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™. The focus of SRS Therapy™ 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™ 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.

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.

323 Malcolm Drive, Montgomery, AL 36116

“On Taylor Road one block south of Vaughn!”

(334) 356-1111

*Over 200,000 Procedures Performed

www.withoutdrugs.com

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 Learon well.

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

1. Jim Ippolito 277-3922
2. Darrel Warner 277-0133
3. Spencer Swan 217-2378
4. David Wills 217-6948
5. Wayne Sandlin 277-8979
6. Wally Hester 396-8735
7. Shirley Rose 215-3430
8. Jean Mattison 409-0290
9. Paul Cocker 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 and Board Members.
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.

October
- Richard Brown ~ 6
- Ernie Wolfe ~ 19
- Jan Aaron ~ 24
- Janie Holmes ~ 24
- Arden McCullough ~ 2

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

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

The 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.

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

REMINDER
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.

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.

Revenue Items
- Residential Assessments: $894,180
- Design Review Fees: 600
- Site Improvements: 1,500
- Late Charges: 2,500
- Interest Income: 1,500
- Capitalization Fee: 600
- Security Reimbursement Income: 8,400
- Electrical Reimbursement Income: 8,400
- Lawn Service Reimbursement: 500
- Advertising Fees: 4,000
- Contributions—Landscaping: 20,000
- Miscellaneous: 0

Total Revenues: $942,180

Proposed 2011 Budget

Operating Expenses
- HOA Manager: $36,000
- Administrative Clerk: 15,600
- Financial Administration: 12,600
- Office Administration: 1,000
- Decorations/Fireworks: 9,000
- Design Review: 500
- Legal/Professional: 1,500
- Accounting Fees: 2,000
- Office Expenses: 26,000
- Bank Service Charges: 600
- Postage: 2,500
- Telephone: 4,500
- Taxes/Licenses: 5,000
- Insurance: 18,500
- Security Payroll: 176,000
- Payroll Taxes: 21,000
- Security Vehicle: 10,000
- Security Expenses: 15,000
- 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
- Utilities—Water: 30,000
- Utilities—Electric: 95,000
- Lawn Service—Lots: 500
- Landscape Renovation: 25,000
- Capital Reserve Fund: 25,000
- Operating Reserve: 12,000
- Contingency: 1,000
- Bad Debt Allowance: 10,000
- Miscellaneous: 1,000

TOTAL OPERATING EXP: $942,180

A Neighborhood Rep. Meeting will be held on Tuesday, November 9, 2010 at 6 PM at the Wynlakes Golf and Country Club to discuss and approve the 2011 Budget.
**2010 Holiday Trash Pick-Up Schedule**

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Dates</th>
<th>Garbage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Day</td>
<td>Monday, October 11, 2010</td>
<td>Monday &amp; Thursday routes worked Tuesday and Thursday; Tuesday &amp; Friday routes worked Wednesday &amp; Friday</td>
</tr>
<tr>
<td>Veterans Day</td>
<td>Thursday, November 11, 2010</td>
<td>Monday &amp; Thursday routes worked Monday &amp; Wednesday; Tuesday &amp; Friday routes—No Change</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Thursday, November 25, 2010</td>
<td>Monday &amp; Thursday routes worked Monday &amp; Wednesday; Tuesday &amp; Friday routes—No Change</td>
</tr>
<tr>
<td>Christmas Day (Observed)</td>
<td>Friday, December 24, 2010</td>
<td>Monday &amp; Thursday routes worked Monday &amp; Wednesday; Tuesday &amp; Friday routes worked Tuesday &amp; Thursday</td>
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</tbody>
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**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:

(a) Where sidewalk is provided and its use is practicable, it shall be unlawful for any pedestrian to walk along and upon an adjacent roadway.

(b) Where sidewalk is not available, any pedestrian walking along and upon a highway shall walk only on a shoulder, as far as practicable from the edge of the roadway.

(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-way roadway, shall walk only on the left side of the roadway.

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

**Mailboxes**

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.
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).

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

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! ****

www.bbvinylsiding.com