

Enchanted Valley Echo

Official Newsletter of the Enchanted Valley Subdivision

August 2020



HOW'S YOUR SUMMER?

NEXT BIG EVENT



OCTOBER 6, 2020

National Night Out isn't possible
without our volunteers.

Please help us make this an even bigger event
than last year,

E-mail us at enchantedvalleyhoa@gmail.com
and reference NNO. Our NNO Coordinator
will be in touch with all the details.



SCHOOL STARTS SOON!
ARE YOU READY?

UPCOMING: NEIGHBORHOOD
GARAGE SALE



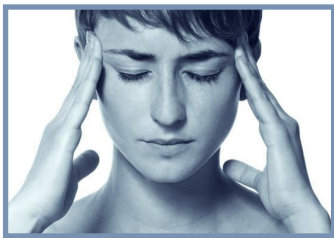
HEALTH AND FITNESS

A lot of people who grew up in 50's and 60's still think "meditation" is a hippie-dippie activity. Well, folks, it's time to rethink that mindset! Enchanted Valley has a resident who is well-versed in meditation. She was gracious to share the following column with us.

--Cathey Spies

Mind and Body Health

Lynn Kenny



With so much going on in the world today it's easy to understand that people may be carrying more stress and worry than usual, therefore it's vitally important to our health that we have ways to unsaddle these detrimental

emotions and release our minds and bodies from the destruction that they cause to our emotional well-being and our physical health.

If we live daily with negative emotions and stress, they can become a part of our being and can breed a number of physical ailments such as headaches, nausea, gastrointestinal problems, depression, sleep disorders, panic attacks and even chest pain. The key to living a calm and peaceful life is to live in the present. What I mean by the present is the very second that you're reading this. This means that you don't allow yourself to worry about things you have to do in the future, because that time hasn't arrived yet, and don't allow your mind to wander about the "what ifs" in the future because they may never happen. Equally important is that you don't live in the past. It's all about living in this precise moment.

This may seem impossible because stress and worry is a part of everyday life for many people. Present or past situations may be source or the conditioning in our society that we must stay busy to be productive but it shouldn't, and doesn't, have to be that way. Doing so compromises the health of our mental state and our physical health. The good news is that there are many small things that can help us unwind, relax and nurture ourselves. Eating healthier foods is one way because when our bodies are healthier from the inside, we tend to feel better and our physical health should improve.



Next, get your body moving. Take walks, jog or bike ride around our subdivision or venture to the many nearby park trails. Sit quietly outdoors and just be in awe of nature and appreciate our beautiful Texas skies.

Try pampering yourself with an Epsom salt bath, sage yourself and your home to clear

negative energies, sip a glass of wine while sitting outside amongst the trees, enjoy some relaxing music and light some candles, or even walk outside barefoot in the grass (this is called 'grounding') and let the energy of the earth recharge you. If we learn and practice effective ways to nurture ourselves and release negative emotions and energy, we can begin to operate from a state of balance and peace and these positive changes will undoubtedly reflect in our everyday lives.

Meditation is also one of the most important things we can do to learn to live in the moment, release our negative baggage, and balance ourselves. Meditation has been used for thousands of years and its value is still recognized today. Scientists and researchers are just now starting to understand the physical benefits of meditation. Studies have shown that meditation not only can lower blood pressure but can also amp up your immune system as well as improve your ability to concentrate. It can reduce anxiety and stress, improve blood circulation and lower blood cortisol levels, slow respiratory rates, and decrease tension-related problems such as tension headaches, ulcers, insomnia, and muscle and joint pain. It can also increase serotonin production which improves mood and behavior. As we learn more from these studies about the numerous benefits of reducing stress through meditation, we can start to see a direct connection between our mental state and our physical health.

The mental benefits we can derive from meditation are priceless. When we meditate, we are in a space of vastness and calm and that's when we experience true peace and harmony. It can truly change your life if you commit to meditating 5-10 minutes a day, or more if you desire.

Meditation allows you to experience peace and balance that can extend throughout your day and once that happens, you'll emit these higher vibrations into your environment.

Meditation is very simple; the key is to focus on your breathing. By doing so, we are leading the mind away from internal worries and the external world. For beginners, it may help you to stay focused on your breath by giving it a color and imagine that you can 'see' this color entering and exiting your body when you inhale and exhale. It is also important to note that the purpose of meditation is NOT to achieve benefits; there are no goals but to simply be in the present. It isn't about what we can gain, it's about what we release. An easy way for beginners to learn to meditate is through 'guided meditations' such as the one provided below. It's a quick 10 min. guided meditation perfect for stress and anxiety reduction. Guidance is given on how to get comfortable in a quiet environment, how to breathe and what to do if your mind starts to wander. The instructor's soothing voice, along with therapeutic background music, should make your experience relaxing and easy. It may take a few tries to learn to keep your mind in a sustained and relaxed state, but don't give up because the benefits are worth it!



EV Beauty August 2020

Laura Loving

EV Beautification Committee Chair

Laura's Landscape

Looking for indoor plants which grow well in our area and do not require much Tender Loving Care?

Snake Plant

The snake plant simply gets its name from the thin, upright leaves with "irregular green banding" that look like—you guessed it—snakeskin.

It's a low-maintenance plant that's known for surviving droughts, making it perfect for newbies living in almost any environment. "Although the snake plant prefers bright light, it can survive lower light levels."

During this time, when we are all CRAZY cleaners, snake plants have also been shown to filter out nasty chemicals associated with many household cleaners, so you can breathe easy having this in your home.

Pet friendly? Unfortunately no (as are the majority of house plants) - however a small pet would need to eat more than a few leaves before becoming ill.



Fiddle-Leaf Fig

Although beautiful and fills a lot of space, this plant requires more care than some of us have time to contribute, so think about buying a faux tree – they are beautiful and for the cost (real vs fake) might prove to be a GREAT alternative.



[HINT: you still have to wipe the leaves with a moist cloth/paper towel.]

Peace Lilly

These lovely plants prefer light/partial shade. Some have

been known to thrive in rooms with no windows. Yellowing leaves indicate that the light is too strong and brown leaves or streaks indicate scorching from direct sunlight.



Look for the plant to droop slightly before watering. (It essentially tells you when it's thirsty.) In general, water at least once a week and keep the soil moist.

Throughout the summer growing season, spritz the leaves with soft water. Even if you forgot to water for a while and your plant's fronds lay flat over the pot edge, water and spritz right away to revive the plant.

The peace lily makes a great house plant because it thrives in the indoor temperatures most people enjoy: 65-85°F and humid climates. Peace lilies cannot withstand cold drafts or temperatures below 45°F.



Spider Plant

Provide these plants with well-drained soil and bright, indirect light and they will flourish. Water them well but do not allow the plants to become too soggy. In fact, spider plants prefer to dry out some between watering. Also, they enjoy cooler temperatures — around 55 to 65.

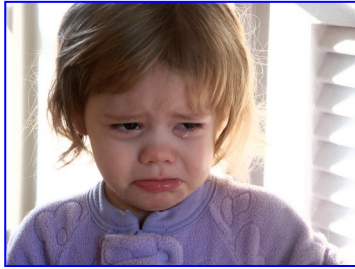
Spider plants can benefit from occasional pruning, cutting them back to the base and they prefer a semi-potbound environment. Repot them only when their large, fleshy roots are highly visible and watering is difficult.

Pot the baby spiderlings in a smaller container sitting near the main plant. Water well and keep moist until rooting occurs. Then, cut the attached limb to the Mother and place the baby into a new earth filled pot.



Laura

WHAT'S GOING ON HERE



BUNCO

The EV Bunco Ladies have put their second Tuesday of the month game night on hold for a few months.

Please check back here after life returns to normal for the next get-together date

Cheryl Williams

What Does Your Facial Protective Mask Say?



A Fashion statement?

A fashion accessory?



Or strictly functional necessity?



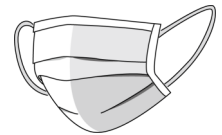
ENCHANTED VALLEY CRAFT GROUP

Since we're on the topic of facial protective masks (see column on left) what about your personal protective mask? Take a look at your mask(s) and let us know. Are they accessories? Do they make a statement? Are they...functional?

Have you seen a mask that really impressed you? What did it look like?

Share your patterns for making a mask that isn't labor-intensive, i.e., KISS--Keep It Simple, Sweetie!

You don't have to confine it to ladies--how about the males! Show your creative side, after all, guys like to look good too!



Not much diversity, huh?

What can we do about that? Send in your suggestions NOW!!!!

Check SCS Go website (<https://scsgo.nabrnetwork.com/>) You can find the Craft Group under Groups.

Till next month, stay creative!

Cathey

ENCHANTED VALLEY

HOA Board and Committee Heads

President	Cathey Spies
Treasurer.....	Cheryl Williams
Vice President.....	Krystal Robinson
Secretary.....	Vacant Position

Directors

Jeff Foreman.....	Cheryl Williams
Cathey Spies.....	Laura Loving
Lloyd Coker.....	Krystal Robinson
.....	Shane Shoaf

Committees

Community Center Rental	Cathey Spies
14910 Enchanted Valley Drive	
ACC.....	Cathey Spies (Co-chair)
.....	Shane Shoaf
.....	Darren Hoyland
.....	Norman Goad
.....	Rick Nickerson
Beautification Chair.....	Laura Loving
Communications Chair.....	Cathey Spies
Neighborhood Events Chair	Cathey Spies
Pool	Krystal Robinson
Security	Krystal Robinson
Governing Documents Updates.....	Shane Shoaf
.....	Laura Loving
.....	Cheryl Williams
Tennis Court Upgrades Chair.....	Jeff Foreman

WD #113 Board Members

President	Ken Atchison
Vice President	Carolyn Maniscalco
Secretary.....	Darren Hoyland
Director	Scott McCorkle
Director.....	David Robicheaux

Marlins Swim Team

https://enchantedvalley.swimtopia.com/links	
.....	Shane Shoaf

Enchanted Valley Estates

evehoa.cypress@gmail.com	Sheli Moore
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Monthly Meetings

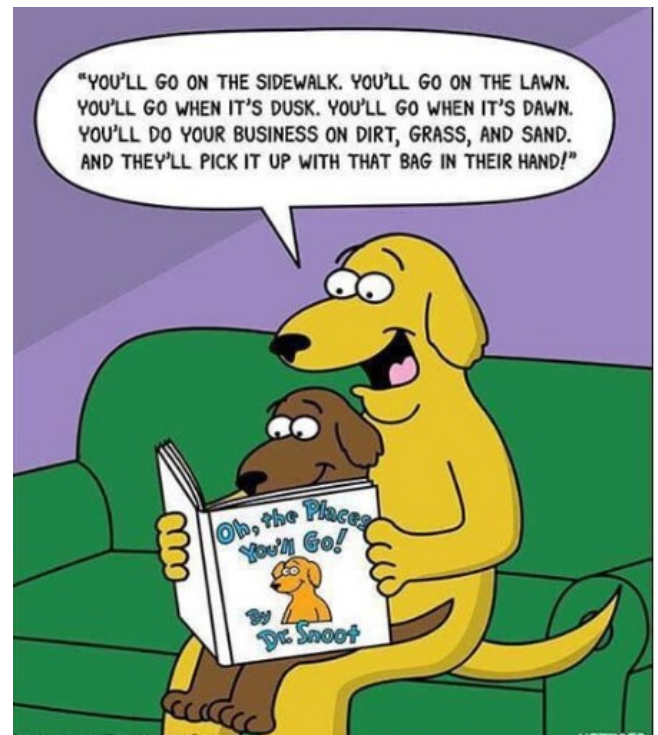
The Enchanted Valley HOA monthly meeting for August will poolside at the community center.

Join the meeting at 7pm with social distancing observed.

☆☆☆☆☆☆☆☆☆☆

August meeting of the **Water Board**, will be held on August 11th. More details will be posted on the Marquee and by e-mail as they become available.

These are terrific opportunities to find out what's going on in the neighborhood. Take an hour and invest it in yourself and your family. See y'all there!



Every effort is made to keep the poop-bag stations stocked with bags. Please e-mail the HOA at enchantedvalleyhoa@gmail.com if you come across a bag station that is empty.

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 HOA BOARD MEETING	4	5	6	7	8
9	10	11 WATER BOARD MEETING	12	13	14	15
16	17	18	19	20	21	22
23	24 CFISD First Day of School?	25	26	27	28	29
30	31	<p>Did You Know</p> <p>August is named after the very first Roman emperor (and grand-nephew of Julius Caesar) Augustus Caesar (63BC - AD14).</p>				

It is important to note that Nextdoor is not affiliated with the Enchanted Valley HOA Board and that the Enchanted Valley HOA Board does not have an account on Nextdoor. Any information posted by residents currently serving as EV HOA Board or committee members is their own personal views and opinions and not to be interpreted as an official EV HOA Board position. You can find official EV HOA information and documentation from the links below.

SCS Management Association website: <https://enchantedvalleycypress.nabrnetwork.com/home.php>

EV website: <https://www.enchantedvalley.org>

NEW: SCS Portal: <portal.scsmgmt.com>

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