



# Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

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www.brookmeadows.org

December 2011

## December Social Calendar

### 12 | 5 | 11 ..... LADIES ORNAMENT EXCHANGE

Host: Susan Wilson - 4506 Shadywood Ln.  
6:30PM - White Elephant Exchange  
\$20-\$30 wrapped ornament recommended  
Also bring Appetizer/Dessert  
\$10 Wine & Soft Drinks Provided  
RSVP - js76034@aol.com

### 12 | 11 | 11 ..... HOLIDAY YARD DISPLAY

Have all your lights and decorations up & Shinning by sunday the 11th to participate

### 12 | 10 | 11 ..... MODEL TRAIN DISPLAY

Host: Stan Pzichalski - 4825 Lakeside Dr.  
1PM - 6PM - See article inside for details

### 12 | 11 | 11 ..... HOLIDAY PARTY

Host: Amy Anderson - 4715 Shadywood  
7PM - BYOB & Appetizer/Dessert  
Amy promises to have the Cowboys turned on for you fans! RSVP - amywelyanderson@sbcglobal.net

### DECEMBER ..... LAST TUESDAY

On Holiday For The Holidays

### 1 | 31 | 12 ..... LAST TUESDAY

6:30PM Bizzi's Wine & Cheese,  
313 Harwood Road, Suite 101, Bedford

#### To volunteer contact:

[directors@brookmeadows.org](mailto:directors@brookmeadows.org)

#### Not receiving the BMHA e-mail blasts?

##### Try these two steps.

1. In your email account set up, make both [directors@brookmeadows.org](mailto:directors@brookmeadows.org) and [social@brookmeadows.org](mailto:social@brookmeadows.org) as approved senders
2. Go to [www.brookmeadows.org](http://www.brookmeadows.org) home page fill out the "e-mail address - click here" link.

## Come See the Trains!

THE 14TH ANNUAL

PIRZCHALSKI HOLIDAY OPEN HOUSE

SATURDAY, DECEMBER 10TH | 1 TO 6 PM

4832 LAKESIDE DRIVE - COLLEYVILLE, TEXAS 76034 BROOK MEADOWS

### SEE THE MDAK HO MODEL RAILROAD IN ACTION!

The MDAK RR is 67' x 27' & is designed for children of all ages! Walk the perimeter and find monkeys, cats, dogs and various animals & people. Listen to the sounds of cattle pigs sheep & chickens. See & hear big steam locomotives as they strain to climb mountain grades!

### Cookies & Drinks Provided

In the spirit of the Christmas season, this is our neighborhood charitable event for GRACE. Please bring a child's unwrapped toy if possible. There is no obligation! Your generosity is greatly appreciated by those less fortunate.

### SUGGESTED TOY ITEMS

- Arts & Crafts Sets
- Board Games
- Building Blocks
- Card Games
- Hand Held Video Games
- Jewelry Making Sets
- Lego's
- Play Dough
- Puzzles
- Silly Putty
- Slinky
- Tinker Toys
- Trucks or Cars
- YO-YO's.



WE WISH EACH OF  
YOU A VERY MERRY  
CHRISTMAS & A  
HAPPY NEW YEAR!

# Brook Meadows

## ASSOCIATION INFO

### Brook Meadows Homeowners Association, Inc.

PO Box 492 • Colleyville, TX 76034

Brook Meadows Directors: [directors@brookmeadows.org](mailto:directors@brookmeadows.org)  
Please visit our website often: [www.BrookMeadows.org](http://www.BrookMeadows.org)

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Newsletter Editor  
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## NEWSLETTER INFO

### PUBLISHER

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## WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

### WHEN TO WASH YOUR HANDS

*The CDC recommends washing your hands every time you:*

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

### HAND WASHING BASICS

*The CDC has issued specific guidelines about effective hand washing:*

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

### WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. \*



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