

NOVEMBER 2023 - JANUARY 2024 HARRIS COUNTY WCID110 FOREST OAKS PARKS AND RECREATION



Forest the Park Ranger

October was such an amazing month for WCID110 and Forest Oaks. October is always a fun time just because of Halloween; but when you add in our annual events like National Night Out and Trunk or Treat, October gets so much sweeter! Oh yeah, and we didn't have a single day of temperatures in the triple digits and this wet stuff fell from the sky (I heard someone call it "rain").

What is best about October and the start of the fall? It is a great time to engage with others and be thankful for what and who we have in our lives. We also get to enjoy YET ANOTHER ASTROS RUN TO THE WORLD SERIES and the Texans aren't that bad! So with that in mind, here some of the things that I am so much grateful for so far in 2023:

Family: I have the best pack ever! My pack has teachers, athletes, musicians, movie-lovers, book-lovers, video game-lovers, cooks, bakers, actors and actresses, outdoorsy types, and more! I like them and I love them!

A great community: It is amazing to live in an area where people are friendly and care about their neighbors. I had such a great time hanging out at National Night Out and was so happy to see so many come out and celebrate our community.

Fulfilling job: While it may surprise you that a fox has a regular nine to five, it doesn't feel that way to me. I get to help maintain some of the most beautiful and peaceful land in Houston and do it with a great crew who are dedicated to making sure our park and facilities are in the best shape possible.

Health and Wellbeing: Being healthy doesn't mean being a body builder or a model. Wellbeing is more than just doing well in one aspect of our lives. While I'm not 100% across the board, I find myself being in really good shape in almost every aspect...I could be doing better but I am very satisfied with where I am.

Cooler weather: Even foxes get hot and bothered by the record-setting temps we had this summer. Hopefully we have "normal" weather for the fall and into the winter. I can always grow thicker coats of hair and people don't bat an eye, but if you saw a hairless fox running around, you would have questions...and I wouldn't have answers.

What's Inside?

- District Information
- FOSRC General Information
- Forest Oaks Memberships
- Forest Oaks Rentals
- Forest Oaks Park Info
- Flood Mitigation Updates
- MOC - Water Utility Operator
- Storm Water Solutions
- Trash and Recycling
- Rivera Tennis Academy
- On Deck with Aquatics
- What's Happening at FOSRC
- Holistic Health and Wellbeing
- Mills' Minute



District Information

www.wcid110.com

281-353-0998

office@hcwcid110.com

Board Meetings

Board meetings are held every month on the 2nd Wednesday starting at 5 p.m. and 3rd Thursday at 9 a.m.

All meetings take place in the FOSRC boardroom and are open to the public. Zoom links are available on our website for virtual attendees.

QR code for Board Meeting information and reports.



SLICKTEXT

Sign up for Emergency Text Alerts

Text "WCID110 Alerts" to
832-246-7788

OR

Scan the QR code below



WCID 110 Board of Directors

WCID110 Board Members (from left to right)
Mr. Jerry Strickland, Mrs. Vanessa Sommer, Mrs. Jeannie Perkins, Mr. James Williams, and Mr. Tom Dowdy.



WCID 110 / Forest Oaks Managers

WCID110 / Forest Oaks Managers (from left to right)
Aquatics Manager: Ms. Carlee Nava-Schmidt; District Maintenance Manager: Mr. Shane Breyette; Office Manager: Ms. Denise Simples; District Manager: Mr. Brian Mills

WCID 110 / Forest Oaks Maintenance Staff

WCID110 / Forest Oaks Maintenance Staff : Mr. Raymundo "Ray" Peralta; Mr. Blaine Gilbert; Mr. Michael Brooks, Mr. Reginald "Reggie" Mitchell



FOREST OAKS SWIM AND RACQUET CLUB HOURS OF OPERATION

Address: 19023 Joanleigh Dr., Spring, TX 77388 Office: 281-353-0998
Email: office@hcwcid110.com Website: www.wcid110.com
Social media: @WCID110Recreation



WCID110 ADMIN OFFICE

- Mondays - Fridays: 9 a.m. - 6 p.m.
- Weekends: Closed

TENNIS COURTS

Daily: 6 a.m. - 10 p.m.

General Tennis Court Policy Reminders:

- Facility gates may not be propped open.
- Must wear appropriate clothing which includes tops, pants, and close-toed, non-marking athletic shoes.
- No more than four (4) people playing on a court at one time.
- Do not sit on or climb over nets or fences.
- Time limits for matches are:
 - Singles: 60 minutes
 - Doubles: 90 minutes
- All court lights are set on a timer to come on and go off at appropriate times.
- Pickleball is allowed during open rec hours.
- The following are prohibited on tennis courts: food, glass containers, shoes that leave marks on court surfaces, smoking/vaping, skateboards, roller blades or skates.
- Lessons and coaching are only allowed through Rivera Tennis Academy.

RENTALS

- Rentals are available for all facilities.
- Visit our website for details or call the office for inquiries. Click on the Forest Oaks Rental button on the top of the website.
- To view rental calendar, click on the red Online Rental Calendar button on the Rental page.
- All rental requests are handled in-person in our Main Admin Office during normal business hours.
- All rentals are not official until all paperwork, rental fee and deposit have been paid.

GUEST PASSES

Pool guests: limit of 2/member
Gym Guests: limit of 2/member

Guests ages 18 years or older: \$5
Guests ages 17 years and younger: \$2
Guests younger than 2 years old: Free

Guests must be accompanied at all times by a member and have access to the facilities for the entire calendar day in which it was purchased.

FITNESS CENTER

Daily: 4:30 a.m. - 10:30 p.m.

General Gym Policy Reminders:

- Must be 14 years or older to enter without adult supervision.
- Minors 12-13 may use the facility but only with direct supervision of responsible adult 18 years or older.
- Minors 11 years old and younger are not allowed to enter the gym for any reason.
- Do not lend your access card to others or let others in who should not have access.
- No food or drink (besides water) is allowed.
- Must wear gym-appropriate clothing including tops, pants, and closed-toed athletic shoes.
- Must bring a personal towel.
- Wipe down equipment after use.
- Replace items on appropriate racks.
- Must use headphones for personal music.
- Allow others to "work-in" if the facility is crowded.

POOL

Memorial Day Weekend - Start of KISD in August

- Check the District website under Parks and Recreation / Forest Oaks Pool for hours of operation.
- All member access changes when Klein ISD starts.
- All member access ends after Labor Day weekend.

Adult Swim

- 18 years and older only, no lifeguard on duty.
- Until August 8: Tuesday-Friday: 9 a.m. - 11 a.m.
- Starting August 9 through mid-October: Tuesday-Friday: 9 a.m. - 4 p.m.

General Pool Policy Reminders:

- Minors 13 and under must be accompanied and actively supervised by an adult 18 years or older at all times.
- Appropriate swimwear required at all times and must be appropriate for a family pool facility.
- Swim tests are required for all minors 11 and under before they are allowed to enter the pool. If they do not test or do not successfully pass, an adult 18 year or older must be in water, actively supervising them at all times.
- Safety breaks occur the last 10 minutes of every hour. Only adults 18 years and older may remain in the water.
- The following are prohibited: running, dunking, pushing, shoving or other actions deemed unsafe in a pool facility, hanging on lane lines; diving, flips, somersaults and cannonballs from the sides of the pool, faking drowning; glass containers.

FOREST OAKS PARK

Open sun-up to sun-down every day.

For a complete list of all FOSRC policies, visit our website at www.wcid110.com

FOREST OAKS SWIM AND RACQUET CLUB Memberships



MONTHLY MEMBERSHIP RATES

||-|| In-District Homeowners

Regular Memberships

- Resident: \$30/month per family
- Senior (65+) - \$15/month per family
- Can be paid monthly on your water bill OR prepaid in 3/6/12 month increments

||-|| In-District Tenants

Temporary Memberships

- Tenant: \$30/month per family
- Senior (65+) - \$15/month per family
- Must be prepaid in 3/6/12 month increments

||-|| Out-of-District Memberships

Temporary Memberships

- Temporary - \$60/month per family
- Senior (65+) - \$35/month per family
- Must be prepaid in 3/6/12 month increments

● Out-of-District Tennis ONLY Member

- \$30/person per month
- Must be prepaid in 3/6/12 month increments

WHAT'S AVAILABLE

||-|| Gym open 4:30 a.m. - 10:30 p.m.

 Tennis courts open 6 a.m. - 10 p.m.

 Rivera Tennis Academy - paid lessons, camps, events, and training programs.

 Pool open May - Labor Day and Adult Swim only hours from April - October.

 Special events throughout the year.

 Rentals of indoor and outdoor facilities.

 Kid's Swim Team - FOST Barracudas.

Membership Sign-Ups in FOSRC Office

Monday-Friday
9:00 a.m. - 6:00 p.m.



Forest Oaks Facility Rentals

Facility	Membership Status	District Status	Rental Fee Cost Security Deposit Required
Clubhouse 50 person max	Active FOSRC Member	N/A	\$50 rental fee \$250 security deposit
	Non-Member	In-District Resident	\$150 rental fee \$250 security deposit
		Out-of-District Resident	\$250 rental fee \$350 security deposit
Main Clubhouse Pavilion	Active FOSRC Member	N/A	\$50 rental fee \$100 security deposit
	Non-Member	In-District Resident	\$150 rental fee \$100 security deposit
		Out-of-District Resident	\$250 rental fee \$100 security deposit
Classroom 18 person max Adults Only	Active FOSRC Member	N/A	\$50 rental fee \$250 security deposit
	Non-Member	In-District Resident	\$150 rental fee \$250 security deposit
		Out-of-District Resident	\$250 rental fee \$350 security deposit
Park Pavilion and Picnic Areas 40 people or less	Active FOSRC Member	N/A	\$15 rental fee \$25 security deposit
	Non-Member	In-District Resident	\$25 rental fee \$50 security deposit
		Out-of-District Resident	\$75 rental fee \$75 security deposit
Large Group Park Rentals 41 people or more (weddings, large group or organization events)		All renters \$250 rental fee \$250 security deposit	

FOSRC Admin Office

Monday-Friday from 9 a.m. - 6 p.m.
281-353-0998
office@hcwcid110.com

All rental agreements and payments must be submitted in the FOSRC office during normal hours of operation. No requests can be submitted or accepted through email or over the phone.
Payments can be cash, check, or credit card and includes the security deposit amount. Security deposits will be refunded by check once the event has been completed and no damage or cleaning is required.

FOREST OAKS PARK

Open Daily from Sun-up to Sun-down



Cooler weather and shorter days are coming, so please plan accordingly as the park opens at sunrise and closes at sundown.

Even with cooler weather, that does not mean we won't have occasionally warmer days, so always be on alert for wildlife, even snakes in November - January.



LEASHES REQUIRED - IT'S THE LAW!!!

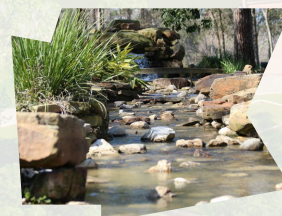
As well trained and friendly as your pet may be, remember Harris County requires that pets must be secured on a leash and controlled by its owner at all times. Our park is no different and we do not make exceptions, regardless of the time of day or what area of the park you are in. Failure to have your pet on a leash can result in a citation from our Park Security Officers.

Please be a responsible pet owner and follow the law. To report any violations, you can call or email the office.



FOREST OAKS PARK POLICIES AT A GLANCE

- Use of the park is at your own risk and WCID110 is not responsible for any injury. This includes vehicles.
- Stay off all rock structures and features.
- Fishing is only allowed with rod and reel. All fishing is catch and release only for all park users.
- Entering or swimming in the lake is not allowed.
- Boating of any kind must be approved by the District Manager.
- Do not feed any wildlife (including begging squirrels).
- Stay alert for snakes and other wildlife that may be dangerous. Do not throw items at, run after, or irritate the wildlife.
- All pavilion use of five or more people or for a formal event requires a rental application and rental fee. Park Security Officers do have the authority to make patrons leave a pavilion if needed and if there is not a formal rental.



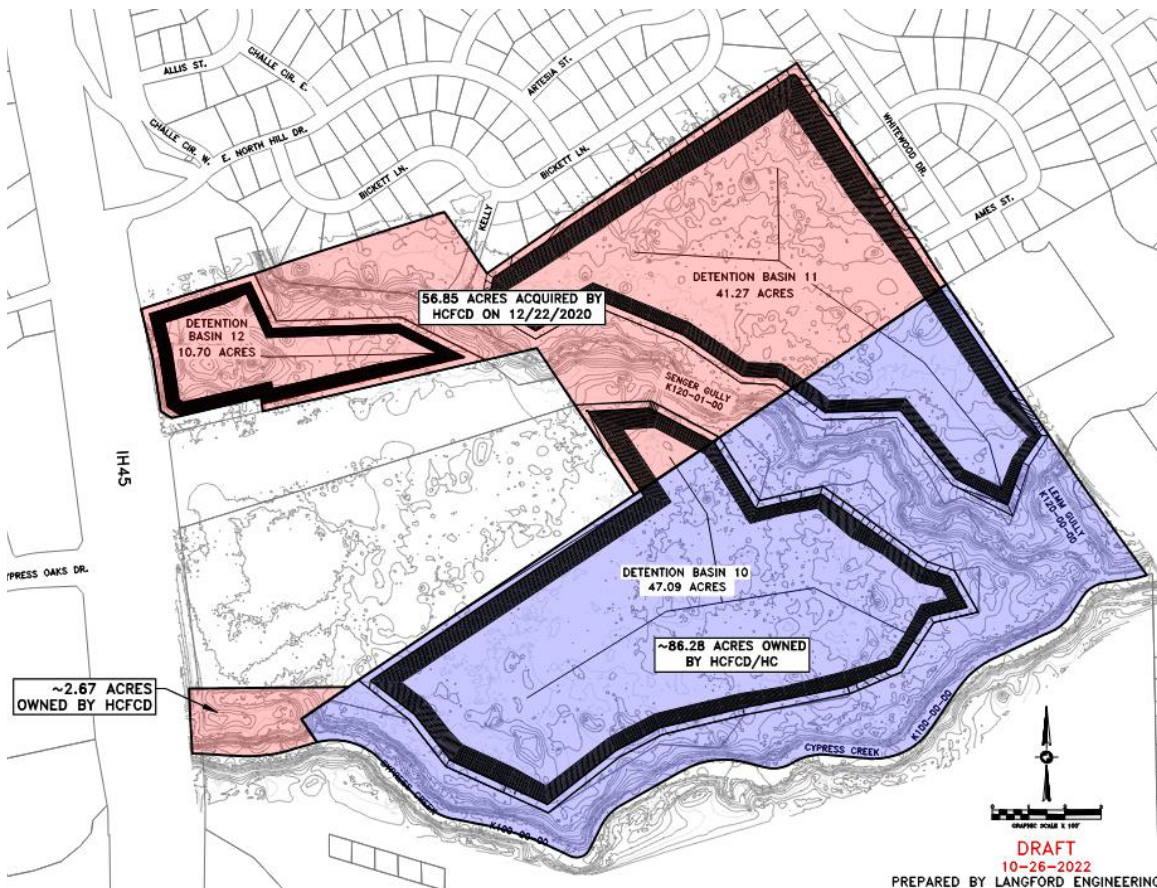
FLOOD MITIGATION EFFORTS OF WCID110

Regional Drainage Project Updates

Harris County WCID110 and Harris County Flood Control District (HCFCD) have entered into an interlocal agreement to conduct the initial study for the proposed Regional Drainage Project which would be located on the east side of I-45 at the Cypress Creek and I-45 bridge.

Prior to entering into this interlocal agreement, HCFCD has done macro studies along all of Cypress Creek and identified approximately 22 sites with flood reduction benefits. HCFCD studies have shown that detention sites and other improvements will result in a lower base flood elevation, thus reducing the number of flooded structures. With the interlocal agreement, HCFCD will implement detailed engineering studies of these identified sites to detail more exact benefits. Because of the interlocal agreement, this study will be expedited by HCFCD and we expect the study to take roughly 12 months to complete.

The engineering study is Phase 1 of this project. Phase 2 would be design and construction, based on engineering study recommendations. HCFCD has earmarked funds for Phase 2 construction costs.



This project has support from local officials and surrounding districts, as illustrated by a number of Letters of Support which help to influence federal agencies in their willingness to provide funding.

More updates will be provided as this project moves forward and will be added to our District website under Flood Mitigation Updates.

Updates on Flood Control can be found on the District website under the Flood Control Information page.



WATER AND SEWAGE OPERATIONS

WATER UTILITY OPERATIONS



MUNICIPAL OPERATIONS & CONSULTING, INC.

To Contact MOC

Phone: 281-367-5511
Email: general@municipalops.com
Website: www.municipalops.com



NEW ELECTRONIC WATER METERS UPDATES

MOC installed 360+ meters that were delivered in August and we have now received additional shipments of new meters. MOC is working to clean out all water meter boxes and then perform the install. Each clean out take about 10 minutes and install takes about 30-45 minutes. Once your meter is installed, you will receive a door hanger directing you to the District website for information on how to set-up your water meter app with alerts and updates.

On the website under Important Notices is a section for the EyeOnWater app and basic instructions for setting up your EyeOnWater account. The EyeOnWater app is different from your MOC account and is intended for you to use for water usage, not reporting issues or billing. You cannot set up the app until your meter is installed. You will need your entire water bill account number for the app set-up once you do get the new meter.



EyeOnWater APP

PREPPING YOUR HOME FOR COLD WEATHER

In December 2022 and January 2023, we experienced some significant cold weather. This year, we want to be prepared for anything by planning ahead. Here are some tips for prepping your home for the cold.

Home Owner or Renters Insurance

1. Review your insurance policies and make sure you have the coverage you want.
2. Utilities insurance programs...are you signed up for any? If so, know where that information is.

Inside the House

1. Keep your house heated to a minimum of 65 degrees.
2. Check the location for the main water shutoff in your home. Make sure it is accessible.
3. Open hot and cold faucets enough so they can drip slowly when temps drop below freezing.
4. Check that fireplaces, wood stoves, and electric heaters are working properly. Have an inspection done or a cleaning performed if you aren't sure or haven't had one in a while.
5. Keep your fireplace flue closed when you're not using it.
6. Talk to your neighbors about watching out for each others houses if the weather gets below freezing.
7. Do not turn on and open up your oven for a heat source...this is a bad idea.

Outside the House

1. Watch for any weather projections where we have extended below freezing temps.
2. Cover exterior faucets with covers or blankets and make sure they are secured on the pipes.
3. Run your swimming pool pump at night when the temps are expected to go below freezing. Either turn off and drain your pump or run it 24/7 during freezing temps.
4. Keep your garage doors closed.
5. Double check for dead, damaged, or dangerous tree branches and have them removed.

In the event of a problem

1. Don't wait for frozen pipes to burst.
2. If your pipes burst, first turn off the main water shutoff.
3. **Call MOC at 281-367-5511 and report the leak.**
4. Properly dry and repair any water damage.



PROTECT YOUR DRAINS!

STORMWATER SAVVY: BE A LOCAL WATER HERO!



Yard Waste

Do not use a leaf blower to blow leaves into the storm drain or into channels and creeks. This not only clogs the storm drainage system and channels, but also ultimately pollutes creeks, rivers and lakes, because everything in our storm drain system flows downstream.



Prevent Flooding

When storm drains become clogged with debris, they can no longer collect water, which can cause severe damage to your property. If water accumulates around your house, thousands of dollars worth of damage can occur.



Do Your Part. One Drop at a time.

Improper residential yard waste management can lead to increased maintenance needs and financial burdens on taxpayers. When yard waste, such as leaves, grass clippings, and tree branches, is not managed responsibly, it can clog storm drains and sewage systems.





Please have trash bins out by 7 a.m. on your service days and keep them separate from your recycling items.

TRASH PICK-UP FAQ'S

- **What trash cans should I use?**
 - Can needs to be between 30-50 gallons.
 - Any can smaller than 30 gallon or if it is decorative may be considered trash and discarded as part of the collection.
 - Do not use trash cans with handles on the sides; it makes it harder to handle.
- **Can I place trash outside of my trash can?**
 - Yes but it should be bagged.
 - Place it/them next to your can.
 - Please limit bag(s) to no more than 40 lbs. each.
- **What is the limit for trash pick up day?**
 - No more than 10 total bags/cans or bundles.
 - Please limit bag(s) to no more than 40 lbs. each.
- **What if my trash can is stolen or damaged?**
 - A replacement Best Trash can is \$85 and you must contact Best Trash directly.
 - Submit an inquiry through the website.
 - Include photos and description of damage.
- **When is heavy trash day?**
 - Offered on each service day.
 - There are restriction, so email customer service for specific questions.
- **What items are excluded from Heavy Trash Day?**
 - See below in red.
 - If any items are placed out for pick-up and the item spills, Best Trash is NOT responsible for clean-up.
- **What about yard debris?**
 - No more than 10 total bags/cans or bundles.
 - Please limit bag(s) to no more than 40 lbs. each.
 - If you have hired a landscaper, they need to handle haul-off.
 - You can contact customer service for quotes on special collections.
 - We will collect limbs and bush trimmings but they must be properly tied and bundled.
 - We will not haul off cut trees.
 - Please do not put limbs or yard debris in your can for disposal. It is unsafe for our employees.
- **What about big household items?**
 - Check our website FAQ's for Heavy Trash Days for more specifics on what items we can accept.

ITEMS THAT CANNOT BE PICKED UP WITH REGULAR SERVICE

- | | | |
|--|-----------------------|---|
| • Dirt, mulch, sod | • Roofing material | DO NOT POUR HAZADOUS MATERIALS IN SEWAGE DRAINS! THAT IS A CRIME AND WILL BE REPORTED. |
| • Bricks, tile, concrete | • Hazardous materials | |
| • Tires | • Gasoline | |
| • Construction debris or waste from contractors. | • Motor oil | |
| • Sheetrock or insulation | • Cooking oil | |
| | • Car batteries | |

To contact Best Trash:

Phone: 281-313-2378

Email: customerservice@besttrashtexas.com

Website: www.best-trash.com





**Formerly Residential
Recycling of Texas (RRRTX)**

To Contact Best Trash North:

Email: info@rrrtx.net
Phone: 346-248-5222
Website: www.rrrtx.net



Please have bins out by 7 a.m. on your service days.

Accepted Items for Recycling

• PAPER

- Magazines, newspapers, copy paper, junk mail, etc.
- Paper plates, napkins and paper towels that do not have food debris on them.

• PLASTICS #1-#7

- Juice, water, soda and milk bottles/jugs.
- Detergent or cleaner bottles.
- Prescription bottles.
- **If in doubt, check the label at the bottom of the bottle.**

• ALUMINUM AND TIN CANS

- Any type of aluminum can
- Food and pet food cans.
- **Please rinse them out first.**

• CARDBOARD

- Boxes for food, detergent, deliveries.
- **Please break down medium or large boxes.**
- **No grease stained boxes please.**

• GLASS

- Any color glass.
- **Cannot be ceramic, mirror, or pottery.**

• THIN PLASTICS

- Grocery bags.
- Newspaper sleeves.
- Wrapping from dry cleaning.
- **Please combine into one bag and don't leave loose bags in your bin.**
- **If you have to bag your items, they must be in a 100% transparent bag for safety purposes.**

Items that CANNOT be recycled

- | | | |
|--------------------------|-----------------------------|---|
| • Paper plates with food | • Computers | • Air filters |
| • Napkins with food | • Wood | • Hazardous materials |
| • Paper towels with food | • Food / Pizza boxes | • Oil filters |
| • Lightbulbs | • Scrap metal | • Medical waste |
| • Batteries | • Appliances | • Syringes/needles |
| • Fabrics | • Hangers | • Paint (unless is is dried and open) |
| • Diapers | • Yard waste | • Pesticides |
| • Styrofoam of any kind | • Pottery / Ceramics | • Chemicals |
| • Aerosol containers | • Tissue paper / foil paper | • Any items bagged in non-transparent bags. |

New residents to the District get one free recycling tote; which can be picked up at the Forest Oaks Clubhouse Admin Office during normal business hours. Additional or replacement totes are \$15 and a 50-gallon wheeled cart is \$75 and can be purchased in the Forest Oaks Admin Office during normal business hours.

FOREST OAKS TENNIS COURT PROJECT

The Forest Oaks tennis court project is still moving forward but has been delayed due to requirements for drainage and approvals from Harris County Flood Control District. The project is scheduled to be finalized in October, go to bid in November, construction begin in late December/early January, and be completed by mid/late March. We do recognize that this will impact our patrons, leagues, and Rivera Tennis Academy. We will be working with Rivera Tennis, tennis committee members, and captains for tennis teams to discuss the impact this project will have and ways we can work together to be efficient in our tennis court usage. When construction begins, the lower parking lot will have areas blocked off for construction equipment but courts 5-8 will remain available for use. Access to those four courts will be significantly impacted, especially in afternoons and evenings when we have Rivera Tennis Academy trainings, league play, and higher open rec usage.

The new project will completely replace courts 1-4 from the substructure to the fencing to brand new lights. New courts will be concrete with new tennis nets and poles and two courts will have sublimated lines for pickleball. Current lights will be replaced with MUSCO lights which are designed for tennis courts. The six current light poles will be replaced with four new 60' MUSCO light poles. New lights will improve the current light strength (current averages is around 10-12 candle widths) to an average of 50 candle widths across all four courts. It will be significantly better.

As we get updates on construction, we will keep all members updated through the District website and social media.

FOREST OAKS PARK SPILLWAY PROJECT



THANK YOU

Rapid Water Gardens

for all of the hard work and dedication in making this project happen.

www.rapidwatergardens.com

713-369-0909





THANKSGIVING TENNIS CAMP

JUNIOR AND ADULT TENNIS CAMP

NOV 20th- FRIDAY 24th

9:00 a.m.-12:00 p.m. elite 9:00 - 11:00 a.m. Jr academy & adults

🟡 Elevate Your Tennis Game with Our 5 Day Tennis Camp! 🟡

Join us for an unforgettable tennis adventure that will take your skills to the next level! ✨

- ✓ Expert Coaching
- ✓ Comprehensive Training
- ✓ Fun Drills: Engaging exercises to boost your agility & endurance
- ✓ Friday Match play

✨ Whether you're a beginner looking to learn the basics or an experienced player striving for excellence, our camp is tailored to all skill levels!



3 hours \$150 week drop in \$40

2 hours \$120 week drop in \$30



riveratennis@gmail.com
(281)742-0101



RED CROSS BABYSITTING TRAINING



Must be 11 years or older by day of class

CLASS DATES

Sunday, November 12, 2023
Monday, December 18, 2023

CLASS TIME

10:00am-5pm
Lunch break will be held
around 1pm

Class Rates

Active FOSRC Member: \$75
In-district resident: \$80
Out-of-district residents: \$85

TRAINING COURSE INCLUDES

- American Red Cross Certification
- First aid kit and training
- Babysitting activity bag
- Class binder
- CPR keychain mask

TRAINING COURSE TOPICS

- Basic Care for Infants and Children
- Basic First Aid
- Child Behavior
- Age-Appropriate Activities
- Emergency Protocols
- Professionalism
- Leadership

To Register

- Use the QR code to register.
- Payments in Forest Oaks Office.



Forest Oaks Swim and Racquet Club

FIRST AID & CPR TRAINING

Must be 11 years old or older by class date

Class Dates

- Sat., November 18 from 3:30-8 p.m.
- Sun., December 10 from 3:30-8 p.m.

Class Pricing

- Active FOSRC member: \$75
- In-district resident: \$85
- Out of district resident: \$100

Training Includes

- Learn to handle emergency situation
- Basic First Aid skills
- AED skills
- Real-life demonstration
- Hands-on training
- American Red Cross Certification

Refund Policy

- 7+ days prior to course: 100%
- 3 - 6 days prior to course: 50%
- Within 2 days of course: 0%

Register

- Use the QR code to register.
- Payments in Forest Oaks Office.



Forest Oaks Office Closures

November 2023

Wednesday, Nov. 23 - Closing at 4 p.m.

Thursday, Nov. 23 - Thanksgiving

Friday, Nov. 24 - Thanksgiving

December 2023

Monday, Dec. 25 - Christmas Day

Tuesday, Dec. 26 - Christmas

January 2024

Monday, Jan. 1 - New Year's Day

Monday, Jan. 15 - MLK Day



November Bingo

Nov. 15

6 - 7:30 p.m.

December Bingo

Dec. 20

6 - 7:30 p.m.

January Bingo

Jan. 17

6 - 7:30 p.m.

Location: Forest Oaks Club House.

Cost: \$5/player and you get one triple card per game. \$1/extra card that can be used only once.

Required number of participants: Must have 10 pre-registered participants by noon the day prior to the event or it is cancelled. Walk-ins are welcome, but recommend pre-registering so we know the event will happen.



THANKSGIVING TENNIS CAMP

JUNIOR AND ADULT TENNIS CAMP
NOV 20th- FRIDAY 24th

9:00-12:00 elite 9:00-11:00 Jr academy & adults

WCID110 / Forest Oaks FOOD DRIVE

Donations Accepted
Nov. 1 - Nov. 17
in the Forest Oaks Clubhouse



FOOD ITEMS ACCEPTED

CANNED FOOD

- SPAGHETTI SAUCE
- VEGETABLES
- FRUIT
- SOUP
- TOMATOES
- TUNA
- PEANUT BUTTER
- JELLY (ANY FLAVOR)

BOXED FOOD

- PASTA
- MACARONI AND CHEESE
- DRY SOUP
- DRY BEANS
- DRY PASTA
- TUNA HELPER
- HAMBURGER HELPER

ALL DONATIONS WILL BE GIVEN TO NORTHWEST ASSISTANCE MINISTRIES THE WEEK OF NOV. 20.

Cookie Decorating

TUESDAY, DEC. 19
11 A.M. - 2 P.M.
FOREST OAKS CLUBHOUSE

EVENT IS FREE FOR ALL PARTICIPANTS.
OPEN TO WCID110 RESIDENTS AND FOSRC MEMBERS
GUESTS ARE LIMITED TO NO MORE THAN 1 PER RESIDENT/MEMBER.

WE PROVIDE THE
COOKIES.
YOU BRING THE
CREATIVITY!!!



Harris County Precinct 4 Constables Vacation Watch Request

Going out of town for a vacation?

Don't forget that our Precinct 4 Constables have a watch request service for your home. Use the QR code to the right to submit your request!





TO OUR EVENT SPONSORS, PARTNERS, AND VOLUNTEERS
FOR NATIONAL NIGHT OUT AND TRUNK OR TREAT

National Night Out



Precinct 4 Constables
Spring Fire Department
Woodall's BBQ

ADT Spring Party Rentals



ADT Always There®



"We put the WOW in your event!"

Trunk or Treat



Klein Collins and Klein Oak National Honor Society Members
Mister Carwash for donations of four carwashes for Trunk or Treat prizes
Gringos Tex Mex for donation of two \$25 gift cards for volunteer raffles



HOLISTIC HEALTH AND WELLBEING

8 TIPS FOR WINTER WELLBEING



Tip 1: Keep to a daily routine – with shorter, colder days, it can feel harder to keep our normal activities going. We usually feel better if we're up and dressed, eating at regular mealtimes and going to bed at a consistent time.

Tip 2: Stay connected – a friendly chat by phone, online, or actually going out and meeting friends in a way that feels comfortable to you can help you feel connected. Don't become a hermit!

Tip 3: Do things you enjoy – in the bad weather or if we're isolating with an illness, it's still important to take time to enjoy ourselves each day. It doesn't matter whether it's reading, streaming your favorite show, laying on the couch under a blanket with one to three cats on or near you, or seasonal baking rituals. It can also be fun to try something new, get creative, or dust off an old hobby.

Tip 4: Get outside for some sunlight and exercise – try to get outside for at least 30 minutes of exercise each day. Walk in the park or your neighborhood, work in the yard or your garage, or just be physically active. This can help you feel refreshed and more energized, especially if you're working from home or spending more time indoors. If it's difficult for you to get out, open a window and let some fresh air in if you can. Have your morning coffee on your porch or just sit in your backyard and enjoy the outdoors.

Tip 5: Look after your physical health - stay warm when it is cold, eat well, stay hydrated, sleep well, keep active, stop smoking, don't drink too much alcohol.

Tip 6: Make a plan - we live in an amazing city with so much going on. While some things cost money, many things don't; so check out local festivals or events, go try new places to eat, make the effort to have date nights, and find ways to celebrate with your friends and family.

Tip 7: Relax and unwind - every day, find 20-30 minutes for JUST YOU! No significant others, no kids, no pets (unless they are cats...they will find you). Just be present with yourself.

Tip 8: Write it down - journaling can be a great way to explore or organize your thoughts. It can be in the morning while planning your day or nightly to reflect on what you have accomplished. It can be to express gratitude or remind yourself of the appreciation you have for someone or some experience.

HEALTH IS A STATE OF MIND. WELLNESS IS A STATE OF BEING.

Milly's MINUTE

REMEMBERING THE "GOOD OLD DAYS"

I've written about my family, former teachers, past jobs, and old friends before. I want to revisit the 2nd newsletter I wrote for WCID110 where I talked about a group my friends from college. The reason why is I was rewatching one of the final episodes of The Office the other day and one of the lines really hit me this time through..."I wish there was a way to know you were in the good old days before you actually left them."

Now I am not saying I wish I was young, "athletic," and single again...I love my life and family and everything I've done since "the good old days" ended. Part of me wishes I could go back and really appreciate the time and experiences with my "old man" perspective. I recently got to spend an entire weekend with the guys I went to college with and some others who I grew up with in my hometown. We spent the weekend watching Longhorn vs. Oklahoma football (I'm probably over the loss by now), Astros and Rangers playoff baseball, grilling steaks, boiling shrimp and frying catfish, playing Nintendo 64 Mario Tennis and NBA Hangtime, floating in the Guadalupe River, playing cards, listening to music, and playing a very lopsided game of wiffleball (my team lost badly and I will not get over that loss).

The best part of the entire weekend was just being with people who I spent so much time with at different parts of my life and talking about the fun (and usually moronic things) we did. But so many times those conversations transitioned into what we were doing now and how we are so much more focused on our families and kids and careers. What really amazed me was that all of these guys have done so much with their lives and have built such strong foundations with their families (reminder, we were young and did some really moronic things). One is the president of a customs business, one has dedicated himself to working in an alcohol rehab facility, one is a senior medical research liaison, one started his own marketing company, one is a Natural Resource Trustee Manager for TCEQ...the list goes on. It made me so proud to be friends with these guys and know they are all doing impactful things. But I still think back to all of those days of goofing around, blaring music from all sorts of different genres, spending hours talking and arguing about the latest movies we enjoyed, turning the back of one of our trucks into a pool for the afternoon, and playing four square or dodgeball or Madden with them.

So while I don't want to go back and change anything, I do appreciate that all of those experiences we shared have maintained their strength in the decades since. Those "pointless" hours of just being "young and dumb" together made us better people and stronger friends. I will always love "the good old days" and appreciate them for shaping me into the person I am today.



May 2001 - Graduation from UT



June 2002 - 1st Reunion Flag Football



June 2006 - 3rd Reunion Wiffleball



June 2017 - Wedding



October 2023 - 6th Reunion



Harris County WCDI110
Forest Oaks Swim and Racquet Club
Parks and Recreation
Forest Oaks Park
November 2023 - January 2024 Newsletter

19023 Joanleigh Dr.
Spring, TX 77388
Office: 281-353-0998
office@hcwcid110.com
www.wcid110.com



WINTER IS
COMING

