

# Kirby Creek Village

Kirby Creek Village Homeowners Association Quarterly Newsletter

SEPT/OCT/NOV 2011



## NOTES & NEWS

### 2011 BOARD OF DIRECTORS

LARRY BAUMANN ..... President  
REGINA GILLIAM ..... Vice President  
PHILIPPA MCDONALD ..... Secr./Treas.

### CHESAPEAKE AND TRACKER SERVICES

KCV HOA has been contacted by Tracker Services for the lease of oil and gas rights by Chesapeake Exploration in the common areas owned by the Homeowners Association.

The Board approved retaining the services of an experienced gas lease attorney with the Riddle & Williams law firm to maximize the income to the Association from oil and gas rights.

Negotiations with Chesapeake and Tracker Services have recently been opened and we will make the results known as soon as possible.

### LAST CALL FOR SWIMMING

The pool will close for the season on Sept. 25. It will be open weekends only after Labor Day.

We hope you enjoyed your summer!

## HIGHLIGHTS

### VIDEO SURVEILLANCE SYSTEM AND INTRUSION ALARM

At the July 2011 Board meeting, the Board unanimously approved the purchase and installation of an 11 camera surveillance system with digital video recording and an upgraded intrusion alarm system.

The new cameras will be recording motion inside and outside the clubhouse, parking lot and pool enclosure. The high-resolution infrared day/night cameras will offer a significant improvement in quality and clarity over the current cameras.

The DVR will be assessable via the web and will be monitored by the Board, BFMC, clubhouse manager and pool manager.

The Board believes implementing this surveillance system will help to safeguard the HOA and its property from crime and vandals, and limit its liability exposure by assisting in the ability to identify and prosecute trespassers.

### CAPITAL IMPROVEMENTS

The Board of Directors and BFMC will soon be establishing the preliminary 2012 budget, setting annual dues, reserves for major repairs and capital improvements.

Please email us with your suggestions, comments or ideas for improvements you would like to see made within the community for Board consideration.

### NO TRESPASSING

Please keep children, pets and motorized vehicles away from the edges of both ponds. The large pond is deep and the slopes are steep. If you see anyone camping or fishing near either pond, call the police. Trespassing is against the law.

Signs are posted around both ponds to reduce KCV's liability in the case of accidental injury or drowning.

## BULLETIN BOARD

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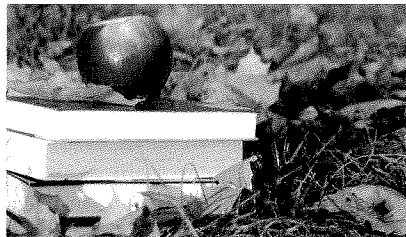
# TRIVIA WHIZ

## Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer and other diseases, and they also combat tooth decay by cleaning teeth and gums and fighting off bacteria. Here are some other facts about the fruit:

- *Doctor deterrent.* One of the earliest printed instances that “an apple a day keeps the doctor away” can be found in an 1866 edition of the Oxford Journal, Notes and Queries. It states: “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”
- *It’s official.* The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.
- *Terms of endearment.* The phrase “apple of my eye” appeared in a work by King Alfred the Great titled “Gregory’s Pastoral Care” written in A.D. 885. It also appeared in William Shakespeare’s “A Midsummer Night’s Dream” in the 1590s.
- *By any other name.* Apples are part of the rose family, and so are pears, peaches, plums, apricots, cherries, blackberries and strawberries.
- *Famous name.* Silver-screen queen Gwyneth Paltrow named her daughter Apple, who was born on May 14, 2004.

**“Surely the apple is the noblest of fruits.”**  
—Henry David Thoreau



## Life Styles

### Slay the Energy Vampires

We all get 24 hours a day. How are some people able to get so much done in those 1,440 minutes? Chances are they’ve learned how to drive a stake through the hearts of energy vampires—activities that take a toll in tiredness. Try these tips for slaying some common culprits:

*Late nights.* After all the day’s chores are done, who doesn’t crave a little “me” time? TV, video games and social media—all-night sources of amusement—are tempting distractions. Allow yourself an hour in the evening for entertainment. Set a timer. When it goes off, it’s time to turn in for the night.

*Sugary snacks.* Sweet treats

deliver a rush of energy followed by a lingering crash. Instead, reach for complex carbohydrates such as raw veggies and whole-grain crackers, lean protein such as low-fat yogurt or healthy fats such as walnuts and almonds.

*Negative Nellies.* Being a good friend means lending a listening ear and a shoulder to cry on. But friendship is a two-way street. If the relationship is out of balance, establish boundaries. Limit the amount of time you’re available, and if your friend’s problems persist, tactfully suggest she get professional help.



## What’s Cooking

### Unusual Chili Choices

Heat up a chilly night with a steaming bowl of savory chili. America’s favorite stew is simmering with possibilities as unusual ingredients crop up in recipes across the country. From the traditional blend of beans and spices to the over-the-top additions of fruit, noodles or seafood, chili stirs up lots of attention this season. Here are some unconventional flavors found in different chili concoctions:

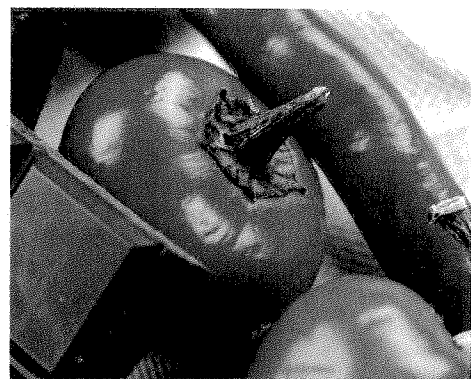
*Tropical.* Hawaiian-inspired recipes put a sweet spin on a savory favorite. Fruits such as pineapple and mango make their way into this variation, often with rice, ginger and spicy pork.

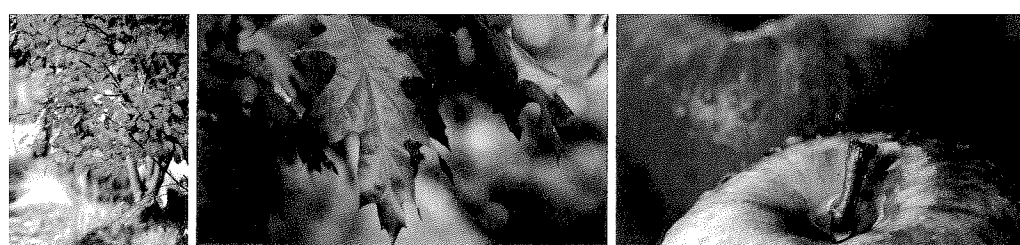
*Pumpkin.* Pureed pumpkin puts a slight twist on the traditional recipe and adds a mild, sweet flavor.

*Pasta.* Some chili recipes resemble a soup more than a stew, but these thinner consistencies are no slouch when served over a bed of noodles.

*Seafood.* A twist to the popular white chicken chili variation now includes seafood. Shrimp, scallops and pieces of white fish get caught up in this concoction, usually with sautéed garlic and bell peppers.

*Chocolate.* Bacon, sausage, barbecue sauce and chocolate mingle to make a statement for your sweet tooth in chocolate chili.





### Dollars and Sense: Save or Splurge?

We're all trying to save a dollar, but when it comes to certain products, scrimping on value brands can leave customers disappointed. Take some advice from beauty experts so you'll know whether to dig up spare change or hang onto your wallet when these items appear on your shopping list:

**Anti-aging night cream:** Splurge.

Experts suggest shelling out more money for an expensive night cream because it usually means more sophisticated research has been done on the product and it may contain higher quality active ingredients.

**Shampoo:** Save. All shampoos are formulated to cleanse, so you can scale back on suds. The trick is to look for a product designed for your hair type. Conditioners, however, protect and repair hair, so splurging on an expensive brand may deliver the best results.

**Toilet paper:** Splurge. Bargain-priced bath tissue seems like a deal in the store, but if you have to use more, it's not really a savings.

**Undershirts:** Save. White tees and tanks soak up perspiration and can get dingy in no time. Save your cash for other threads and just replace your undershirts when they're worn out.

**Gym clothes:** Splurge. Washing gym clothes after every sweat session puts a lot of wear and tear on the material. Buy brands that can keep up with you.

**Learn whether to save or splurge on everyday items.**

## One Minute Chef

### Tasty Tea Baked Apples

#### Ingredients:

- 1 cup water
- 4 Lipton cup-size tea bags
- 4 large baking apples (such as Rome or Golden Delicious), cored
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup chopped walnuts
- 2 tablespoons raisins
- 1/4 teaspoon ground cinnamon
- 4 teaspoons butter

#### Directions:

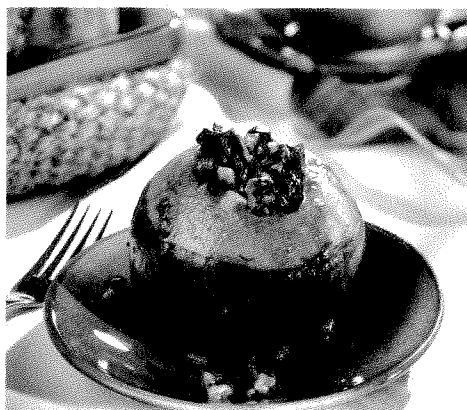
Preheat oven to 350° F. In 1-quart saucepan, bring water to a boil; remove from heat. Add tea bags and brew 3 minutes, dunking occasionally. Remove tea bags and squeeze; set aside.

Peel top 1/3 of apples. In 8-inch-square baking dish, arrange apples, peeled end up; set aside.

In small bowl, combine brown sugar, walnuts, raisins and cinnamon. Evenly spoon walnut mixture into center of apples, then evenly top with butter. Pour tea over and around apples.

Bake uncovered, basting occasionally, 1 hour or until apples are tender.

For more recipes, visit [www.MakingLifeBetter.com](http://www.MakingLifeBetter.com).



## WIT & WISDOM

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

—**Martin Luther King Jr.**

"Laziness may appear attractive, but work gives satisfaction."

—**Anne Frank**

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."

—**Robert Frost**

"Nothing will work unless you do."

—**Maya Angelou**

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

—**Theodore Roosevelt**

"If you put all your strength and faith and vigor into a job and try to do the best you can, the money will come."

—**Lawrence Welk**

"Opportunities are usually disguised as hard work, so most people don't recognize them."

—**Ann Landers**

"Many people worry so much about managing their careers but rarely spend half that much energy managing their lives. I want to make my life, not just my job, the best it can be. The rest will work itself out."

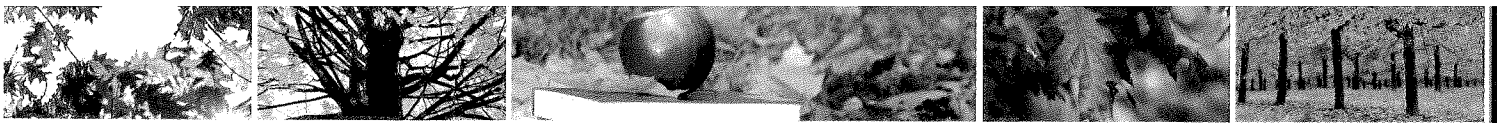
—**Reese Witherspoon**

"To find joy in work is to discover the fountain of youth."

—**Pearl S. Buck**

"Work spares us from three evils: boredom, vice and need."

—**Voltaire**



### **A NOTE FROM THE POOL MONITOR**

On behalf of KCV residents, we would like to thank the Grand Prairie Police Department for their efforts in consistently patrolling our neighborhood. It is very much appreciated. I would personally like to thank Officer Parker for his professionalism and quick response in dealing with trespassers.

While working as the Pool Monitor this 2011 Summer Season, it has been a pleasure getting to know many of the residents.

Please know that it has taken a group effort working hard and dedicating long hours to be able to make the pool an enjoyable place to spend these hot summer days.

A special thanks to Mr. Joe Wintz for keeping the pool looking great all summer long. Thank you to Mr. Rick Villaneuva for being flexible when I needed a substitute. In addition, I would like to thank the Kirby Creek Village Board Members for their dedication in making the clubhouse and pool area a safer and more enjoyable place to be.

It has been an exciting summer and I look forward to serving KCV next season.

**- Matthew Mitcheltree, KCV Pool Monitor**

### **WWW.KIRBYCREEKVILLAGEHOA.COM**

Check out the KCV website often for community news, meetings and flyers.

The Classified Ad section is available at no cost for all KCV homeowners in good standing with the HOA.

Please email BFMC with your ad for items Wanted, For Sale, Services Offered, etc.

### **SUGGESTIONS, TIPS OR ARTICLES**

We are always looking for story ideas and article suggestions for the KCV Quarterly Newsletter. If you know of a story or event that you would like published in the newsletter, we would love to hear from you!

Send us an email to [kirbycreekvillage@yahoo.com](mailto:kirbycreekvillage@yahoo.com). Be sure to place "STORY IDEA" in the subject line.

The newsletters are printed quarterly. The next edition will be delivered in December 2011.

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