... @ the clubhouse

## MARCH

- 6..... Special Election Primaries
- 8.....Maintenance Board Mtg.
- 11 ..... Day Light Savings (Spring ahead)
- 12-16.....CFISD Spring Break
- 17.....St. Patrick's Day
- 26..... Senior's Meeting @ Clubhouse 6pm
- 27..... HOA Meeting @ Clubhouse 7pm

## WINCHESTER HURRICANES SWIM TEAM REGISTRATION INFORMATION

Did you know that there is a swim team in your neighborhood for your children at your neighborhood pool? Registration Information will be available in April at the annual Easter Event at the Clubhouse this year. Fees include a trophy, a team t-shirt and the team party. Swim team is a great activity for our children and a good opportunity to meet your neighbors. Winchester Swim Team, Inc. serves over 200 neighborhood kids each year and is affiliated with the Northwest Aquatic League "NWAL". Come and see what it is all about! A special thanks to Winchester Country Home Owners Association for allowing us to use their facilities and for helping us to spread the news! GO HURRICANES!

## E-MAIL DILEMMA

*Dear Winchester Country Residents,*

We seem to be having a difficult time receiving e-mails that are being sent to the office e-mail address listed in our Newsletter. Please use [wcm@sbcglobal.net](mailto:wcm@sbcglobal.net) to contact the office. We are trying to work this out with our Web Master. If your e-mail has not gotten a response please call the office at 281 890-8856 and I will call you back within 24 to 48 hours. We are very sorry for any inconvenience this is causing as we know it can be very frustrating. We ask for your patience as we try to work this matter out. Thank you and again we are sorry for any inconvenience.

*Winchester Country Maintenance Board would like to wish all of our Residents a Very Happy New Year to you & your families!*

# Winchester Country

## BOARD OF DIRECTORS

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## COMMITTEE CHAIRPERSON

Community Coordinator  
Joanna Abbondandolo ..... 281-890-8856  
..... wcmawchcoordinator@winchestercountry.org  
Seniors Group Leader..... 281-469-8351  
Joe Sliepka .....

## IMPORTANT NUMBERS

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WC Deputies..... 713-221-6000  
Vacation Watch..... 281-290-2100  
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## NEWSLETTER INFO

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# Winchester Country

## Winchester Country Important Dates JANUARY 2011

Dear Winchester Residents,

We have included a new item in our newsletter titled "What's going on this month at The Clubhouse?" We will have a monthly calendar that will show the events that are being held at the Winchester Country Clubhouse. These events are subject to change as our newsletter goes to print on the 10th of every month. We will do our very best to keep you informed as to "What's going on at the Clubhouse." If you are interested in booking an event please call the office @ 281 890-8856 and we will be happy to assist you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Clubhouse Rented -Day- BOOKED	2	3 Cub Scouts Clubhouse Booked 6:00-9:00	4 Clubhouse Rented- Evening-BOOKED	5 Daisy Troop Clubhouse Booked 3:30-5:30pm	6	7 Clubhouse Rented -Day till 7pm BOOKED
8	9	10 Clubhouse Booked 6:00-9:00pm	11 Clubhouse Rented Evening - BOOKED	12 Maintenance Board Meeting Clubhouse BOOKED	13 Clubhouse Rented Evening - BOOKED	14 Clubhouse Rented - Evening-BOOKED
15 Clubhouse Rented -Day- BOOKED	16	17 CUB Scouts Clubhouse Booked 6:00-9:00	18	19 Daisy Troop Clubhouse BOOKED 3:30-5:30pm	20 Clubhouse Rental Booked Evening - BOOKED	21 Clubhouse Rented-day BOOKED Clubhouse rented -evening BOOKED
22	23 Senior's Group- Clubhouse -Booked 6-9pm Anyone over 50 is welcome!	24	25	26	27	28
29	30	31	Notes: The Booked dates are subject to change. If you are interested in booking an event please contact the office @ 281 890-8856 and we will be happy to assist you. Please allow 24 to 48 hours for a call back. Thank you.			



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## CLUBHOUSE RENTALS WINCHESTER COUNTRY SWIM & TENNIS CLUB 9607 RIO GRANDE | HOUSTON, TEXAS 77064 281-890-8856

Any Winchester Country resident who is current on their maintenance fee may rent the clubhouse. To expedite your rental please call our Community Coordinator at our voice mailbox at 281-890-8856 and leave the following information:

- Your Name
- Your Address
- Date & Time you wish to rent (if known)
- A daytime phone number (if possible as we try to return all phone calls weekdays between 8am and 5 pm)

### CLUBHOUSE RENTAL GENERAL INFORMATION

- Our Clubhouse has two rooms that may used separately or as one large room.
- The original clubhouse holds approximately 80 people and has 10-6ft rectangular tables and 2-60 inch in diameter round tables plus 80 chairs. Also has a full kitchen with microwave and coffee maker.
- The new addition hold approximately 40 people and has 3-60inch in diameter round tables plus 40 chairs. Also has a microwave, coffee maker and a small refrigerator.

### THE RENTAL RATES ARE AS FOLLOWS

All Rentals must pay a refundable \$250 deposit. (your deposit check will be destroyed upon post-rental inspection.) Any persons wanting their deposit check returned must supply a self addressed stamped envelope.

Renting both rooms.....	\$30.00 the first hour
.....	\$20.00 each additional hour
Renting one room.....	\$20.00 the first hour
.....	\$10.00 each additional hour

*All rentals have a 1/2 hour before and a 1/2 hour after to setup and clean up at no charge. (additional time for setup and cleanup will be charged at regular rates)*

- All rentals are scheduled on a first come basis
- No Alcohol or Smoking permitted in the Clubhouse.
- Any specific questions may be addressed to the Community Coordinator at 281-890-8856

*Thank you,  
The WCMA Directors*

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# Winchester Country

## Winchester Country Seniors' Club

If you are 55 years old and older we are looking for you. We meet the 4th Monday of every month at the Winchester Country Clubhouse. We meet for snacks and fellowship. We play Dominions: Train and Chicken foot. We also play bingo, cards and other games all while enjoying each others company. We go out to eat and attend plays at the 1960 Playhouse, Houston Family Arts Center on Grant Road. All seniors in Winchester Country are invited to attend. For more information call Joe Sliepka @ 281 469-8351.

### OUR NEXT MEETING DATES WILL BE AS FOLLOWS

Monday January 23, 2012 @ 6:00 PM

Monday February 27, 2012 @ 6:00 PM

*Thank you and we look forward to seeing you.*

## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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# Winchester Country

## Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice?

Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon!  
Submitted by Melinda Jennings*

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## A Focus on Resolutions

### RESOLVE TO BE A BETTER YOU

*Submitted by Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

#### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at [www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm).

#### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.

## A BLAST FROM THE PAST 2011

Cookies with Santa 2011 at the Winchester Country Clubhouse was a huge success. We had over 100 children come to have their picture with Santa and share their Christmas wish with him. A big thank you to Bill Rosicato who was the true spirit of St. Nick himself and our elves Daniel Lopez, Avery Grant, Kayla Butler. Thank you to the Winchester Country Board members Nicole Chovanetz, Peter Dayton, and Richard Burgess who helped make the day the great success that it was. To all our residents who attended and to those who could not make it we look forward to seeing y'all next year!

A BIG THANK YOU to Ann Garcia and Daisy Troop 15505 for baking the Cookies for our Cookies with Santa event!

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