The Woodland



# 

## July 2013



Fun July Fourth Ideas Page 3



Please Stop the Barking Page 6

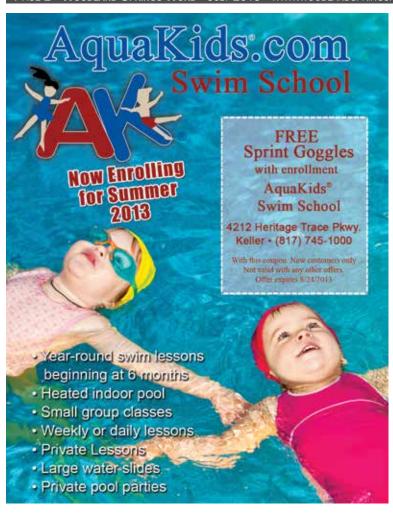


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Mother Son Field Day Page 9









Homeowners' Association

The Villages of Woodland Springs
Homeowners Association
Professionally Managed by Premier Communities
Management Company

Premier Communities Customer Service: 877-378-2388
Please use this telephone number to report all non-emergency complaints and information.

#### **On-Site Management Team:**

Justin LaHue General Manager
Justin.LaHue@premiercommunities.net

Robin Willits Assistant Manager Robin. Willits@premiercommunities.net

Catherine McGrath Administrative Assistant Catherine.McGrath@premiercommunities.net

## The On-Site office is located at the Amenity Center

at 12209 Timberland.

On-Site Hours: Monday- Friday 9am-6pm Saturdays 10am-4pm On-Site Number: 817-741-1719

On-Site Fax: 817-741-1720
After Hours Emergency: 214-871-9700

www.woodlandspringshoa.com

#### The Woodland Word

Is the only authorized and official monthly publication for the residents of the Woodland Springs Community with news and a calendar of community events endorsed by the Woodland Springs HOA & its members.

#### PUBLISHED BY

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#### **ADVERTISEMENT SALES**

For information or to place an advertisement 972-396-8855 • info@communitynewsconnection.com

Advertising Deadline for the August 2013 Issue (Delivered before August 1st)

Is July 1, 2013

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www.ntmserv.com



## Wave Your Flag Cake What You Need

4 cups fresh strawberries, divided

1-1/2 cups boiling water

2 pkg. (3 oz. each) JELL-O Gelatin, any red flavor Ice cubes

1 cup cold water

1 pkg. (12 oz.) prepared pound cake, cut into 10 slices

1-1/3 cups blueberries, divided

1 tub (8 oz.) COOL WHIP Whipped Topping, thawed



SLICE 1 cup strawberries; cut remaining strawberries in half.

ADD boiling water to gelatin mixes in large bowl; stir 2 min. until completely dissolved. Add enough ice to cold water to measure 2 cups. Add to gelatin; stir until ice is melted. Refrigerate 5 min. or until slightly thickened. Meanwhile,

cover bottom of 13x9-inch dish with cake slices.

ADD sliced strawberries and 1 cup blueberries to thickened gelatin; stir gently. Spoon over cake. Refrigerate 4 hours or until firm.

SPREAD COOL WHIP over dessert. Top with fruit to resemble the flag, using strawberries for the stripes and remaining blueberries for the stars.

Kraft Kitchens Tips

Variation: Prepare as directed with fat-free pound cake and COOL WHIP LITE Whipped Topping.

Substitute: Prepare using JELL-O Berry Blue Flavor Gelatin.

Wave Your Flag "Cheesecake"

Prepare as directed, mixing the COOL WHIP with 2 pkg. (8 oz. each) softened PHILA-DELPHIA Cream Cheese and 1/4 cup sugar before spreading over dessert. http://www. kraftrecipes.com/recipes/wave-your-flag-cake-50205.aspx



#### Star-Spangled Wavers

What you'll need

- Scissors
- Pieces of red, white, and blue felt
- Red, white, and blue ribbons (available at local craft stores)
- Tacky glue
- 3/8-inch dowel

How to make it

- 1. Cut a pair of 6-inch stars from red, white, or blue felt.
- 2. Cut a slightly smaller pair (ours were 4 inches across) from a different color of felt, and an even smaller pair (ours were 3 inches across) from
- 3. Use tacky glue to affix the stars to each other. Glue together the 2 sets of stars, sandwiching a 3/8-inch dowel between them.
- 4. Allow the glue to dry, then finish the baton by tying a length of red, white, and blue ribbon around the dowel.

http://spoonful.com/crafts/star-spangled-wavers

## A patient approach to surgery.

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## BABYSITTERS OF WOODLAND SPRINGS



#### July 2013 – September 2013 Babysitter's List

The young people listed below have offered their services as babysitters in our community; the contacts are provided here for information only. Please interview any candidates and make your own decision as to the candidate's capabilities & qualifications to stay alone with your child.

Janae Helaire	817-996-7837
Shayla Alexander (CPR Cert)	817-681-8347
Mariah Davenport	512-632-4936
Jael Miller	817-822-4945
Jeremiah Miller	817-822-4945
Jude-Mary Miller	817-822-4945
Cameron Mitchell	817-701-8495
Carissa Mitchell (CPR Cert: infant, child, adul	t).817-933-7111
Damian Daniel (CPR Cert)	817-789-9178
Victoria Loudenback (CPR Cert	817-938-0964
Kayla Brooks (CPR Cert)	817-205-3364
Courtney Richard	817-741-6711

Young people who are VOWS residents and below the age of 21 may submit their contact information to

robin.willits@premiercommunities.net. Also contact Robin if your name should be removed from the list for any reason.

## Yard Of The Month



Congratulations to the homeowners at 11845 Warbler Lane for the most beautiful yard in VOWS for July 2013. The homeowners will receive a \$40 gift card courtesy of Alta Vista Nursery, a yard sign designating them Yard of the Month, and of course, bragging rights!

Thanks for making VOWS a beautiful place to live!

If you would like to nominate someone for yard of the month, please email vows.communications@gmail.com.

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Laurie Anderson 817.966.7653 AndersonTm@aol.com Woodland Springs Resident!

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JoAnn Anderson 817.741.2701 joannanderson2701@yahoo.com

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## Did you know that VOWS has a Facebook page???

The number of users on our neighborhood Facebook page is growing! We find this to be a great tool to get the word out about everything from lost pets to community events and everything in between.



## Visit facebook.com/woodland.springs today!

It's important to note that the Facebook page is not monitored or endorsed by the Homeowner Association or Premier management. It was created by residents as a tool to help inform neighbors of things such as missing pets, items for sale and barter, small groups and events, and so much more.



### **Important Reference Numbers**

Animal Control	817-392-3737
Code Enforcement	817-392-1234
Fire(non emergency)	817-922-3000
Graffiti	817-212-2700
Police (non emergency)	817-335-4222
Trash/ Recycle	817-392-3279
Water	817-871-8210
VOWS (onsite office)	817-741-1719
VOWS(after hours)	214-871-9700



# Here... time flies even when you're NOT having fun.

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FOR CURRENT AVERAGE ER WAIT TIMES:

- Download Free iPhone App Includes turn-by-turn directions.
- Text "ER" to 23000 for current wait times and directions
- Visit fastERtx.com for current wait times

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## Will Someone Please Stop that Barking!

Dogs that are frequently left alone for an extended period of time can get bored and restless. As social animals, many find relief in barking. Some dogs respond noisily to any and all activity. Few things – even for dog lovers – can be as irritating as incessant barking. If your dog is a yapper, a yipper, or a yowler, please consider some of these bark-abatement ideas to keep the noise down in your part of the community. Your neighbor will thank you!

- Training. Always the first recommendation for any behavioral problem! Training not only helps your dog, but you'll be surprised by how much it helps you, too. You may obtain insight into what causes your dog to bark or what it is trying to communicate.
- Citronella collars. A more humane alternative to the electric-shock, antibarking collar that costs about the same and is widely available on the web and in pet stores.
- Confinement. Sometimes simply bringing an outspoken dog indoors to be with its' owners can drastically cut down on the disturbance caused to neighbors. If you are getting a puppy, first familiarize yourself with the benefits of crate-training before adding a new pet. This is a proven technique

that many trainers recommend with great success.

- Reduce stimulus. Close drapes or blinds to muffle street noise, or leave a radio on to mask it. Disconnect telephones and doorbells before leaving your home if they upset your dog or make it bark.
- Companionship. Most importantly, remember that dogs are pack animals. They need companionship a cat, bird or ideally another dog. Consider a mid-day visit from a pet sitting service, or make arrangements to drop your pooch off at a friend's place or a day-care facility once or twice a week. You and your dog will be happier for it.

The DCC&R's state this about pets: 5.3.9 Animals. No animals or live-stock shall be raised, bred or kept on the Property except that dogs, cats or other household pets may be kept for the purpose of providing companion-ship for the private family. Animals are not to be raised, bred or kept for commercial purposes or for food. It is the purpose of these provisions to restrict the use of the Property so that no person shall quarter on the premises cows, horses, hogs, guinea fowls, ducks, chickens, turkeys, skunks or any other animals that may interfere

with the quietude, health or safety of the Community. Pets must be restrained or confined by their Owner to the back yard of the applicable Lot, inside a fenced area or within the residence erected thereon, provided any such pets may be walked only if such pet is restrained by a leash. It is the Owner's responsibility to keep the front of their Lot clean and free of pet debris. All animals must be properly tagged for identification. Unless the Rules provide otherwise, the subsections of this Article shall govern animals at the Property.

5.3.9.1 Disturbance. Pets must be kept in a manner that does not disturb the peaceful enjoyment of residents of other Lots.

5.3.9.2 Waste Removal. Resident is responsible for the immediate removal of his pet's wastes from the common areas or the lot of another owner.

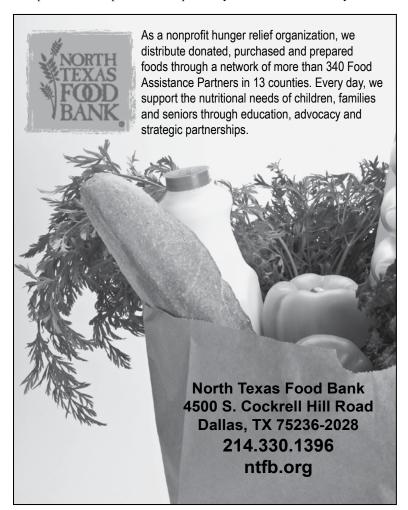
5.3.9.3 Liability. An owner is responsible for any property damage, injury, or disturbance caused or inflicted by an animal kept on the lot. The owner of a lot on which an animal is kept is deemed to indemnify and to bold harmless the Board, the Declarant, the Builder(s) and the Association, from



any loss, claim, or liability resulting from any action of the animal or arising by reason of keeping the animal on the Property.

Are you having problems with a neighbor's barking dog? While the General Manager will preserve your anonymity and notify the pet owner of a reported concern, the HOA is not a substitute for municipal services or law enforcement. Barking dogs are considered to be a nuisance, especially during evening hours.

If the barking problem continues please go to the City of Fort Worth website www.fortworthtexas.gov and fill out an affidavit with animal control



#### SKW Lawn & Landscape

Mowing ● Trimming ● Landscaping (mulch, flowers, shrubs, tree trimming, and planting)
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Alta Vista Self Storage
altavistaselfstorage@verizon.net
10385 Alta Vista Rd • Ft. Worth TX 76244



# END OF SCHOOL LUAU WAS A HUGE SUCCESSI

The School's Out Luau was a great party! D.J. Kam's jams rocked the dance floor. There was swimming, pizza, music, popcorn, and a movie on the big screen at sundown. Thank you volunteers for making this event a splash!







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Jim Carter - 817-800-4780

JimCarterEmail@gmail.com • www.JimCarterRealEstate.com

Joni Baldwin - 817-602-1194

Joni.Baldwin@PruWorldwideRealtors.com • www.JoniBaldwin.com



## VOWS 3 on 3 Student Soccer Match



ATTENTION STUDENTS AGES 12 thru 17 VOWS 3 on 3 Student Soccer Match Saturday, July 13th, 9 am to Noon @soccer field behind the Amenities Center on Timberland Blvd.

Registration begins July 1st
Register online at: http://tinyurl.com/vows-soccer-match
Questions? Contact Jennifer McAfee at 682-438-3880
Refreshments will be available for purchase.



Preventative Care

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Woodland Springs

VETERINARY



With so much tragedy in the world lately, wouldn't it be nice to do a little good? Why not donate blood?

Carter Blood Care will be at the VOWS Amenity Center on Saturday, July 27th. Please watch The Villages of Woodland Springs website for more details.

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# Mother Son Field Day was a Success!!

Field Day was a hit with mothers and sons both. We started the event with a picnic lunch on the Bray Birch park lawn, and jumping through an inflatable obstacle course. The boys and moms then moved through a series of six different field events, ending at a jump back through the obstacle course to pick out a flower for mom. The boys painted a flower pot, and then potted a flower inside. The flowers were donated by Alta Vista Nursery. Thanks so much to all the Moms and Sons who came out!

















## **Drought Resistant Plants**

Texas summers can be brutal! Lack of rain and sweltering heat can not only be hard on our bodies, but on our lawns as well! It can be very hard to keep your home landscapes looking beautiful all summer long. There are some beautiful plants that are native to Texas that we think you should know about. All of these plants grow with medium to low water and are perfect for drought season!

First let's talk flowers! There are beautiful flowers that come back every year called Purple Coneflowers. These flowers look like purple daisies with large, orange, cone centers. They grow hearty with little water and prefer lots of sun. Another bright fun flower that stays healthy all summer long is called a Mexican Honeysuckle. These flowers are a rich



reddish-coral color. They will do well in full sunlight and can survive on very low amounts of water. Another great addition to any Texas flowerbed is called a Dwarf Indian Blanket. This flower does great with low amounts of water and is adaptable to different types of soil. It continues to produce flowers all summer and into fall.

Now let's talk shrubs! Red yuccas are probably something you have seen a lot, but you weren't sure what they were called. They have long thin dark green leaves that

look like a fountain coming from the ground. In the center you will find a couple of tall, red, flowering stems shooting up. These remain hearty in the dry, sunny Texas summer. They are great for some sculptural elements in your flowerbeds. Another beautiful flowering shrub is called a Texas Lantana. They come in many different colors of orange and yellow and will spread out in your flower beds. The more you trim them, the more this plant will produce flowers. It is a small plant, but it can grow quickly, so keep an eye on it!

For beautiful drought resistant trees, the Texas Redbud is a great choice. These are the gorgeous trees that you see everywhere in spring that are covered in bright purple flowers. These trees are



more drought resistant than others in this area. Once the purple flowers are gone, deep, rich green leaves grow and make a nice shady place to sit under. All it takes is a little research and your Texas lawn can be beautiful throughout the long, hot summer!



817-431-8929

www.leakgeeks.com



#### Wish List

#### **Animal Care:**

Bleach, laundry soap, dish soap

Paper towels, cleaning supplies and disinfecting wipes Purina brand kitten and cat food and puppy & dog food

Powdered milk replacer (kitten & puppy)

Clay cat litter, dog clippers & grooming supplies, towels, bed linens, blankets and rugs

Washable cat & dog toys, balls Latex gloves, Stainless steel bowls, New, or gently

used, top loading electric washers & dryers

#### Spay/Neuter Surgery Dept:

Heating Pads

Latex sterile surgical gloves - size 6.5

#### Office Supplies:

Multi-purpose white copy paper (8.5" x 11") Laser printers (XP compatible) Computers, Pentium 4 (XP compatible) Flat screen monitors with power cords

#### Equine Program:

Thrive horse feed, Equine Senior rolled oats, alfalfa cubes, and Coastal square bales, Halters & lead ropes, Grooming & hoof care supplies, Fencing supplies, Corral/cattle panels

Thank you!!



Full Service Shelter 1840 East Lancaster Fort Worth, Texas, 76103 817-332-HSNT (4768)

www.hsnt.org

## **VOWS Community Activities**

If you'd like to inform residents of a club, group, hobby, or interest, let us know - email vows.communications@gmail.com with the subject ACTIVITIES.

Only residents who are current with VOWS HOA assessments may participate. All meetings below are at the Amenity Center unless otherwise noted. Please note that scheduled activities or details may change after The Woodland Word goes to print, but up-to-date info can be found at: www.woodlandspringshoa.com/community-events-calendar/





**P90X-BOOT CAMP** - Workouts Mon. – Fri. 5:30am; all fitness levels are invited. Must be 18 or older; register online at http://tinyurl.com/VOWSBootCamp. Contact robin.willits@premiercommunities.net with questions.

FIT CLUB - Monday at 6:30pm. Workout to Turbo Fire, Insanity, P90X, and other Beachbody DVDs. Register at http://tinyurl.com/VOWS-Fit-Club. For more info: contact Jodie Rubley jarubley@imaginations.com, beachbodybrenda@yahoo.com.

WALKERS/RUNNERS/BIKERS/TRI-ATHLETES - Saturdays 6:30am; meet at Bray Birch Park to go for a walk, run, or bike ride. Walkers/Runners are diverse in experience.

**ZUMBA** – Wednesdays 6:00pm and Thursdays 6:30pm. Fun, easy-to-follow, calorie burning, Latin-inspired dance fit-

ness party. Email Christie McDevitt at cmcdevitt731@att.net for info.

HOMESCHOOL GROUP - VOWS residents who homeschool children are invited to join the homeschool group, created to support each other. Please contact Sarah Rockhold by email at vowshomeschool@gmail.com with HOMESCHOOL in the subject line.



**PLAYGROUP** - Bray Birch park after school 3:00pm. Everyone is welcome!

**TODDLER PLAYGROUP** - Playgroup for preschool age children. Please go to the VOWS facebook page at facebook.com/woodland.springs and search "VOWS Playgroup in the search box for more information on this group.

**SOULTAINMENT** – Wednesday 8:00pm; contact Paul Brough paul\_brough@hotmail.com Soultainment helps kids build confidence, creativity and individuality through activities and acting.

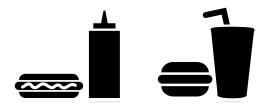
**SPANISH LANGUAGE CLASSES** – Native Spanish speaker and tutor would like to start classes for learning & using



Spanish. Contact Alejandra Rodriguez at ale\_grl@hotmail.com.

**SCRAPBOOKING** - VOWS hosts a scrapbooking night each month – see calendar for date. Admission is an item to share for the potluck meal; please bring your own drink.(no alcohol) For more info: events.vows@gmail.com with the subject "SCRAPBOOK".

**VOWS SINGLES** – Enjoy dinner parties, game nights and socializing with other singles from the community? Contact vbolles@verizon.net for info.



LUNCH BUNCH - Empty nester with extra time on your hands, like to try to get to know some of your VOWS neighbors, and do a monthly lunch out with others? This group meets the third Wednesday of each month Contact to Pauline at pko@email. com for details.

NEIGHBORHOOD PRAYER FEL-LOWSHIP GROUP – This group meets rain or shine every Saturday 6:30am-7:30am at Bray Birch & Lamington Dr. VOWSPrayerGroup@verizon.net.

WOODLAND SPRINGS/ALLIANCE BUSINESS NETWORK – This is a time for businesses to come together and share marketing ideas and resources. It meets the first Friday of every month in the Amenities Center from 10am-11:30am.







### SUN AND WATER SAFETY TIPS

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

#### **FUN IN THE SUN**

Babies under 6 months:

• The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cool compresses to the affected area.

#### For All Other Children:

• The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide

97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.

- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen
   about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

### HEAT STRESS IN EXERCISING CHILDREN

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat or humidity reach critical levels.
- At the beginning of a strenuous

exercise program or after traveling to a warmer climate, the intensity and duration of outdoor activities should start low and then gradually increase over 7 to 14 days to acclimatize to the heat, particularly if it is very humid.

- Before outdoor physical activities, children should drink freely and should not feel thirsty. During activities less than one hour, water alone is fine. Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and there should be more frequent water/hydration breaks. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseous.

#### **POOL SAFETY**

- Never leave children alone in or near the pool or spa, even for a moment.
- Whenever infants or toddlers are in or around water, an adult preferably one who knows how to swim and perform CPR should be within arm's length, providing "touch supervision."
- Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach. Consider alarms on the gate to alert you when someone opens the gate. Consider surface wave or underwater alarms as an added layer of protection.
- If the house serves as the fourth side of a fence surrounding a pool, install an alarm on the exit door to the yard and the pool. For additional protection, install window guards on windows facing the pool. Drowning





Northwest Independent School District (NISD) has a new online registration for students new to the district (including Kindergarten students).

Parents, please follow the link below which will take you directly to the online registration page of the NISD website.

http://www.nisdtx.org/enrollment

### SUN AND WATER SAFETY TIPS

victims have also used pet doors to gain access to pools. Keep all of your barriers and alarms in good repair with fresh batteries.

- Keep rescue equipment (a shepherd's hook a long pole with a hook on the end and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children and parents a false sense of security.
- Children ages 1 to 4 may be at a lower risk of drowning if they have had some formal swimming instruction. However, there is no evidence that swimming lessons or water survival skills courses can prevent drowning in babies younger than 1 year of age.
- The decision to enroll a 1- to 4-year-old child in swimming lessons should be made by the parent and based on the child's de-

velopmental readiness, but swim programs should never be seen as "drown proofing" a child of any age.

- Avoid entrapment: Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act. If you have a swimming pool or spa, ask your pool service representative to update your drains and other suction fitting with antientrapment drain covers and other devices or systems. See PoolSafely. gov for more information on the Virginia Graeme Baker Pool and Spa Safety Act.
- Large, inflatable, above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be

so that children cannot gain unsupervised access.

- If a child is missing, look for him or her in the pool or spa first.
- Share safety instructions with family, friends and neighbors.

#### **BOATING SAFETY**

- Children should wear life jackets at all times when on boats or near bodies of water.
- Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices. Adults should wear life jackets for their own protection, and to set a good example.
- Adolescents and adults should be warned of the dangers of boating when under the influence of alcohol, drugs, and even some prescription medications.

#### **OPEN WATER SWIMMING**

• Never swim alone. Even good swimmers need buddies!

- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water use "touch supervision," keeping no more than an arm's length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.
- Teach children about rip currents. If you are caught in a rip current, swim parallel to shore until you escape the current, and then swim back to shore.

For more tips on sun and water safety, visit www.healthychildren.org.

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## Villages Of Woodland Springs Swim Lessons

**Cost: \$65** Dates: June 24 - July 5, July 22 - August 2 Times:7:45am to 8:30am

#### Mommy and Me Infant to 3

The class incorporates the use of games to promote confidence in the water. The program also teaches basic pool and water safety to parents in the class. Because parents are in the pool with the children, the program is unique for all participants.

#### Cubs Ages 6 and up Introduction to Water Skills

The objective of this class is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary aquatic skills which students will build on as they progress through the levels.

#### **Angelfish** Ages 3 to 5 Introduction to Water Skills

The objective of this class is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary aquatic skills which students will build on as they progress through the levels.

#### **Sea Outers** 6 and up

**Fundamentals to Aquatic Skills** 

The objective of this class is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Students learn to explore simultaneous and alternating arm and leg actions on the front and back.

#### **Turtles** Ages 3-5

#### **Fundamentals to Aquatic Skills**

The objective of this class is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Students learn to explore simultaneous and alternating arm and leg actions on the front and back.

#### Ages 3-5 **Stroke Development**

The objective of this class is to build on the skills learned in previous levels by providing additional guided practice. Students learn to coordinate the front crawl and back crawl. Students are also introduced to elements of the butterfly and the fundamentals of treading water.

#### **Grizzly Bears** 6 and up Stroke Improvement

The objective of this class is to build on the skills learned in previous levels by developing confidence in the strokes learned thus far and to improve other aquatic skills. Students improve their skills and increase their endurance by swimming stokes such as front crawl and back crawl for greater distances. Students continue to build on butterfly and are introduced to elementary backstroke, breaststroke and elements of the side stroke.

Basic wall turns are introduced, along with additional safety skills.

#### **Polar Bears** Ages 6 and up Stroke Refinement

The objective of this class is to coordinate and refine strokes learned in previous levels. Students will refine their performance in all strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Students will increase distance and flip turns on the front and back will be introduced.

You can register for classes starting April 1 at www.bearfootmgmt.com under the activities section of the website. Classes are 4 days a week, for 2 weeks. No classes on Tuesday.

## This Summer at **Act One:**



#### **Open House for Fall Registration**

August 3 • 10 am - 3 pm Join us for our 25th Anniversary Season! Fall classes begin August 12

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#### **Woodland Springs Homeowner's Association**

The purpose of a homeowners association (HOA) is to maintain, enhance and protect the common areas and interests of the subdivision or neighborhood. Individual homeowners, as members of the association, pay periodic assessments support & utilize neighborhood amenities (pond, pools, parks, tennis courts, etc.). The assessments pay for community expenses such as entrance monuments, landscaping, amenities like clubhouses, tennis courts, or walking trails, insurance for commonly-owned structures and areas, an on-site management company, or any other item delineated in the governing documents or agreed to by the homeowners' association.

Currently, the Advisory Committee, which is comprised of elected residents, is the intermediate group between the residents and the Board of Directors and Centurion American (VOWS developer). This will continue until full development of VOWS is completed. The sub-committees report to the Advisory Committee. All residents are invited to attend Advisory Committee meetings which are normally held the 4th Tuesday of each month at 6:30 pm at the Amenity Center on Timberland.

#### July 2013 Advisory Committee Meeting Tuesday, July 23rd, 6:30pm At the Amenity Center

#### **ADVISORY COMMITTEE MEMBERS**

Cindy Dronette	cdrontte@hotmail.com
Frank Friar	friar22@gmail.com
Shirley Gansser	espartners2@verizon.net
Gerald Gifft	thegiffts@gmail.com
Jason Lonergan	jlone22@aol.com
Peggy Lundquist-Wegner	peggy_lundquist@yahoo.com
David McNeil	dmcneil31@hotmail.com
Jeff Michael	michaeljt@gmail.com

#### SUB-COMMITTEE CHAIRS

Budget & Finance - Peter Stamps pstamps@1scom.net				
Newsletter - Openvows.communications@gmail.com				
Landscape/Grounds - Jim Houstonvows.landscape@gmail.com				
Pools - Openpeggy_lundquist@yahoo.com				
Safety/Security - Phoebe Saenz vows.safesecure@gmail.com				
Events - Beth Sovereign events.vows@gmail.com				

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For more information, contact Brooke Grier at isaac\_brookegrier@yahoo.com or (817)372-9838

#### **CALENDAR OF EVENTS – JULY 2013**

	CALEN	DAR UF	CACIAI	3 - JUL	1 2013	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	P90X 5:30am Fit club 6:30pm Spanish 8:00pm	P90X 5:30 am Homeschool 9:30am	P90X 5:30 am Zumba 6:00pm Soultainment 8:00pm	P90X 5:30 am Zumba 6:30pm	P90X 5:30 am	6
7	P90X 5:30am Fit club 6:30pm Spanish 8:00pm	P90X 5:30 am Homeschool 9:30am	P90X 5:30 am Zumba 6:00pm Soultainment 8:00pm	P90X 5:30 am Zumba 6:30pm	P90X 5:30 am WOODLAND SPRINGS/ALLIANCE BUSINESS NETWORK 10:00AM	VOWS 3 ON 13 3 SOCCER MATCH(AMENITIES CENTER SOCCER FIELD) 9:00AM- NOON
14	P90X 5:30am Fit club 6:30pm Spanish 8:00pm	P90X 5:30 am Homeschool 9:30am	P90X 5:30 am Zumba 6:00pm Soultainment 8:00pm	P90X 5:30 am Zumba 6:30pm	P90X 5:30am Scrabooking 6:30pm	20
21	P90X 5:30am Fit club 6:30pm Spanish 8:00pm	P90X 5:30 am Homeschool 9:30am AC MEETING 6:30PM	P90X 5:30 am Zumba 6:00pm Soultainment 8:00pm	P90X 5:30 am Zumba 6:30pm	P90X 5:30am New Homeowner Meet and Greet 6:30PM	Carter Blood Drive (Amenities Center) Please see VOWS website for times
28	P90X 5:30am Fit club 6:30pm Spanish 8:00pm	P90X 5:30 am Homeschool 9:30am	P90X 5:30 am Zumba 6:00pm Soultainment 8:00pm			



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