

the acorn

Designed & published by:
Teri Jo Nicholson,
Resident

Printed by:
Gill Daoust, Resident

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inside this issue

- Meeting Minutes 2
- Pumpkin Whoopie 2
- Healthy Eating Part 2 3
- Safety Patrol Report 4
- Neighborhood Notes 4
- Deed Restrictions 4
- Special Inserts
- Ballot Sample
- Propsoed 2008 Budget
- Candidate bios

SAFETY PATROL

713.858.8020



Candlelight Oaks

a proud houston neighborhood
www.candlelightoaks.org

COCC ELECTION 2007

By President Mona Cabler

COCC
Message of
the Month!

Each year in October, the COCC by-laws require an election for the purpose of filling Board of Directors positions being vacated at the end of a 2 year term and also a vote to approve the proposed budget for the upcoming year. There will be two opportunities for early voting. The voting will be finalized and counted at the Fall COCC Open Meeting to be held on October 18th at Advent Lutheran Church, 5820 Pinemont, beginning at 7:00 pm.

The by-laws also require at least 10% of the households to vote in order for the election and approval of the budget to be valid. Now that may not seem like a lot of people, after all, we have 282 homes in Candlelight Oaks, however, each year, the Board struggles to get any type of participation in this open meeting or other meetings/functions in our neighborhood. This article is being written to challenge each of you to not only show up to vote, but to become more involved in your neighborhood. Everyone realizes that we all have busy lives and have commitments some-

times beyond our available time on any given day, but please consider adding just a little effort a few times a year to assist the elected Board of Directors in maintaining our neighborhood.

Consider the possibilities: meeting your neighbors, exercising your right to vote, getting to know more about how the neighborhood is maintained, voicing your opinions, whether positive or negative...or writing in a candidate to serve on the all-volunteer Board.

Voting will take place the following days, times & locations:

Early voting at ?

- Sunday October 14 -- 2 pm to 6 pm • Keith Overstreet's home, 5034 Oak Shadows
- Tuesday October 16 - 4:00 to 8:00 pm • Teri Jo Nicholson's home, 5035 Fallen Oaks.

Final voting will take place at the Open Meeting, Advent Lutheran Church, 5820 Pinemont.

- Thursday October 18 - 7:00 to 8:30 pm
- Mark your calendars now and make plans to vote and be in attendance at the Open Meeting.

COCC HOLDS HALLOWEEN BASH AT POOL

Due to the large number of Trick-or-Treaters from outside of Candlelight Oaks who come here on Halloween Night, it was suggested that we have a special Halloween party just for our neighborhood residents and their children at the pool. The celebration will be from 6:00 to 8:00 at the COCC Pool.

There will be a contest for best costume with prizes awarded in three groups, 0 - 4, 5



- 8 and 9 and above. We will be serving frito pies, juice and cookies. We will have a visit from a special Halloween Character to judge the costume contest, and of course there will be Candy and other goodies for everyone.

Date: Sunday October 28

Time: 6 - 8 pm

Where: COCC Pool park in pool parking lot

What: Frito pies, juice, cookies, Costume Contest & more

So make plans now, young and old, to attend our special Halloween Event!

HALLOWEEN

ON THE LIGHTER SIDE

Our neighbor loaned my husband his old chain saw to trim some tree branches. Unfortunately, the engine burned out while my husband was using it. Not wanting to return a broken piece of equipment, he bought a new saw to replace it. When I offered it to our neighbor, he thanked me but said, "Keep it. I'll borrow it when I need it." I was turning away when his eyes lit up. "Hey," he asked, "want to borrow my car?"

People were coming over and I was frantically trying to get the house ready. I was also driving my family crazy, barking out orders to pick up, help set the table and not to mess up the living room. While I was cleaning the kitchen, I realized I'd pushed them too far. "Mary," I snapped at my 12-year-old daughter, "where's the broom?"

"I don't know, Mom," she fired back. "Where'd you put it when you landed?"

AUGUST SECURITY REPORT

Paid Patrol Hours: 164.5

Calls/Patrol Activity Aug 1-15, 2007

- Suspicious Vehicle was reported but officers were unable to locate it in the neighborhood.
- Spilled gasoline from a trailer last seen on West Tidwell.
- 5711 Ash Oak had a burglary occur at the

DEED RESTRICTION REPORTS AND LETTERS

When you receive a deed restriction violation letter, it is not uncommon to feel that you were singled out or treated unfairly, or to be shocked or embarrassed, or just to resent it. But it is likely that other homeowners received a letter for the very same problem that you did. For example, during more than half the year in our climate, it is highly likely that mold and mildew will grow somewhere on your home that is visible from the street. You may not even be aware of it until you receive the DR letter.

The following DR infractions were among those double-checked and approved by the committee after the August drive-throughs. There are 282 homes in Candlelight Oaks.

- Mold & Mildew – 12
- House Repairs – 11
- Paint House or Garage – 6
- Lawn Maintenance – 3
- Edging – 3
- Climbing Vines – 4
- Weeds – 3
- Inoperable Vehicle – 2
- Trailer/Boat – 2
- Multi Families - 1

Regarding mold and mildew, checking for it early in the spring and treating any small areas you find right away will tend to prevent it from spreading. Dilute bleach in a hose-end sprayer may be all you need to clean that greenish growth from your siding on the shady side of the house. Try this next March and see if it solves the problem for you.

Tip of the Hat:

The Deed Restriction Committee is to be commended for relaxing the policy on mowing and edging during the very rainy parts of this summer, when it was often impossible for weeks on end for homeowners who do their own lawn maintenance to keep their grass as well trimmed as usual.

residence, I have no follow up information at this time.

Calls/Patrol Activity Aug 16-31, 2007

- Pool Checks: no crime reported. However we did notice one evening the lock was messed with but found no one inside pool area after searching it.
- No phone calls this pay period.

NEIGHBORHOOD NOTES

Here is a follow-up on the NNWMD Antoine Crime Sweep this summer, as posted on the GIP website:

We've just received the summary of information from HPD regarding the Neighborhood Deployment efforts. You'll be happy to know that as a result of the multiple law enforcement agencies on July 24, 25, and August 21, and 22, a total of 142 arrests including misdemeanors and felonies were made within the specific region of Antoine/De Soto, Antoine/Holly View and Antoine/W. Gulf Bank area. This is of course monumental for the community and a great accomplishment for the Near Northwest Management District which spearheaded the entire effort.

CONTACT LIST FOR 2007 BOARD OF DIRECTORS & MANAGEMENT COMPANY

Mona Cabler - President

713.688.7019

Keith Overstreet - Vice President

713.681.2171

Fowler Knight - Secretary

713.686.7042

Hal Hadden - Treasurer

713.290.1486

Christian Barraza

713.680.9888

Barbara Thompson

713.956.9068

Teri Jo Nicholson

713.688.6200

Tim Casper

713.686.5632

Marilyn Harper

713.686.9887

Action Property Management

713.686.4692

Security Phone Line

713.858.8020 (Leave a message)

GIP'S HOA ROUND-TABLE

The Greater Inwood Partnership held its first Civic Association Roundtable on September 20. The meeting place was generously made available by the International Paint manufacturing plant at 6001 Antoine Dr. Including GIP and NNWMD board members, 40 residents of the area attended this meeting.

The main purpose of this meeting was to present the results of a survey conducted by GIP among HOA board members of the 32 neighborhoods in the Greater Inwood Area. It was no surprise to anyone that area safety and security was the top ranked concern shown by the survey. 97% of the

survey respondents said crime has either a critical or a very important impact in our area.

Near North West Management District is opening its CrimeWatch online reporting system to HOA boards in its boundaries. The COCC board will name a CrimeWatch contact for Candlelight Oaks after the election and reorganization of committees for the coming year.

Other topics of concern from the GIP survey included flooding/drainage, beautification, construction/growth/development, and parks/amenities.



MINUTES COCC BOARD MEETING AUGUST 27, 2007 • TIM CASPER'S HOME

Members present:

Christian Barraza
Mona Cabler
Keith Overstreet
Marilyn Harper
Barbara Thompson
Fowler Knight
Teri Jo Nicholson
Tim Casper
Hal Hadden

Guests:

Devin Olivares-Reed
Miss Landry Knight

The meeting was called to order at 7:30pm.

Minutes: Tim motioned to approve the July minutes. All approved.

General Updates

Mona reviewed general meeting etiquette so we could all be reminded of respectful communication, etc. Devin provided an update on the welcoming committee. It is up and running, and the board discussed how to time the distribution of baskets.

DRC

Monthly ride-thru's are occurring in the neighborhood by APM and designated Board / DRC members. This is to ensure that deed restrictions are being followed and that we continue to have a visually pleasing and safe neighborhood. Clerical update regarding a fee associated with the

June meeting: A neighbor who attended the June meeting had requested to have a \$25 fee overturned because of inability to correct reported deed restriction item. The neighbor has tried several attempts to resolve the item without a realistic way to correct it. Tim Casper motioned to waive the fee, seconded by Marilyn Harper. All were in favor.

Social

NNO was another great success with dinner, neighborhood meet and greet, etc. We discussed Labor Day plans or a fall event.

Pool

Latches have been replaced twice, and they are broken again. We think the gates / latches get broken because of gates slamming and kids / vandals in the pool area. Mona is working with a new vendor to consider "razor" wire around the pool area to help minimize the vandal's access and security risks. Mona will have pricing for several options of coverage to discuss next meeting. We now have lifeguard coverage for the month of September; the pool will be open for the entire month.

Thanks to Christian Barraza and Mona Cabler for all their work and new additions to the pool area (waterproof phone, new lifeguard chair, etc.). Great Job by All!

Landscaping

Our current landscaping contract expires on September 30th. Mashueís has provided a bid for the next year with same service at almost a 5% increase (which

seems reasonable). Total amount was around \$12,000. Additional costs were quoted for the flower beds at the entrances. Replanting would cost around \$675. Christian motioned to accept the 2007-2008 budget for landscaping, Keith seconded it. All were in favor. Marilyn will follow up with Mashueís clarifying the maintenance duties covered in the monthly charge.

Acorn

Tim Casper's children are still distributing, which is appreciated. Distribution for September Acorn will occur Friday, August 31st.

Security

Hal Hadden provided an update regarding his email communication regarding volunteers for the neighborhood watch (Neighbors on Watch - N.O.W.). As of our August meeting, we have 40 participants on the list

Budget

Hal provided an update regarding COCC finances regarding investment options. The Board discussed the maturity of a CD and how to handle re-investment of funds. Additional budgeting and planning will be completed upon re-election of Board. Some items preliminary discussed for 2008 costs would be pool updates, playground equipment, perimeter fencing, etc.

Meeting was adjourned at 8:59 p.m.
Motion - Tim, Second - Keith.

PUMPKIN WHOOPIE PIES

Silvana Nardone

From Every Day with Rachael Ray • October 2007

MAKES TWELVE

Prep Time: 35 min

Bake Time: 10 min

1 1/2 sticks (6 ounces) unsalted butter, 1 stick melted, 1/2 stick softened 1 cup packed light brown sugar 2 large eggs, at room temperature, lightly beaten 1 cup canned pure pumpkin puree 1 tablespoon pumpkin pie spice 1 1/2 teaspoons pure vanilla extract 1 teaspoon baking powder 1 teaspoon baking soda 3/4 teaspoon plus 2 pinches salt 1 2/3 cups flour 4 ounces cream cheese, chilled 1 cup confectioners' sugar

1. Preheat the oven to 350°. Line two baking sheets with parchment paper.
2. In a large bowl, whisk together the melted butter and brown sugar until smooth. Whisk in the eggs, pumpkin puree,

pumpkin pie spice, 1 teaspoon vanilla, the baking powder, the baking soda and 3/4 teaspoon salt. Using a rubber spatula, fold in the flour.

3. Using an ice cream scoop or tablespoon, drop 12 generous mounds of batter, spaced evenly, onto each baking sheet. Bake until springy to the touch, about 10 minutes. Transfer to a rack to cool completely.
4. Meanwhile, using an electric mixer, cream the softened butter with the cream cheese. Add the confectioners' sugar and the remaining 2 pinches salt and 1/2 teaspoon vanilla; mix on low speed until blended, then beat on medium-high speed until fluffy, about 2 minutes.
5. Spread the flat side of 12 cakes with the cream cheese frosting. Top each with another cake.

COCC OPEN MEETING

Thursday

October 18, 2007

Advent Lutheran Church

5820 Pinemont Drive

7:00 pm

VOTING

HEALTHY EATING BEGINS AT THE SUPERMARKET

Learn to efficiently shop for healthy foods - From Stealth Health

Part 2 of a two part series

Important Ingredients

12. Spend some time in the condiment aisle. With the following basic ingredients you have the underpinnings for wonderful sauces, low-fat marinades, and low-salt flavorings. These delightful flavorings enable you to stay away from the less-healthy condiment items, such as mayonnaise, butter, stick margarine, creamy salad dressings, and so on: flavored ketchups and barbecue sauces (look for sugar-free varieties), horseradish, mustards, flavored vinegars, extra-virgin olive oil, jarred bruschetta and pesto sauces (luscious spooned atop salmon and baked), capers, jarred olives, sun-dried tomatoes, jarred spaghetti sauce, anchovies, roasted red peppers, Worcestershire sauce, chili sauce, hot pepper sauce, soy sauce, sesame oil, walnut oil, teriyaki sauce, jarred salsas, and various kinds of marmalades.
13. Try some of the new whole grain alternatives. Today you can find wonderful whole grain pastas and couscous, instant brown rice that cooks up in 10 minutes instead of the old 50, even whole grain crackers. Hodgson Mills makes a delicious whole wheat pasta with flaxseeds. It really tastes great, and you can scarcely do any better when it comes to nutrition. While you're at it, pick up a bag of whole wheat flour to replace the white stuff in your canister.
14. Choose prepared foods with short ingredient lists. We don't expect you to cut out prepared foods entirely. Just remember: The shorter the ingredient list, the healthier the food usually is. Of course, if the ingredients are sugar and butter, put the item back on the shelf.
15. Reject foods and drinks made with corn syrup. Corn syrup is a calorie-dense, nutritionally empty sweetener perhaps even worse than refined sugar. A shocking number of foods and drinks are thick with it, including such apparently healthy foods as fruit juices, pre-

made spaghetti sauces, and even bread. Some experts argue that corn syrup is one of the main causes of America's obesity problem. If a food has corn syrup in its first four ingredients, then it lacks the wholesomeness and healthiness you want.

16. Look for fiber. You want at least 1 to 2 grams of fiber for every 100 calories you consume.
17. If partially hydrogenated oil, or trans fats are listed on the label, step away from the box and nobody will get hurt.
18. Pick up a jar of dried shiitake mushrooms. They may look weird, but toss them in some hot water for half an hour and you have a meaty, healthy addition to soups, stews, and sauces, not to mention a unique filling for tarts and omelets. Plus, they keep forever.

Healthy Alternatives

19. Whenever you find yourself reaching for a package of ground meat, switch over to the poultry section instead and pick up ground turkey, ground chicken, or soy crumbles. Works just as well as ground beef for meatballs, meat loaf, or chili. This little substitution can cut more than 30 percent of the calories and at least half of the fat and saturated fat in a three-ounce serving, says Blake. When it's smothered in a zesty tomato sauce or flavored with seasonings, you'll never be able to tell the difference. If you're feeling a little gunshy about abandoning the beef, use half turkey and half lean beef, or half soy crumbles and half beef.
20. Choose strong cheeses. Instead of American, cheddar, or Swiss, pick up feta, fresh Parmigiano-Reggiano, or a soft goat cheese. These strongly flavored cheeses will satisfy your yen for cheese without damaging your waistline, says Blake.
21. Buy macadamia nut oil. It has more good-for-you monounsaturated fats than any other oil in the world and a higher smoke point than olive oil, so

there's no trans fatty acid formation when you cook. It makes any dish you make heart-healthier, says Fred Pescatore, M.D., author of *The Hamptons Diet*.

22. Confirm that a wheat bread is whole wheat. Some of the folks selling bread are trying to pull the wool (or is it wheat chaff?) over your eyes. Sure, a wheat bread is made from wheat. But if the first ingredient is refined wheat flour, then it's made from the same wheat as white bread -- which means, stripped of fiber and nutrients, and in some cases, dyed brown for a fake healthy appearance. What you're really looking for are the words "whole wheat." That's the stuff with minimum refining and maximum beneficial nutrients.
23. Buy plain yogurt and flavor it at home. Pre-flavored yogurts have oodles of sugars that destroy any healthy benefits they once had. If you add a teaspoon of all-fruit jam at home, it'll still taste yummy, you'll consume far fewer useless calories, and you'll save lots of money.
24. Buy healthy add-ins for plain cereals. These include raisins, fresh berries, dried berries, almond slivers, pumpkin seeds, sesame sticks, and bananas. The best breakfast-cereal strategy is to buy unsweetened cereals and then add in your favorite flavors. That helps you bypass all the empty sugary calories -- and lets you enjoy the cereal more. For ease, keep a wide-mouth, well-sealed jar on your counter with shelf-stable ingredients for quick mix-ins. Keep a scoop and ziplock bags handy, and you've got a handy, nutritious meal or snack for home or on the go.
25. Read juice labels carefully. Orange juice, although quite healthy, often has 20 grams of sugar in the average 8-ounce glass. Instead, try guava juice. It has three times more vitamin C, and is loaded with potassium (a great blood pressure regulator) and beta-carotene.

TRASH & RECYCLING COLLECTION SCHEDULE

Regular Trash Pick-Up

Every Thursday

Heavy Trash Pick-up

Third Friday of Every Month

Recycling

Alternate Thursdays

Ramona Overstreet

Sales Associate
Cell /13 305-8007



Prudential

GARY GREENE, REALTORS®

13940 W 43rd St., Houston, TX 77018
Office 713 806-5454 Fax 713 686 3108
Hm Ofc 713 681 9171
Home Fax /13 681-1439

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