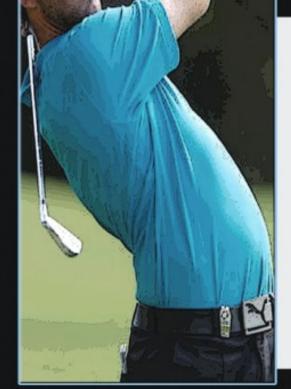
# BACK PAIN AFFECTING YOUR GOLF GAME? IS IT KEEPING YOU OFF THE COURSE ALL TOGETHER?



# ANNOUNCING the Spine Reconditioning System or SRS THERAPY ™ at Sturbridge Chiropractic.

We use a comprehensive approach to treating back pain as an alternative to surgery. It's called Spine Reconditioning System or SRS Therapy<sup>™</sup>. The focus of SRS Therapy<sup>™</sup> is to combine modern and traditional technologies in back pain treatment into one comprehensive back therapy system. This allows us to treat the underlying causes of back pain...not just the symptoms. This is a proven alternative to other therapies and surgery. Studies show up to a 75% success rate in the relief of pain. The first step is designed to repair the damage to the spinal disc without invasive, risky surgery. The second step is designed to strengthen and stabilize the muscles and joints surrounding the spine. SRS Therapy<sup>™</sup> is performed over a series of treatments. Treatment typically includes disc decompression therapy, spinal manipulation and adjunctive therapies. Patients remain fully clothed while these relaxing procedures are performed. In fact, it is not uncommon for patients to fall asleep during treatment.

# **\*OVER 200,000 PROCEDURES PERFORMED**



2005-2008 #1 Chiropractor Office 2009 #1 Best Place to Work 2009 #1 Doctor's office 2009 #1 Chiropractor

> Hontgomery Advertiser Readers' Choice -2009 1º Place Winner-

# **ABOUT STURBRIDGE CHIROPRACTIC**

At our clinic we focus upon the diagnosis and treatment of spinal related problems, and all the related components of the spine including the vertebrae, discs, nerves, the nervous system, and all the soft tissue surrounding the spine. In fact our office has performed well over 200,000 individual procedures or services specifically designed to diagnose or treat muscular skeletal problems.

3283 Malcolm Drive, Montgomery, AL 36116 "On Taylor Road one block south of Vaughn!"



## 8650 MINNIE BROWN ROAD UITE II4 MONTGOMERY, AL 36117 DFFICE: 334 215.4452 334 215.4453 AX: SECURITY: 334 279.8358 WWW.WYNLAKESHOA.COM INSIDE THIS **ISSUE**: Board Birthdays **HOA** Hours **Golf Carts** Mailboxes Learon well. Wynlakes Women's Club 1. Jim Ippolito Trash Pick up Schedule 2. Darrel Warner Resolution 18 3. Spencer Swan Budget 4. David Wills 5. Wayne Sandlin 6. Wally Hester 7. Shirley Rose 8. Jean Mattison 9. Paul Cocker October 2010 and Board Members.



Board of Directors for 2010-2011

Welcome to returning and new members to the Board of Directors for the coming year. 2010 has been an interesting and challenging year for the Board of Directors. We welcome Paul Cocker who is replacing Carol Canale in District 9 and Jim Ippolito who is replacing Learon Owens in District 1. We wish both Carol and

The 2010-2011 Board of Directors consists of the following members by district:

	277-3922
ſ	277-0133
	217-2378
	217-6948
n	277-8979
	396-8735
	215-3430
L	409-0290
	318-6750

We also want to take the time to thank our Neighborhood Representatives who serve as the eyes and ears of our community. We appreciate the fact that they help us maintain Wynlakes by reporting problems and concerns in their area. In a neighborhood of over 1,000 homes, we need everyone's help to keep Wynlakes safe and our property values high. Please help us welcome the new Neighbor Reps

#### Two

#### **Revenue Items**

Residential Assessments	<b>\$</b> 894 <b>,</b> 180	HOA Manager	\$36,000
Design Review Fees	600	Administrative Clerk	15,600
Site Improvements	1,500	Financial Administration	12,600
-		Office Administration	1,000
Late Charges	2,500	Decorations/Fireworks	9,000
Interest Income	1,500	Design Review	500
Capitalization Fee	600	Legal/Professional	1,500
-		Accounting Fees	2,000
Security Reimbursement Income	8,400	Office Expenses	26,000
Electrical Reimbursement Income	8,400	Bank Service Charges	600
Lawn Service Reimbursement	500	Postage	2,500
		Telephone	4,500
Advertising Fees	4,000	Taxes/Licenses	5,000
Contributions—Landscaping	20,000	Insurance	18,500
		Security Payroll	176,000
<u>Miscellaneous</u>	<u>0</u>	Payroll Taxes	21,000
Total Revenues	\$942 <u>,180</u>	Security Vehicle	10,000
		Security Expenses	15,000
Proposed 2011 Budget		Landscaping Maint/Repair	349,000
		General Maintenance	11,200
		Fountain Repair	12,000
		Street Light Repair	12,500
		Irrigation Repair	500
		Nuisance Animal Control	180
	2)	Utilities-Water	30,000
		Utilities- Electric	95,000
		Lawn Service-Lots	500
		Landscape Renovation	25,000
A Natahharhard Dan Mast		Capital Reserve Fund	25,000
A Neighborhood Rep. Meet	<u> </u>	Operating Reserve	12,000
be held on Tuesday, Novem	11101 7.		1 000
2010 at 6 PM at the Wymlal	-	Contingency	1,000
2010 at 6 PM at the Wynlak and Country Club to discu	es Golf	Bad Debt Allowance	10,000



#### THE WYNLAKES HOA DOES NOT SPECIFICALLY RECOMMEND OR ENDORSE THE INDIVIDUALS, SERVICES, BUSINESSES OR PRODUCTS LISTED, AND CANNOT BE HELD RESPONSIBLE OR LIABLE FOR ANY PUBLISHED AD.



# Нарру **Birthday!!**

Couple's Bridge Club meets every 2nd Saturday of the month at 6 PM. This is a social group of your neighbors. Call JoAnne Golden for more information at 334.244-0005

ichard Brown ~ 6
rnie Wolfe ~19
an Aaron ~ 24

October

Janie Holmes ~ 24 Arden McCullough ~ 2

	Steve Chiabotti ~ 5
	Jack Banker ~ 8
	Morris Capouya ~ 19
	Harry Holmes ~ 25
2	Randal Brown ~ 26

November

December
Donald Currie ~ 5
Ann Michaud ~ 9
Jacki Walton ~ 10
Rick Miller ~ 19
Lynda Turner ~ 19
Elaine Turner $\sim 28$
Wally Hester $\sim 30$

We would like to wish a very special Happy Birthday to Ms. Sarah Newell Brock who turned 97 on Sept 2, 2010.





All exterior work on a house must be approved before work begins. You may obtain a Modification Request form off of our website: www. wynlakeshoa.com or pick up one at the HOA office.

REMINDER

#### **NEW HOURS FOR THE HOA OFFICE**

Effective the 1st of October 2010, the HOA office will be open 8:30 to 5:00 PM Monday– Thursday. On Fridays, we will close at 12:00. We are closed on all federal holidays; however, Security is manned 24 hours a day and can reach us in case of an emergency.

#### **Operating Expenses**

#### TOTAL OPERATING EXP

#### 2010 Holiday Trash Pick-Up Schedule

#### COLUMBUS DAY-MONDAY, OCTOBER 11, 2010

**GARBAGE:** Monday & Thursday routes worked Tuesday and Thursday; Tuesday & Friday routes worked Wednesday & Friday

**VETERANS DAY—THURSDAY, NOVEMBER 11, 2010:** 

**GARBAGE:** Monday & Thursday routes worked Monday & Wednesday; Tuesday & Friday routes-No Change THANKSGIVING DAY—THURSDAY, NOVEMBER 25, 2010: **GARBAGE:** Monday & Thursday routes worked Monday & Wednesday;

Tuesday & Friday routes-No Change

CHRISTMAS DAY-DECEMBER 25, 2010 (OBSERVED FRIDAY, DECEMBER 24, 2010):

**GARBAGE:** Monday & Thursday routes worked Monday & Wednesday;

Tuesday & Friday routes worked Tuesday & Thursday

### Fall Clean Up

We want to thank everyone for the wonderful effort put forth to adapt to the new Resolution #18 regarding yard debris. Wynlakes has had several weekends with no black bags or huge piles of debris in sight. The feedback, including those that have received one of our letters, has been positive and supportive. With trash cans going out on Monday for Tuesday, debris on Tuesday and Wednesday, trash cans again on Thursday for Friday, the weekends are the only time we are free from items on the curbs. Since this is the time for open houses which attract many visitors to our neighborhood, it has an impact on the overall concept of Wynlakes. We really are in this together.



### \*\*\*RESOLUTION # 18 MORATORIUM\*\*\*

In July when Resolution #18 became effective we promised that there would be a fall moratorium on bags and debris at the curbside. Residents may place bags, tree trimmings, etc. at the curbside the week of October 25 through November 1, 2010 and

November 28 through December 6, 2010 without penalty.

#### OCTOBER 2010

The HOA office has received a number of complaints and near miss stories regarding joggers running in the streets. While walking and running in the street is not illegal, it does create a dangerous situation for the runner and the driver. Drivers are not expecting someone in the street and often may not see them until it is too late. If you must run/walk in the street, please wear reflective clothing, run in single file, and be careful.

#### According to the Montgomery Police Dept., Section 32-5A-215:

Pedestrians on Roadways:

- walk along and upon an adjacent roadway.
- only on a shoulder, as far as practicable from the edge of the roadway.
- way roadway, shall walk only on the left side of the roadway.
- right-of-way to all vehicles upon the roadway.

#### The Proper Use of Golf Carts

Because Wynlakes is situated on a golf course, it is important to stress the proper use of golf carts in our community. On September 13, 2010, an article was published in the *Montgomery Advertiser* warning readers against the misuse of golf carts after three Hoover teenagers were injured while riding in one in their neighborhood community. The teens, all 15 years old, were transported to the Birmingham Children's Hospital for treatment after the accident. This accident marks the third incident in Hoover involving golf carts this year. Captain Jim Coker of the Hoover Police Dept. voiced his concern, saying that golf carts are not designed to be used on streets.

While these particular accidents occurred in Hoover, it is important for us to remember that golf carts are not allowed on public streets or sidewalks in Wynlakes. Please do your part to help protect your own children and other children in our community!



If you have a problem with your mailbox, or if it is damaged and needs to be replaced, please call Walter Vest at 334-657-5215. Mr. Vest of Quality Mailboxes will handle all of your mailbox problems. The HOA will no longer provide or replace mailboxes.

Six



(a) Where sidewalk is provided and its use is practicable, it shall be unlawful for any pedestrian to

(b) Where sidewalk is not available, any pedestrian walking along and upon a highway shall walk

(c) Where neither a sidewalk nor a shoulder is available any pedestrian walking along and upon a highway shall walk as near as practicable to an outside edge of the roadway, and if on a two-

(d) Except as otherwise provided in this chapter, any pedestrian upon a roadway shall yield to the



#### **Mailboxes**

#### OCTOBER 2010

#### Wynlakes Women's Club Plans Another Great Year

Wynlakes Women's Club Officers/Board met recently to discuss exciting plans for the 2010-2011 membership year. Wynlakes Women's Club provides a wonderful opportunity to get to know your neighbors, enjoy interesting programs (on subjects such as gardening, fashions, cooking, decorating - to name a few) and participate in special social events (tours, out of town shopping, plays, etc.). Wynlakes Women's Club meets at 10:00 a.m. on the first Thursday of each month (September through May) at the Wynlakes Country Club. This includes time to socialize, program, short business meeting and lovely luncheon. Lunch is optional for a cost of \$17; however, reservations are required. Membership dues for Wynlakes Women's Club are \$25/year. Membership is open to all ladies who are residents or property owners in Wynlakes. You do not have to be a member of the Country Club to attend our meetings/luncheons. Contact Judy Chipman, Treasurer (396-3252) regarding membership form and joining fee. For luncheon reservations, talk to Gracie Hanchrow, Assistant Telephone Chair (260-5170) or Ingrid Morales, Telephone Chair (517-1007).

Pictured from left to right front row - Ann Michaud (Newsletter), Anne Parramore (President), Ginny Dietvorst (Program VP) and standing -Lynda Turner (Social VP), Norma Moore (Past President), Penelope Poitevint (Sunshine), Judy Chipman (Treasurer), Shirley Rose (Membership VP), Cindi Carter (Secretary), Ingrid Morales (Telephone), Betty Ziri (Historian).



# **B & B VINYL SIDING**

**Bob Coon & Sons** 827 Bishop Trail

Montgomery, AL 36105



#### New Energy Efficient Windows from Vista now come in colors

Vista vinyl replacement windows improve U & R values which qualifies them for the new energy efficiency tax credit up to \$1,500.00 and lowers your heating bills. They also reduce transmission of UV light which is responsible for fading drapes and furniture. Plus they now come in twelve colors and four wood grains.

**B** & **B** Vinyl Siding is the exclusive dealer of this new and exciting product. Please give them a call and let them show you how you can make your house easier and less expensive to maintain.

\*\*\*\* Hurry Now! The tax credit offer expires at the end of this year! \*\*\*\*



## **Tired of painting?**

Try maintenance free vinyl wrapping on the eaves and overhang of your home! Even on close inspection, it is difficult to tell this is not wood. Many homes in Wynlakes are now sporting this new look.

#### FREE ESTIMATES

**Simonton Vinyl Replacement Windows Available** 

#### Four



# PHONE: 334.288.3000

# www.bbvinylsiding.com