



Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

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www.brookmeadows.org

March 2007

Greetings Neighbors,

As we wrap up the fiscal year, the time has come to reach out to each of you to consider volunteering to support your home owners association. At this time, we are seeking volunteers not only for Board of Director level, but also for numerous opportunities at the committee level. We are asking each of you to consider how you might contribute to the betterment of our community. While much work has been done, and the BMHA is now on a successful path, there is still much to do.

As you all know, nothing happens in home owners associations without the commitment of volunteers. We have had some wonderful volunteers that have assisted us over the years, and they have made meaningful contributions to our neighborhood. The current Board believes that the time is ripe for new leaders to step up, and become involved in taking our community forward. The time is now. Will you be a part of the next phase of the journey?

Our annual meeting is coming up in April, at which point all of you will have the opportunity to run for office, and vote on who you believe will be the best leaders to take the BMHA forward. We ask each of you to think about what role you will play. Should you have questions with respect to time commitments and the needs of our community, please contact one of the existing Board members, and we will be glad to provide you with additional information. You may email us at: directors@brookmeadows.org

Please let us hear from you soon.

-BMHA Board of Directors



Colleyville Events

Hoppin' Good Egg Hunt

Ages Infants to 9

(divided by age)

Saturday, March 31

3:00 – 5:00pm

Colleyville

City Park

Hoppin' Good Night Egg Hunt

Ages 10 – 14

Saturday March 31

6:30 – 8:00pm

City Park – Kiddville



Colleyville Parks and Recreation

5109 Bransford Road

Colleyville, TX 76034

817-503-1180

www.colleyvillepark.com

Don't want to wait for the mail?

**View the current issue of the
Brook Meadows Homeowner's
Association Newsletter on the 1st day
of each month at
www.PEELinc.com**

Brook Meadows

Brook Meadows Homeowners Association, Inc.

PO Box 492
Colleyville, TX 76034

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www.BrookMeadows.org

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hwixson@tx.rr.com

If you have any ideas to make our newsletter better, please contact the editor. We want your input, ideas, and even your articles.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Brook Meadows residents, limit 30 words, please e-mail hwixson@tx.rr.com

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or advertising@PEELinc.com.

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Protecting Your Home: 10 Lo-Tech and Hi-Tech Tips

After a fun-filled week in the sun or on the slopes, the last thing families want to do is come home to a ransacked house. According to the National Burglar and Fire Alarm Association, each year nearly 5 million families become victims of household burglary, often when they've been on vacation.

Austin-based home security company uControl, a member of the National Burglar and Fire Alarm Association, shares 10 lo-tech and hi-tech security tips to protect your home while you're away:

Lo-Tech:

1. Discontinue newspaper and mail delivery.
2. Lock all doors, windows and garage doors.
3. Leave drapes and shades open as normal (closed blinds give burglars privacy should they break in).
4. Have your yard mowed and your trees and hedges trimmed – removing hiding places for burglars.

Hi-Tech:

1. Install motion-sensor lights in your yard so lights come on when someone walks by.
2. Install an alarm system – but not just any alarm system. Today's newer alarm services offer better security and more features and services, usually for the same (or lower) monthly fee.
3. Select a home security provider that offers redundant, back-up connections for your alarm system. Burglars know that all they have to do is cut the telephone line to disable most alarm systems. Newer security systems operate over broadband and cellular connections so your system is always monitored – whether a phone line is cut or your power goes off.
4. Make sure your home security is monitored 24/7 by licensed monitoring centers.
5. Select a security provider that provides remote access so you can check on your home anytime, anywhere. Many newer systems allow you to check on your home's alarm status from a computer or cell phone.
6. Set up your alarm system so you (and selected family members or neighbors) receive text messages or emails when the alarm goes off.



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NOTICE TO OUR NEIGHBORS

"The board received notification of a law suit against your Association on December 19, 2006. We are working with legal counsel in fully preparing a proper response. We will provide timely progress updates on our BMHA website as more information becomes available. Your Board is committed to representing the overwhelming majority of Brook Meadows homeowners who have voted for, and supported our neighborhood."

To view the legal document, or to contact Board members, go to:

www.brookmeadows.org

I doubt whether the world holds for anyone
a more soul-stirring surprise than the first
adventure with ice cream.

-Heywood Broun

Business Classifieds

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Advertising Information

Please support the businesses that advertise in the Brook Meadows Community Newsletter. Their advertising dollars make it possible for all Brook Meadows residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

Architectural Control Committee

Per the newly filed Covenants, Conditions & Restrictions, in effect since June 13th, we have an approved Architectural Review Committee (ARC). The ARC was put in place to protect our property values by ensuring that all visible new construction, maintenance, and landscaping is in concert with the look and feel of the neighborhood. It is required for each of us, BEFORE making any visible exterior changes, to make contact with the ARC for plan approval. General maintenance or replacement of exterior features with 'like kind and color' does not require ARC approval. The ARC is currently working on a procedure for reporting your proposed changes. Once the procedures are finished and approved, we will post them on the website and in our newsletter. Until that time, please send notice to:

ARC
PO Box 492
Colleyville, TX 76034
or Email to ARC@brookmeadows.org

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			1					
4	3		7	9	5			
	8							4
		7						2
				7	6	4		
	1		5		3	6		
		6		4			9	1
	4				1			
9			2					

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(NAPSA)-Cooking healthy does not mean giving up on great taste. That's one reason healthful food options, such as certified Wild American(tm) Shrimp, have become so popular.

Harvested in their own natural environment from U.S. waters, certified Wild American Shrimp are low in fat and a source of heart-healthy omega-3 fatty acids.

"Wild-caught shrimp are fresh, succulent and tender-the way nature intended, unlike 85 percent of shrimp, which is imported and pond-raised," says Nathalie Dupree, chef and author of "Shrimp & Grits."

A typical 4-ounce portion has just 112 calories when served steamed, boiled, grilled or baked and provides 23 grams of protein-47 percent of the daily value for protein. Studies have found that shrimp is an excellent source of vitamin D, as well as niacin and iron.

"Consumers have a choice when it comes to their seafood. Choosing local ingredients like Wild American Shrimp not only ensures you're getting the best-tasting seafood available, it also supports an entire industry and way of life," says Dupree.

You can taste the difference with this recipe from Dupree's latest cookbook:

Simple Supper Wild American Shrimp & Grits

Makes 2 servings

- 2 cups cooked grits
 - 4 tablespoons butter and/or olive oil
 - 1 pound Wild American Shrimp, peeled
 - 1 medium tomato, chopped
 - 1 to 2 garlic cloves, chopped
 - 1 tablespoon julienned fresh basil or parsley
- Reheat grits in the microwave or over low heat, with additional liquid if necessary.

Melt butter and/or olive oil in a saucepan, preferably non-stick. Add shrimp and sauté until just before they turn pink. Add tomato and stir until liquid exudes slightly, just a minute or so. Add garlic and cook briefly.



Divide grits between 2 plates, pour shrimp and tomato mixture on top, garnish with basil or parsley and serve.

For more information about Wild American Shrimp, including locations where it can be purchased and additional recipes, visit www.wildamericanshrimp.com.

Certified Wild American Shrimp are a flavorful, healthful food option that supports shrimpers around the U.S.

Advertise to Brook Meadows

You can get information about your service or products to every home in Brook Meadows, by running a business classified in the Brook Meadows Community Newsletter. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$45 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or advertising@PEELinc.com. The deadline is the 20th of each month for the upcoming month's newsletter.

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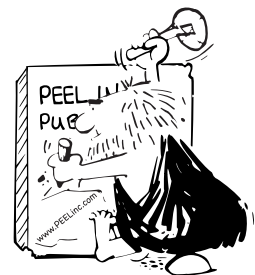
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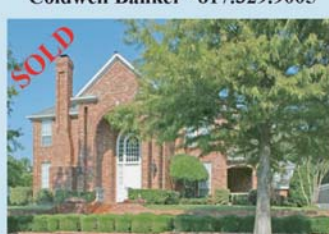
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