

April 2019

The Woodland WORD



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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.

Board Members

President.....	Tony DeVito
Vice President	Jim Houston
Treasurer	Chad Pack
Secretary	Frank Friar
Member	Charles Stark
Member	Chris Collins
Member	Frank McArthur

The Villages of
Woodland Springs
Homeowners' Association

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



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On-Site Management Team:

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

Claudia Lindsey, Assistant General Manager
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

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Improve It

Build Great Relationships

Own It

Do What's Right

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RESIDENTIAL

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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972-396-8855 • www.communitynewsconnection.com

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**Advertising Deadline for the May 2019 Issue
Is March 31, 2019**

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.

CODE BLUE CONNECTION

2018 Crime Stats

The Annual Woodland Springs HOA Meeting was held in February. Every year the residents get to hear from Officer Sawyer and our Citizens on Patrol Group. This year, Officer Sawyer presented the Crime Stats for 2018. As you can see in the chart compiled by FWPD, we had an amazing reduction in crime. Overall crime in Woodland Springs was **down** by 52%! There has never been a reduction like this since building began around the year 2000.

This is an accomplishment that is hard to explain, due to the growth in this area. Typically, with area growth, new businesses, apartments and homes, crime goes up. How does Woodland Springs attribute the reduction when the population is growing, and the neighborhood is the size of a small city?

We need to start with an acknowledgment to our Board of Directors. The Board of Directors have made sound decisions through the years which have been very beneficial to our community. Since the very beginning, the Board of Directors budgeted for Off Duty Officers to patrol the streets within Woodland Springs.

The Village of Woodland Springs

Row Labels	2017	2018	% Change
AGG ASSAULT	8	2	-75%
ROBBERY	4	1	-75%
BURG RESD	18	9	-50%
BURG VEH	80	38	-53%
SHOPLIFT	4	1	-75%
THEFT	41	27	-34%
AUTO THEFT	10	2	-80%
BURG COMM	7	2	-71%
SEXUAL ASSAULT	9	4	-56%
Grand Total	181	86	-52%



Officer **Barry Sawyer**
(NPO)



There is direct correlation between crime reduction and the presence of Off Duty Officers. They not only enforce the law, they address crime trends, do surveillance, address speeding issues and can respond to calls in Woodland Springs immediately, while on duty.

Along with Off Duty Officers, the Citizens on Patrol are extra eyes and ears who patrol the streets of VOWS on a regular basis. Their

presence is a deterrent to crime, as well. The VOWS Citizens on Patrol were just recognized by the FWPD for having the most patrol hours of any neighborhood in North Fort Worth for all of 2018.

We are very fortunate to live in a community that is safe. We have volunteers throughout Woodland Springs who care and have a passion for helping our community thrive.

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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 claudia.lindsey@fsresidential.com to schedule and appointment.

Services are free to VOWS residents.

COVENANT CORNER

STORAGE SHEDS



Thinking about getting a Storage Shed? There are specific guidelines regarding sheds. You want to make sure you have approval prior to installing it. The plastic tuff sheds are not approved. Typically the only sheds that are approved are wood. The shingles have to match the shingles on your home and the trim needs to be painted to match the trim on your home as well. You also need to include a copy of your survey or detailed drawing showing the exact placement of the shed on your property.

To obtain an Architectural Control Committee form, please visit the HOA website at www.wood-landspringhoa.com or call the onsite office at 817-741-1719.

Here is what the CC&R's have to say about Accessory Structures and sheds:

5.3.7 Accessory Structures. Without the prior written approval of the ACC, accessory structures – such as dog houses, gazebos, playhouses, trampolines, swimming pools, greenhouses, pergolas, workshops, backyard kitchens, fire pits, and tornado shelters are prohibited (not allowed) if (1) they exceed the height of a fence, or (2) are visible from a street or common area, or (3) are visible by a person standing on the surface of an adjoining lot. Accessory structures may not be located in front yards or in unfenced portions of side yards facing streets. If an accessory structure is installed in violation of this Section, the ACC reserves the right to determine that the accessory structure is unattractive or inappropriate or otherwise unsuitable for the Property, and may require the owner to screen it or to remove it. Except for children's playhouses, dog houses, greenhouses, gazebos and buildings for storage of lawn maintenance equipment, no building previously constructed elsewhere shall be moved onto any Lot, it being the intention that only new construction be placed and erected thereon.

5.3.8 Storage Sheds. A detached storage shed (one per residential lot) shall be allowed on the property with the following conditions:

- Shed shall be no larger than 10' x 8'.
- Shed shall be no taller than 9' 0" as measured from the ground.
- Shed shall not be visible from the street immediately in front of the lot on which the shed is located. Additional review and consideration will be given to corner Lots to assess visibility of sheds from the side streets.
- Shed shall be situated behind the wooden privacy fence.
- Shed shall be painted to match the trim color of the house.
- Shed shall have a roof shingle similar to the roof shingle on the house.

These conditions are a guide for review by the Architectural Control Committee (ACC). The ACC may grant variance from these conditions or impose additional restriction(s) on a case-by-case basis.

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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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CITY OF FORT WORTH Neighborhood Awards



Congratulations to Cheryl Mix for being recognized as a finalist for The City of Fort Worth's 2018 Neighbor of the Year Award. Cheryl and her volunteers run a charity called Donation House that helps families within VOWS and reaches as far north as Oklahoma and as far south as Houston. The Villages of Woodland Springs would like

to thank you!

Congratulations to the Events Committee for receiving The City of Fort Worth's 2018 Civic Engagement and Community Collaboration award for the Back to School event in 2018 which featured a "buy nothing" garage sale, skills fair, school supplies drive and much more. Thank you for representing the heart of VOWS.

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.

Things to Plant IN APRIL

FLOWER PLANTS: Ageratum, Ajuga, Joseph's Coat (Amaranthus), Balsam, Wax Begonia, Blue Daze, Blue Cardinal Flower, Boltonia, Scarlet Bouvardia, Calico Plant, Chocolate Plant, Cigar Plant (Cuphea Ignea), Cockscomb, Coleus, Columbine, Copper Plant, Coreopsis, Cosmos sulphureus, Dahlia, Shasta Daisy, Feverfew, Geranium, Gomphrena, Hibiscus, Hollyhock, Impatiens, Jacobinia, Lantana, Marigold (African, French and Mexican Mint), Nierembergia, Pentas, Periwinkle, Persian Shield, Plumbago, Phlox Drummondii, Portulaca, Purslane, Purple Coneflower (Echinacea), Rudbeckia Hirta, Salvia, Sedum, Stokes' Aster, Sunflower (helianthus), Torenia (Wishbone Flower), Yarrow, Zinnia.

FLOWER SEEDS: Ageratum, Balsam, Castor Bean, Celosia, Cleome, Cockscomb, Coleus, Coral Vine, Cosmos, Cypress Vine, Dahlia (Dwarf), Echinacea, Feverfew, Four-o'clock, Globe Amaranth, Gourd, Impatiens, Linaria, Nasturtium, Marigold, Moonflower, Morning Glory, Periwinkle, Petunia, Pinks, Portulaca, Scabiosa, Sunflower, Sweet Pea (Perennial), Tithonia, Torenia, Vinca, Zinnia.

BULBS: Achimenes, Acidanthera, Allium, Alstroemeria, Amarcrinum, Amaryllis, Bletilla (Ground Orchid), Caladium, Calla, Canna, Crinum, Dahlia, Daylily, Dietes, Ginger, Gladiolus, Gloriosa Daisy, Hosta, Hymerocallis (Spider Lily), Hypoxis, Liriope, Monkey Grass, Rainlily, Society Garlic, Tigridia.

VEGETABLES: Early—Mid Month: Peppers, Radish, Squash, and Tomato. ALL Month: Amaranth, Bean, Corn, Cucumber, Eggplant, Muskmelon, Okra, Peanuts, Pumpkin, Southern Pea, Sweet Potato, Tomatillo, Watermelon.

HERBS: Anise, Star Anise, Basil, Bay, Borage, Bouncing Bet, Caraway, Catnip, Chives, Comfrey, Costmary, Cumin, Fennel, Fenugreek, Scented Geranium, Germander, Horehound, Horseradish, Lamb's Ear, Lavender, Lemon Grass, Lemon Verbena, Mexican Mint Marigold (a great substitute for French Tarragon), Monarda, Oregano, Perilla, Rosemary, Sage, Santolina, Summer Savory, Winter Savory, Sesame, Sorrel, Southernwood, Tansy, Tarragon, Thyme, Common Wormwood, Roman Wormwood, Yarrow.

FRUIT: Bare root or container grown Pecans, Fruit trees, Grapes and Berry bushes.

80's Dance

Saturday's 80's Dance was most certainly a rockin' good time!! Thank you to our sponsors: Shamron Wilder of Zip A Dee Doo Dah Travel, Staged by Jessica Johnson, Felix Garcia of Laundry to Go, Kids R Kids Keller, and Tammy Melendez Home Team!



Save the Date!

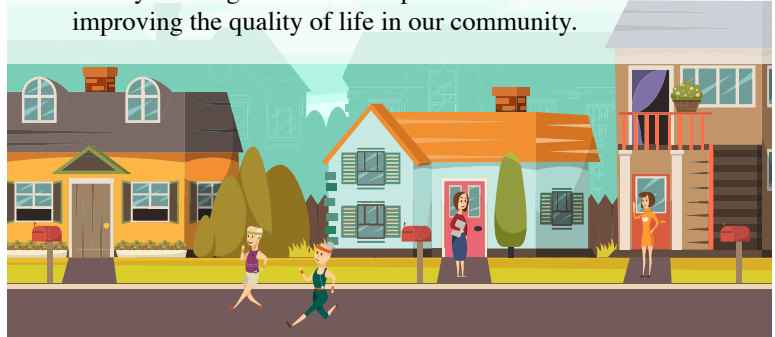
If you are not currently receiving emails from the HOA, please email us so that we can add you to the list:
vows.admin@fsresidential.com

April 2019 Upcoming Events:

April 6th.....Egg Hunt
April 11th.....Daytime Crafters
April 11th.....Scrapbook Night
April 21st – 30th.....Early Voting
April 23rdBoard Meeting

10 COMMANDMENTS OF BEING A GOOD NEIGHBOR

1. We will respect the rights of our neighbors to have a decent quality of life.
2. We will keep the outside of our homes and surrounding community free of high weed, litter and other debris.
3. We shall repair any damage to our property (including fences, mailboxes, etc.) and not cause damage to our neighbor's property.
4. We will observe the city ordinance to keep a quiet community after 10 p.m., to walk our pets on a leash, to bring our pets inside when their barking becomes a nuisance and to always pickup our pet's waste.
5. When making repairs to our property; we will follow all city fire, health, zoning, and building and safety codes.
6. We will follow all city garbage regulations and dispose of our garbage on the scheduled day and not place it out before or in an unsightly manner. This includes storage our trash containers out of sight when not in use.
7. We will observe all laws that prevent illegal alcohol and drug use and vandalism of community property.
8. We will review and obey all traffic signs to increase traffic safety and prevent parking violations. This includes parking in front of your neighbor's house when they've asked you to stop.
9. We will extend a helping hand to our neighbors in need when possible with such assistance as snow shoveling, cutting grass, and checking on the sick and disabled.
10. We will take part in the various neighborhood, police and community meetings so we can be proactive and not reactive to improving the quality of life in our community.



Here's a
Bright
Idea

Advertise in this publication and reach the colorful characters right in your own neighborhood. **Contact us today!**
972-396-8855 or info@communitynewsconnection.com

YEAR AT A GLANCE

March 30th
Cowtown Cleanup

April 6th
Egg Hunt

April 27th-29th
Community Garage Sale

May 11th
Mother Son Social

May 11th
Health Fair

June 8th
School's Out Luau

June 29th
4th of July Celebration

August 3rd
Back to School
Celebration

October 4th-6th
Community Garage Sale

October 12th
Fall Festival

October 26th
Goat Yoga

November 9th
BBQ Cookoff

December 7th
Breakfast with Santa



Yard of the Month



Congratulations to the homeowners at 5132 Holly Hock for the Most Beautiful Yard in VOWS for February 2019. 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

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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for ad rates and sizes.



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)

Home owners 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

YOUR VOICE MATTERS!

As a resident of VOWS you are the most important piece of the puzzle!

We want to hear from you! What are your passions, interests and hobbies? How can the association best fit your needs and social interests? We are actively seeking new ways to enrich the lives of each resident. Please reach out to Claudia Lindsey at Claudia.Lindsey@fsresidential.com with your dreams for the future of VOWS. You may share a hobby or interest with many residents within the neighborhood. We would love to provide an opportunity for you to get to know your neighbors while enjoying the things you love.



As a nonprofit hunger relief organization, we distribute donated, purchased and prepared foods through a network of more than 340 Food Assistance Partners in 13 counties. Every day, we support the nutritional needs of children, families and seniors through education, advocacy and strategic partnerships.



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City of Fort Worth

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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>



Chores are Good for Children

Children who complete daily chores are being better prepared for future success. Chores can help a child build a strong work ethic, build confidence and a sense of pride, and even boost personal development. Having the responsibility to complete chores, children obtain basic life skills to become independent, better equipped, mature adults.

Chores appropriate for 2-3 year olds: Picking up toys, clear their dishes from a meal, help sort recycling, help put away groceries and put dirty clothes away.

Chores appropriate for 4-6 year olds: Feed a pet, make their beds, set the table, make small snacks, pull weeds in the garden and water plants.

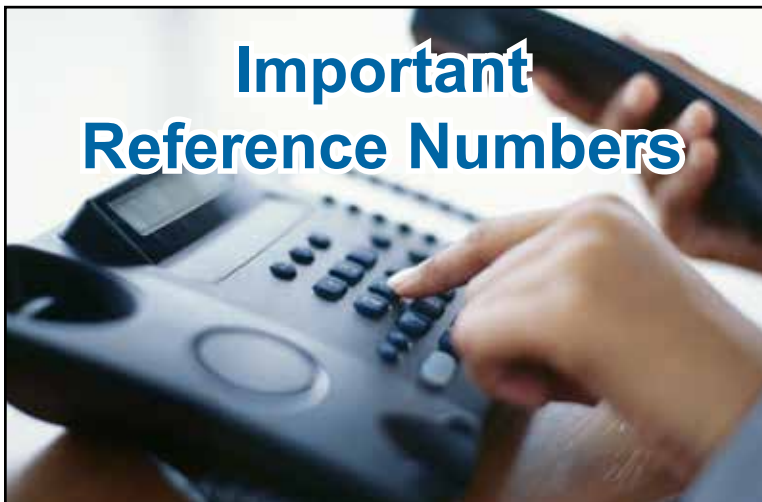
Chores appropriate for 7-9 year olds: Set an alarm to wake themselves for school, fold laundry, make a school lunch, manage an allowance, load and unload the dishwasher, cook simple foods and vacuum.

Chores appropriate for 10 and up: Wash and dry clothes, mow the lawn, help family budget for a vacation, basic home repairs, cook a meal and wash the car.

Even though chores may not be on the top of your children's 'fun' things to do, being a member of a family, making a reasonable contribution to the family and to the home is good for your children and their future.



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).....	817-392-4222
Trash/ Recycle.....	817-392-1234
Water.....	817-392-4477
VOWS (onsite office).....	817-741-1719
VOWS (after hours).....	877-378-2388

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.

GROWING HERBS IN NORTH TEXAS

When choosing herbs that will grow well in north Texas, remember this area is zone 8, warm to hot during summer months.

Most herbs prefer full sun, so choose a sunny spot for your garden.

Do not plant your herbs close to other bushes or shrubs that need herbicides or insecticides as these are not safe to use on or near herbs.

Your soil should match the herb's specific water needs, as herbs are sensitive to moisture conditions. Some preferring well drained soil while other prefer a moist soil.

If you plan to store your herbs, it is better to wait to harvest after the plant begins to flower. Wash leaves in cold water before drying or freezing the herbs.

HERBS FOR ZONE 8:

Lavender – plant in a light, well-drained soil in full sun. This herb can grow up to 24 inches high. The lavender leaf and flower are edible and are used in cooking or for herbal teas.

Rosemary – grows year round and prefers well-drained soil, likes to be watered regularly and can grow as three feet or more. Use fresh rosemary in many chicken dishes, bread recipes and add to olive oil for a dipping sauce for pita breads. Rosemary is beautiful topped as a garnish.

Sage – loves full sun, well-drained soil and can get as tall as two – three feet. Try a different type of sage such as Pineapple Sage which is good in desserts. It is recommended to cook or dry sage leaves before eating, as

raw sage leaves have a harsh flavor. Add cooked sage to chicken, stews or even on pizza.

Basil – needs full sun, well-drained moist soil and will grow up to three feet tall. Be sure and harvest basil before it flowers as it will lose some of the flavor after flowering occurs. Basil is delicious when added to chicken or shrimp recipes, as well as salads and pesto.

Mint – has so many varieties such as spearmint, peppermint, apple mint, chocolate mint or banana mint. This herb tolerates full sun to partial shade and will grow up to 24 inches. Mint is great added to teas, drinks, melon salads and even to pesto.

Early spring is the best time to plant your herb garden so you can enjoy herb filled cooking and grilling this summer.



DFWHS Pet of the Month

Meet Dozer and Tonka!

Let me tell you a bit about my brother Dozer and me. We are brothers-from-the- same mother! Seriously, we were born in the same litter and have been together all our lives. We are now 6 years old and still rely on each other, so we want to find a home together. You may be thinking, "How can I handle two German Shepherd mixes all at once?" Don't worry yourself with that. We are really chill dogs. We hang out together and play together and enjoy spending time with humans together. The only thing that you really need to know is that we need a home without any horses or chickens. That's not too much to ask is it? Also, when you come to see us, if I'm barking when you get to my kennel, don't let that stop you from asking to meet us. I get a bit overstimulated in the kennel and I like to look out for my brother. Once we're out in a yard, we just want to hang out and enjoy everyone's company! Let's meet — at DFW Humane Society (www.dfwhumane.com)

Dozer and Tonka are ready for their loving forever home and includes the following:

- Spay/Neuter
- Heartworm Test
- Distemper/Parvo shot
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If you'd like to express interest in adopting, please contact us at www.dfwhumane.com or call 972-721-7788



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Ken Slough, DVM | Beth Loter, DVM
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WELLNESS FAIR

The Villages of Woodland Springs is hosting a Wellness Fair May 11th, 2019. VOWS has partnered with physicians within the community to provide education and activities for VOWS residents. The Events Committee is also partnering with Carter BloodCare to host a blood drive to benefit those like the precious child mentioned below. More details will be released via email in the coming days. We hope you will take the time out of your schedule to attend this not only fun, but important event. If you do not receive emails from the office staff please email vows.admin@fsresidential.com. For more information on partnering with VOWS on this, or future events, please contact Claudia.Lindsey@fsresidential.com.



Meet Lola Catron (1)

Diagnosis: Double Inlet Single Left Ventricle Hypoplastic Aortic Arch with an Atrial Septal Defect

Lola was born with CHD on October 4th 2016. Within the first 3 days of life she had her first Open Heart Surgery (OHS), the Norwood Procedure. The first 5 weeks of life were very touch and go for Lola, but she came out strong in the end. On Christmas day Lola's heart function started declining fast and she was hospitalized for the third time. On January 3rd Lola had her second OHS, the Glenn Procedure. Despite these invasive procedures Lola's CHD journey is far from over. She will have a third OHS the summer before her third birthday, and a Heart Transplant later in life. This is a disease Lola will face for the rest of her life. But with more awareness and better funding for research we can help children like Lola have a future.

Free Little Library

Have you heard the great news? VOWS now has a Free Little Library located right outside the Amenity Center. Please bring books you would like to share, and borrow a new one as well. We are so thankful for the volunteer who built this amazing addition to our community.



Thank You!



Thank you to Mr. Heinsohn, who aided our neighborhood police officer, Officer Sawyer, in his time of need.

Take a Walk

As the weather begins to warm, people will emerge from their homes to enjoy the outdoors and perhaps get a little exercise. One great outdoor activity and beneficial exercise is walking.

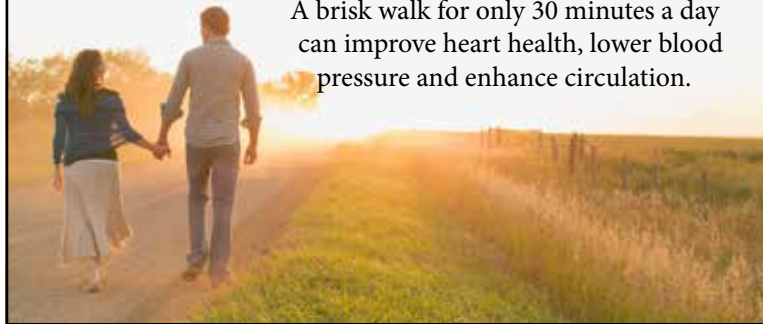
Walking is said to sharpen your brain and keep you motivated. Some studies have shown that walking outside can lower rates of depression more than walking indoors.

Walking is a weight-bearing activity with light impact strengthening bones helping to prevent fractures and osteoporosis.

Walking outdoors exposes your skin to sunlight and vitamin D. At least 75% of adults do not get enough vitamin D and are at a higher risk for many health concerns such as heart disease, some cancers and Alzheimer's disease.

After a bad or frustrating day, walking outdoors improves your mood and lowers stress levels.

A brisk walk for only 30 minutes a day can improve heart health, lower blood pressure and enhance circulation.



2019 Cowtown Great American Cleanup

The Villages of Woodland Springs will be participating in the 2019 Cowtown Great American Cleanup.

Let's clean up Fort Worth this year!

The cleanup will begin at 8 a.m. on Saturday, March 30th. at 12301 Woodland Springs Dr. Fort Worth, TX 76244 (slide pool park).

Please register at www.eventbrite.com/e/2019-cowtown-great-american-cleanup-registration-55661989509?team_token=2247922-10821.

The first 50 participants will receive a free t-shirt!

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CRAFTING WITH MY PEEPS

It's Spring and Easter is just around the corner! Surely by now we've all seen the colorful marsh mellow peeps in the grocery stores? They are so cute but what to do with them... besides eat them? We found a million different fun ideas online and came up with a few of our own. So come join the fun and craft with your peeps to decorate your home for the season!



Peeps M&Ms Centerpiece

Easter Peeps and M&Ms Flower vase is a perfect Easter decoration for your table. You can find inspiration online for different arrangements. Just one note – place a small jar or vase inside the larger container. You can place this jar/vase upside down if using only candy so it doesn't take so many candies to fill your arrangement. Or use vase right side up to hold the flowers separately so you can water and keep the flowers fresh and keep the candy from dissolving! Just place the bunny peeps and M&Ms in the spot between the two glass units.

THE SHOWSTOPPER



Peeps in a Twinkie-mobile

Supplies needed:

- Marshmallow Bunny Peeps
- Twinkies
- Mini pretzels, dipped in white chocolate
- Decorator Icing (white)
- Sprinkles
- Mini Cookies for tires (can use any type you choose)
- Colored Sugar

Supplies needed:

- For the seat, cut a small rectangle out of the top half of the Twinkie being careful not to cut all the way through. Make rectangle large enough to fit both the bunny and the pretzel.
- Brush pretzel with water and attach sprinkles as desired.
- Sometimes the Peep's sides show white when separated, so roll those unsightly boo-boos in colored sugar to cover the imperfections.
- Use the white decorator icing to secure the Peep and the pretzel steering wheel in Twinkie.
- Use frosting to secure the tire wheels on the sides.
- Decorate the car with icing and sprinkles; the sky is the limit! Allow to dry and set!



Peeps Egg Centerpiece

You can always dress up a pre-made arrangement from your local craft store. Change out eggs in the arrangement to match your Peeps colors. You can also add Peeps on a thin dowel rod or wooden skewer to add height and whimsy. Easy and cute!



Peep Fruit Screwers

Get creative with your Peeps and add some fruit on a wooden skewer.

TO DRINK

◀ Drunken Bunnys

Dip the rim of a glass in water, dip in pink sugar to match your Peeps, use a pink drink such as a Rosé and cut a Peeps for the rim of the glass. Use other color sugar and drink to match your Peeps.



Peeps in Hot Chocolate ▶

Need to say more? Who wouldn't love a Peep in their hot chocolate? Drop a chick or two in your hot chocolate for fun in place of traditional marshmallows and enjoy!



Chick Peeps dipped in Icing and Sprinkles

Use icing (melted slightly), dip the bottom of the Peeps and dip in sprinkles. Your Peeps Chicks look like they are sitting on their nest and these are SO delicious!



Jelly Bean Bracelets

Take Jelly Beans, some Elastic Thread, and a sewing needle big enough for elastic thread (double the thread for extra strength).



CALENDAR OF EVENTS – APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 VOWS OWLS 10-11:30am	4 Cowtown Stackers 5-6pm	5	6 VOWS Egg Hunt
7	8	9	10 VOWS OWLS 10-11:30am	11 Daytime Crafters 10am-2pm Cowtown Stackers 5-6pm Scrapbook Night 6-9pm	12	13
14	15	16	17 VOWS OWLS 10-11:30am	18 Cowtown Stackers 5-6pm	19	20
21 Early Voting	22 Early Voting	23 Early Voting Board of Directors Meeting 6:30pm	24 Early Voting	25 Early Voting	26 Early Voting	27 Early Voting
28 Early Voting	29	30 Early Voting				

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