

September 2018

The Woodland WORD



Yard of the Month
Page 4



BBQ Cookoff
Page 5



Back To School Party
Page 8



Covenant Corner
Page 10



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.

September 2018 Board of Directors Meeting
Tuesday, September 25th – 6:30pm
At the Amenity Center

Board Members

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

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

FirstService
RESIDENTIAL

The Villages of
Woodland Springs
Homeowners' Association

The Villages of Woodland Springs Homeowners Association Professionally Managed by FirstService Residential



FirstService
RESIDENTIAL

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

On-Site Management Team:

Craig Asaff, General Manager
Craig.Asaff@fsresidential.com

Claudia Lindsey, Compliance Coordinator
Claudia.Lindsey@fsresidential.com

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.

PUBLISHED BY

Community News Connection, Inc.
206 W. McDermott Drive, Suite 120 • Allen, Texas 75013
972-396-8855 • www.communitynewsconnection.com

ADVERTISEMENT SALES

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

Advertising Deadline for the October 2018 Issue
Is August 31, 2018

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CODE BLUE CONNECTION

Parking on Residential Streets

Parking on a residential street should be an effortless task, unless other vehicles are illegally parked. Here are some laws that are broken on neighborhood streets. Tickets can be issued for these violations.

- You must park within 18 inches from the curb
- You must park parallel to the curb
- All parked vehicles must be facing the same direction as the flow of traffic (no parking backwards on the street)
- Vehicles are not permitted to head-in park on Cul-de-sacs
- Vehicles are not permitted to park over a sidewalk or hang out of a driveway into the street
- Vehicles are not permitted to block a fire hydrant
- Vehicles cannot park within 30 feet of a STOP sign upon approach
- A trailer that is 20 feet long and/or 7 feet wide and/or 7 feet tall is considered an over-size vehicle which cannot be parked in a residential

neighborhood unless it's being loaded or unloaded and there is a 2-hour limit

- Semi Cabs are not allowed to be parked on residential streets or driveways
- Campers and boats are not allowed to be stored in the street more than 72 hours
- Vehicles are not permitted to park on the lawn

Please be courteous to your neighbors when parking your vehicle. Do not block a mailbox. The mail carrier has the right to pass any mailbox that is blocked by a vehicle. Keep in mind that there needs to be enough room in the road for an emergency vehicle to pass freely. Sidewalks should be clear to allow pedestrians and the handicapped a path to travel on.

For more information on parking violations please contact Officer Barry Sawyer at Barry.Sawyer@fortworthtexas.gov.

For information on the Code Blue Citizens on Patrol Program Contact: Cindy Strauss at Cindy.Strauss@fortworthtexas.gov.



Just Listed

12444 Wood's Edge Trail

Just Sold

3213 Gidran

2065 Normandy Drive

4813 Lake Side Circle

5516 Annie Creek



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Jennifer McCutcheon, DVM | Lauren Carroll, DVM



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

September 2018 Upcoming Events:

September 13th Daytime Crafters
 September 13th Craft Night
 September 20th OWLS Potluck Dinner
 September 25th Board Meeting

Yard of the Month



Congratulations to the homeowners at 12452 Woodland Springs Dr. for the Most Beautiful Yard in VOWS for August 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



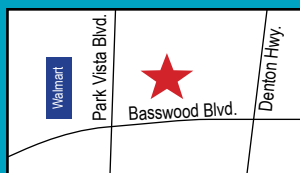
Dr. Susan Roberts Pediatric Dentistry

Welcome to the pediatric dental office of Dr. Susan Roberts
 As pediatric dentists, we focus on preventive care to help each child have a healthy smile. We are dedicated to providing the highest quality of compassionate dental care to pediatric patients in a fun and child friendly environment.



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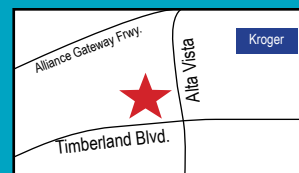


5411 Basswood Blvd.
Fort Worth, TX 76137

817-656-3999

12485 Timberland Blvd.
Suite 703
Fort Worth, TX 76244

817-337-9720



BBQ COOKOFF

Congratulations to the BBQ Cookoff winners: Brew-Que, Smokin' Hot, and Evans BBQ. Neighbors enjoyed Crown Catering food truck, taste samples from the contestants, a caricature artist, yard games, and a live band. Thank you to the awesome '80's tribute band, Save Ferris, for rocking our event.



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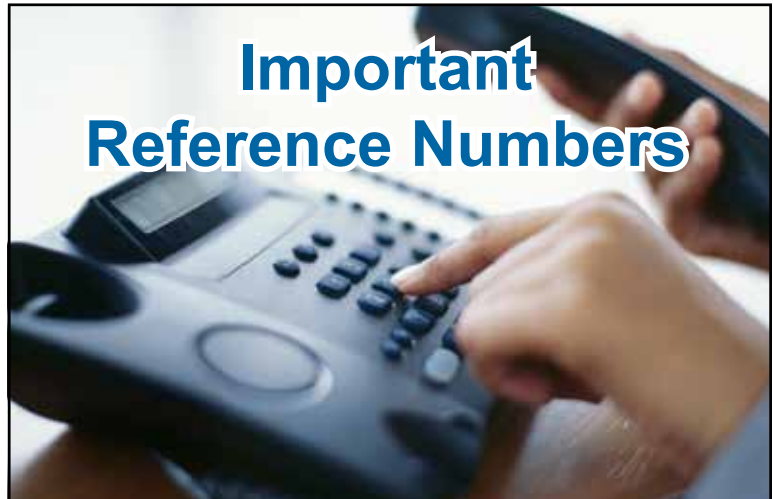
NOTARY ON SITE

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.

Important Reference Numbers



Important Reference Numbers

| | |
|------------------------------------|---------------------|
| Animal Control..... | 817-392-1234 |
| Code Enforcement..... | 817-392-1234 |
| Fire (non-emergency)..... | 817-922-3000 |
| Graffiti | 817-392-3670 |
| Police (non-emergency)..... | 817-392-1234 |
| Trash/ Recycle..... | 817-392-1234 |
| Water..... | 817-392-4477 |
| VOWS (onsite office) | 817-741-1719 |
| VOWS (after hours)..... | 877-378-2388 |

1st Annual Tails & Ties Gala & Auction

When: September 6, 2018

*Location: The Bowden
1775 Kellar Parkway*

Time: 5pm - 10pm

RSVP & Registration:

www.tailsandtiesgala2018.weebly.com

*Enjoy an exquisite 3 course gourmet dinner
catered by DeVivo Bros. Eatery, Wines, Brews
and Cocktails, Live Band and Dancing, Live
Auction, Caricature Artist plus much more!!*

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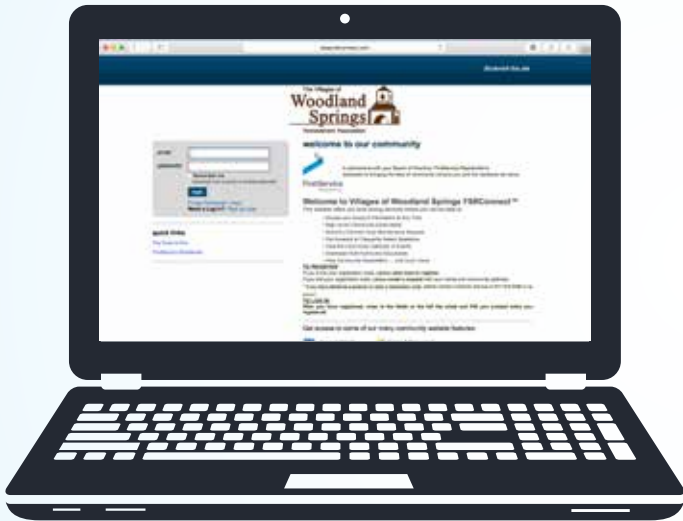
www.northcentralballet.com

@northcentralballet





www.texas.fsrconnect.com/thevillagesofwoodlandsprings



Provides homeowners with full access to:

- Your personal account information & statements
- All governing documents and deed restrictions for your community
- All forms and documents (modification requests, NCC forms, etc.)
- A complete FAQ with search options to help answer your HOA related questions
- Updating your contact information, billing address and emergency contacts
- All past newsletters and mailings
- Ability to submit violations and work orders directly to the manager

You will also be automatically added to our email distribution list that is used for community announcements and event reminders.

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.

Better Breakfasts

After a long night of sleep, breakfast may be the most important meal of the day as your body is in need of nutrients and sustenance setting your energy tone for the rest of the day.

You should avoid sugary cereals and white bread which can lead to unstable blood sugar levels and make you hungry again soon.

Making a healthy, high protein breakfast choice such as **eggs** or **avocados** is a better breakfast choice.

Choosing **Greek yogurt** for breakfast and adding **oats, nuts** or **fruit** such as **apples, blueberries** or **strawberries** is high in protein and can be an excellent choice.

A bowl of **high fiber bran flakes** and **low-fat milk** is a perfect breakfast choice.

There are several brands of **high-fiber breakfast bars** that are low in sugar and can be an excellent choice for breakfast on the go. To be better informed and to help with better choices, always read the ingredients and nutritional facts on the products you purchase.

Eating breakfast is a good decision but choosing a better breakfast can be beneficial to your health as well as boost your energy level for the entire day!



Back to School



Neighbors, you did it! We held our first free Buy-Nothing garage sale. Household and clothing donations were brought to the park in the morning so that guests could shop for free during the event. Endersby Photography served free hot dogs and sno cones while collecting school supplies for Donation House. Tiger Rock brought their awesome bounce house, and Deanna Chavez provided face painters. The Scouts of America held a skills fair, which included cooking delicious outdoor donuts and cobbler. Local businesses held booths with free giveaways.

Monarch Butterfly Migration

Texas is among one of the most important states for monarch butterfly migration. Texas lies between the northern butterfly breeding grounds and Mexico, where monarch butterflies migrate for winter months. The monarch butterfly migrates twice a year once in the fall and once in the spring. The path of migration is about 300 miles wide and can be over a 1,000 miles long. Their sense of smell and vision aid in assessing its environment for the long migration. Monarch butterflies are the only insect to migrate for such long distances each year. Around the end of September, be on the lookout for the beautiful monarch butterflies to be passing through our great state.



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

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.

The Nutcracker

Open Auditions ages 5 and up
Saturday, September 8



Audition Location:

North Central Ballet
12077 Katy Road,
Suite 713
Keller, Texas 76248
817-428-8232

www.northcentralballet.com

Audition fee: \$10.00 per dancer

| | | |
|-----------|--|----------------|
| Age 5 | | 10:00-10:45 AM |
| Ages 6-8 | | 11:00-12:00 PM |
| Ages 9-12 | | 12:15-1:15 PM |
| Ages 13+ | | 1:30-2:30 PM |

Performance Dates:

December 1st – December 2nd, 2018
Will Rogers Memorial Auditorium,
Fort Worth



COVENANT CORNER

Attention Renters: Welcome to the Neighborhood



If you rent a home in our community, you're part of our community association, and we welcome you. We'd like to meet you at our community events, meetings, and social gatherings.

Sometimes we can't reach you to announce a party or meeting, especially if you're leasing from an out-of-state owner or a corporation. If this is you, please let our manager know your name, address, and phone—and we'll include you on all our mailing lists.

In case your landlord hasn't passed along this information, here are a few tips to make living in our community enjoyable and stress free:

- All residents—owners and renters—must comply with association rules and regulations. They're reasonable rules protect property values, preserve the nature of our community, and make more life enjoyable for everyone. If you need a copy of our rules, please contact the manager. The association has the legal authority to enforce all rules, which we do—equitably and consistently. We don't like to take action against those who may not have received this important information, but it's our obligation to do so.
- Renters are entitled to all the privileges of association membership except voting. We can't extend those privileges to you if we don't know who you are. Contact our manager and let us know how to reach you. That gives you the advantage of knowing what's going on in the community.
- You don't have to own your home to be interested in your community. If you'd like to volunteer for a committee or other type of service to the association, we can't wait to meet you. Responsible, service-minded residents are the backbone of our association regardless of their ownership status.
- If your lease is about up, and you're moving away, we're sorry to see you go; but, please notify the manager.

So, welcome to our community. We want you to enjoy your experience here—perhaps enough to become an owner some day.

Join your neighbors for VOWS Events Committee's Fall Festival! The event will be on Saturday, October 20th from 4-7 p.m. at Bray Birch Park. Neighbors will enjoy a barrel train, cupcake walk, bounce houses, and vendors holding a Trunk or Treat. Food trucks will be selling dinner. Looking forward to fall!

EAT ONE PEAR A DAY

it's good for you

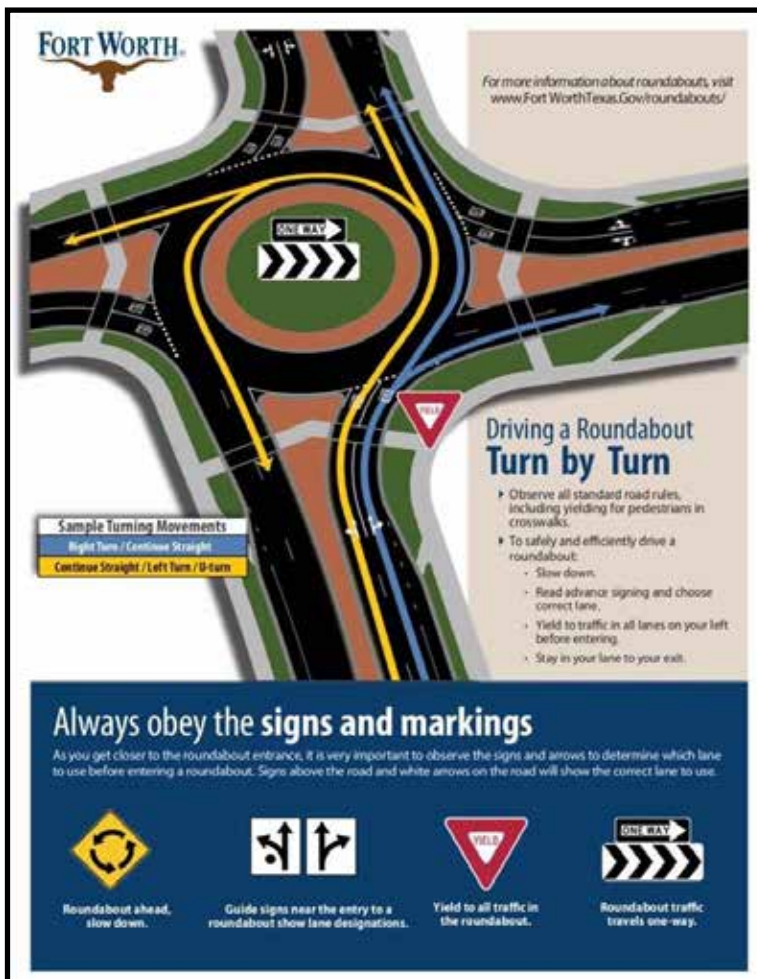
- Pears are a low calorie fruit which can aid in weight loss.
- Pears contain 18% of the daily recommended fiber which can aid in digestion.
- Pears contain potassium which positively impacts heart health.
- Pears are high in copper and iron which is helpful for anemia and other iron deficiencies.
- Pears are also high in vitamin C which helps build your immune system.
- Pears are a great source of vitamin A for eye health.
- Pears contain magnesium and calcium which support bone health.

sweet, crunchy, delicious

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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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.

VOWS OWLS

Older, Wiser, Lively Seniors



**Every Wednesday
VOWS Amenity
Center
10 AM – 11:30 AM**

Over 50? Meet with fun folks at our weekly event. Bingo, card games, exercise classes and potlucks are just a few of the activities planned. Our goal is to bring together senior residents in our neighborhood for fun activities. We plan to meet weekly on Wednesdays at 10:00 AM in the Amenity Center.

**For more information, please contact the HOA office at
817-741-1719.**

Things to Plant IN SEPTEMBER

FLOWER PLANTS: Ajuga, Alpine Aster, Wax Begonia, Boltonia, Butterfly Weed, Calico Plant, Candytuft, Chinese Forget-Me-Not (*Cynoglossum amabile*), Cockscomb, Cornflower, Dianthus, Daisy (English, Shasta and Painted), Euryops, Impatiens, Larkspur, Liatris, Lobelia, Petunia, Phlox (*divaricata* and *paniculata*), Obedient Plant (*Physostegia*), Salvia (perennial types), Sedum, Stock, Stokes' Aster.

FLOWER SEEDS: Alyssum, African Daisy (*Arctotis*), Balsam, Bluebell, Bluebonnet, Calendula, Castor Bean, Cockscomb, Columbine, Cornflower, Cosmos, Daisy, Delphinium, Four-o'clock, Hollyhock, Larkspur, Liatris, Marigold (French), Poppy, Snapdragon, Stock, Sunflower.

BULBS: Allium, Amarcinum, Calla, Autumn Crocus (*Colchicum*), Cooperia, Daylily, Dietes, Hardy Cyclamen, Spider Lily (*Hymenocallis*), Liriope, Louisiana Iris, Ipheion, Lily, Lycoris, Oxalis, Monkey Grass, Rain Lily, Scilla, Watsonia. Purchase tulip, crocus, hyacinth and daffodil bulbs to pre-chill.

VEGETABLES: Early–Mid Month: Beans, Peas (English & edible pod), and Summer Squash. Mid–Late Month: Broccoli, Cabbage, Cauliflower, Chinese Cabbage, Collards, Garlic, and Kohlrabi.

FRUIT: Prepare soil now for winter fruit tree planting.

THINGS TO DO IN SEPTEMBER

FERTILIZE: Feed chrysanthemums every 2-3 weeks until buds appear, then weekly until buds show color. Fertilize roses, gardenias and magnolias.

WATER: Water trees and shrubs deeply and slowly.

DIVIDE: Transplant after dividing: Amaryllises, Callas, Cannas, Daylilies, Irises, Liriope, Wood Ferns.

SOIL: Test soil every 3 years to help plan fertilizer applications. Start a compost pile with fall leaves and yard debris; shred with lawnmower. Replenish mulch in beds.

LAWN CARE: Watch for brown patch in St. Augustine turf as temperatures cool. Lawns with a history of the disease should be sprayed in late month and again in 3 weeks with Terraclor or Daconil. Early morning is the best time to water lawns. Mow every 5-7 days, leaving the clippings on the lawn.

DISEASES/PESTS TO LOOK FOR: Watch roses for blackspot and mildew. Fall webworms are easiest to control when treated early with *Bacillus thuringiensis* (Bt).

PRUNE: Remove dead and damaged wood from shrubs and trees. Lightly prune pyracanthas so berries will show.

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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SEVEN FACTS ABOUT sunflowers

- The **sunflower** is only flower to contain the word 'flower' in its name.
- **Sunflowers** follow the sun across the sky in a process called heliotropism.
- **Sunflowers** have oil that is used in cooking and is rich in calcium, iron and contains vitamin A and D.
- An average **sunflower** can grow up to 8 to 12 feet and contain up to 2,000 seeds.
- The **sunflower** has the largest flower bloom of all flowers.
- The center of the **sunflower** varies in color from yellow to dark brown.
- There are two kinds of seeds in a **sunflower**, either black or striped. The striped seeds are made into snacks and the black seeds are used to make oil.



POOL SAFETY

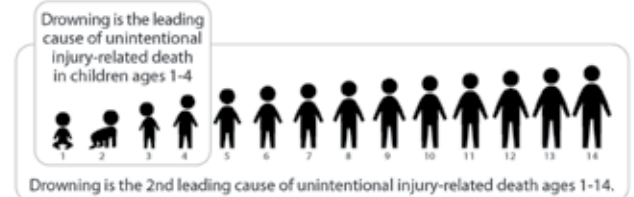
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FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW.



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.



Drowning occurs in as little as 2 minutes.



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.



Irreversible brain damage occurs in as little as 4 minutes.



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



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

**SAFE
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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>



VOWS Safety/Security Committee: VACATION HOUSE CHECKS

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

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North Texas Food Bank
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Dallas, TX 75236-2028
214.330.1396
ntfb.org

CALENDAR OF EVENTS – SEPTEMBER 2018

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



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