



The Rosehill *Report*

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

January 2013

Volume 4, Issue 1

CY-FAIR WOMEN'S CLUB

Women Serving the Community

We had a blast at our December Holiday Party and we marked the end of another successful year for our women's club. We look forward to 2013 with enthusiasm. Happy New Year Everyone!!

In January we will meet for our first annual business meeting followed by a fun game of Bunco. In February, organization is the word. We hope to receive guidance that we can use in all aspects of our lives.

CWC is a service organization that gives back to the community, so all funds raised will go right back to the community in scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership for the Cy-Fair Women's Club is open to all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00pm immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you! If you have any questions about our club or need directions to the church, please contact Cindy Pickens, Membership Chair at cyfairwomensclub@gmail.com.



IMPORTANT NUMBERS

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Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High	281-897-4600
Cy-Woods High School	281-213-1727
Goodson Middle School	281-373-2350

OTHER NUMBERS

Animal Control	281-999-3191
Cypress Fairbanks Medical Center	281-890-4285
Harris County Health Department.....	713-439-6260
Post Office Box Assignment – Cypress	1-800-275-8777
Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Waste Management	713-686-6666

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Cypress-Tomball Democrats Host January Monthly Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 15th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 9:00 p.m.

January's guest speaker will be Dr. Mark Jones, Chair of the Department of Political Science at Rice University. Dr. Jones will discuss the 2012 election, the 2013 legislative session and the future of party politics in Texas.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.



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Cy-Fair Choir Presents:
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Date: Friday, February 8th

Saturday, February 9th

Monday, February 11th

Time: 7:00 p.m.

Place: Cy-Fair High School, 22602
NW Frwy, Cypress, TX 77429

Admission: \$8.00 per ticket

MUSTANG CLUB OF CYPRESS

Mustang Car Owners come join the Mustang Club of Cypress. This is a dues free club for Mustang owners. Meeting location Cypress Station Grill in Cypress near Lowes on January 14th at 7:00 pm. Request membership through our Facebook page "Mustang Club of Cypress" You must be a current Mustang owner to join. E-mail us at mcocy2735@yahoo.com or call Art after 6:00 pm.



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Hockley Community Center Presents *Special Events*

In addition to Hockley Community Center's regularly scheduled activities such as knitting, quilting, oil painting, yoga, stretch-and-tone exercise, Bridge, Canasta, Spades and domino games, the center will offer the following special events in the near future. Advance registration is typically requested, and an adult must accompany and remain with anyone under the age of 18 visiting the center. The Community Center is a Harris County Precinct Three facility located at 28515 Old Washington Road in Hockley.

A calendar of events is available at the Harris County Precinct 3 website at www.pct3.hctx.net. For more information, call (936) 931-5030.

SPADES

A new opportunity to play the card game Spades has opened at the Hockley Community Center on Tuesdays from 10:15 a.m. – 12:00 p.m. Please call 936-931-5030 for more information.

BEGINNER BRIDGE

Beginner Bridge is taught each Monday in December from 1:00 – 3:00 p.m. at the Hockley Community Center, 28515 Old Washington Road. This is just the right opportunity to learn to play Bridge, free of charge. Call (936) 931-5030 for more information.

SCHOOL SUCCESS FOR ALL AGES WORKSHOP

School Success for All Ages, a workshop by Louise Stiedle Hayes, Ph.D., is coming to the Hockley Community Center, 28515 Old Washington Road, on Wednesday, January 2nd, from 10:30 a.m. – 12:00 p.m. Learn about simple movements to stimulate growth of connections between the right and left hemispheres of the brain for better comprehension and memory. Also learn about another movement that connects the brain, eye, and hand to develop a better attention span and to improve the ability to complete tasks. The workshop will also include tips on how to overcome dyslexia, ADD, ADHD and other disabilities. Call (936) 931-5030 for more information and to sign up for this free program.

BOOK DISCUSSION GROUP

Join the Book Discussion Group on the first Thursday of each month at the Hockley Community Center, 28515 Old Washington Road, 1:30 – 3:00 p.m. The book to be discussed on January 3rd is 'Half Broke Horses' by Jeannette Walls. Call (936) 931-5030 for more information.

JEWELRY-MAKING CLASS

Learn how to make a beautiful bracelet or necklace from potatoes on Thursday, January 10th, 2013 from 1 – 3 p.m. Volunteer instructor Sharon Wakefield will show you how to turn common dried tubers into amazing jewelry. Some preparatory work at home will be required. Please stop by the Hockley Community Center to pick up instructions and to sign up for this free Potato Jewelry class.

SENIOR CITIZEN BUS TRIP TO AUSTIN

The Bob Bullock Texas State History Museum is the destination of a senior citizen bus trip to Austin on Thursday, January 24th, 2013. Explore the museum and have lunch on your own at the on-site Story of Texas Café before watching the movie "Rocky Mountain Express" at the IMAX theatre that is conveniently located inside the museum. Bus departure time will be 7:30 a.m. For more information, call (936) 931-5029.

MONTHLY SUPPORT GROUP

A Monthly Support Group is meeting at the Hockley Community Center, 28515 Old Washington Road, on Monday, January 28th, 2013 from 10:00 – 11:30 a.m. It is a safe place to go and share experiences, receive strength and understanding and meet people with similar concerns. Newcomers are always welcome. Call (936) 931-5030 for more information.



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HOUSTON F-BODY CLUB

WANTED: All generations and models of Camaros, Firebirds, Trans Ams. Houston-F-Body.org is a club that meets on the third Saturday of each month from 2 pm to 5 pm at Texadelphia on 6025 Westheimer Road. We provide a welcoming and inclusive atmosphere for all F-Body owners and enthusiasts. Visit our website at <http://www.houston-f-body.org/> and sign up for a free membership. Our next meet is on Saturday, January 15th.



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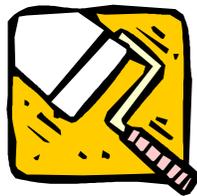
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LAKES OF ROSEHILL

Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle

distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

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A Focus On Resolutions

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
 - A focus on fresh fruits, vegetables, and whole grains
 - Fat-free or low-fat dairy products such as yogurt, cheese, and milk
 - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
 - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
 - Staying away from foods high in sodium and added sugars
- For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



LAKES OF ROSEHILL

PERFECT TIME FOR COOL SEASON HERBICIDE

It's finally time to use the cool season herbicides I've referred to on the GardenLine radio program. If you know what I'm talking about but just need the names of the products, they are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. These herbicides are specific for broadleaf weeds like Clover and Virginia Buttonweed. They will not control any "grassy" weeds. The perfect temperature range for usage of these two cool-season herbicides is roughly between 75 degree highs and 40 degree lows.

But there are some caveats that must be respected for these herbicides to work properly. The one constant in weed control, whether it's a cool season herbicide or a regular post-emergent herbicide, is to use a surfactant. Surfactants help herbicides do their job because most water in our area is considered hard. Hard water tends to just roll off leaf surfaces. There are two ways of adding a surfactant to most herbicides. The simple way is add about a tablespoon per gallon of dish soap to the mix. The professional grade way is to use a relatively inexpensive commercial

surfactant like Hi-Yield's Spreader Sticker or Bonide's Turbo. The other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Avoid the use of Dial-N-Spray hose sprayer because you cannot be as precise with the spray, and over-use of such products on the entire yard can cause a yellowing of the grass. Spot treating is paramount with these controls. There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. If this is the only thing available, concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.

Excerpts from this tip sheet are reprinted by permission from Randy Lemmon at www.randylemmon.com.

GardenLine with Randy Lemmon

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