

The Woodland WORD



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North Central Ballet – Summer Workshops –



Summer Intensive Workshops:
Ages 8 and up

Ballet, Pointe, Musical Theatre, Modern Dance, Jazz

June 18–28th • July 9–20th • July 30 – August 10th

\$500 for one 2 week session -or-
\$300 per week (if taken as individual weeks)

North Central Ballet
12077 Katy Rd, Suite 713, Keller

817-428-8232
northcentralballet.com

1st Annual Tails & Ties Gala & Auction

When: September 6, 2018

Location: The Bowden
1775 Kellar Parkway

Time: 5pm - 10pm

RSVP & Registration:

www.tailsandtiegala2018.weebly.com

Enjoy an exquisite 3 course gourmet dinner
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Homeowners' Association

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Association Professionally Managed
by FirstService Residential**



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Please use this telephone number to report all
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On-Site Management Team:

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Craig.Asaff@fsresidential.com

Claudia Lindsey, Compliance Coordinator
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Jessica Chandler, Administrative Assistant
Vows.Admin@fsresidential.com

VOWS Office email - vows.admin@fsresidential.com

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

Account Services: 877-378-2388

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.

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**Advertising Deadline for the September 2018 Issue
Is July 31, 2018**

Woodland Springs and Community News Connection (CNC) do not in any way endorse or support, nor does it take any credit or responsibility for any of the services, paid or volunteer, listed herein. The Woodland Word is not paid for by the home owners' dues and is not funded by the HOA in any way. The Woodland Word is not a negative publication. It is a community publication created to inform and serve the community. The Woodland Word strives to report only good news; we do not allow articles on politics, religion, controversial topics or any editorials. We also reserve the right to refuse any advertiser or article submission that we feel is not right for this "community philosophy" or not a good fit for this publication.

Back to School!

**Saturday, August 4th
11 a.m. to 2 p.m.**

Neighbors enjoy some fun at the VOWS Back to School event. There will be a free Buy-Nothing garage sale in the parking lot. Bring your garage sale items to donate, and pick from the other donations for items to take home for free! Endersby Photography will be holding a school supply drive to benefit the Donation House charity's annual gifting. Enjoy free hot dogs, snow cones, vendor booths, and more fun! Scouts of America will be hosting a skills fair. Volunteers will be needed to make the fun possible, please email Events.VOWS@gmail.com to sign up.

Important Reference Numbers

Important Reference Numbers

Animal Control.....	817-392-1234
Code Enforcement.....	817-392-1234
Fire (non-emergency).....	817-922-3000
Graffiti.....	817-212-2700
Police (non-emergency).....	817-392-4222
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City of Fort Worth

Get connected and stay informed about city services and programs

The City of Fort Worth is launching a new information delivery service to help you get connected to your city government and stay informed about services and programs.

With the addition of this new GovDelivery platform, subscribers can choose the topics they wish to read about and determine when and how often these topics are delivered to them. Daily and weekly digest of information will be available.

All city departments will be using GovDelivery as their mechanism for news and information to residents. No content is going away – it will just look a tad different and be delivered in a new, more convenient format.

If you are an existing subscriber or member of a city email list, we have transferred your email to this new program.

Visit the subscriber preference pages at the link below to manage your subscription, sign up for new topics and tell us how often you want to receive updates so you continue to receive important community news.

<https://public.govdelivery.com/accounts/TXFTWORTH/subscriber/new>



Preventing late fees on HOA dues

To prevent late fees on HOA dues, please pay your dues before January 31. A late fee will incur on February 1 and every month after until it is paid in full. Payments can be made online at ClickPay! The new online payment provider.

FirstService invites you to make individual payments or automatic payments online through ClickPay. Payments can be made by e-check (ACH) now for free and by all major credit cards or debit cards for a fee. Get started by creating your account at www.ClickPay.com/FirstService. For help getting started, visit www.ClickPay.com/GetHelp or call 1-888-354-0135.



Late fee schedule as follows:

30 Days late: \$245.00 Dues + \$25.00 1st Late fee + \$3.68 Interest %15 + \$15.00 Processing fee = \$288.68

60 Days late: \$288.68 Balance + \$25.00 2nd Late fee + \$4.33 Interest %15 + \$36.00 Notice fee = \$354.01

90 Days late: \$354.01 Balance + \$25.00 3rd Late fee + \$5.31 Interest %15 + 161.00 Demand Letter = \$545.32

120 Days late: Turned over to the Attorney for further collections

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JULY 4TH CELEBRATION



Patriotic neighbors celebrated the 4th of July holiday together at the VOWS slide pool park. Kids enjoyed inflatable water slides provided by I-9 sports and water shooters, DJ Kam played music, glitter tattoos were adorned, and vendor booths provided entertainment. Golan Insurance served sno cones, next to the dunk tank sponsored by Remax Tammy Melendez Team, where her team got splashed and gave away prizes. Thank you volunteers for making the event possible.



Summer Sandwiches ...IT'S A WRAP

When the weather is hot, cooking in your kitchen may be the last thing you want to do. How about making a wrap for lunch or dinner? It is easy, delicious and healthy; also you do not need to heat up your kitchen.

A wrap can be a flour tortilla, pita or flat bread filled with just about any food. Create a salad wrap by using lettuce, tomatoes, mushrooms, cheese and your favorite salad dressing. If you have left over rotisserie chicken, chop it and add chicken to your salad wrap. Chicken salad or tuna salad wraps are hearty wraps perfect for lunch or dinner. For a quick kid friendly wrap, use lunch meat and sliced cheese. If you want to be fancy, wrap your wrap in parchment paper and tie with string.

Keep yourself and your kitchen cool, eat a wrap.

School's Open - Drive Carefully

Now that school is in session again, drivers might need to remind themselves to watch out for children near bus stops or schools. Remember that the speed limit is 20 mph in a school zone. Keep the following in mind when schools are open:

- Drive with your headlights on to be more visible.
- Look for clues indicating that children might be in the area (for example, school safety patrols, adult crossing guards, bicycles, school buses, or playgrounds).
- Watch for school buses flashing their lights, which means that students are entering or exiting the bus. Generally, drivers approaching the bus from either direction must come to a complete stop. Slow down and use extra caution whenever you drive near a school bus or school bus - loading zone.



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COLIN'S HOPE

FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW.

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM.

NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT.

2 min Drowning occurs in as little as 2 minutes.

5 min Most children who drown are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.

4 min Irreversible brain damage occurs in as little as 4 minutes.

6 min Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not scream, splash, or struggle. They silently slip beneath the water, even with adults & lifeguards present.

For more information, visit our website at cookchildrens.org/safety

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This document may be freely copied and distributed for personal and educational purposes provided that the content is unchanged. All reproductions must include this copy permission statement, the copyright notice, the Colin's Hope logo and website link. Thank you for helping us to achieve our mission of drowning prevention and increased water safety awareness and standards.

Drowning Prevention Tips

SAFE KIDS
 TARRANT COUNTY
led by Cook Children's



CONSTANT VISUAL SUPERVISION

- Assign an adult WATER GUARDIAN whose only responsibility is to watch children who are in the water.
- Teach children who cannot swim to stay away from water unless they are with an adult who is within arms reach and has eye-to-eye contact on them.



LEARN TO SWIM

- Studies show that formal swim lessons for children under age 4 reduce drowning by 88%.
- Take swim lessons with your child if you don't know how to swim yourself. Even adults who are strong swimmers should never swim alone.



KEEP BACKYARDS AND BATHROOMS SAFE

- Dump all water buckets and empty kiddie pools when they are not in use.
- Install safety latches on toilets.
- Never leave children unattended in the bathtub.



MULTIPLE BARRIERS ON ALL POOLS AND SPAS

- Install pool fences, self-closing, self-latching gates and door alarms in areas leading to pools and spas.
- Keep a phone by the pool and call 911 in an emergency.
- Keep pool area picked up and clear of toys and other items which might attract an unsupervised child.



ALWAYS CHECK POOL/SPA FIRST FOR MISSING CHILD

- Make sure to look at the bottom of the pool or spa.
- Do not quickly scan the top and move on - children who drown often sink to the bottom and appear as shadows that can easily be overlooked.
- Every second counts.



WEAR LIFE JACKETS

- Children who cannot swim should always wear a properly sized Coast Guard approved life jacket.
- Do not rely on water wings, floats, or other toys to keep children safe.



LEARN CPR

- Studies show CPR doubles the victim's chance of survival.
- Use hard/fast compressions in the center of the chest until help arrives.
- Refresh CPR skills yearly, certifications every two years.
- Post CPR guidelines near the pool.

For more information, visit our website at cookchildrens.org/safety

Yard of the Month



Congratulations to the homeowners at 11733 Merlotte Ln. for the Most Beautiful Yard in VOWS for July 2018. The Homeowners received a \$30 gift card courtesy of The Flower Ranch @ 901 S. Pearson Lane, Keller, 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.admin@fsresidential.com

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 FirstService Residential. 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.



STAR SERVICE

At FirstService Residential we have very strong values!

We strive to meet these values every day for our residents and hope you will join us in recognizing those individuals who go above and beyond in delivering great customer service.

- ▶ Have you witnessed an associate doing something great?
- ▶ Have you been exceptionally pleased with the service you have received?
- ▶ Do you want to let others know how awesome someone is?

Help us show recognition to our Star Performers. Please email your feedback to starserviceonsite@fsresidential.com. Be sure to list the Star performers' name and community. Thank you for allowing us to serve you.

Your HOA Management Team


 Be Genuinely Helpful


 Aim High


 Improve It


 Build Great Relationships


 Own It


 Do What's Right



North Central Ballet Join us for our 25th Anniversary Season!

Pre-Register for Fall 2018

Space is limited. Ages 2 through Adult.

Experience the NCB difference



Classes begin August 20th

817-428-8232

Inquire about scholarships for boys.

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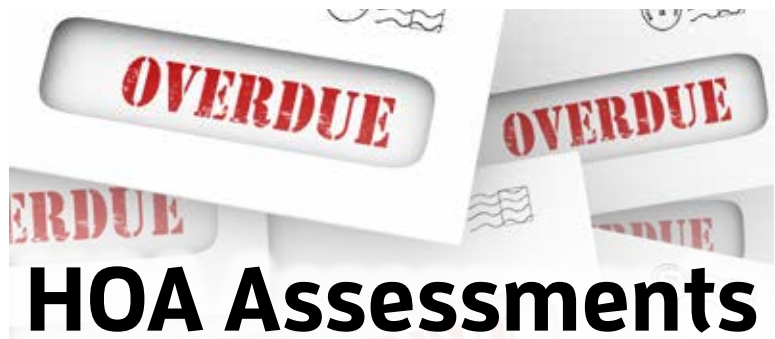


Planning to be out of town? Even with a neighbor or a friend watching the house, it's a good idea to contact the VOWS Off Duty Officers to come do a Vacation House Check. (available year round)

Homeowners just need to email them a week in advance, please include the details of the attached sheet, you'll get a response it was received. They really need at least a week to hear from you in case more info needed, so don't wait until the last minute to email them!

Off Duty Officers that VOWS hires will come by and check on the house, NOT just drive by. They will check the door, etc.

Just email : Police4VOWS@gmail.com



Since the HOA was turned over to the homeowners, the Board of Directors has been investigating in depth the Accounts Receivable situation. In the past, the collections procedure has not been emphasized and acted upon within the full extent of the law. With the turnover, the Board is now in the position to rectify this situation.

Here are several tips to take to heart concerning the assessments billed to each homeowner twice a year:

1. Pay your assessment as soon as you get it so you don't forget about it! That means before December 30 and June 30 each year. The amounts added to your bill for sending you reminders along with penalties and interest (all legal and appropriate) will quickly increase the amount due. In fact, in a matter of months the original amount due will double! Most of this increase is due to what the HOA has to pay TO SEND YOU REMINDERS and other notices!

2. It is YOUR RESPONSIBILITY alone to make sure your payment is received BEFORE the due date. Mailing it or transferring it on the last day usually is not sufficient time to get it to the proper place to record receipt as being on time.

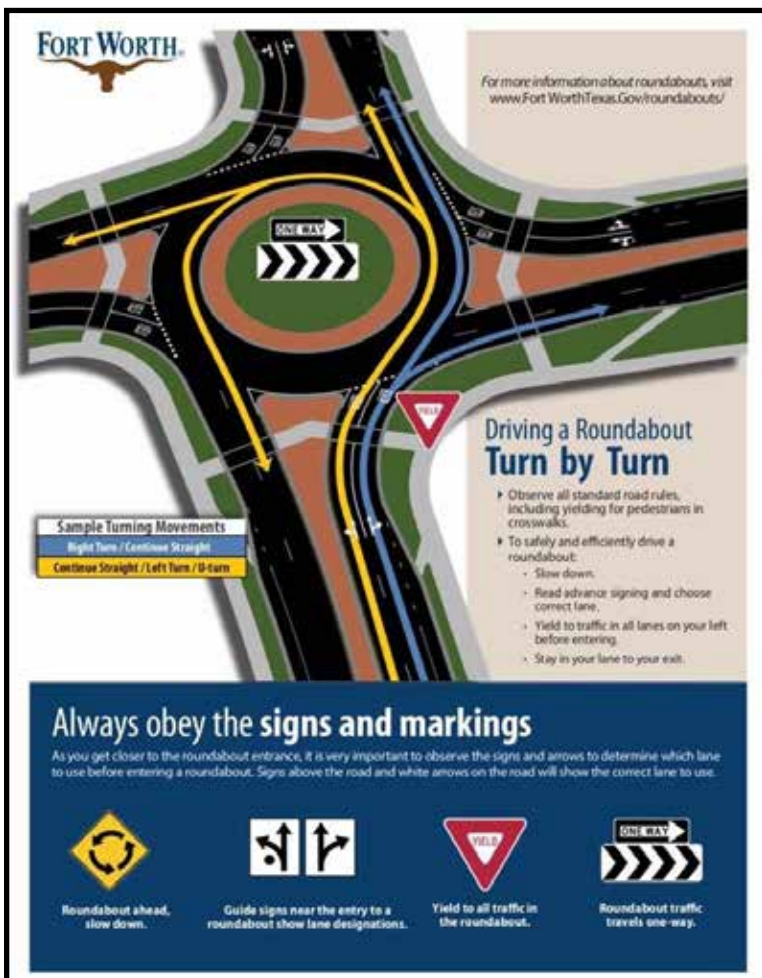
3. For homeowner accounts that have become delinquent, Late Fees and Late Fee Interest charges (soft costs to the HOA) may be waived if requested by the homeowner and approved by the Board on a ONE TIME ONLY per account basis. The hard costs (assessments and what the HOA has had to pay out because the payment was late) will not be waived. The other homeowners in the community should not have to support the costs of your late payment!

4. Payment plans are available for delinquent balances – at an additional cost for setup. But remember, if you do not pay even one payment or are late on it, the whole situation reverts back to what it was.

5. If you want to pay monthly (deducted from your bank account), you must be current on your account in order to do this. This actually is paying in advance for the next assessment to be billed.

6. Yes, we will file liens, and we will foreclose. It simply is not right or fair to the other homeowners who pay on time, as you all agreed to when you signed the documents when you closed on your house, to do otherwise.

Follow these tips and pay your assessment before it becomes a much bigger problem than you may be able to handle. Folks, this is your home we are talking about.



Things to Plant IN AUGUST

FLOWER PLANTS: Ageratum, Ajuga, Wax Begonia, Blue Daze, Boltonia, Cockscomb, Impatiens, Rudbeckia Hirta (Gloriosa Daisy), Salvia, Sedum, Shasta Daisy, Stokes' Aster, Zinnia

FLOWER SEEDS: Ageratum, Alyssum, Amaranthus, Balsam, Bluebell, Calendula, Candytuft, Cleome, Coreopsis, Cornflower, Castor Bean, Cosmos (late), Cockscomb, Four-o'clock, Gerbera, Hollyhock, Impatiens, Linaria, Marigold (French), Moonflower, Morning Glory, Petunia, Portulaca, Sunflower, Tithonia, Flowering Tobacco, Zinnia

BULBS: Colchicum (Autumn Crocus), Hardy Cyclamen, Louisiana Iris, Liriope, Lycoris, and Monkey Grass

VEGETABLES: Early–Mid Month: Corn, Eggplant, Pepper, Southern Pea, Tomato, and Winter Squash. Mid–Late Month: Potato.
ALL Month: Cucumber, Summer Squash

THINGS TO DO IN JULY

FERTILIZE: Fruiting vegetables weekly after first fruit set for higher productivity. Feed mums every 2-3 weeks until buds appear, then weekly until buds show color. Gardenias can be fed with azalea-camellia food. Fertilize roses for fall bloom. Feed berries and fruit showing poor color/vigor.

WATER: Water all planted areas deeply but infrequently during dry periods. Outdoor container plants need daily watering. Keep azaleas and fruit trees well watered, spring blooms are developing.

SOIL: Discard faded annuals and refurbish soil as needed. Prepare loose, well-drained beds for bulb planting. Clean up established garden beds. Turn compost pile.

LAWNCARE: Mow every 5-7 days, leaving the clippings on the lawn. Set mower higher in shady areas to promote denser turf. Avoid weed killers when temperatures are above 85 degrees.

DISEASES/PESTS TO LOOK FOR: Watch for cutworms on new tomato plants; protect with paper collars around base 1" above and below ground. Grub worms, chinch bugs and fire ants in lawns. Borers in peaches, plums and other trees. Look for aphids and powdery mildew on crape myrtles.

PRUNE: Roses back by 1/3. Deadhead spent blooms and seed pods from crape myrtles for continued blooms. Trim photinias for red fall color. Thin camellia buds to one per cluster for larger flowers. Remove dead and damaged wood from shrubs and trees. Pinch mums for the last time.

OTHER THINGS TO DO IN JULY

Try this deer repellent: spray your plants with fermented hot peppers combined with dishwashing liquid. Hot mouth for the deer!

Save the Date!

If you are not currently receiving emails from the HOA, please email us so that we can add you to the list:
vows.admin@fsresidential.com

August 2018 Upcoming Events:

August 3rd Bingo Night
August 4th VOWS Back To School Party
August 9th Daytime Crafters
August 18th NFWA Meeting
August 28th Board Meeting

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The Villages of
Woodland Springs
Homeowners' 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 (ponds, 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.

August 2018 Board of Directors Meeting
Tuesday, August 28th – 6:30pm
At the Amenity Center

Board Members

President.....	Shirley Gansser
Vice President	Tony DeVito
Treasurer/Secretary	Frank Friar
Member	Lora Fulmer
Member	Frank McArthur
Member	Charles Stark
Member	Jim Houston

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VILLAGES OF WOODLAND SPRINGS

**SAVE THE
DATE**

TUESDAY, OCTOBER 2ND



POLICE • COMMUNITY PARTNERSHIPS

National Night Out (NNO) is an annual event that encourages residents all across the country to get out in their communities, hold block parties and get to know their neighbors as a way to encourage crime prevention. Due to the heat, State of Texas has theirs the first Tuesday in October so ours will be Tuesday, October 2, 2018.

VOWS Safety/Security Committee is gathering interest of those who would like to host their own National Night Out block parties. Our VOWS HOA will reimburse each party up to \$200*. This will be on a first come, first approved, limited number. Fort Worth Police Department will have registration info In August for us to pass along for each participating host(s). If you and your neighbors would like to host a block/neighborhood party, please contact the VOWS Safety/Security Committee at safety.vows@gmail.com soon! Please put in email subject line 'Interested in hosting VOWS NNO'. Application from VOWS SSC will be sent to those who show interest. Deadline to submit your interest will be Wednesday, August 22, 2018 or will close earlier if our limit is reached. Those hosts chosen need to be able to attend an A-Z National Night Out information meeting on Thursday, Sept 6th hosted by Fort Worth North Division Crime Specialist, Rosalinda Mendoza.

This is a fun and purposeful event for the neighborhood!

*\$200 for each party will be used for food, non alcoholic beverages and table ware (disposable plates, cups, utensils) ONLY. Decorations, craft supplies, tables, chairs, etc, will not be included. Each host will need to keep track of receipts and submit them no later than October 9, 2018 for reimbursement from the VOWS HOA. Reimbursement could take up to two weeks.

VOWS SAFETY COMMITTEE

CODE BLUE CONNECTION

Facebook Truth or Fiction

Do you believe everything you read on Facebook Neighborhood Pages? Do you feel the information must be true because these people/residents are your neighbors? The FWPD want to remind you to know your source. Before you believe that person, story or business, do your research. Is there more to this story or something just doesn't sound right? From a law enforcement perspective, Facebook can be a help or a hindrance. When the word needs to be spread quickly, it can be a great communication tool. If an officer is trying to enforce speeding issues and is tracking radar, it defeats his intentions when someone announces on Facebook an officer is at a location checking radar. Don't complain about speeders and then announce on Facebook where the radar officer is set up. Let them do their job. Let them catch the racing vehicles in the neighborhood.

Why tell residents on Facebook your vehicle was broken into, when you don't report it to the police? You're doing a disservice to your neighbor by not placing a police report. If the crime is not reported (whether anything is missing or not) the police will never know a crime was committed. No additional police will patrol the area and there is zero chance of you getting your property back. Place on line police reports at www.fortworthpd.com.

When buying or selling items, always go to a "Safe Zone". These areas will be stationed in front of a police or fire station. If there

isn't a designated spot, position yourself near a camera to make your transaction. Take every precaution to protect yourself.

If you contract for services, check references and credentials before you let them in your home. The person may have a reputation for not showing up or completing the job.

Don't announce when you will be traveling. Have a trusted neighbor watch your home or take in your mail. Contact the Off-Duty Officers to do a vacation check at www.police4vows@gmail.com.

Are you purchasing food prepared by residents in their homes? Do these residents have a food handlers license? Have their kitchens and utensils been inspected and are their refrigerators storing food at the proper temperatures? Are they wearing gloves, hairnets and storing ingredients away from hazardous materials? What happens if you or your family member gets sick? How do you report it?

When using Facebook, don't expect everything to be truthful. Keep in mind that there may be more to the story. Remember to protect yourself from slander or lawsuits. Never post personal information, such as pictures of people, vehicles, license plates without getting the approval from the owner.

Always take precautions to protect you and your family first.

If you have questions for our Neighborhood Police Officer Barry Sawyer please contact him at barry.sawyer@fortworthtexas.gov.

AMENITY CENTER RULES & REGULATIONS

Thinking of renting the Amenity Center for a party or event?

**Please call the office today at
(817) 741-1719 to reserve your spot.**

The Amenity Center can be rented by VOWS homeowners for their personal use. However, in the interest of maintaining the Center, avoiding extra work for the on-site staff, avoiding potential damages and keeping the Center in good condition, rules and regulations have been established for its use. A few rules are as follows: No Alcohol, no pets, and no fog machines. For a complete list of rules visit our website at www.woodlandspringshoa.com.

When each homeowner rents the Amenity Center, a contract must be signed signifying their understanding, acceptance, an agreement to follow the rules and regulations regarding the rental. Violation of any of these rental conditions is cause for denial of future rentals.

A deposit of \$500 is also required. This deposit will be returned in full after the event if the Amenity Center is cleaned, put in order, and determined to be damage-free. A list of the charges that will be deducted from the deposit for non-compliance is provided each renter at the time the rental contract is signed.

Each renter should take pictures and provide them to the office staff to verify the condition of the Amenity Center when the rental is started in order to avoid potential deductions from the deposit amount.



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NOTARY ON SITE

Notary Public services are now at the VOWS HOA office. Services are provided by appointment only.

Please call or send an email to
vows.admin@fsresidential to schedule and
appointment.

Services are free to VOWS residents.

COVENANT CORNER

The Role of Committees

Committees are an important part of our association operations. Committee members help keep our community vibrant; and, by augmenting paid staff, they save the association thousands of dollars each year. The association just wouldn't be what it is without our active and effective committees. They deserve our sincerest thanks.

However, to be successful, our association needs to cultivate fresh ideas and encourage additional resident involvement in our committees; so, we'd like your help on one of our committees.

Committees give the board a way to gather information, offer new ideas and opinions and provide a training ground for future board members. All committees are advisory to the board unless given specific decision-making authority by the board or CC&Rs.

The board provides each committee with a job description, goal and mission statement to help it succeed as a community resource.

Our association has three types of committees:

- Administrative committees, like our architectural control committee, are set out in our association's bylaws and CC&Rs. They are ongoing, permanent and often have clearly defined power and authority.
- Standing committees, such as our social and landscape committees are established by the board for an ongoing and specific purpose. These committees generally make recommendations to and act under the supervision of the board.

So, if you're thinking about running for the board and want to learn a little more about association operations first, or if you're interested in helping improve your community or just want to get out and meet neighbors, we would be thrilled to talk to you about our committees and how you might be able to help. Contact any member of the board or call the manager for more information.



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Keep Your Kids Hydrated

Texas summer heat can be dangerous for kids if fluids are leaving the body more rapidly than being replaced causing severe dehydration. Take a few precautions to make sure your kids are hydrated.

Be sure and offer kids water and healthy beverages at all meals as well as snacks. Help your child drink water regularly throughout the day. Your child should drink approximately 6 glasses of water a day.

If you wait for your child to get thirsty, they may be dehydrated already. When the weather is hot, it is a good idea to schedule frequent

water and healthy beverage breaks usually every 20 minutes.

After a sporting event, choose water and healthy drinks for cooling down followed by a healthy snack or fruit. During exercise and outdoor activities your child can lose up to a half a liter of fluid per hour. It is recommended for your child to drink 16 oz. of water two hours before vigorous activities or exercise.

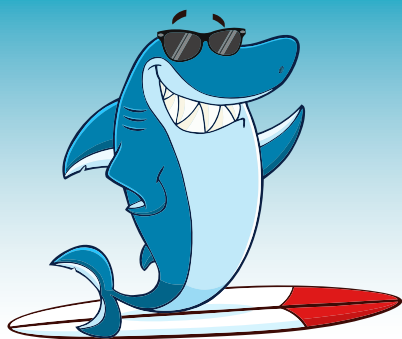
Always keep a few bottles of water in your freezer, and then grab frozen water bottles to place in your cooler. The frozen water bottles will keep all your drinks cool without ice. Moderately cool water is easier for kids to drink allowing them to get the necessary amount of water to keep them cool, refreshed and hydrated.

Sometimes flavored sports drinks might be good options for your kids to drink as they help replace electrolytes when their bodies are sweating. Limit the amount of sports drinks your kids drink as these drinks are usually high in carbohydrates and calories.

Drinking caffeine should be avoided when trying to keep your child hydrated as caffeine drinks such as sodas and iced tea can contribute to dehydration.

As important as taking water breaks, many times it is difficult to get your children to stop playing for a water break. An option is to offer frozen pop treats to your kids. They will like the flavors and 2 frozen pops have a good amount of water for keep your kids hydrated.

Many fruits are excellent nutritious snacks packed with water. Offering fruit such as watermelon is a good choice to hydration during or after strenuous activities and sports. Helping your children make better choices such as water and fruits will ensure your kids are hydrated for the summer.



Dr. Susan Roberts Pediatric Dentistry

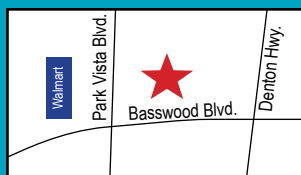
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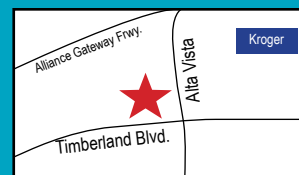


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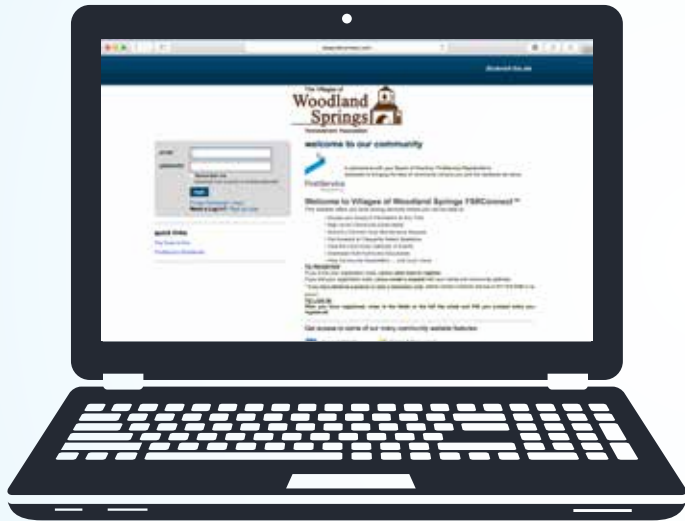
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TO REGISTER FOR CONNECT ACCESS - send an email to vows.admin@fsresidential.com and include your name, address, phone number and email address (your email address will be your log-in). We will send you an email with your temporary password.

Whether eaten on special occasions or when the Texas summer heat is just unbearable, ice cream, gelato, sorbet or frozen yogurt is always delightfully satisfying. So many choices and all so delish!

*Ice cream, Gelato,
Sorbet & Frozen yogurt*



ICE CREAM is a benchmark summer dessert, always creamy and scrumptious with decadent choices such as dark chocolate, red velvet, and mint chocolate chip as well as the ever popular vanilla. Ice cream is a comfort food for many people made of cream, sugar and eggs.



GELATO is the Italian word for ice cream. Gelato, Italian style ice cream, has become a very widespread frozen dessert all over the country. It is usually made with whole milk, less air and much more flavoring than ice cream giving it a custard consistency.



SORBET is primarily a fruit-based, lower calorie frozen dessert. Sorbet is made from sweetened water and fruit juices. Sorbet is extremely refreshing and light containing no dairy, making this a healthier choice to quench the summer heat.



FROZEN YOGURT is made with yogurt and dairy products creating a lower in fat or non-fat frozen dessert. Choosing frozen yogurt over ice cream is often a healthier (calorie-wise) choice. Frozen yogurt is less sweet than ice cream and perhaps even a little tart.



COMMUNITY ACTIVITIES

*If you'd like to inform residents of a club, group, hobby, or interest, let us know - email the management office at vows.admin@fsresidential.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/*

VOWS OWLS

Over 50? Meet fun folks at our weekly event. Bingo, card games, exercise classes and potlucks are just a few of the future activities planned. Our goal is to bring together senior residents in our community for fun activities. Meets every Wednesday at 10:00 AM in the Amenity Center.

DAYTIME CRAFTERS

Crafters group that meets monthly at the Amenity Center. Open to anyone in the HOA. Bring any project you want to work on or just come and see what others are doing. Bring your own food and drink and feel free to come and go at any time. This is a great opportunity to meet your neighbors, share ideas and have fun. Email Janas Horner at janashorner@earthlink.net for more information.

ADULT INTERNATIONAL FRIENDS ENGLISH CLASSES

Meet new friends as you learn English! Classes are available at beginning, advanced beginning, and intermediate levels. Focus is on vocabulary, grammar, and conversation as well as on learning everyday tasks like banking, shopping, making appointments, and completing job applications. Students from varied backgrounds and language groups are welcome. Contact Dorothy O'Grady (817.337.7458) or Lawrence Duhon (817.431.2545) to register. Location: First Baptist Church of Keller, 225 Keller Parkway, Keller, TX 76248, Room 224. Fee: \$5 total for class book and workbook.

VOWS BOOK CLUB

Meets the second Thursday of the month at 8:00 pm. Books are nominated and voted on by members. Add yourself to the Facebook group "woodland springs book club" for more information.

WALKERS/RUNNERS/BIKERS/TRI-ATHLETES

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

HOMESCHOOL GROUP

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

PLAYGROUP

Bray Birch Park after school 3:00 pm. 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.

CRAFT NIGHT

VOWS hosts a craft 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: dikes1@aol.com with the subject "CRAFT NIGHT".

THE COWTOWN STACKERS CUP STACKING CLUB

This group meets Thursdays from 5:00 pm -6:00 pm at the VOWS amenity center on Timberland Blvd. Stackers from ages 5-95 with skill levels from beginner to expert are invited to attend. Cost is free but please bring your own cups, timer, and stack mat. For more information, contact Jimmy and Carmen Griffith at jcgx4@sbcglobal.net.



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CALENDAR OF EVENTS – AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 VOWS OWLS 10-11:30am	2 Cowtown Stackers 5-6pm Community Bible Study 7-10pm	3 Bingo Night	4 VOWS Back to School Party
5	6 VOWS Homeschool Group 1-4pm	7	8 VOWS OWLS 10-11:30am	9 Daytime Crafters 10am-2pm Cowtown Stackers 5-6pm Craft Night 7-10pm	10	11
12	13 VOWS Homeschool Group 1-4pm	14	15 VOWS OWLS 10-11:30am	16 Cowtown Stackers 5-6pm	17	18 NFWA Meeting 8-11am
19	20 VOWS Homeschool Group 1-4pm	21	22 VOWS OWLS 10-11:30am	23 Cowtown Stackers 5-6pm	24	25
26	27 VOWS Homeschool Group 1-4pm	28 Board Meeting 6:30pm	29 VOWS OWLS 10-11:30am	30 Cowtown Stackers 5-6pm	31	



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