

The LONGWOOD Letter

June 2015

Volume 9, Issue 6

News For The Residents of Longwood

Creating Your Own ABWA Experience by using WINing technology

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.

LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Constable	281-376-3472
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
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

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)	
Trash Removal	281-446-2030

NEWSLETTER PUBLISHER

Peel, Inc.	1-888-687-6444
Article Submissions	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

Advertising Information

Please support the businesses that advertise in the Letter. Their advertising dollars make it possible for all Longwood Letter residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444, advertising@PEELinc.com

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.

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.

First Baptist Church of Cypress

Traditional worship Sundays at 10:45am - Bible Study at 9:30am

Vacation Bible School - "Journey off the Map"
& Adult Bible Study: June 7th-11th from 6:00-8:00pm

Men's Coffee and Bible Study on Thursdays from 9-10:00am

Wednesday night meal at 6:00pm
Worship Prayer and Bible Study at 6:30pm

14515 Cypress North Houston Rd, Cypress, Texas 77429
Phone: 281-469-0171 www.fbccypress.org



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
- Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- 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.



Come grow with us!
St. Elizabeth Ann Seton
Catholic School

**Now Registering
2014-2015
School year**

"Living, loving, and learning in
Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seascsc.org

EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS



LAKEWOOD CLEANERS
281-935-3343
FREE PICK UP AND
HOME DELIVERY

**20% OFF COUNTER PRICES FOR NEW
HOME DELIVERY CUSTOMERS**

21127 STATE HIGHWAY 249, HOUSTON TX 77070

**We are Installing Roofs Covered
by Insurance in Longwood**

8 out of 10 roofs replaced in Texas are insurance claims!

www.SouthernRoofingTx.com | 832.622.7472

Do you have storm damage?

- Since most storm damage can't be seen from the ground, we will perform a **FREE STORM DAMAGE INSPECTION** of your roof. We then, document the damage for your insurance company.
- If you have been denied insurance coverage, call us we can help!
- If you need a repair, call us for a **FREE ESTIMATE**

Why Southern Roofing Texas?

- Because we are a GAF factory certified installer, we can offer you an upgrade to a GAF certified 3-part Weather Stopper Roof Protection system and back it with a 50 year transferable GAF warranty along with our 10 year installation guarantee.
- We are locally owned, A+ BBB rated and in business since 2000.



LONGWOOD LETTER

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



Your Safety is Our Top Priority



SERVICES.....

- bathing
- grooming
- dressing
- feeding
- incontinence care
- transferring
- positioning
- assist in walking
- meal preparation
- light housekeeping
- errands
- grocery shopping
- laundry
- crafts
- medication reminders
- companionship

We are committed to providing affordable, compassionate and personalized care to enrich the quality of life of your loved ones at HOME or facility.

Aylen Chua Holum RN, CRRN
832.515.4220
manager.caresmart@gmail.com
www.caresmartcaregivers.com
License #: 016285 HCSSA Texas Dept of Aging & Disability Service

BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT
20 Years Experience • References Available
Commercial/Residential
~ FREE ESTIMATES ~
BashansPainting@earthlink.net

♦ **FULLY INSURED**

281-347-6702
281-731-3383 cell



HARDIPLANK®



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.

ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter

Jackie Owens

Sales Representative

832-482-8132

jowens@PEELinc.com



PEEL, INC.
community newsletters

www.PEELinc.com 1-888-687-6444



From design to
print to mail,
Quality Printing
can help you with
all of your
printing needs!



Quality
PRINTING COMPANY

Call today for more info

512.263.9181

Or visit our website at:

www.QualityPrintingofAustin.com

LONGWOOD LETTER

The Longwood Letter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Longwood Letter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Longwood Letter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

**NOT AVAILABLE
ONLINE**



NOBODY IS DROWNPROOF

WATCH & KEEP KIDS IN ARM'S REACH

www.colinshope.org



COLIN HOLST

THESE TIPS CAN SAVE LIVES

								
CONSTANT VISUAL SUPERVISION	LEARN TO SWIM	WEAR LIFE JACKETS	MULTIPLE BARRIERS AROUND WATER	KEEP YOUR HOME SAFER	CHECK WATER SOURCES FIRST	PRACTICE DRAIN SAFETY	BE SAFER IN OPEN WATER	LEARN CPR

LEARN MORE: www.colinshope.org/RESOURCES

DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.



Children under the age of five are often at highest risk.

13 Texas children have already lost their lives to drowning in 2015

DROWNING IS PREVENTABLE

JAY'S IRON WORKS & IRON FENCE PAINTING



- Iron fence and gate painting
- Paint applied by hand to ensure proper thickness and durability
- 3yr warranty in all painted surfaces
 - Iron fence/gate repair
 - New install of fence/gates
- Access gate repair and install
- Million dollar insured



BEFORE

AFTER

832.344.7510 · WWW.JAYSIRONWORKS.COM · [facebook](#) · You [Tube](#)



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

LW

WE KNOW LONGWOOD

LONGWOOD SALES COMPARISONS	2013			2014			PERCENT INCREASE
	HOMES SOLD	PRICE PER SQ. FT.	DAYS ON MARKET	HOMES SOLD	PRICE PER SQ. FT.	DAYS ON MARKET	
All	100	\$95.45	41	73	\$99.29	23	4.02%
1 story no pool	27	\$93.21	37	29	\$102.01	14	9.44%
1 story w/ pool	8	\$100.68	32	2	\$115.07	4	14.29%
2 story no pool	26	\$84.30	43	27	\$90.01	28	6.77%
2 story w/ pool	39	\$101.64	43	15	\$108.57	36	6.82%
2 story [under 3,000 sq. ft.] no pool	19	\$83.92	46	9	\$92.13	24	9.78%
2 story [under 3,000 sq. ft.] w/ pool	6	\$93.69	33	3	\$94.09	41	0.43%
2 story [3,000-3,800 sq. ft.] no pool	6	\$84.97	41	14	\$88.78	28	4.48%
2 story [3,000-3,800 sq. ft.] w/ pool	23	\$94.94	30	8	\$99.60	23	4.91%



**Our Listings SOLD
3% Higher than all other
agent's listings in 2014.**

We Sell 1 in 3 Longwood Homes

We Sell Higher!

We Sell Faster!

Call Us Today! We will get you moving!

Dan: 281.468.2853 • DanBoutwell@Dan-Cindy.com

Cindy: 281.797.3590 • Cindy@Dan-Cindy.com



More homes get SOLD on **www.Longwood-Neighbors.com**