



The Rosehill *Report*

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

April 2014

Volume 5, Issue 4

Message from the Board

Fellow Residents,

Our annual neighborhood meeting is on April 21, 2014 and your attendance is critical this year to determine the safety and long-term welfare of our homes and amenities. To be blunt, we face catastrophic failure of the flood control drainage system that controls the emptying of our large lake at the lower end of our subdivision.

We have discovered, during the repairs to the pump station from recent floods, that all of our corrugated steel drainage pipes have rusted through the bottom and our drainage water is going underground and undercutting our flood control dike and pump access road. Drainage water literally goes in one end and does not come out the other end, depending on the height of the water. It is now a matter of time before that drainage washes out all the support for the drainage pipes, pump access road and dike, and their collapse is almost certain.

We have hired an engineering firm to plan and oversee the emergency repairs but the anticipated costs from multiple bids means that we will ask you for a one-time payment to cover those costs. Those of you who have attended our meetings in past years know that while we have been successful at balancing our annual budget, we simply don't have any extra money for these unanticipated costly repairs.

We will be showing you the extent of the problem at the meeting and asking each of you to vote for "one-time funds" to cover most of the cost of the anticipated repairs. We will use funds from our annual assessment to cover the difference. At the same time, we will also ask you to consider increasing our annual supplemental assessment. This is a must to be able to plan for future repairs just like that which we have ongoing. Again, we will show you all the numbers and anticipated expenses at the meeting.

Additionally, we believe that the future of our great subdivision will be better served if you are given the opportunity to vote to raise our dues by 10% each year provided that raise is deemed necessary by

your elected Board members. We hope you think seriously about this, however you will see that we have separated this from the other issues so this particular item is not dependent on the others to pass.

Finally, you will all be asked to vote for two (2) new members of the Board. Please think carefully about your commitment to serving. There is absolutely no requirement for you to be an engineer or accountant or anything else besides a caring homeowner willing to give a few hours each month towards the betterment of our neighborhood. Many have served over the years and, while challenging, their Board participation has brought great satisfaction to those homeowners who have answered the call.

You will all receive further details in the mail soon regarding all these issues. Please read over them carefully. Feel free to ask all of us questions. Visit the drainage pipes at the large lake at the back of our subdivision so you can see for yourself what we are talking about. You can see the holes clearly from the drainage dike roadway. Drive to the end of Skinner Road and turn right on Rose Garden Trail. Continue around the corner to the left and park in the Cul de sac.

You may use the walk through gate to the right of the double gates to enter the lakes and the drainage pipes are to your right and straight across to the right of the pump station. Watch for snakes as they are frequently seen. Again, you do not have to walk down off the gravel road to see the holes. Please respect other property owners in parking and walking back to view the pipes. We will have pictures at the Annual meeting for those of you who can't make it back to see the problem in person.

We look forward to discussing all these critical issues with you in April.

*Your Board and fellow homeowners,
Janice Morris, Mark Riordan, Michael Finke,
Robin Border, Michael McBride*

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- 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

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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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Texas A&M University Traditions Council to speak to NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

Northwest Harris County Aggie Moms to Award Scholarships

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, April 8, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will want to find out which deserving students will be awarded the 2014 scholarship awards and learn how these scholarships impact the Aggie experience. NWHC Aggie Moms Club members will also vote on which Texas A&M student organizations they would like the club to support. All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

Mark Your Calendars!

Parents Weekend- April 11-13th-Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads! For more information on the scheduled parents weekend events go to <http://parentsweekend.tamu.edu/node/38>.

Aggie Muster-April 21st- Aggies around the world will join together for Muster to honor Aggies who are no longer among us. Muster is a day celebrating the camaraderie and the friendships, the triumphs and the defeats, the legacies and the impact that Texas A&M University has made, and continues to make, in all of our lives. This year, the NWHC Aggie Moms will join the CyFair A&M Club at Sterling Golf Club, 16500 Houston National Blvd, Houston, TX 77095 at 5:00 PM for this time-honored tradition. For more information go to <http://www.cyfairags.org/cy-fair-aggie-muster/>

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. Refreshments are available at 6:45! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

1, 2, 3, Come Volunteer With Me!

Interns And Volunteers Welcome



VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.com.

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LAKES OF ROSEHILL

Wine Fair Cy-Fair

TICKETS AND INFORMATION

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

WINE FAIR CY-FAIR

Saturday, April 5, 5:30 p.m. – 8:30 p.m.
Cypress Village Station (Hwy 290 and Skinner Road)
\$25 general admission
\$65 VIP Premium Wine Lounge
All That Sparkles - \$20 pre-party ticket add on

ONE FINE AFFAIR

Friday, April 4, 7:00 p.m. – 10:00 p.m.
Northwest Forest Hotel and Conference Center
'The Settlement House'
12718 Telge Road | Cypress, TX 77429
\$100 (limited to 150 guests)

MORE FOOD, NEW WINES & EXPANDED BEER GARDEN

Based off two successful sell out years, Wine Fair Cy-Fair weekend returns April 4-5. Co-presented by H-E-B and Momentum Jersey Village Volkswagen, Wine Fair Cy-Fair features 150 wine selections, 20+ restaurant and food tasting tables serving signature specials, a Home Zone, a Relaxation Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The third-annual Wine Fair Cy-Fair features the expanded Backyard Grill Beer Garden to showcase craft beer offerings and signature nibbles from Backyard Grill and Backyard Smokehouse. All the local favorites will be there: Brazos Valley, Karbach, Rahr & Sons, St. Arnold and others; along with beers from brewers outside of Texas.

"Even though it's in the middle of a wine fest, it's amazing how many people come to the beer garden," said Mark McShaffry, owner of Backyard Grill. "And this year we're making it bigger and better."

"Based on the response from the first and second Wine Fair Cy-Fair

(Continued on Page 5)

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LAKES OF ROSEHILL

WINE FAIR CY-FAIR (Continued from Page 4)
 events, we knew the community would be responsive to this type of event. And it just continues to grow,” said McShaffry, a member of the Cy-Fair Chamber of Commerce’s Board of Directors. “This has been a great event for the chamber and for the community. Everyone loves it and has a great time.”

Weekend festivities kick off with One Fine Affair on Friday, April 4, at the Settlement House at Northwest Forest Conference Center with fundraising for Reach Unlimited featuring a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses. Restaurant sampling at One Fine Affair are compliments of Mezzanotte Ristorante Enoteca, Piqueo Restaurant and Bar, Merche’, gourmet selections from H-E-B, offerings from Northwest Forest Catering and Events and sweet treats from La Madeleine Country French Café. One Fine Affair is limited to only 150 guests.

All that Sparkles, sponsored by Next Level Urgent Care will start Saturday festivities from 4:30 to 5:30 p.m. at Cypress Village Apartment Homes, for a pre-event effervescent party, delighting guests with French champagnes, sparkling wines and culinary treats. Cost add-on is \$20. For the pampered treatment, The Loken Group VIP Premium Room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The main Wine Fair Cy-Fair event will be packed with engaging

experiences and displays from local artisans. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band. The vendor village will offer art, jewelry and everything in between. Saturday’s event is limited to 2,500 entrants. Last year, all Wine Fair events sold out.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston THE Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration in the George R. Brown Convention Center.

“This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying high-quality wines, craft beers and foods,” said Founder & Co-Producer Constance McDerby. “And we get to benefit a worthy cause by helping to support a local community partner through Reach Unlimited.”

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, “The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we’re proud to present this type of community-wide event.”

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Cypress-Tomball Democrats Host Easter Egg Hunt April 12th

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or “Like” the club on Facebook.




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BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob, the one-handed backhand lob and the forehand drop shot.

In this issue, I will offer instructions on how to execute the Backhand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, he/she will most likely be off balance and will be forced to commit an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club,

shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando realizes that the ball will landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is holding the throat of the racket.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand pulling back to keep the center of gravity in the center and his weight is shifting toward his right foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening backwards and his eyes are following the path of the ball.

DON'T BE SIDELINED BY HEARTBURN

With college basketball's March Madness comes plenty of dribbling and dunking – both on the court and on the couch or at the local sports bar. But following a few tips from Dr. Wagar Qureshi, associate professor of medicine and chief of endoscopy at Baylor College of Medicine, means basketball fans won't have to worry about heartburn and can concentrate instead on those all-important brackets.

-Sit up. Lying down or reclining after a meal makes it easier for stomach acid to move up into the esophagus, causing heartburn.

-Eat in moderation. If you can't give up cheesy nachos, then say no to hot wings, or else eat smaller portions.

-If you know a particular food triggers heartburn, Qureshi suggests avoiding it altogether.

-Wear loose-fitting garb.

-Take an over-the-counter antacid for fast relief.

If you find yourself taking antacids three or more times a week, your heartburn is more than just game-related. Frequent symptoms could signal chronic Gastroesophageal Reflux Disease (GERD), which afflicts more than 7 million Americans annually.



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GREAT BUSINESS RATES TOO!



Choosing a Summer Camp

By David Ettenberg, co-owner of Camp Shane

Summer camps come in a wide variety of interests and themes -- from music and sports camps to weight-loss and peace corps camps -- there is a camp for every child who has ever said, "I'm bored." How do parents sort through them all to find the right one for their child? Dave Ettenberg, co-owner of Camp Shane (a weight-loss camp for kids), recommends that parents consider these six guidelines before registering your child.

1. The Staff What are the camp's hiring procedures? Do they check references and run complete background checks? Also - many camps hire teens as junior counselors, which can be a wonderful experience for all, but it can cause problems if the camp relies too heavily on this cheaper workforce. It is important that a number of experienced adult staff members are on hand to deal with any problems that may arise. Also, ask to speak to the camp's director, he or she sets the tone for absolutely everything and will be able to give you an immediate sense of the camp's culture.

2. Referrals Get them, but get meaningful ones. Don't make the common mistake of relying solely on the names offered to you by the camp—these are typically hand-selected and will undoubtedly be positive. Instead, try to get five names of families that live within 20 minutes from you to ensure a more random sampling. It's ideal if you can ask someone you know whose child has attended the camp. If you don't know anyone personally, ask around in your community, chances are you'll find people.

3. Healthy Atmosphere If possible, try to visit the camp during the summer while in session to ensure there is an active, "happy" atmosphere, with a non-cliquey and non-threatening environment. It should be a place where your child can find strong support and make lifelong friends. Also, ask about the kind of food that is served at the camp—make sure they provide healthy, balanced meal options. You would be shocked to see what's on the menus at some "reputable" camps.

4. Marketing Materials Read all marketing materials carefully. If they are sloppy and unimpressive it may reflect how they run the camp. On the flipside, beware of materials that appear super-slick; a surprising

number of camps are now owned by corporations or investors who produce the marketing materials but have zero contact with your child. Look for realistic reflections of the camp and specific information that will give you insight to determine if the camp's philosophy, people and procedures will create the best experience for your child. Also, make sure to read the fine print; some weight-loss camps in particular advertise insurance reimbursements – but check with your particular carrier, as this is often times not the case.

5. The Facilities Are the buildings in good repair? Has everything been freshly painted? Has the grass been cut? Chances are if they don't take care the facility, they won't do such a good job with your child.

6. Kid's Choice Make sure to keep your child involved with the decision-making process. He or she needs to be comfortable with the camp, or the experience won't be optimal. Also, does your child want to focus in on a special skill or sport? Be sure to consider his or her specific interests and needs. State-of-the-art athletic fields are great but they won't do anything for a kid who loves music.

Taking time to research summer camps is key to ensuring a fun, safe, and enriching environment for your children - but it doesn't have to be overwhelming," said David. "By focusing your search based on a few key factors and by asking the right questions, you can easily find a great match that suits your child's particular needs."

ABOUT CAMP SHANE.

For more than 45 years, David Ettenberg's family has owned and operated Camp Shane, successfully helping children shed pounds and establish a healthy, confident lifestyle at Camp Shane (www.campshane.com) Currently Camp Shane operates in Georgia, New York, California and Arizona; Camp Shane Texas will open this summer in San Antonio. Kids shed unwanted pounds, gain self-esteem and learn how to live a healthy lifestyle while having a blast. An average weight loss for campers is 10-15 pounds in three weeks; 20-25 pounds in six weeks; and 30-35 pounds in nine weeks. For more overweight campers, it is not unusual to lose more than 50 pounds over the summer. Camp Shane has been featured in all national media, including NBC Nightly News with Brian Williams, 20/20, Oprah, Dr. Phil, MTV and Family Circle.





Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on April 17, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.

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