



# WYNNEWOOD N O R T H

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## From the Vice President, Fallyn Gray

Hi Neighbors,

Happy 2016! It has been such an amazing journey serving as the Social Chair over the past few years and I am looking forward to serving on the board this year as Vice President. The commitment of our neighbors never ceases to amaze me. There are so many people who dedicate time and energy to the continued improvement of Wynnewood North.

I would personally like to express gratitude to everyone who participated in the many social events that we had in our neighborhood last year and those that contributed financially in helping to host our many gatherings. We have the best neighbors who have committed themselves and who have graciously opened their homes for numerous social events including Happy Hours, 2 Wanders, the Spring Fling/Easter Egg Hunt, the Neighborhood Garage Sale, Movie on the Lawn, National Night Out, Holiday Caroling, and the Holiday Party. Please see the recap of our most recent 2015 social events in the Social section of this newsletter.

Please come to the first general meeting of 2016 to welcome your new WNNA board members. Thanks to all those who served on the board in 2015.

### Wynnewood North Neighborhood Association

## General Meeting

**January 21, 2016 - 7:00 PM**

**Meet and Greet Starts at 6:30 PM**

**Orion Ballroom—Bank of America (400 S Zang Blvd)**

**Fallyn Gray**

**Vice President - WNNA**

I am very excited about the New Year and passing the torch to Ric Shanahan who is the 2016 Social Chair. He has always been an active participant in our neighborhood and has hosted several social events including Happy Hours, a Wander, and a Holiday Party. I know that this will be another successful year of social events.

**Congratulations to our new 2016 WNNA  
President, Brian Davis**



Wynnewood North Neighborhood Association

PO Box 3872

Dallas, TX 75208

Website:

[www.wynnewoodnorth.org](http://www.wynnewoodnorth.org)

Email:

[info@wynnewoodnorth.org](mailto:info@wynnewoodnorth.org)



## Beautification, Cynthia Michaels

I'd like to take this opportunity to introduce myself. I'm Cynthia Michaels and I live on Woolsey. Mom and I moved into the neighborhood in 2006. I was not active in the neighborhood because I worked and took care of my mother. Since her passing in May of 2012 and my retirement in May 2013 I began to get involved. I first became a VIP and started patrolling. I began to attend the various functions held in the neighborhood. I attended the quarterly meetings. I also became a member of the beautification committee.

Because I was on the beautification committee and could NOT persuade Phil Pherry to continue on as Beautification director, I accepted Brian's offer to run as the beautification director. I only accepted the position because Phil promised to help me along the way! Phil did a GREAT job and I will strive to do the same.

Hopefully you will not notice the change. We will continue to have Yard of the Month, and greenbelt clean ups. I would like to add one small yet big suggestion. The City of Dallas promotes picking up 10 items of trash each Tuesday. I'd love for all walkers to pick up trash when out and about in the neighborhood especially on Tuesdays. Some are already doing this. Every item picked up is one less item in the creek or in the green belt. Thanks in advance for your help in keeping our neighborhood beautiful.

Those on the beautification committee last year are more than welcome to continue as a member if you would like to do so. If someone would like to join us, please let me know. I'm sure there will be room. Please, if you have any suggestions share them with me. Looking forward to doing all I can to make our neighborhood beautiful!!!

Cynthia

## Yard of the Month

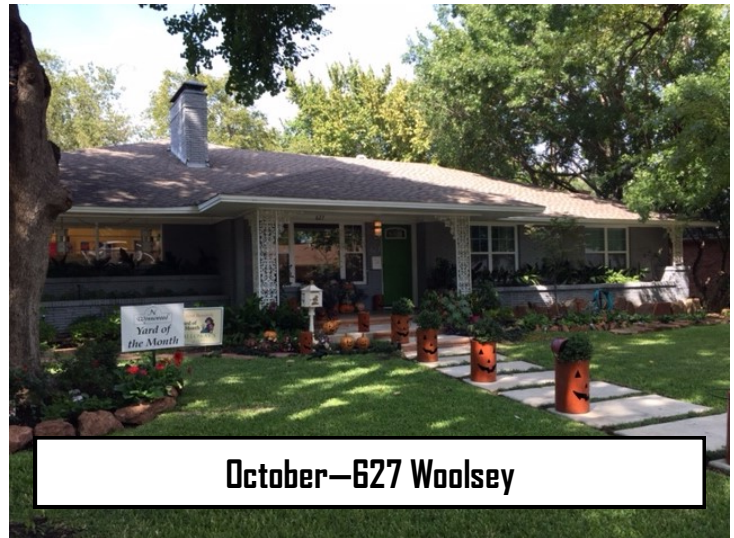
Congratulations to the most recent recipients of Yard of the Month:

October: Michael Smith and Benjamin Mussler  
November: The Parrishes  
December: Dwayne Privott and Lance Ivy

Each of these recipients received a gift card compliments of Calloway's. We have many beautiful yards in our neighborhood. Please remember to nominate yards each month.

- Visit [www.wynnewoodnorth.org/](http://www.wynnewoodnorth.org/)
- Go to Beautification > Yard of The Month Nomination
- Or contact our Beautification director, Phil Perry

We limit each home to receive this designation once per year. Please support Calloway's business to show our gratitude for their support of Wynnewood North.



October—627 Woolsey



November - 521 Heyser



December - 520 Monssen



## Fall & Holiday Social Events

### Fall Wander

More than 70 neighbors including our hosts enjoyed a wonderful evening mingling with neighbors at our Fall Wander. We had a great mixture of new and long-time neighbors.

We kicked off the night at the lovely home of Pam and Steve Westerheide (Co-Hosts Beth and Greg Gormley) where neighbors sipped on wine and a specialty cocktail as well as enjoyed a presentation of appetizers with so much beauty that the dishes could have been featured on an episode of 'Top Chef'.

The professional chef worthy food dishes continued at the next stop on the wander, the home of Denise Requardt and Brenda Steele. Neighbors enjoyed unique, Mexican dishes that were so succulent and delicious that neighbors literally could not stop eating them.

The social bartender also kept the drinks flowing throughout the night. We ended the wander at the home of Jennifer Conrad and Dani Segura which was the ultimate party house with a jaw-dropping backyard, pool, and movie screen playing a classic film. Neighbors nibbled on an array of desserts and wine and could not stop posing with the full body sexy male mannequin art piece. Again, special thanks to our 3 host homes! We could not have done it without your generosity.



### Holiday Caroling

We rang in the holiday season with none other than, holiday caroling. Neighbors, including children, helped spread some holiday cheer by singing holiday carols to our Wynnewood North elders. Families enjoyed caroling and children had an absolute blast singing many well-known holiday songs.

A special thanks to Shelly Morgan who coordinated the event and making caroling fun for the kids, parents, and most of all, our elders, by mixing cheery music with lots of holiday spirit.





## Holiday Party

The Holiday Party was our final event of the season and what an event it was. Nearly 100 neighbors attended the event to celebrate the holiday season. Neighbors could not get enough of the yummy ham, turkey, dressing, and gravy provided by WNNA. Thanks to all of the neighbors who brought the most incredible dishes this year; there were so many tasty dishes this year to name all of them. A very special thanks to James Sharp and Michael Powell for hosting such a festive event; we can't thank you all enough for opening up your home and making this event to highlight the holiday season for so many neighbors. We all know that the holiday season is full of commitments so we are truly grateful to James and Michael who committed part of their holiday season to the Wynnewood North family.

During the holiday party, we also announced the 3 winners of the Holiday Lights Contest. Thanks to all of the neighbors who lit up our neighborhood with beautiful lights and making the 2015 holiday season bright.

Hope that everyone enjoyed the holidays and I am looking forward to a great 2016!!!!

## Upcoming Events

Save the date for the SNOWW Event:

Saturday April 16, 2016



Stay tuned for other upcoming Spring 2016 events.





## 2015 Holiday Lights Contest Winners

*627 Woolsey Drive*

Michael Smith and Benjamin  
Mussler



*515 South Manus Drive*

Russell and Rachael Bryce



*741 Mayrant Drive*

James Sharp and Michael Powell





## Cold Weather Tips, Denise Requardt

Cold Weather Tips for Freezing Temperatures

### Before Freezing Weather

- Wrap all exposed pipes located outside or in unheated areas of the home.
- Remove garden hoses from outside faucets. Insulate outside faucets with Styrofoam cover, rags or paper (but do not let get wet if rags or paper).
- Cover vents around the foundation of your home.
- Know where your property owner's cut-off valve is located and how to use it. Apply oil such as WD-40 to the cut-off valve before operating to prevent the valve from breaking. The valve is located adjacent to the water meter box under a 6" metal lid.

### In Sub-Freezing Weather

- Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.)
- Open cabinet doors under sinks adjacent to outside walls.
- In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.

- In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.
- In sustained sub-freezing weather, let water drip slowly from inside faucets.
- Take extra precautions to protect pipes that have frozen in the past.

### If You Are Not Going To Be Home

- Shut water off at the property owner's cut-off valve.
- Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open).
- Or, leave home heating system on at a low setting.



## Treasury Report - 2015

Beginning Balance 2015	\$11,107
2015 Income:	12,237
2015 Expenses:	<u>(9,055)</u>
Ending Balance as of December 31, 2015	\$14,288
General Account Balance:	\$8,125
Bank CD 5373:	3,082
Bank CD 5340:	<u>3,082</u>
	\$14,288

## Supporting Wynnewood North

Wynnewood North Neighborhood Association is an IRS designated 501(c)3 non-profit organization.

Donations are tax deductible and can be made at general meetings, PayPal on the website, or by mail.

- Online: <http://www.wynnewoodnorth.org/donate>
- Mail: WNNA Treasurer / P.O. Box 3872 / Dallas, TX 75208
- In Person: Cash, Check, or Credit with Treasurer
- Receipts are provided upon request.



## New Year's Resolutions

Cookies in the break room from a co-worker, candy on your desk from a thankful client, savory hors d'oeuvres at your office holiday party. Most of us let our guards down a little between Thanksgiving and Christmas. Then, as we squeeze into our New Year's dress or suit, we make the same resolution every year: lose weight, lose inches, workout more, eat healthier. Sound familiar?

Methodist Health System registered dietician Caroline Susie and fitness supervisor Ginnie Emmott joined together with some great tips for sticking with your health resolutions.

### Working Out - Don't be a 3-week Resolution-er

- Mix up your workouts. This serves two big purposes.
  1. It helps work different muscle groups, which leads to more calories burned. Ginnie Emmott, Methodist Health System fitness supervisor, says strength training does more than just give you a tight figure. "The muscle mass you gain during strength training helps keep your metabolism revved up. It also allows you to continue your day-to-day activities, like lifting groceries, or your luggage into an airplane's overhead bin. It also helps with posture and core strength."
  2. It keeps you from being bored. Alternate between spin studios, yoga studios and a boot camp. If you're a gym member, check out all the different classes, and make sure to mix up your cardio and strength training. Emmott has an important safety reminder if you aren't familiar with the weights at your boot camp or gym. "Ask for help. If you want to use weights, but aren't sure how to use those weird, heavy looking things, ask a trainer or gym employee."
- Go with a friend. That way you have accountability...you can call each other out for sleeping in and missing class!
- Stretch. When you're watching TV, get down on the ground and stretch it out. Nothing is a bigger goal saboteur than a pulled quad or hamstring. Plus, if you're stretching while watching TV, you aren't eating!
- Set mini goals and reward yourself (not with food.) Everyone has different budgets, so rewards can come in all shapes and forms.
- Give yourself credit. Don't be hard on yourself for missing a workout or two. Emmott says, "I will ask someone, 'Were you able to exercise last week?' So often I hear, 'Yea but not as much as I should have.' I will immediately say 'what were you ABLE to do?'" Change the phrasing. Allow yourself credit for small accomplishments."

### Eating: But everything looks so goooooood....

Here's one problem with resolutions. We're kind of acting on the assumption that with the holidays over, we can really focus on our weight loss goals. But Dallas is a city full of good food! Temptation is everywhere, all the time. But all isn't lost. You can still be a foodie and lose weight

- Don't cut any food groups completely out of your diet (unless instructed by a doctor). Going on a complete carb or dairy cut just leads to binging on pizza a week later. Registered dietician Caroline Susie agrees: "Anytime a diet completely eliminates an entire food group, red flags should go up! Eliminating certain food groups simply is not practical long term; not to mention you might be missing out on some key nutrients essential to your health!"
- Cut the soda, even diet soda. Okay, this is really, really hard for me. Coke Zero is my weakness, my brain food, my love. I have not completely cut it out, even though I know how bad it is for me. Hey, nobody is perfect, people! But, since going down to one can a day, I've been drinking even more water, and I look and feel less bloated. Susie adds, "Sick of water? Try unsweet iced tea to change it up! Some research has suggested that diet sodas may be associated with insulin resistance."
- Drink lots of water. 64+ ounces each day. You'll be less hungry, less bloated, and bonus – your skin will look better. Water flushes out your system – so don't waste money or hurt yourself doing a cleanse. Susie says, "Want to make a dietitian cringe? Say the word, 'cleanse'. You don't need to do a cleanse! We are built with a fabulous filtration/detox system - our kidneys and liver! Yes, yes, you do lose weight when you 'cleanse', but let's be honest...it's because you are not eating and it is mainly water weight."
- Portion control is key. This one may sound like a big cliché, but it's TRUE. Do what you need to do to make sure you're eating proper servings. Use measuring cups to dole out portions, use small plates to make it look like you're eating more, whatever it takes.
- Splurge. This is a marathon, not a sprint. It's not really a diet, it's a lifestyle change. If every now and then, you're craving the creamy shrimp and grits or burger and fries at a new restaurant, give in. Try to only eat half, and spend 10 more minutes working out, but ENJOY EVERY BITE. Susie has a great analogy: "I call this the 'Chick-fil-A effect.' When do you always crave Chick-fil-A? Sundays, when it's closed! If you take a food group away or prohibit yourself for eating a certain food, it will consume your thoughts! So, if you are craving fried pickles, enjoy them! Just get back on track at your next meal. And don't harbor guilt! Guilty and negative feelings should not be associated with food."

Good luck, everybody! Tips courtesy of Methodist Health Systems.



## Tips for Winter Gardeners

FROM CALLOWAY'S AND CORNELIUS NURSERY

With the Holiday decorations all packed away revive those empty indoor spaces in your home with living breathing houseplants! Researchers for NASA while developing technology that would allow humans to live in a closed environment on the moon or Mars, discovered that houseplants are the quickest and most effective filters of common dangerous air pollutants. One medium-sized houseplant is needed every 100 square feet of living area to achieve this natural filtering of the air in your home. With the great variety of houseplants you can dress up a room and make the air better too. Keep the leaves clear of dust since most pollutants are absorbed by the leaves.

It may be chilly outside at this time of the year, but winter is a perfect time for a number of outdoor chores. Just consider how much better outdoor chores like soil preparation, planting, transplanting and pruning can be done without toiling in hot summer temperatures.

If you need to move a plant to a different spot in the landscape, this is the month to accomplish this job. Most plants move best when they are fully dormant as a result of prolonged exposure to cold temperatures. Remove some of the top growth to compensate for the inevitable loss of some of the roots. Once the plant is moved, water thoroughly, apply root stimulator, and a few inches of mulch over the root area.

January is a great month to accomplish pruning of fruit trees. Annual pruning keeps the harvest within reach, thins crowded branches, allowing more light to penetrate developing fruit and stimulates new growth for next year's crop. Shade trees can also be pruned at this time.

Fruit trees and vines can be planted at this time as the ground usually does not freeze here in north Texas. You can also prepare the soil for new flower, rose or shrub beds by mixing plenty of organic material like compost and Calloway's Organic Flower Bed Mix or Tree and Shrub Mix. This way the soil is ready for immediate planting when temperatures get a little warmer.

Fertilize pansies to keep them actively growing. Houseplants can be fertilized with reduced rates of water-soluble fertilizer this month. Do not over-water your houseplants.

Birds of all kinds appreciate a constant source of seed, suet and water during the winter and you will enjoy the activity they create in your backyard. Just remember once you start feeding, you should keep it up through the winter.

February may be the toughest gardening month. Thank goodness it's short. In North Texas we do not know what kind of weather to expect from day to day or from day to night. Keep in mind that the average last freeze for North Texas area is not until mid-March. Even so, many plants normally begin to show signs of growth in February, which makes it the perfect time, to get outside and work in the yard.

This is the perfect time to get your garden tools in good working order. So that when Spring arrives you are ready to plant those plants, mow the grass and prepare all those beds in preparation for a beautiful landscape.

Pruning is both an art and a necessary maintenance function. Most trees and shrubs can be lightly pruned at any time; however mid-winter is generally the best time for major pruning.

Summer flowering trees and shrubs should be pruned before buds begin to swell for Spring, generally they bloom on new growth; examples are crape myrtle, butterfly bush, spiraea and honeysuckle. If those seed heads on crepe myrtles bother you, remove them this month. Just clip back the ends of the branches, do not destroy the beauty of the gracefully sculptured trunks by severe pruning. Please never top a crape myrtle. Spring flowering plants such as azalea, Carolina jessamine, wisteria, forsythia, and quince should not be pruned until after the blooms are spent.

February is the best time for pruning most roses. Remove any old and diseased canes then cut the remaining canes back by 50%. Make your cuts above a bud that faces away from the center of the plant.



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## Pet Corner

Our pets are our responsibility and we should take this responsibility seriously during cold weather. Here are some helpful tips provided by the ASPCA:

Brrrr—it's cold outside! The following guidelines will help you protect your companion animals when the mercury dips.

1. Keep your cat inside. Outdoors, felines can freeze, become lost or be stolen, injured or killed. Cats who are allowed to stray are exposed to infectious diseases, including rabies, from other cats, dogs and wildlife.
2. During the winter, outdoor cats sometimes sleep under the hoods of cars. When the motor is started, the cat can be injured or killed by the fan belt. If there are outdoor cats in your area, bang loudly on the car hood before starting the engine to give the cat a chance to escape.
3. Never let your dog off the leash on snow or ice, especially during a snowstorm, dogs can easily become lost. Make sure your dog always wears ID tags.
4. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.
5. Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. When you bathe your dog in the colder months, be sure to completely dry him before taking

him out for a walk. Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.

6. Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.
7. Puppies do not tolerate the cold as well as adult dogs, and may be difficult to housebreak during the winter. If your puppy appears to be sensitive to the weather, you may opt to paper-train him inside. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself.
8. Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly protein, to keep him, and his fur, in tip-top shape.
9. Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol. Visit the ASPCA Animal Poison Control Center more information.
10. Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.

Links:

[1] <http://www.aspc.org/pet-care/animal-poison-control>

## Crime Watch

Want to do something fun and help the neighborhood at the same time? How about joining the Crime Watch team! Dallas Police Department provides the training in a 2 hour session, and once certified, begin doing patrols with fellow residents. Yes, we have a very successful crime watch program. We started the VIP Program (Volunteers in Patrol) in 2009. We are entering our eighth year of a very successful program which has made a very positive impact on crime reduction in the neighborhood.

Join this great team by attending the next training class that will be held in February. If interested contact Jeff Sappenfield, Crime Watch Director at [crime@wynnewoodnorth.org](mailto:crime@wynnewoodnorth.org) for more details. There are great people volunteering their time patrolling but we have lost about 6 or 7 VIPs who have moved out away. If you have 3 hours a month that is all it takes to participate.

Jeff has been re-elected as Crime Watch Director for the 3rd year in a row. This is your neighborhood and Jeff welcomes suggestions about crime prevention and improving safety in the neighborhood. Drop Jeff an email ([crime@wynnewoodnorth.org](mailto:crime@wynnewoodnorth.org)) or give him a call. His phone number is in the new directory.





## From the Board

Every Wynnewood North resident is a valued member of our family, and we want to include everyone in maintaining Wynnewood North as the best neighborhood in Dallas. The WNNA Board welcomes all new volunteers, and board elections take place at the October General Meeting. Click here to review our Bylaws.

Please feel free to contact any of the officers listed above by clicking on their name to e-mail them a message. General inquiries should be sent to info @ wynnewoodnorth.org

## Did you know Wynnewood North Neighborhood Association has a fan page on Facebook?

If you have an account, just search for us and join. You can see photos from neighborhood social gatherings and post on the wall.



### Board of Directors

President ..... Brian Davis  
 Vice President ..... Fallyn Gray  
 Treasurer ..... Denise Requardt  
 Secretary ..... Cindy Kirk  
 Crime Watch ..... Jeff Sappenfield  
 Social Director ..... Ric Shanahan  
 Publications ..... Beth Mecchi  
 Communications ..... Janice Coffee  
 Beautification ..... Cynthia Michaels  
 Parent Liaison ..... Traci Lofts  
 Website/Special Projects ..... Dean Rose

### Internet and Web Connections

WNNA ..... wynnewoodnorth.org  
 Facebook ..... facebook.com/wynnewoodnorth  
 Nextdoor ..... wynnewoodnorth.nextdoor.com

### Block Captains

Bizerte (East)/Pratt/Heyser ..... Greg and Pat Parrish  
 Bizerte (West) ..... Guy Allbright  
 Hoel/Llewellyn ..... Jeremy Ratliff  
 N. Manus (East) ..... Sue May  
 N. Manus (West) ..... Lisa Tully  
 S. Manus ..... Larry & Donna Libby  
 Mayrant (East) ..... Silver & Bill Poteete  
 Mayrant (West) ..... Janice Coffee & Terry Thomas  
 Monssen (East) ..... Ron Henson  
 Monssen (West)/Monssen Pkwy ..... Petri Brill  
 Shelmire ..... Shaun Stewart & Tracy Muller  
 Woolsey (East) ..... Mary Scherer  
 Woolsey (West) ..... Denise Requardt