

Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



October 2013

www.windermerylakes.net

Volume 7, Issue 10

BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency/Ambulance911
Fire Dept.....911
Sheriff's Dept. 713-221-6000

NON-EMERGENCY NUMBERS

Animal Control..... 281-999-3191
Center Point Gas..... 713-659-2111
Center Point (Street Lights)..... 713-207-2222
EDP Water - Mud #29..... 832-467-1599
Library 281-890-2665
Post Office..... 713-937-6827
Waste Management/Trash 713-686-6666

BOARD OF DIRECTORS

PresidentRaj Amin
Vice President Jose A. Villegas
Treasurer Sreehari Gorantla
Secretary..... Marilyn Schaefer
Directors Aaron Duhon

COMMITTEES

Architectural ControlRaj Amin
Clubhouse Rental.....Dianne Wentzell
Finance Sreehari Gorantla
Lake Care.....Aaron Duhon
Landscape Rich Schaefer
Newsletter Marilyn Schaefer
Security.....Terry Burnside
Socials Bill Wentzel

MANAGEMENT COMPANY

SCS Management Services Inc
Cecelia Panzinetti..... 281-463-1777
..... cpanzinetti@scsmgmt.com
Board Members/Committees www.windermelakes.net
Community Communications Site.....
..... Nextdoor.com/join/YEXTVV

NEWSLETTER INFO

Editor..... windermelakenews@gmail.com
Publisher
Peel, Inc. www.PEELinc.com, 888-687-6444
Advertising.....advertising@PEELinc.com, 888-687-6444

SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Windermere Lakes Homeowners Association Newsletter.

E-mail your pictures to
windermelakenews@gmail.com by the
8th of the month.



HARCO
INSURANCE
SERVICES



10777 Northwest Freeway, Suite 800 Houston, Tx. 77092

Tel: 713-681-2500 www.harco-ins.com

- Automobile / Homeowners / Flood Insurance
- Personal Umbrella Liability

Contact: Kathey Hoffmaster x240
Gerri Rougeau, Windermere Lakes Resident

"Hats Off to Volunteers" At Cy-Fair ISD

"Whenever you wear your hat, your day will be special." Margo Nickel

In Cy-Fair ISD, volunteers have the opportunity to wear lots of different hats. Some will find themselves wearing the hat of a library helper or classroom reader. Others find that organizing a fundraiser or mentoring a student is the hat they wear best. Whatever volunteer hat you are wearing in our schools, one thing is certain; your day will be special. Cy-Fair ISD volunteers center the attention of their service on supporting students and staff and making a significant contribution to the education of children. They give freely of their time and resources and have an impact on the academic and personal development of our students. Cypress-Fairbanks ISD is fortunate to be able to draw from a terrific diversity of skills and knowledge in its community.

If you are interested in being a part of an exciting group of volunteers and making a difference in your Cy-Fair ISD Schools, or would like more information, please feel free to contact Pam Scott, Partners in Education Director at 281-894-3950.

CY-FAIR ISD VOLUNTEER OCTOBER TRAININGS & EVENTS

October 1

VIPS Language Arts/Reading Grades 2-5 – 9:30 a.m. to 11:30 a.m., Berry Center. Techniques will be presented that CFISD parents and volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

October 10

PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center. Training for individuals committed to serve as a role model and friend to CFISD students. An application and criminal background check is required.

October 29

VIPS Fall Conference – 8:00 a.m. to 2 p.m., Berry Center. A day of informative workshops is offered to volunteers, staff, parents and community members designed to support the work of volunteers in all CFISD schools. Registration forms are available in schools and in the PIE dept.

HOW TO REGISTER FOR TRAINING

With the exception of Hearing and Vision State Certification, register for training by emailing the PIE office at vipsrsvp@cfisd.net. Please send a separate email for each training you wish to attend. Provide your name and the name and date of the training in each email. Registration is required to guarantee a seat and training materials. ADULTS ONLY.

CONVENIENT Mammograms Right in Your Neighborhood!

Evenings and weekends available by appointment.

Four convenient locations

- 11307 FM 1960 West at Steepletop, Suite 340
Houston, Texas 77065
- 14044 Spring Cypress at Grant
Cypress, Texas 77429
- 27126 Highway 290 at Mueschke
Cypress, Texas 77433
- 7015 Barker Cypress Rd at 529
Cypress, Texas 77433



*According to the U.S. Preventive Services Task Force and the Affordable Care Act, routine screening mammography is a preventive service now covered 100% by health insurance plans for women aged 40 and older every 1 to 2 years.

Schedule now 281.897.3121 • www.CyFairWomensImaging.com

SHALOM

Hi Jewish Community!

Let's get connected! To share...

- Shabbat dinners
- Chanukah parties
- Passover Seders
- or simply get together!

INTERESTED?

E-mail us at
info@shalomcypress.org.
Or visit our website at
www.shalomcypress.org



SAVE \$2500
IN TAX INCENTIVES *and* INSTANT
COOL CASH REBATES!

On qualifying equipment. Call for details.

A-PLUS
MECHANICAL SERVICES
Air-Conditioning & Heating

281-970-5200

your **HEATING**
and **COOLING**
EXPERTS

Same Day Service

Fixed Right the First Time or it's
FREE!

TACLB014192E



DIRECTV is rolling out
the RED CARPET

VIP Pricing exclusively
for Residents



FREE 5 tuner Genie HD/DVR
Instant rebate on all packages
Record, watch and playback in
HD from any room

FREE Installation
Up to 3 FREE additional
HD client boxes
FREE HBO, Cinemax, Starz
& Showtime for 3 months

Mention this ad for your VIP deal.
CALL NOW!

1.888.799.0512



TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The One-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, and the two handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Darin Pleasant, Director of the ATP Academy at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Darin realizes that he is caught in “no-person’s land”, he takes the split step by bending of the knees and staying on his toes. His racket is in the volley position and his feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Darin realizes that the ball has been directed to his backhand, he will turn his upper body and will take the racket slightly back. Notice that the left hand is still on the throat of the racket. He has loaded his weight onto his left foot and will be ready to step forward to meet the ball. He will make a slight change toward the continental grip on the right hand.

Step 3: The Point of Contact: Darin is now ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow him to hit behind the ball and allow maximum net height and allow him to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Darin has made contact with the ball, he finishes the follow through with his left wrist laid back. His left arm is pulling back for better body balance and his eyes are still watching the racket where he made contact with the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Darin realizes that his shot is deep He now moves closer to the net for the put away volley. If his shot was not deep, Darin will decide to stay close to the service line to protect the lob over his head. By the look in his eyes and his smile, he just did a “kill volley”.

Look in the next Newsletter for: How to execute “The Lob”

Windermere Lakes

At no time will any source be allowed to use the Windermere Lakes Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Windermere Lakes Homeowners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Windermere Lakes residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

SUDOKU

View answers online at www.peelinc.com

		2						6
		1		7	4			8
			8					
			1		6	9		4
				5		7		
5		8						
	6			3		2		
				6	2			
	5		9				1	

© 2006. Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Brilliant Energy Texas OUC #10140

BRILLIANT ENERGY

Easy Online Sign-Up at
BrilliantElectricity.com

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES
BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!
LOCK-IN A LOW ELECTRICITY RATE FOR
UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"
281.658.0395

GREAT BUSINESS RATES TOO!



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



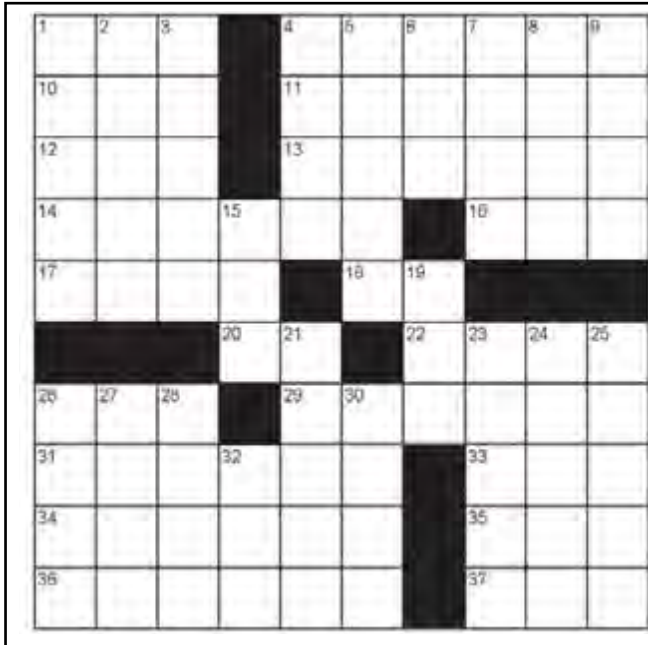
281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

CROSSWORD PUZZLE



ACROSS

1. Owns
4. Short people
10. Grain
11. In the air
12. Single
13. Nun's headwear
14. Musician (3 wds.)
16. Homesick
17. Booty
18. Horsepower (abbr.)
20. Cincinnati locale
22. Hasten
26. Mountain Standard Time
29. Eras
31. Cover
33. Eccentric
34. Beaches
35. Vane direction
36. Hug upon greeting
37. Danish krone (abbr.)

DOWN

1. Coat hangers
2. Root beer brand (3 wds.)
3. Stone
4. Aurora
5. Ponder
6. Build up
7. Holes
8. Syllables used in songs (2 wds.)
9. Sledge
15. Gone by
19. Not against
21. Cycles per second
23. Pimpled
24. Glob
25. Organic compound
26. Soft mineral
27. Prig
28. Tyrant
30. Mexican money
32. North American country

View answers online at www.peelinc.com

© 2006. Feature Exchange

Want a Great Ride?

SELL US YOUR CAR!

TEXASDIRECTAUTO.COM

We make buying and selling fun!

Scan and sell us your car or search our inventory



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

WN

Buying and Selling Real Estate Shouldn't be SCARY

Our exceptional services meet your real estate needs

Seller Services

*Market Pricing Expertise
Extensive Marketing Plan
Free Professional Photography
Effective Staging Advice
Move-up and Downsize Programs*

Buyer Services

*Knowledge of Entire Houston Area
Savvy Price Negotiation
Complete Guidance with the Buying Process
New Home Specialists
Multiple Lending Resources*

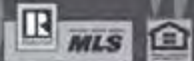


The David Flory Team

Contact us today to see how we can help!

281.477.0345

info@floryteam.com



RE/MAX Professional Group
Each office is independently owned & operated