



The Rosehill *Report*

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

December 2011

Volume 2, Issue 12

It's All About the Students! *from a volunteer's view*

It was barely 8:00 in the morning on Friday, Oct. 14th. They were beginning to arrive. Upon checking in; name badges were handed out along with a bright red folder full of the day's agenda and the conference material. There was even an eco-friendly tote bag full of coupons and goodies generously donated by local area businesses. The room was huge and full of tables decorated with bright paper blocks spelling out the main part of this year's theme. "Teamwork".

This was the annual VIPS Fall Conference held by the CFISD VIPS Executive Board at the Berry Center in Cypress. The schedule was full. It consisted of everything from learning how to turn a popsicle stick into a fun treat for a teacher or volunteer to tips on helping our students handle stress. The attendees could choose from a variety of 50 minute sessions that covered topics such as: Internet Safety, Reaching Out to Diverse Volunteers, Guidelines and Best Practices for Fundraising and even Taking Care of Your Personal Health While Maintaining a Busy Lifestyle.

Something was most impressive about this conference to one volunteer. This audience of 200 plus was comprised of men and women, volunteers and school staff - not limited to Cy-Fair ISD. There were 4 other area districts represented at this conference: Alief ISD, Fort Bend ISD, Houston ISD and Spring ISD. The current budget environment has left our school districts vying to be first in line for every resource of financial and physical support they can find. But for one day in October, the district boundary lines came down. There was no competition. There was no hidden agenda. Despite the traffic and everyday challenges, educators and volunteers from schools all over our county came together for a common purpose: improving their volunteer program thereby affecting the students in a positive way. This was simply an opportunity to attend an event that focused on several different areas of how to build on their volunteer resources in order to enhance the children's education.

While that volunteer sat looking out over the diverse crowd; she couldn't help but see a universal theme, "Yes, in this room, it's truly all about the students".



American Business Women's Association

*Cy-Fair Express Network
(CYFEN)*

Event: Cy-Fair Express Network
Monthly Networking
Luncheon

When..... December 15, 2011

Time:..... 11:30 am – 1:00 pm

Where:..... Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by December 9 @ www.cyfen.org or contact Melissa Rotholz @ 713-256-9569.

For the December meeting we will be having our annual gift exchange and collecting gifts for Child Advocates, Inc.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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Ambulance.....	911
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- 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
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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Cypress Ranch High School Orchestras

Submitted by Elizabeth Ledford

The Cypress Ranch High School Orchestras present a Winter Concert and Silent Auction Thursday, December 8. Silent Auction will begin at 5:30 PM in the CRHS Commons. A concert of holiday favorites and winter-inspired selections will follow at 7:30 PM in the Auditorium. Come with your family and friends and get into the spirit of the season! 10700 Fry Rd, Cypress 77433

Attention!

Houston Northwest Area Delta Gamma Alumnae

Our annual Holiday Open House is set for December 17, 11:00 - 1:00 at the home of Janet Sanov - 7111 Mohave Hills, Houston, TX 77069, Champion Park North. This is a beautiful Holiday gathering for members and their legacies. Please contact Cindy Formas at ckformas@sbcglobal.net for more information on the Open House and the chapter's future events.

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You're Invited!

Christ Church Performing Arts Company would like to invite you to share in a fun and entertaining show that celebrates the Christmas Spirit, "Sendin' Out Love".

"Sendin' Out Love" a Children's Musical about a Card Factory Management Team and the debut of their new Christmas Card Line, is full of Broadway style songs and dance numbers that will delight your heart.

We have Two Shows on Sunday Dec 11th, at 9:00 and 11:00. At Christ Church HNw, 16333 Meuschke, 2 miles north of 290. CCPAC was born out of a desire to establish a place for students to develop their creative gifts and abilities in the performing arts, and at the same time, provide excellent entertainment for our families and community. The majority of the students in this, our first show, are Elementary and Middle School Students from Fairfield, and some from the surrounding Cypress area. For more information, visit our website at christchurchhnw.com or call Juliet Geil 760-696-6384.

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LAKEs OF ROSEHILL

Kick Off the New Year With NWHC Aggie Moms' Club 2012

"Kick Off" the new year with the NWHC Aggie Moms. Attend our New Year's meeting Tuesday, January 10th at 7 pm. The Aggie Moms' Club is finalizing details for a truly special January speaker. We're excited to share this experience with Aggie Moms, Dads, Grandparents, Alumni and students. Check us out at www.nwhcaggie moms.org.



Meetings are the second Tuesday of the month at the Houston Distributing Company, Inc. at 7100 High Life Drive and Cutten Road near SH 249. Come join area Aggie Moms for networking, fellowship, drink, food, and fun! The NWHC Aggie Moms' Club brings area Aggie Moms together to support Aggie students with scholarships and donations to student run organizations at Texas A&M University.

Shop our Aggie Moms Boutique (located at our meetings) where you can find "one of a kind" Aggie gift items. Our beautiful, Traditions Pillow is professionally embroidered with memory icons that will warm the heart of any Aggie and is only available from the Northwest Harris County Aggie Moms.

We love to give away MONEY to Aggie students. Scholarships are our purpose and any Aggie student in our service area can submit an application. Review the eligibility requirements on our web site TODAY. The application deadline is FEBRUARY 7, 2012 (postmarked). Last year NWHC Aggie Moms' Club awarded over \$11,000 in scholarships and \$1,200 in book awards to future and current Aggie students.

Aggie Recording Artist, Kimberly Dunn will be at our annual spring fundraiser "Boots 'N Whoops!" Aggie or not, this is a concert you don't want to miss. Purchase tickets today for this private performance.

Sunday, April 22, 2012 at Red River Dance Hall (SH 249).



If you have an Aggie student in your life, you need NWHC Aggie Moms. To keep up with all we do, like our FACEBOOK and visit our web page at www.nwhcaggie moms.org.

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LAKES OF ROSEHILL

GIRL SCOUT

Submitted by Melinda Riso

Junior Girl Scouts earn a Stress Less badge by completing requirements that teach them about ways to relax.

SOME OF THE ACTIVITIES INCLUDE:

- Creating a personal stress kit that includes books, photographs, cartoons, music, a card or letter from a friend or relative, photo or picture from a magazine of a peaceful place.
- Find a peaceful place in your home to relax and de-stress.
- Learn how to identify your feelings and moods by writing your feelings down.
- Do for others - is the best way to lesson your stress and focus on someone else.
- Listen to music.
- Read and Relax. Following a character's adventures can help you forget about your stress.
- Move that stress away – Physical motion can release the tension in your body.
- Practice elevator breathing – Deep, focused breathing can refresh your mind – inhale and exhale slowly.

TEN TIPS FOR HELPING CHILDREN DEAL WITH STRESS

With news and conversations full of disaster, war and terrorism, children and teens may be feeling stressed and need you to help them cope. Children and teens may not have the combination of life experiences and critical thinking skills that can help adults deal with tragedy. But young people are generally resilient. These ten tips can help you recognize the signs of stress and prevent an overload of stress in young people.

1. Recognize that children handle stress in different ways. Some show a regression in behavior – acting younger, more fearful, clingier. Outbursts of anger and aggression are also signals at all ages. A child or teen who withdraws or who seems constantly sad or has trouble sleeping or shows significant changes in appetite may also be showing signs of stress.

2. Encourage conversation. Look for opportunities to ask about feelings and opinions. Some of the best conversations

happen in a car with the radio, CD player and cell phone off.

3. Think about your own reactions – are you feeling very stressed and is that being communicated to children? Find ways to relax yourself so that you can stay calm for them.

4. Look for creative ways to deal with stress. For younger children, puppets may help them act out their feelings. Teens could be encouraged to write their thoughts in a journal or diary. Reading books together not only provides valuable family time, but also gives everyone a deeper understanding of world events. Realizing how a character (real or fictional) coped with a disaster, war or difficulty can give lessons that can be emulated.

5. Plan for some exercise or sports activities that can be done together to release tension. From walking to swimming, biking or skating, getting everyone to move more makes a big difference in mental outlook as well.

6. Volunteer together or take a stand together. Look for opportunities in the community in which you can make a difference. Being able to contribute also helps your family or group to bond and understand what your family's and/or group's values are.

7. Try to acknowledge how a child may feel. Taking a child's or teen's concerns seriously,

rather than minimizing them, builds a foundation for more open communication.

8. Answer questions honestly, and share what is age appropriate.

9. Don't make a promise that you can't keep. You can't tell your child that a natural disaster or terrorist attack will never affect your family or group. You can say that the chances are very small and that you will do whatever you can to keep everyone safe.

10. Keep tabs on what children are viewing and hearing – at home and at school. Know when to pull the plug on TV, and radio. When the news is on, try to view it together so you can discuss what you have seen and heard.

Program Group. © Girl Scouts of the USA, 2004, 2005

As the premier leadership organizations for girls, Girl Scouts motivates and teaches girls that if they can think it, they can do it. No challenge is too big! While membership dues are only \$12 a year, the rewards girls, their families and their communities reap are invaluable. Girl Scouts are for all ages and are always in need of volunteers like you. Join Girl Scouts or volunteer TODAY and unleash your potential to help make a better TOMORROW!

Log in to www.gssjc.org and register!



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	2	1			8			

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

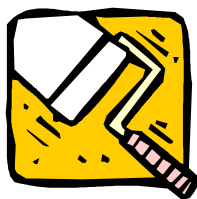
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LAKEs OF ROSEHILL

Fairbanks Library Friends Host *"Books, Etc. Sale"*

The Friends of the Fairbanks Public Library will be hosting a "Books, Etc., Sale" on Saturday, December 3, from 10 am-3 pm. There will be a wonderful selection of items that look brand new. They include hardback books, children's books, VHS tapes (including favorite animated movies), DVDs, and other items. Nothing will be priced over \$3.00. Everyone is invited to stop by for the terrific bargains. It's a great opportunity to shop for affordable gifts. All proceeds benefit the Fairbanks Library and help provide funding for library programs and materials.

Anyone wanting to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday – Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm.

The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.

Who:Friends of the Fairbanks Public Library

Harris County Public Library

What:Book, Etc., Sale

When:.....Saturday, December 3, 2011

10 am – 3 pm

Where:.....7122 North Gessner, Houston, Texas 77040

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LAKES OF ROSEHILL

“Teamwork is Key” *With Cy-Fair ISD Volunteers*

Are you looking for the #1 ranked team that embraces your diverse talents, where you are always a “starter”? It's not too late to join the Volunteer Team in the Cy-Fair Public Schools.

VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These are dedicated individuals; they give freely of their time and resources and have an impact on the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved in Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

Cy-Fair ISD Volunteer Events for November & December 2011

HOW TO REGISTER FOR TRAINING

Register for training by emailing the PIE office at vipsrvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials.
Adults only please.

“TEAMWORK IS KEY”

November 14 Elementary Language Arts Training – 9:30 a.m. to 11:30 a.m., Berry Center

This training is designed for volunteers and parents helping Pre-K, Kindergarten and First Grade students. You will learn how to read aloud interactively to a class in order to help boost their comprehension.

November 15 Elementary Math Training – 9:30 a.m. to 11:30 a.m., Berry Center

Participants will learn the approach to the 4-step process, model drawing, and actions used in the math classrooms.

November 17 VIPS Liaison and Coordinator General Meeting – 9:30 a.m. to 12 p.m., Berry Center

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn ways to improve your volunteer program through networking with other volunteers in our district!

December 6 Multicultural Meeting – 9:30 a.m. to 11:30 a.m., Berry Center

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.

Something new this year: While you're on Facebook, be sure to check us out!

www.facebook.com/pages/Cy-Fair-ISD-Volunteers

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6 – 8 pm

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