



Volume 15

September 2010

No. 9



POLICE • COMMUNITY PARTNERSHIPS

National Night Out October 5, 2010 6:00-9:00 PM

National Night Out, sponsored by the NATIONAL ASSOCIATION OF TOWN WATCH, is a neighborhood crime and drug prevention event that occurs annually on the first Tuesday in August (IN TEXAS NNO 2010 IS IN OCTOBER) and is celebrated in every city, town and village in the US. In addition to increasing awareness of crime and drug prevention programs, NNO also strengthens neighborhood spirit and community-police partnerships, while sending a message to criminals that "neighborhoods are organized and fighting back against crime!"

Willowbridge will host a National Night Out Festival on October 5th from 6:00-9:00 pm. at the clubhouse. Come and meet your neighbors along with our local law enforcement from the Harris County Sheriff's Office, EMS and Fire departments who help serve and protect our community.

There will be plenty of fun activities, crime prevention information, drinks, snacks, games, bouncing machines, face painting, finger printing kits, and much more. Come out and join the fun.

We will need volunteers to help set up and clean up before and after the festival. If you can volunteer, please e-mail Julie at martin@juliedubros.com.

July HOA Meeting Highlights

The board enjoyed hearing from nine of our neighbors at the July board meeting. The board continues to encourage everyone to come and participate in our HOA meetings every 4th Thursday of the month.

A few homeowners have requested an Adult Only swim period. The board approved Adult Only swim times for Tuesday and Thursday from 7:30pm to 8:30pm and Saturday 9:00am to 10:00am.

A homeowner asked what group is responsible for mowing and maintenance of the areas between the bayou and homeowners' back fences. The Flood Control District should be notified if these areas are not properly maintained.

A tree service company has been selected to trim any trees in Waller Park that are encroaching homeowners' backyards. They will also raise the tree canopy in the park.

National Night Out will be October 5th. More details to follow.

Tennis court tags have been ordered and should be available very soon. When using the tennis courts, your tennis tag should always be accessible to verify residency or guest privileges.

One of our local, soon-to-be Eagle Scouts built and installed benches at the soccer field. They look great!

If you wish to provide input or discussion topics for the committee, come join us on the fourth Thursday of each month or send an email to Khara Mathews at PCMI. The next meeting is scheduled for August 26th. Hope to see you there.

Willowbridge - Stonebridge

IMPORTANT NUMBERS

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Harris County Sheriff..... 713-221-6000
Harris County Animal Control 281-999-3191
Cy-Fair Hospital..... 281-890-4285
CenterPoint - Street Lights & Outages 713-207-2222
CenterPoint Energy..... 713-659-2111
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Advertising.....advertising@PEELinc.com, 888-687-6444
PCMI/ Khara Mathews 281-870-0585x1350
Poison Control Center 800-764-7661
Southwestern Bell - Repair 800-246-8464
- Billing..... 800-585-7928
Swimming Pool - Pay Phone 281-469-9004
Swimming Pool - Lifeguard..... 281-517-0225
Trash - Waste Management..... 713-686-6666
Vacation Watch - Harris County District 5 281-290-2100
W. Harris County MUD #11 281-807-9500
Willow Place Post Office 281-890-2392
Willowbridge Website www.willowbridgehoa.com

ASSOCIATION DIRECTORY

Welcoming Committee
Gracie Galvan 281-732-0009
Beautification Committee
Thomas Heitzman 281-807-6937
Homeowners Association 281-870-0585x1350
PCMI - Khara Mathews kmathews@stes.com
Clubhouse/Reservations
Sherita Jeter 281-870-0585 ext 127
Pool Parties/Tags
PCMI 281- 870 - 0585
Marquee Coordinator
Barbara Lallinger..... 281-890-8464
Newsletter Coordinator
Kyle Survance surou812@yahoo.com
Security Coordinator
Julie Dubros..... 281-794-9032
Website Coordinator
Angela Doray..... achang314@hotmail.com
Yard of the Month Committee
Nominate your favorite at: willowbridgehoa.com or Contact
Chuck Roush..... roushteam@att.net
Tennis Court Reservations
Jessica LeFevre jrey664154@aol.com
Soccer Field Reservations
Tresse Joubron teresejoubbran@yahoo.com
Lost Pet Coordinator
Sonia Moore msrco@aol.com, 281-955-8068

BOARD OF DIRECTORS

Julie Dubros President
Kyle Survance Vice President
Thomas Heitzman Secretary
Robert Logsdon..... Treasurer
Karen Roush Director

HOA INFORMATION

Willowbridge Homeowners Association Inc. - PCMI
Khara Mathews..... 281-870-0585x1350
E-Mail kmathews@stes.com
Fax 281-870-9170
If you have any questions or comments regarding the neighborhood please contact the numbers above.

HOA MEETINGS

HOA meetings are held on the 4th Thursday of each month, 7:00 p.m. at the Clubhouse, unless otherwise noted on the marquee. Meetings are open to members and your attendance and participation are encouraged!

WELCOMING COMMITTEE

The Welcoming Committee meetings are the last Monday of each month.

HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street signs and street flooding: (281) 353-8424 or www.hcp4.net.

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The School Zone

By: Barbara Lallinger

"Changing of the Guard"

By the time you receive this issue, school will have been in session for at least 2 weeks. This year is going to be different for everyone at Gleason because we have a new Principal. My article in the June 2010 issue introduced her. Knowing that some of you still have not had the opportunity to meet the new Principal, I asked her for a "little info" on herself for this article and this is what she shared (plus some from the June article). Her name is Melody Goffney and CFISD has been her home for the past ten years. She says it has been a wonderful experience working with staff, students and families all over our district.

Mrs. Goffney has spent 12 years in education, 10 of those with CFISD. She began as a teacher in Aldine ISD, transferred into CFISD, first at Holmsley EL, where she taught for 4 years, then to Lamkin EL as an instructional specialist. She was promoted to Assistant Principal and served 1 year

in that position at Duryea EL and then transferred to Postma EL when it opened 4 years ago.

Mrs. Goffney received her Bachelor of Science Degree in Education from Sam Houston State University and her Master of Education from Prairie View A&M University.

She and her husband have been married for ten years and have two "awesome" boys, Austin and Dylan, who both attend schools in CFISD. They are very proud to call Cy-Fair their home.

Mrs. Goffney said she absolutely loves Cy-Fair school district and all of the wonderful opportunities provided to our children and the community. She is looking forward to this new beginning and is certain this will be an amazing year of learning for our Gleason Tigers.

*A little "tidbit" that I ferreted out on my own: She is a charter member of Owens EL, where she attended third grade (the 1st year it was open) through fifth grade.



In Memoriam

Many of you may be unaware that Dee Moghaddam, one of Gleason's most popular 4th grade teachers, lost her hard fought battle with cancer on July 18. Many of your children were her students. She will be missed!



Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at www.StarTexPower.com

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Willowbridge - Stonebridge

Out of the DARKNESSSM

COMMUNITY WALKS
American Foundation for Suicide Prevention

Walk in the Houston Out of the Darkness Community Walk on Saturday, November 6th, 2010 at Stude Park, 1030 Stude Street, benefiting the American Foundation for Suicide Prevention. Join us for this powerful and inspiring event to help make suicide prevention a national priority and to end the stigma of mental illness & suicide. To learn more and register, log on to www.outofthedarkness.org.

A BIG WELCOME TO OUR *New Home Owners!*

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Willowbridge Park Blvd.

Walters Family

Bruckschen Family

Provided by the Welcoming Committee

Attention NW Harris County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 14th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281-855-6893 or Karen at trideltanews@yahoo.com

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YARD OF THE MONTH



July Yard of the Month **8703 Dallam Ct. - Mark and Elaine Trevithick**

Cham Phan and Phuong Pham have lived in Willowbridge/Stonebridge for nearly 11 years. They enjoy three adult children and four grandchildren. Mark and local landscaper, Paco Rodarte, maintain and keep the Trevithick yard looking great. Mark says keeping the yard looking its best requires a lot of attention, such as weeding and keeping the trees trimmed.



August Yard of the Month **8915 Ballinger Dr. - Cham Phan and Phuong Pham**

The Pham family has lived in Willowbridge/Stonebridge since 1999. They have one son. The Phams are passionate about their bonsai plants and a number of other exotics they have used in their landscape design, such as the two large Mexican palm trees. To complete their landscape design, they chose two pomegranate trees and an assortment of Crepe Myrtles.

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THE RECIPE BOX

Carrabba's Chicken Bryan

By: Katherine Villar • (given to attendees of CFISD vendor expo)

4 chicken breasts
olive oil
2 oz. goat cheese
(sliced from a log works best)
salt and pepper
lemon butter sauce (see below)

LEMON BUTTER SAUCE:

1 t. butter
2 t. garlic, finely chopped
2 t. yellow onion, finely chopped
1 stick (1/4 lb.) cold unsalted butter,
cut into small cubes
Kosher salt
Pinch of white pepper

Season chicken on both sides with salt and pepper. Dab with olive oil. Grill chicken until cooked to a minimum internal temperature of 165 degrees.

Then place one slice of goat cheese on top of each breast and continue to cook until warm. Place lemon butter sauce in a saute pan over medium-low heat; add sundried tomatoes and basil. Heat gently until hot but do not overheat or sauce will break. When goat cheese is warm, place chicken on warmed plate and spoon sauce on top. Delicious when served with side of pasta and tomato sauce and/or fresh salad.

Share your favorite recipe by sending to: leroylallinger@live.com.

Correction to August Recipe

Firecracker Pasta Salad
The 5th ingredient should
have read: 1 medium tomato,
chopped

Softball Ladies???

Cy-Fair 8U Storm Softball team is looking for girls interested in playing tournament ball. Contact cfstorm2002@yahoo.com for tryout information.

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1. **Leave immediately!** Do not use electric switches, telephones or cell phones or anything that could cause a spark.
2. **Go to a safe location** in a neighbor's home or some other building. Call the CenterPoint Energy Gas Leak Hotline at 1-888-876-5786. **Never assume** someone else has reported the leak. Alert your neighbors.
3. **Never** try to repair a natural gas leak yourself! Leave all repairs to a trained technician.

If you live or work near a natural gas pipeline (and many of us do!), stay safe by being able to recognize signs of a potential pipeline emergency:

1. Persistent bubbling in standing water, discolored vegetation, a pool of liquid on the ground, a dense white cloud or fog, a slight mist or ice or unexplained frozen ground near a pipeline area.
2. Hearing a "hissing" sound coming from a pipeline.
3. Smelling an unusual odor such as petroleum or rotten eggs.

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STREET LIGHT OUT?

If you notice a street light out, PLEASE report it to CenterPoint Energy. Please be aware that we pay for all of the street lights in our subdivision, every month, regardless if they are illuminated or not!

FOLLOW THESE STEPS:

1. Dial (713) 207-2222.
2. Choose a language preference.
3. Select option "4" (for street light outages).
4. Provide the 6 digit number (located approximately 5 feet up the pole), street name and closest address.

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eat your breakfast. It's the most important meal of the day! Why are parents always saying that?

Well, imagine you're a car after a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English

muffin with cheese

- yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich - grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these

quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

Need More Convincing?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: March 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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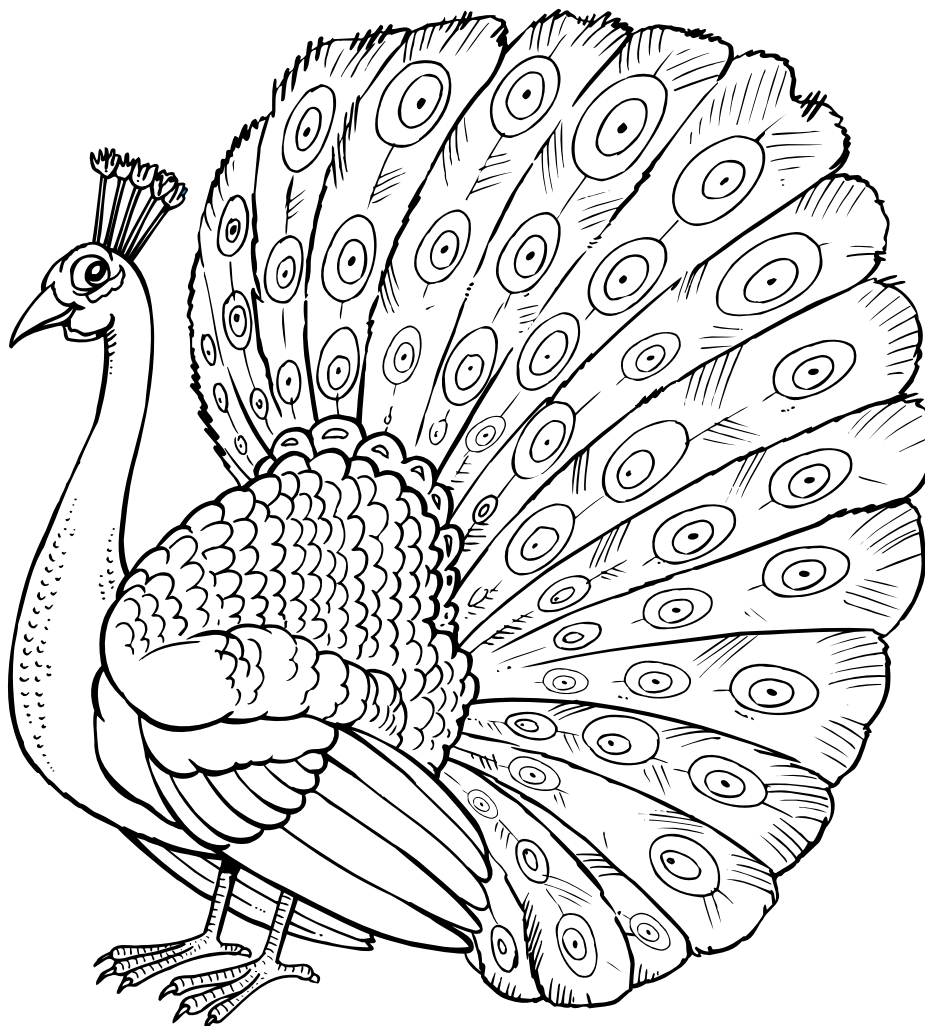
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