

THE SUN



News For the Residents of Stone Gate

November 2009 - Volume 2, Issue 11

YOUR 2009 COMMUNITY EVENTS!

RESIDENT GOLF TOURNAMENT
Monday, November 16

GINGERBREAD HOUSE MAKING
Saturday, November 21

LADIES BRUNCH AND
TRUNK SHOW
Saturday, November 21

HOLIDAY YARD
DECORATION CONTEST
December 6 - 12

COOKIES WITH SANTA
Saturday, December 19

Have You Logged in Yet?

www.canyongate.com/residents/sg

Features of the Stone Gate &
Canyon Lakes West intranet include:

- Email Blasts On Community News & Events
- Resident Directory
- Current Events & Activities
- News
- Documents & Forms
- Event Photos and MORE!

SG OWNERS INC, *Ladies Brunch & Trunk Show*

November 21, 2009

Ladies are invited to a first-class
Brunch and Trunk Show,
featuring local area boutiques and shops.
Houston National Golf Club
Saturday, November 21, 2009
10am-Noon

*Get a head start on holiday shopping while sipping
mimosas!*

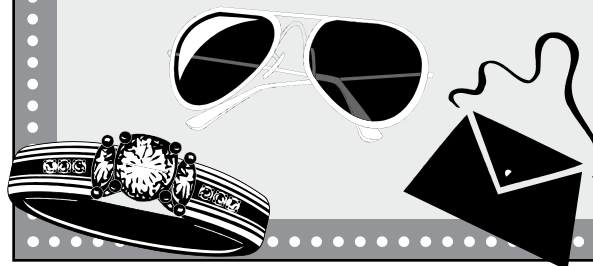
Tickets are available for residents and their guests
for only \$10 per person (cash or check at the door).

Admission price also includes one
complimentary drink ticket

We'll also be raffling off numerous gift baskets,
valued at \$100 each!

Please RSVP to Director of Community Events,
Jennifer Clark at
jclark@canyongate.com
by November 12th.

Space is limited so register now!



Welcome to The Sun

*A newsletter for Stone Gate residents
by Stone Gate residents.*

The Sun is a monthly newsletter mailed to all Stone Gate residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

Newsletter Information

Publisher

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

Advertising Information

Please support the businesses that advertise in The Sun. Their advertising dollars make it possible for all Stone Gate 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 Stone Gate residents, limit 30 words, please e-mail articles@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 Article Submissions

Interested in submitting an article? You can do so by emailing articles@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Sun. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Annual Assessments DUE SOON!

With Annual Assessments due very soon your Board of Directors would like to remind all homeowners that payment arrangements are offered by the POA. As soon as you receive your annual assessment bill please submit requests in writing to P.O. Box 219223, Houston, Texas 77218.

Payment via credit card can be made online only at www.pcmi-us.com. In order to pay online, you must have your POA account number provided on your statement.

As a payment alternative, if you would like to begin pre-paying your 2010 annual assessments please call PCMI at 281-870-0585. Should you have any questions regarding this matter, please do not hesitate to contact PCMI and speak with your property manager Sarah Hudson.

Seeking Stone Gate, Canyon Lakes and Canyon Lakes Village Section Leaders & Block Captains

To increase community awareness, we are actively recruiting section leaders and block captains. You can e-mail your Section Leader by logging onto our community intranet at: www.canyongate.com/residents/sg/login.php and click on the "contact us" option.

For more information on becoming a block captain or section leader, or to reach your Section Leader, please contact Jennifer Clark, Director of Community Events at jlark@canyongate.com.

Gates

We need homeowner help. As you may know, community gates are not designed to withstand horseplay, climbing or riding. Playing or abusing the community gates is potentially dangerous and also places a financial burden on your HOA dollars due to repeated repairs.

The Association is not responsible for any incidents incurred when gates are not being utilized correctly. Should the Association become aware of any damages to the gates caused by individuals, they will be pursued for any repairs/replacement costs incurred by the Association. If you see anyone abusing the gates in any way, gather as much information as possible and report your findings to the onsite managers.

Business Classified

CUSTOM KIDS ROOMS: Whether you are creating a nursery or redoing a teen's room or play area, let me customize and implement a design that will WOW your kids. Fairytale Characters, Decorative Painting, Accessorizing, etc. www.KidCavesbyDesign.com or Jodi at 281-256-9267.

Annual Holiday Yard Decorating Contest December 6th – 12th

Start Planning Your Holiday Decorations!

Resident favorite Annual Holiday Decorating Contest returns. Each section in Stone Gate, Canyon Lakes, Canyon Lake Villages & Canyon Lakes West will have winners, awarded a special prize.

Most importantly, they'll get to display a winning yard sign during the holiday season!

Make sure your lights are on from Sunday, December 6th to Saturday, December 12th

as our volunteer judges will be driving the community to chose a winner!



Calling All Volunteers!

Judges needed for Holiday Yard Judging Contest
December 6th – 12th

We need volunteers to drive the community and help nominate homes!

This is a great way to volunteer and give back to our great community.

It only takes an hour! Volunteers are needed for the event to be a success.

To sign up or for additional information, please contact jclark@canyongate.com.



RECYCLE WITH PAPER RETRIEVER TODAY TO HELP EARN MONEY FOR YOUR LOCAL ORGANIZATIONS!

Bringing your newspaper, magazines, catalogs, mail and household papers to your nearest Green and Yellow bin is a free and easy way to help local organizations earn extra money.

This money earned is used to fund community based programs that benefit schools, youth groups and charities. Look for the green and yellow bins and make recycling more rewarding!



Find a Bin near you at
www.PaperRetriever.com

Holiday Recipes

Turkey Candy Recipe

INGREDIENTS

- 15 Chocolate candy stars
- 15 Caramels (unwrapped)
- 15 Scalloped chocolate-frosted shortbread cookies
- 15 pieces Candy corn

METHOD:

- Place each chocolate candy star (point side up) on work surface.
- Then place one caramel on waxed paper and microwave on high for about 10 seconds so that they are slightly softened.
- After that place softened caramel on tip of the chocolate candy star, pressing down so that they stick together.
- To make the tail, press chocolate cookie (striped side facing forward) firmly against the soft caramel to stand upright.
- Then Press candy corn on top of caramel to give shape of turkey's beak.

Christmas Berry Mocha Fudge

INGREDIENTS

- 1/4 lb. butter
- 1 tsp. Vanilla
- 3 1/2 Cups of sugar
- 7 oz. Marshmallow cream
- 1 heaping tablespoon of INSTANT COFFEE
- 10 oz. Hershey's Raspberry chocolate chips
- 2 oz. bittersweet chocolate
- 12 oz. can of evaporated milk

METHOD:

In a heavy saucepan melt the butter. Add evaporated milk, sugar, and coffee. Bring to a rolling boil, stirring constantly until the temperature reaches 235 degrees. Remove from heat and add raspberry chocolate chips and the bittersweet chocolate. Stir the mixture until all ingredients are melted. Add the marshmallow crème and stir until blended. Stir in the vanilla. Pour into a lightly greased 9 X 13 inch pan. Cut in bite sized squared when cooled.



'Tis the season to getaway.
My Homewood.



Are friends & family coming in for the Holiday's, Reunions or Weddings? Make Homewood Suites by Hilton, Northwest Cy-Fair their "Home away from Home". Every stay includes a spacious suite with a separate living room and complimentary hot breakfast. Perfect for making this holiday season hassle-free and full of memories.

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S-G OWNERS INC. FALL POOL SCHEDULE *Effective October 2009 – Summer 2010*

SplashPad Texas - PAD & COVERED PATIO ONLY
Open 9AM until 5PM
Tuesday through Sundays
(weather permitting)

Recreation Center - Jr. Olympic Pool – CLOSED

SplashPad SLIDE Pool – CLOSED



PLAYGROUND

The new playground in Island Shores (SG Sec 2) is up and ready for play!! Thank you for your patience. We hope you enjoy the new attraction!



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Contemporary Services: 9:20 a.m., 10:40 a.m.

www.foundrychurch.org | 713.937.9388

CALLING ALL SENIORS

The Nifty 50+ group is for the young at heart, 50 or older, retired or still working, male and female, and are residents of one of SG Owners Association sections (SG, CL, CLV, CL West or CL Pine Creek).

If you would like to know more about an activity or the group, please send an e-mail to stonegateseniors@gmail.com

MONTHLY GAMES AND/OR VISITING WILL BE HELD AT THE SG REC CENTER ON THE FIRST THURSDAY OF EACH MONTH, 1-3 PM.

- November 5 - games/visiting @ Rec Ctr
- November – play TBD; Coordinator TBD
- December meeting moved from 12/3 to 12/5/09; activity/theme and coordinator TBD

If you are 50 or older and are interested in getting together for games and/or fellowship, want to receive our e-mail updates, or have questions, please e-mail stonegateseniors@gmail.com or call 281-256-3022 or 281-304-6271.

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Stone Gate Safety Day

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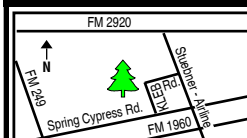
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Janies Rummel
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Board Certified Physician

Phu Do, M.D.
Board Certified
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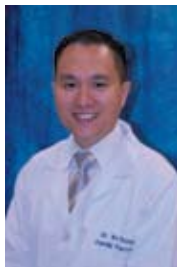
meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed, MD
Luz Marquez, MD
Jennifer Dong, MD
Asma Ahmad, MD
Vu Anh Phung, MD
Annie Hoang, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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for the
entire family*



1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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Annual Physical - A physical is the examination of the body and its function. During a physical you will also have your cholesterol, diabetes, and blood pressure evaluated. Individuals should have a physical examination once a year.

Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year.

Mammograms - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

**Don't get caught
with the flu!!**

Season starts in October and
continue well into spring!!
Flu Shots \$20.00

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Houston Dance Theatre's 27th Annual Production of *The Nutcracker Ballet*

For 26 years North Houston's Premiere Ballet Company, Houston Dance Theatre, has given local audiences the opportunity to experience the beauty and elegance of a Christmas tradition..."The Nutcracker".

2 Performances are scheduled to take the stage:

Saturday, November 28th at 7:00 p.m. and Sunday, November 29th at 2:30 p.m.
The performances are held at the beautiful Westfield's Geiger Performing Arts Center,
16713 Ella Boulevard; 1 mile south of 1960.

Reserved seating tickets are \$18.00 each (group sales available) and may be purchased at:
American Academy of Dance, 15775 Bammel Village Drive,
1 block west of Kuykendahl; on the south side of FM 1960.

For best available seating purchase your tickets early. Credit Cards are accepted.

Featured Professional Guest Artists will join the cast of 75 local dancers, including the
Houston Dance Theatre Company.

Included in the cast from Stone Gate is Madison Brewer

Houston Dance Theatre is an Honor Company of Regional Dance America.

This production has enhanced the arts in our fine community for 26 years.

This is the one to see!

For further information or ticket sales, please call:
American Academy of Dance / Home of Houston Dance Theatre

For telephone credit card orders call:

281-444-9698

Contact: Angela Jackson: ajackson@balletonline.com

Visit our website at www.houstondancetheatre.org

HDT is a 501(c) 3 organization -
proceeds go toward the cost of this and future productions.



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Cookies with Santa & Toys for Tots Toy Drive



**Saturday, December 19th
10am - Noon & 1-3pm
at Houston National Golf Club**

**Saturday, December 19th
10am - Noon
At Canyon Lakes West Clubhouse**

You'll have three opportunities to take your photo with Jolly St. Nick!
We'll be serving holiday treats & entertainment for children young & old!

This year we're hosting a Toys for Tots Toy Drive!
If you'd like to contribute, please bring a NEW unwrapped toy to the Clubhouse.

Don't forget your camera!

SG Owner's Association, Inc. 3rd Annual Resident Golf Tournament

Monday, November 16, 2009
at Houston National Golf Club
Registration begins at 8:30am

Last years event was a huge success ~ join in the fun this year!
The entry fee of only \$35 (cash or check) per player for residents & their guest includes breakfast, cart, goodies and more!

Tournament format will be a 4 person scramble with a shotgun start.

Advanced reservations are required.

Please contact Jennifer Clark, Director of Community Events at jclark@canyongate.com to register now.
Resident Golf Tournament ~ November 16, 2009

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Healthy Tailgating this Football Season

By Tarie Beldin



Now you finally know its fall, not because the temperatures are cooler, but because it is FOOTBALL season! With high school games on Friday nights, college games on Saturdays and professional games on Sundays, our weekends can be full of concession-stand food, barbecue, six-foot sandwiches and chips.

All of these game-day feasts can lead to extra calories, which can mean extra pounds, even before the holiday season arrives! The good news is that with a few changes, such as these tailgate make-over tips, you can decrease the fat and calories and increase the nutrition of your tailgating menu, without sacrificing taste:

Typical Tailgating Food

- Regular chips
- Queso or guacamole
- Fried or buffalo wings with ranch or blue

cheese dressings

- Traditional burgers or chili
- Sandwiches or hoagies made with salami, high-fat cheese and mayo
- New England clam chowder
- Pork brats
- Potato salad
- Cookies and cakes
- Regular beer and wine
- Soda or juice

Healthy Tailgating Alternatives

- Baked tortilla chips
- Salsa
- Boneless/skinless chicken breast tenders with wing or teriyaki sauces
- Burgers or chili made with lean ground beef or ground turkey breast
- Sandwiches or hoagies made with lean meats, low-fat cheeses and mustard on whole wheat bread

(Continued on Page 15)

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Saturdays at 6:00 p.m.

Sundays at 8:30 a.m.

9:50 a.m. and 11:30 a.m.

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Healthy Tailgating (Continued from Page 14)

- Low fat gumbo
- Turkey brats
- Grilled corn on the cob
- Caramel or candied apples and low-fat brownies and desserts
- Light beer and wine spritzers
- Iced tea or diet lemonade

It is also never a bad idea to have a fruit and/or vegetable tray available for those who are vegetarian or for low-calorie snacking. If you have a favorite tailgating food or snack, allow yourself to indulge in it, but try to replace other tailgating options with healthier alternatives and be mindful of portion sizes.

Whether you are tailgating at the stadium or "tablegating" in your living room, it's easy to keep game day food fun, tasty and healthy. Most importantly though, remember, it is about the camaraderie and the love of the game, not the food. Consider having your own game of touch football during half time to burn off those extra calories!

With the last football games in both pro and college football set for the beginning of next year, we still have many opportunities to load up on calorie-laden and high-fat tailgating food. Practice these easy and tasty substitutions to help you stay healthy this football season.

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

					6		3	4
		7		1	2			
	9		4					
							6	
	5		8					
		8	9	2	7		4	
8				5		2		
	3			8		5		
7								9

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November 21st & 22nd at Trader's Village

*Accepting Donations Until
Thursday, November 19th.*



Items can be dropped off at Jersey Village Baptist Church parking lot corner of Rio Grande and Jersey Drive across from the fire station at the following times:

OCTOBER

Tuesday	10/20/09	6:00 p.m. – 8:00 p.m.
Thursday	10/22/09	6:00 p.m. – 8:00 p.m.
Tuesday	10/27/09	6:00 p.m. – 8:00 p.m.
Thursday	10/29/09	6:00 p.m. – 8:00 p.m.

NOVEMBER

Tuesday	11/03/09	6:00 p.m. – 8:00 p.m.
Thursday	11/05/09	6:00 p.m. – 8:00 p.m.
Tuesday	11/10/09	6:00 p.m. – 8:00 p.m.
Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
Saturday	11/14/09	10:00 a.m. – Noon
Sunday	11/15/09	10:00 a.m. – Noon
Mon - Thurs	11-19/09	6:00 – 8:00 p.m.

*To donate items at other times or if you have any
questions please contact:*

Rhonda Coolures	713.256.1811
Joe Bontke	713.907.2855



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SG OWNERS INC, *Gingerbread House Making Event*

Saturday, November 21, 2009

Children and their parents are invited to
Houston National Golf Club ~ The Back Deck
to make, keep or eat a special holiday treat.

While gingerbread house making is on the veranda,
moonwalks and other fun activities will be going on outside!

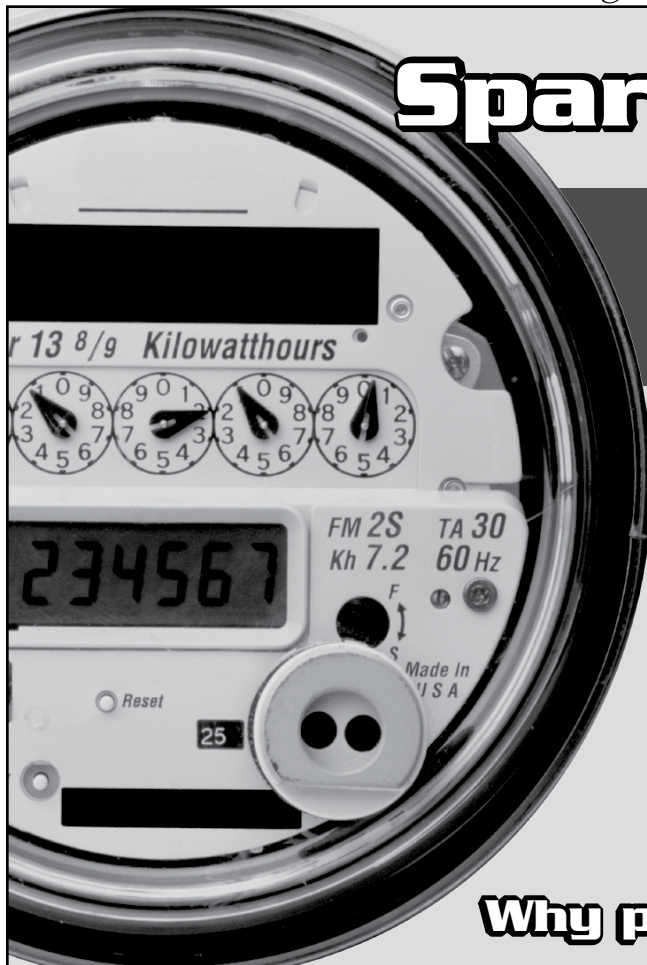
There is no charge for this event, but advanced reservations are required.

Space is limited & going fast.

Please RSVP to jclark@canyongate.com by November 12th to reserve your spot!

Sessions Available ~ 3:30PM & 4:00PM

*Special Thank You to Event Sponsor
Barker Cypress Animal Clinic*



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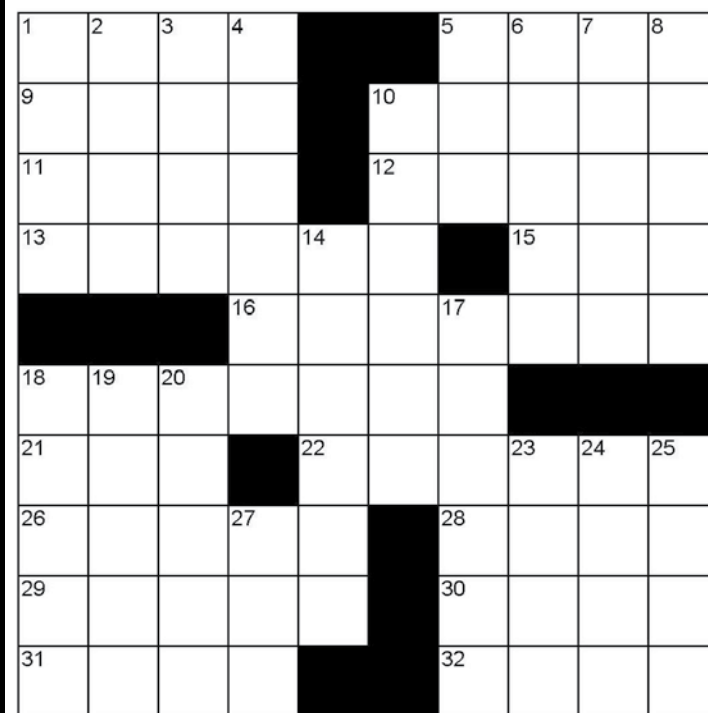
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Crossword Puzzle



ACROSS

1. Catch in nylons
5. Speed
9. Station
10. Scoop out
11. Healing plant
12. Colder
13. Geneve
15. Consume
16. Collective Israeli farm
18. Chewbacca's partner (2 wds.)
21. Card game
22. Legume
26. Coding system
28. Portend
29. Induct
30. Look
31. Loch __ monster
32. Opp. of yeses

DOWN

1. Male deer
2. Large African river
3. Long time
4. Mediterranean island dwellers
5. IBM Competitor
6. Adios
7. Sports shoe projection
8. Hz
10. Apt
14. Purplish color
17. Candy
18. Woman
19. Negative battery terminal
20. Averages
23. African nation
24. Bored
25. Dregs
27. Bro.'s sibling

*Solution at www.PEELinc.com

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Peel, Inc. - Kids Club

311 Ranch Road 620 S, Suite 200

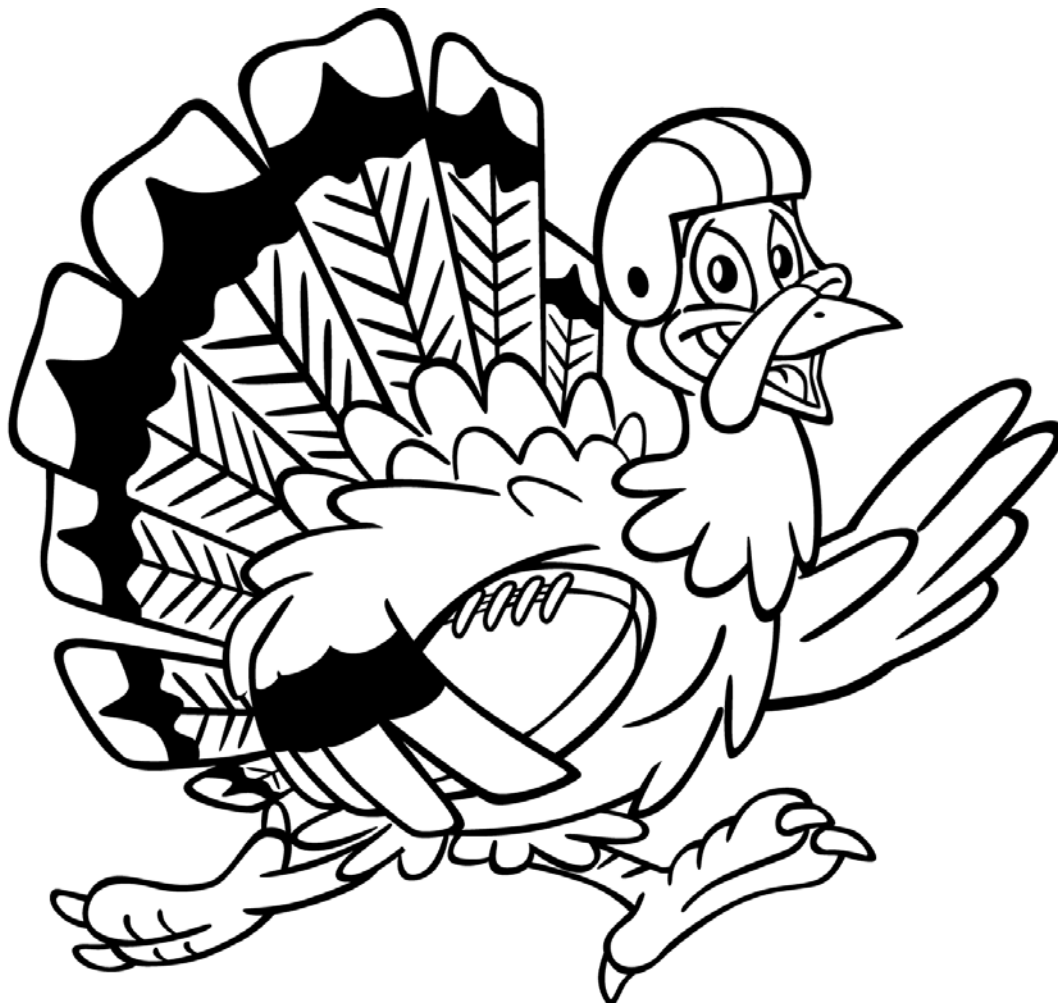
Lakeway, TX 78734

We will select the top few and post their artwork online at www.PEELinc.com. DUE: November 30th

Be sure to include the following so we can let you know!

Name: _____ Email Address: _____
(first name, last initial)

Age: _____ [This information will only be used to notify you or your parents if your artwork was selected.]



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Dawn Reich

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