

# Windermere



NEWSLETTER

July 2014

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## Fit and Fun: Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

<http://www.cdc.gov/healthyyouth/physicalactivity/>



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## 17th Annual Salute to the Stars Gala

It's almost time to applaud Cy-Fair's educators at the 17th Annual Salute to the Stars Gala. The black-tie, celebratory event to be held on October 16, 2014, at Cy-Fair ISD's Richard E. Berry Center will honor 86 Spotlight teachers, one from each of the district's campuses. Dinner, entertainment, live auction and a raffle will be featured as community and business leaders and elected and school officials give thanks to those who give so much to the students in the Cy-Fair district.

Each year in April, Cy-Fair ISD recognizes one teacher from each of its campuses who represents a unique balance of skill, art and heart in teaching students in his or her subject area or program. "Spotlight teachers and their guest as well as the principal and his or her guest occupy spots at the school's table," said Lauri Baker, event co-chair. "The remaining four seats are for those who sponsor the table. Table sponsorships start at \$1,250; however, there are other sponsor opportunities available as well."

Not only is the event a celebration of the district's top-notch teachers, but it's also a way to showcase the talent of students. "Students will perform a drum line performance, those who have won scholarships from the Cy-Fair Educational Foundation will serve as guest speakers and culinary arts students will serve dinner to guests," said Baker. "Involving our students in the event is a perfect way to remember why we are all here."

All proceeds raised at the event go to the Cy-Fair Educational Foundation which provides college scholarships for district students as well as staff development grants to CFISD. Last year the event raised over \$152,000 for staff development grants and student scholarships, bringing the grand total to over \$1.8 million raised since 1998.

This year's underwriter will be Cypress Fairbanks Medical Center Hospital. Also sponsoring in 2014 will be the Cy-Fair Federal Credit Union as the Red Carpet Premiere Sponsor, Bay- IBI Group Architects as the Superintendent Table Sponsor and Houston Methodist Willowbrook Hospital as the Teacher Appreciation Sponsor.

Baker, who has been involved with organizing the event for ten years, has worked in the school district for 30 years and also serves on the Cy-Fair Educational Foundation Board. "I love working with such a passionate group of dedicated people who put on this great event," she said. "It's really a fun night and people are excited to see each other but also so committed to raise money for the Foundation. The community relationship in our district and the compassion of the Cy-Fair Educational Foundation, that does so much for both students and teachers, is unique and rewarding to be a part of," she said.

For information about the annual Salute to the Stars gala, contact Marie Holmes at 281-807-3591, or e-mail [marie@thecfef.org](mailto:marie@thecfef.org).

## Feed My Starving Children (FMSC)-Houston-Pack:

On August 1 & 2, 2014 at the Berry Center in Cypress, more than 5,000 volunteers from churches, businesses, & schools throughout the city of Houston will join together and pack 1.25 MILLION dry rice/protein "Manna Pack" meals with the "Feed My Starving Children" missions organization!! This is an opportunity for your family & friends, ages 5-95, to experience a mini-missions trip right here at home. Please visit The website to 1. Donate towards the HoustonCityPack event. Each volunteer will pack approximately \$50 worth of food. 2. Register you & your family to volunteer for a two hour packing shift. Please join us in this united effort to meet an immediate food need that will turn hunger into hope for children, in Jesus' name, all across the globe. \*Note-the Friday (8/1) night packing shift will be geared towards Junior High & High School students.

Websites with more information include:

<http://houstoncitypack.com/>

Facebook: <https://www.facebook.com/fmschouston>

Twitter: Follow @HoustonCityPack  
FMSC.org

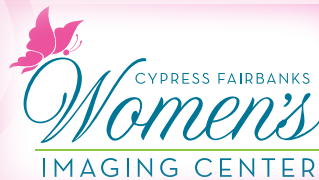
*Sign up individually or in groups through the website.*

Please email Meghan Martin at [MeghanMarie918@gmail.com](mailto:MeghanMarie918@gmail.com) with further questions about getting your family, churches, businesses or groups involved with this event. Thanks!



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## “Learn How to Get Organized and Not Agonize”

Keynote speaker shares tips at the July 24 CYFEN meeting

Houston, Texas (June 6, 2014) Come to the Cy-Fair Express Network (CYFEN) luncheon July 24 and be inspired to become more organized, efficient and effective at work and home.



This month's keynote speaker is Marla Regan, President of Organized Time. Regan is a certified Family Manager® coach, speaker, author and organizer. An active member of National Association of Professional Organizers and American Business Women's Association (ABWA), Regan has more than 20 years experience speaking to clients across the country. She specializes in

bringing order to chaos and helping people find solutions for everyday situations through various topics related to time management and organization.

All are welcome to join Regan at this month's CYFEN meeting,

which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).

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.

About American Business Women's Association

ABWA's 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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## Junior Hurricanes Soccer League (JHSL) in Cy Fair!

Recreational soccer league for Boys and Girls U4 – U10 Years Old. Open registration for all players. Please register at:

**WWW.CY-FAIRSPORTS.ORG**

### LEAGUE HIGHLIGHTS:

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## KIWANIS CLUB OF CY-FAIR HOUSTON

**YOU ARE CORDIALLY INVITED TO ATTEND**  
**A Kiwanis meeting in June at the Hearthstone Country Club**  
**At 12:15 pm. Reservations requested.**  
**Call George at 832-467-1998.**

**Dates:** We will meet on July 1, 8, and 15. 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.

**Why join Kiwanis?** Kiwanis is an international service organization focused on changing the world one child and one community at a time. 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.

**What is Kiwanis?** 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.

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**

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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

## The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

**Step 4: The Finish:** Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5: The Ready Position:** Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”

## Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.
9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
11. Cover your car seats to keep them clean and free of hair shed on your trip.
12. Know your travel rules and restrictions, especially if you will travel on an airplane.



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