



The Beacon

News For The Residents at Lakes of Fairhaven

www.lakesoffairhavenHOA.org



Registration for the Fall Soccer Season is from May 4th till June 5th

Fairfield Soccer is a recreational soccer league for the residents of Fairfield and surrounding communities. We are a volunteer organization supported by the Fairfield Soccer Committee and we offer soccer for boys and girls ages 4-14.

2014 Statistics; 114 teams; 843 players participating & over 150 volunteer parents to help develop and foster a love for the game.

The fall season runs from August to November. The tentative dates for the 2015 season are:

- Player Assessments - Ages 7-14, June 13th and/or June 20th.
- Practices are starting August 3rd.
- The season starts August 22nd, and ends the weekend of November 14th.

Weather permitting all teams will play a minimum of 10 games. Ages 7-14 will play 8 league games followed by a tournament. All coaches must complete a background check.

For more info and registration visit our website:

www.fairfieldsports.net/soccer.aspx

I hope to see you in the Summer & Fall!

*FSA Soccer Commissioner
(soccer@fairfield-sports.org)*

Northwest Houston Chapter of Business Professional Women

The June meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, June 18th, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas.

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

Reservations to: Laura Poshard, [HYPERLINK "mailto:Laura.Poshard@AmegyBank.com"](mailto:Laura.Poshard@AmegyBank.com) Laura.Poshard@AmegyBank.com, 281-320-1301 by Tuesday before the meeting. If you attend the luncheon without a reservation, the cost will be \$30 in lieu of the prepaid option of \$25.

Cy-Fair Republican Women



June 9th meeting of Cy-Fair Republican Women will be from 10:30 AM - Noon. (Second Tuesday each month) at Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095.

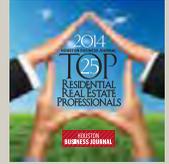
Meeting only is \$3 -- Meeting w/Lunch at Noon is \$20

Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Harris County Judge Ed Emmett will be our June guest speaker. Please RSVP to www.cfrw.net by 6/2/15.

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A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
 2. Most health benefits occur with at least 150 minutes a week
 3. For most people, additional benefits occur when
 - Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
 - You increase the intensity of your physical activity
 - You increase the frequency of your physical activity
 - You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

ADVERTISING INFO

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes of Fairhaven residents, limit 30 words, please e-mail thebeacon@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NEWSLETTER INFO

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submission..... thebeacon@PEELinc.com
Advertising..... advertising@PEELinc.com

NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at www.lakesoffairhavenHOA.org and register to get emails on HOA info and upcoming LOF announcements.



Key Club: What is it?

By Jordan Miller, Editor of Cypress Woods Key Club

Community Service. Making friends. Building character. Traveling. Leadership building. Giving back. Scholarships. Leaving your mark. That's what Key Club is; a place where everyone is welcome- whether it be freshmen, sophomores, or upperclassmen. Key Club helps students to leave their mark at Cy Woods, and have fun while doing it.

The 'Key' in Key Club is what generally mystifies possible members. "What is that club? Do you make keys or something?" No, Key Clubbers don't spend their time each semester making keys. They spend their time volunteering, donating, and giving back to their communities. They also spend their time doing service projects like making bracelets for children's hospitals, weaving blankets for animal shelters, and even creating coloring books for kids in homeless shelters. Also, this past year, Key Clubs from Texas and Oklahoma saved thousands of mothers and children by raising money for the Eliminate project: an organization that uses the money that clubs fundraise to give mothers and babies around the world a vaccination against Neonatal tetanus, a disease which could prove fatal to both mother and child if not treated properly. Though Clubbers spend most of their time devoted to service, the Cy Woods Key Club does interact with their members in a different way: Socials. Socials are a meeting that takes place after school, and anyone is welcome. Usually, these socials take place with another club such as Cy Ranch or Cy Fair. This month's social is taking place at TxR Paintball, where two clubs will face off in a game of paintball.

In High School, most teenagers find their niche in an organization, and whether it is football, art, or culinary club, teens make friends in these organizations and possibly end up in leadership positions once they have a few years of high school under their belt. The important thing is, once a teen finds something they like, they stick with it and usually leave their mark through that interest. If teens show an interest in community service and center their after-hours time to volunteering, they could be granted possible scholarships by the Tex-O-Key (Texas Oklahoma Key Club) District.

Teens that leave their mark with volunteering and serving their community make the most out of their high school experience, by making an impact that will last for years.

Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.





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The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic

requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



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KIWANIS CLUB OF CY-FAIR HOUSTON

YOU Are cordially invited to attend an introductory meeting of the Kiwanis Club of Cy-Fair Houston at the Hearthstone Country Club.

Time: Lunch is served at 12:15pm; adjournment at 1:15pm.

Dates: We will meet on June 2, 9, 16. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

Why join Kiwanis? The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide

support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

Visit the Cy-Fair Kiwanis Club website at www.KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127.

www.KIWANISHOUSTONCYFAIR.com

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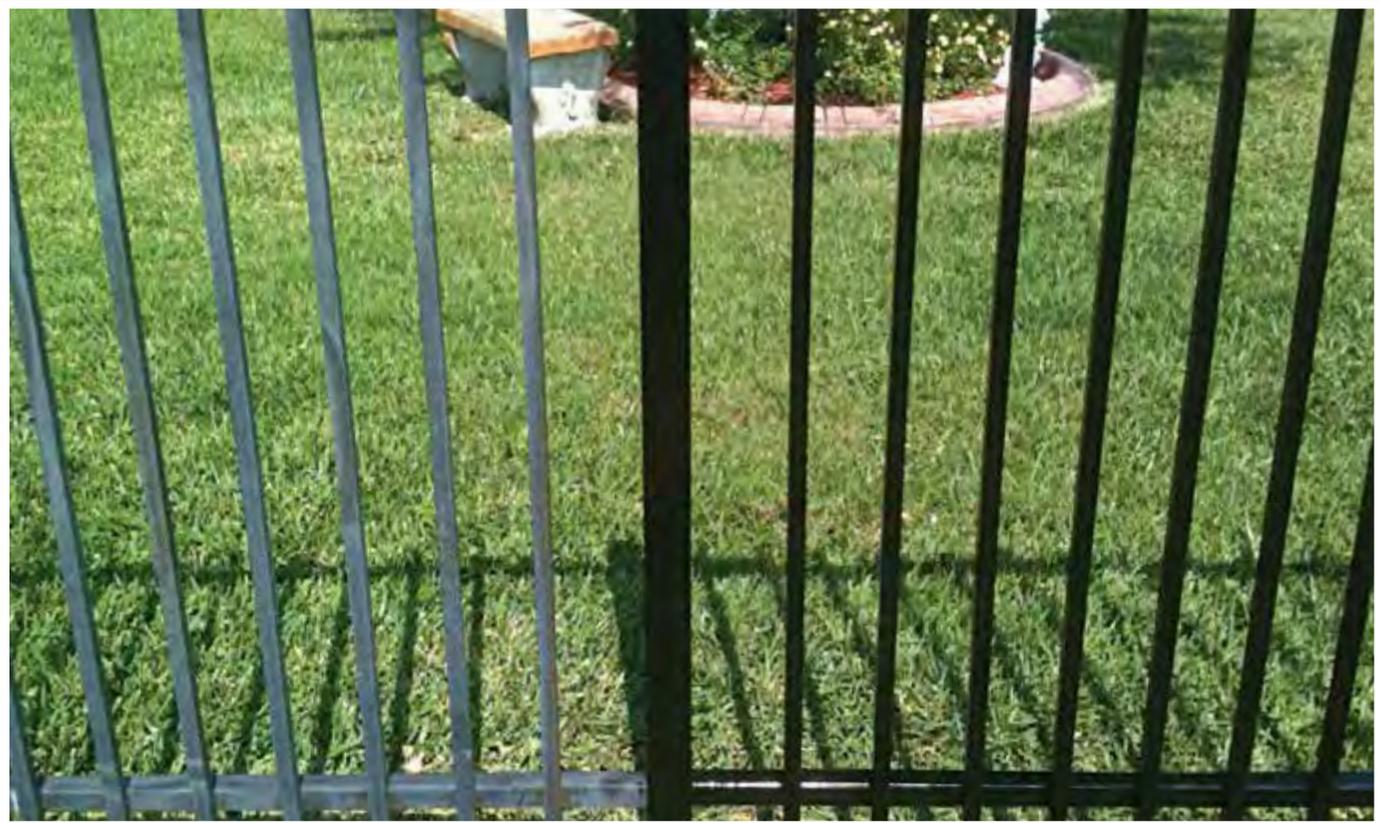
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Pet of the Month

Karen is a Shih Tzu mix girl. She is approx 1 years old (10 lbs) and up to date on shots. She was found as a stray and brought to us in terrible shape. Her fur was extremely matted and we shaved her down and she feels so much better! She will be a beautiful long-haired dog once her hair starts to grow back. She is a sweet, happy & friendly girl! Call or email us to find out more information on how to adopt her.

animalrescuekingdom@gmail.com
832-267-5777

Cypress United Methodist Church Says Farewell To Dr. Jerome Brimmage, Senior Pastor



Dr. Jerome Brimmage has just been appointed to serve at Lufkin UMC in Lufkin, TX in July 2015. Dr. Brimmage has served Cypress UMC for seven years and his last day to preach will be on Sunday, June 7, 2015 at 8:15, 9:30 and 11:00 a.m. worship services.

With the leadership of Dr. Brimmage, the church has been a part of two exciting partnerships with their adopted Cy-Fair ISD schools, Adam and Millsap Elementary. From the very beginning of his ministry he has always sought to reach out to the hurting. "I have a passion to seek and save the lost. I believe the church is the hope of the world and the church has the opportunity in this day and time to make a difference in people's lives," says Dr. Brimmage. His ministry will be greatly missed in the community of Cypress.

There will be a "Farewell Luncheon" for Dr. Brimmage and his family at Cypress United Methodist Church, on Sunday, June 7, 2015 at 12:00 p.m. in their Ministry Activity Center.

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Luncheon Details

Thursday, June 25

Networking 11 a.m.; Luncheon begins at 11:30 a.m.
Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 for guests

The June 25 Cy-Fair Express Network Luncheon will be a career- focused educational opportunity with special guest Gaylyn DeVine, 2013-2014 American Business Women's Association (ABWA) National Secretary/Treasurer.

DeVine joined ABWA as a charter member of the South East Express Network in November 2004. Since joining, she has served in a variety of positions encouraging women of all ages to overcome the voices in their head that keep them from reaching their full potential. She serves as a role model and mentor to women across the country helping them set goals and achieve both personal and professional success through ABWA leadership opportunities.

DeVine will demonstrate how using ABWA's Women's Instructional Network (WIN) website can empower members to create their personal ABWA experience. With tutorials, networking, team board interactions, and a safe place to store all of the Leagues important documents, every member should be accessing the power of WIN.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club,

16500 Houston National Blvd. Cost is \$25 for members with reservation and \$30 for guests.



Gaylyn DeVine

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

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Crimson Cadette Drill Team DANCE CLINIC

The Cy-Woods Crimson Cadettes Drill Team will host their 10th annual dance clinic for K – 12 from 8:30 a.m. to 11:30 a.m. on August 11 – 13. This is a major fund-raiser for the Cadettes and enables them to participate in activities throughout the 2015-2016 school year. Please register by July 31, 2015 to get the Pre-Registration price of \$60 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email mrfaulk@msn.com or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

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Lakes of Fairhaven Year-to-Date Sales Report

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\$451,000--\$499,999	0	1	0	0	0	0	—	0	0	0
\$351,000--\$450,999	0	0	0	0	1	0	—	0	0	0
\$276,000--\$350,999	0	0	0	0	0	0	—	0	0	0
\$231,000--\$275,999	0	0	0	0	0	0	—	0	0	0
\$201,000--\$230,999	0	0	0	0	0	0	—	0	0	0
\$200,999 and below	0	0	0	0	0	0	—	0	0	0
Total	3	6	1	3	2	2	—	2	1	2
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