

# 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.

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

[www.withoutdrugs.com](http://www.withoutdrugs.com)

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



## 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!"

**(334) 356-1111**



8650 MINNIE BROWN ROAD  
SUITE 114  
MONTGOMERY, AL 36117  
OFFICE: 334 215.4452  
FAX: 334 215.4453  
SECURITY: 334 279.8358

[WWW.WYNLAKESHOA.COM](http://WWW.WYNLAKESHOA.COM)

### INSIDE THIS ISSUE:

2011 Plans	1
Birthdays Lt. Bailey	2
HOA Hours Mailboxes Moratorium	3
Runners N Reps Holiday Deco	4
Pets Dues	6
Play equipment Resolutions	7

January  
2011

*Wynlakes*  
HOMEOWNERS' ASSOCIATION



**HAPPY NEW YEAR**

2010 has been an exciting year for Wynlakes. At the first of the year, the HOA purchased a new car for Security and dedicated time and money to improving the working conditions for our guards. In the spring, we realized we had a serious problem with our weir dams off Wynlakes Blvd; the flood of 2009 had destroyed the infrastructure and we could no longer patch the problem. We hired an engineer and a construction company to repair both dams for a cost of \$90,000.

In July, we implemented Resolution 18 to stop the insidious spread of black bags and piles of debris on our streets. Since that time, there has been a noticeable improvement, particularly, on Wynlakes Blvd and Lakeridge, our two main streets. We hope everyone will take advantage of the free weeks we are offering in the spring and fall. If you have received a letter in error, please give us a call and we can quickly take care of the problem.

The Fall allowed us time to do some small projects such as planting flowers and moving others around. Also, some of our shrubs are overgrown and need replaced. We have plans for the Spring to use more perennials and less annuals. Also, we added a small bridge to one of the islands off Lakeridge, which will allow the area to be mowed and landscaped.

Furthermore, we are planning to complete several other projects this winter. We need to replace some of our stop signs and straighten several of our street lights. We also plan to order some decorations in the Spring for the winter holidays. Our holiday decorations are very old and held together by wishes and electrical tape.

It is a testament to the Board and their wise decisions that we managed to slide through the recession without raising dues and still have kept Wynlakes a beautiful and safe place to live and raise a family.

From the Board of Directors, HOA staff, and Security staff -

HAVE A WONDERFUL AND SAFE NEW YEAR!



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.



**January**

- Deanie Allen ~ 2
- Linda Morgan ~ 2
- Susan Burchis ~ 3
- Lindsay Ward ~ 3
- Carolyn Brown ~ 6
- Bennie Dukes ~ 7
- Savannah Phillips ~ 7
- Adeline McCullough ~ 13
- Lynne Irwin ~ 22
- Jennifer Van Arcken ~ 22
- Shirley Rose ~ 22
- Catherine Cowden ~ 26

**February**

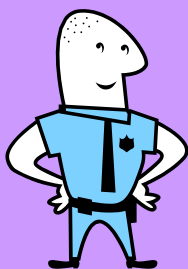
- Jonathan Capouya ~ 13
- Alexandra Phillips ~ 15
- Jeff Johnston ~ 26
- Rick Neal ~ 28

**March**

- Sally Allen ~ 1
- Kelly Capouya ~ 2
- Jean Mattison ~ 3
- Frances Berryman ~ 6
- Linda Harruff ~ 15
- Gracie Hanchrow ~ 22
- Renea Johnston ~ 23
- Larry Schoudel ~ 31

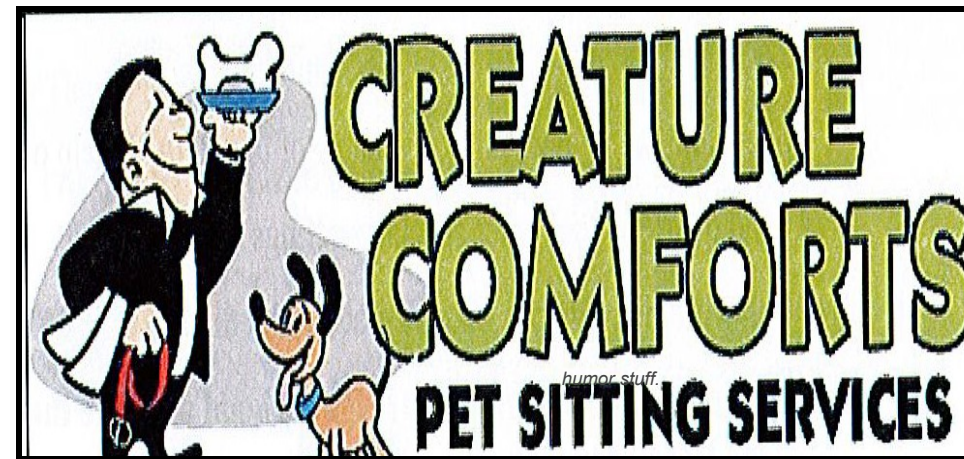
**Happy Birthday!!**

Couples 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.



A special congratulations is in order for Charles Bailey, one of Wynlakes' security guards, who was recently promoted from his Sergeant position to Lieutenant.

Lieutenant Bailey works the afternoon/evening shift in the Wynlakes Community from 2-10 PM. He works very hard, along with his fellow guards, to keep our community a pleasant and safe place to live!



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Whether traveling for work or play, let Creature Comforts care for your pets in the comfort of their own home. Your pets will follow their established routine and receive individual attention in familiar surroundings.

Free initial consultation Medication administered

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Service available 365 days per year

Bonded and Insured and serving pet owners since 1998

First visit is FREE to New Clients with a three day booking

**Play Equipment**

Please remember at this time of year to call the office before you install large play equipment even in the backyard. No one wants to look out from their patio to see the top of some large jungle gym or painted fort rising over the back fence. Resolution #16 states: All play equipment shall be located where it will have minimum visual impact to adjacent properties. So please be a considerate neighbor and think about the placement of such equipment before it is installed.

**2011 Resolutions:**

Eat well

Exercise more

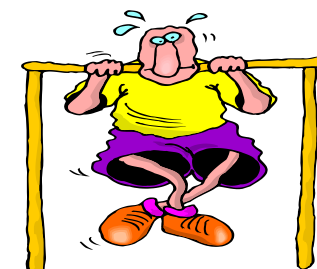
Get all medical test required and a flu shot

Decide what is really important

Enjoy life

Laugh more

And remember chocolate is good for you!



## ARE YOU GUILTY?

### Do you...

- Leave wallets, purses, cell phones, lap tops, packages or guns in full view in your vehicle?
- Leave garage doors open during the day and at night?
- Leave exterior doors unlocked?
- Fail to cancel newspaper delivery when away for a few days or weeks?
- Fail to notify Security staff when away on vacation?

If you are guilty, you are putting yourself, family, home and vehicle at risk as these careless mistakes are an open invitation to criminals. Please protect your property, home and vehicles by **not** doing the things listed above.



As pet owners, we need to always remember our responsibilities to the pet and our neighbors. A well trained pet is a welcome addition to the neighborhood. Some responsibilities of pet ownership include **not** allowing them to bark excessively, walking them on a leash, and picking up after them when out for a walk. If you have an invisible fence, please be aware if your pet is charging the fence. Since we have many residents who walk or jog in the neighborhood, it can be frightening when a dog charges the fence or runs toward them. If these rules are followed, there should be a decrease in the number of complaints received by the HOA office and Wynlakes will be a pleasant place to live.

## DUES

Invoices for dues are mailed twice a year **ONLY**: in December for January and in June for July. The first delinquent letter will be mailed February 1 as a reminder. The second letter, mailed February 15, states the bill must be paid **in full within 10 days** or be forwarded to our attorney for collection on March 1. The home owner is responsible for all attorney and court fees. Currently, we have 21 people living in Wynlakes that owe the HOA approximately \$34,000.00. Some are in bankruptcy and others in denial. Be aware that we aggressively pursue all avenues to receive the money owed the Association.



## PETS

## REMINDER

**All exterior work on a house must be approved before work begins. You may obtain a Modification Request form from our website: [www.wynlakeshoa.com](http://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 from 8:30AM 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.

### Mailboxes

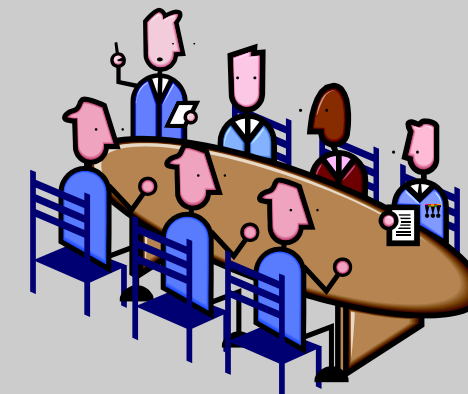
If you have a problem with your mailbox, or if it is damaged and needs to be replaced, please call Walter Vest at 334-657-5215. Mr. Vest of Quality Mailboxes will handle all of your mailbox problems. The HOA will no longer provide or replace mailboxes.

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

In July 2010 when Resolution #18 became effective, we promised that there would be a fall and spring moratorium on bags and debris at the curbside. Residents may place bags, tree trimmings, etc. at the curbside during the period of

**April 1 through April 18, 2011 without penalty.**

**A Neighborhood Rep. Meeting will be held on Tuesday, February 8, 2011 at 6:00 PM at the Wynlakes Golf and Country Club.**





**Neighborhood Representatives:**

Are the persons you elect to vote for you on issues that pertain to your home and your neighborhood. They meet four times a year, usually, at the Club in the evening. The Board of Directors and the HOA staff briefed them on the happenings in Wynlakes and future projects. These people are your voice. If you are not sure who your Rep is, please call the office at 215-4452 and we will be happy to tell you. We are missing a Primary Rep in District 9C that includes Winfield Court and Winfield Place. If you live in this area and would like to volunteer, please call the HOA.

**Runners**

With the increased amount of traffic in Wynlakes, running in the street is virtually taking your life in your hands. We continue to get complaints about almost hitting a runner in the street. **Drivers cannot see you.** The sun is in their eyes or they come around a corner and you are there, etc..... Please keep this in mind when you run/walk/jog in the street. Remember it is against the state ordinances to run or jog in the street.



**Holiday Decorations**

We have noticed in the past year an alarming trend of leaving holiday decorations up past the time for them to be displayed. We have received numerous complaints about this practice. While we encourage holiday decorations, please remember to remove them after the season is over. Wynlakes is a diverse community and as such, we have many different religions and cultures. We need to respect that and remove seasonal decorations after the season has past. If you wish any decoration to become a permanent part of your landscape, then a modification request must be submitted for approval.

**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**

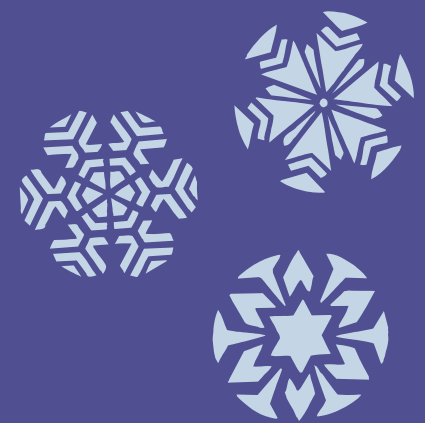
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**New Energy Efficient Windows from Vista now come in colors!**

Vista vinyl replacement windows improve U & R values which 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 home quieter and less expensive to maintain.**

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