

VOLUME 22, NUMBER 1

JANUARY 2015

# FAIRFIELD

## *Community Gazette*

OFFICIAL FAIRFIELD COMMUNITY ASSOCIATION NEWSLETTER



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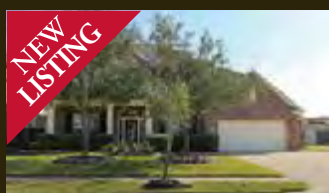
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# SOLD ON FAIRFIELD; IT'S OUR HOME TOO!



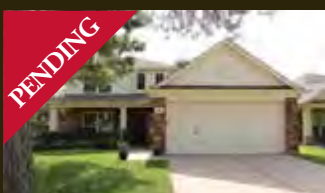
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We would like to thank our friends and clients for a fabulous 2014, and we wish you all a Happy 2015!



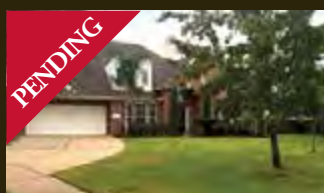
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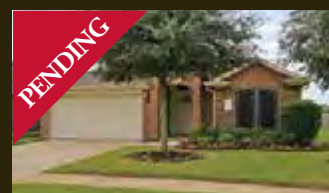
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# FAIRFIELD IMPORTANT NUMBERS

## BOARD MEMBER LISTING

### *Fairfield Village Community Association*

The "Master Board" is comprised of one representative from each  
Neighborhood Association

Brian Roberts (Trails of Fairfield)	President
Billy Sutton (Inwood Park)	Director
John White (Fairfield Central)	Director
Jeanie Stahl (Lakes of Fairfield)	Director
Ronnie White (Fairfield South)	Director

### *Fairfield Central Neighborhood Association*

Louis Iselin (President)	louis@kipatents.com
Tim Loney (Secretary/Treasurer)	tloney@solutionsis.com
Jan Bertoli (Director)	JLB8848@gmail.com
John White (Director)	jeepersw@swbell.net
Patty James (Director)	pjames631@gmail.com

### *Fairfield Village South Neighborhood Association*

Ronnie White (President)	ronniewhite66@sbcglobal.net
Michael Martin (Vice President)	mbalmartin@gmail.com
Brian Gambrell (Secretary/Treasurer)	brian_gambrell@hotmail.com
Ryan Ritchie (Director)	ryan.ritchey@att.net
Jim Gedeon (Director)	jim@premier-placement.com

### *Inwood Park Neighborhood Association*

Billy Sutton (President)	bsutton@sbcglobal.net
Alison McGahan (Director)	afflora@comcast.net
Marc Newman (Treasurer)	marcnewman1957@comcast.net
David Reagan (Director)	davidreagan@hotmail.com
Doug Waterman (Vice President)	waterman_doug@hotmail.com

### *Lakes of Fairfield Neighborhood Association*

Patrick Wong (Director)	pcwong1@earthlink.net
Jeanie Stahl (Director)	Jeanie.stahl@sbcglobal.net
Diana Gee (Director)	diana.gee@att.net

### *Trails of Fairfield Neighborhood Association*

Brian Roberts (President)	brian.roberts53@att.net
Candace Buenger (Director)	Candacebuenger@yahoo.com
Quentin Hinds (Director)	qhinds@gmail.com
Kris Cherry (Director)	kfcherry@gmail.com
Darlene Sedelmyer (Director)	facofficemgr@sbcglobal.net

## COVER PHOTO

*Do you take great photos?*

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Fairfield Gazette. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to [fairfield@peelinc.com](mailto:fairfield@peelinc.com). Portrait (vertical) photos work best. Photo's taken with digital cameras work best. Photos taken with iPhones may not be high enough quality.

This month's cover photo is of Kara and Kelsey Landriault and was provided by Thomas Coffman.

To view other photos submitted please visit [www.PEELinc.com/Fairfield](http://www.PEELinc.com/Fairfield), and view any of the past newsletters. By submitting your photo you agree to allow your photo to be published in future issues of the Fairfield Gazette or other Peel, Inc. publications.

## FAIRFIELD VILLAGE MANAGEMENT

### *Fairfield Village Manager*

Kate Loeffler..... 713-332-4762, [kate.loeffler@fsresidential.com](mailto:kate.loeffler@fsresidential.com)

### *Project Manager*

Ernie Griffith..... 713-332-4761, [guy.griffith@fsresidential.com](mailto:guy.griffith@fsresidential.com)

### *Fairfield Resident Relations*

Jennifer Sailer..... 713-332-4763, [Jennifer.Sailer@fsresidential.com](mailto:Jennifer.Sailer@fsresidential.com)

### *First Service Residential Help Desk*

..... 713-932-1122, [contactus.tx@fsresidential.com](mailto:contactus.tx@fsresidential.com)

## EMERGENCY NUMBERS

Ambulance/Fire/Officer	911
Poison Control	800-222-1222

## NON-EMERGENCY NUMBERS

Fire/Ambulance	713-466-4073
Cy-Fair Medical Clinic (24 hr.)	281-890-4285
FBI	713-693-5000
Harris County Animal Control	281-999-3191
Harris County Precinct 4	281-376-3472
Vacation Watch	281-401-6200

## MISCELLANEOUS NUMBERS

Fairfield Athletic Club (FAC)	281-373-0834
Friendswood Development	281-875-1552
Harris Co. Library	281-890-2665
Harris Co. Mosquito Contro	713-440-4800
Harris County Hazardous Waste	281-560-6200
Courthouse Annex	281-859-0685
Driver's License	713-681-6187
Post Office	281-373-9125
Voter Registration	713-224-1919

## UTILITY NUMBERS

Centerpoint Energy (Electricity)	800-332-7143
ENTEX (Gas)	713-659-2111
Severn Trent (Water, Trash)	281-398-8211
Comcast	713-341-1000

## SCHOOL NUMBERS

Bus Information	281-897-4380
Cy-Fair Administration	281-897-4000
Cy-Ranch High School	281-373-2300
Salyards Middle School	281-373-2400
Ault Elementary	281-373-2800
Keith Elementary	281-213-1744
Spillane Middle School	281-213-1645
Swenke Elementary	281-213-1200

## COMMITTEE MEMBERS

### *Public Safety Committee-*

Marc Newman - [marcnewman1957@comcast.net](mailto:marcnewman1957@comcast.net)

### *Fairfield Area Swim Team*

[president@swim4fast.net](mailto:president@swim4fast.net)

### *Fairfield Women's Club*

[fairfieldwomensclub@gmail.com](mailto:fairfieldwomensclub@gmail.com)

## ADVERTISING INFO

Please support the advertisers that make The Fairfield Community Gazette possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The Fairfield Community Gazette is mailed monthly to all Fairfield residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [fairfieldgazette@peelinc.com](mailto:fairfieldgazette@peelinc.com). The deadline is the 9th of the month prior to the issue.

# Table of Contents

## AROUND FAIRFIELD

- 6 Fairfield Women's Club January Meeting
- 6 Christmas Tree Recycling
- 7 Fairfield Fitness Challenge
- 7 Fairfield Women's Club Triathlon, Duathlon & Kids Tri
- 9 Fairfield's Fifty Plus Fun-Loving Group
- 10 Fairfield Women's Club is Looking for a Few Good Men
- 10 Up for Adoption
- 11 Couch to 5K
- 11 Spring Garage Sale
- 12 Phred's P.L.L.A.C.E.
- 12 A String Potpurri
- 13 Northwest Harris County Aggie Moms Club
- 13 Troop 533 & 1907 Fundraiser

## SPORTS SECTION

- 14 2015 Spring Baseball and Softball
- 15 Fairfield Athletic Club News
- 16 Northwest Flyers Youth Track Club
- 17 CyRanch Mustangs Visit the Ault JV Falcons
- 18 Tennis Tips

## FROM FIRSTSERVICE RESIDENTIAL

- 20 Fairfield Block Watch Program
- 21 Constable's Report
- 21 2015 HOA Board Meeting Schedule

## SCHOOL NEWS

- 22 5th Annual Spring Craft Show
- 22 Sock Hop
- 23 Encore
- 23 Mardi Gras Magic Auction and Gala Fundraiser

## BUSINESS SECTION

- 24 Cypress Tomball Democrats Announce January Meeting
- 24 Cypress Texas Tea Party

## NEWS YOU CAN USE

- 26 Fairfield Lost Pets
- 27 10 Powerhouse Foods
- 28 Shalom
- 29 Fruit Flies

## IN EVERY ISSUE

- 32 Classifieds
- 33 Teenage Job Seekers

## KIDS CLUB

- 34 Winter Wonderland Coloring Page



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### *This Month's Featured Listings*



#### **22046 Summer Shower**

5/4.5/3 Attached-Gently lived in Highland home that has so many upgrades including wood look tile flooring, granite kitchen counters, custom built master closet, covered rear patio, full sprinkler system. \$409,900.



#### **20918 Heartwood Oak**

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# Around Fairfield

## Fairfield Women's Club January Meeting

Tuesday Jan 20, 2015

7:00 -9:00

Bradford Clubhouse

Please join us for a cozy meal and a presentation by Fairfield resident, independent business woman and simply one of the most creative ladies you will ever meet, Tricia Legg. Tricia has a jewelry business which features many handmade, personalized items. Her creativity includes repurposing and refinishing well-loved items. She has graciously given a jewelry item and a gift card as door prizes for our members.

We welcome all Fairfield women. Dues are \$30 for the year. You can pay at the meeting or on line. Visit [Fairfieldwomensclub.org](http://Fairfieldwomensclub.org).

## Christmas Tree Recycling

*Let these Boys Have a Blast,  
Taming Tinsel-Time Trash!  
We'll pick up and recycle the trees  
Placed Curbside and Ornament Free ...*

The Cub Scout Packs and Boy Scout Troops of Fairfield will be working together to collect and recycle Christmas trees (lights & ornaments free, Please) after the holiday season. Please have your tree on the curb by 7 a.m. on Saturday, January 3rd, 2015 to be picked up for recycling!

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# FAIRFIELD FITNESS CHALLENGE

Calling any individual who wants to lose weight, starting January 2015! Program is FREE, come to the Fairfield Athletic Club and sign up.

*What you will receive:*

- Individual Assessment and Goal Setting Session
- Nutrition Guidance
- Exercise Plan
- Encouragement!!!



## FAIRFIELD WOMEN'S CLUB TRIATHLON, DUATHLON & KIDS TRI MAKES \$13,600 DONATION TO CHARITIES



*Charlotte Byrne, Triathlon Chair Fairfield Women's Club, Rebecca Kramer, Lupus Foundation Gulf Coast Chapter, Debbie Martin, Phreds Place, Mike Michaelis, OMS Life & Teddy Bear Drive, Kim Litman, Team Tiara*

## MEET OUR TEAM!



Jill Pratho  
Dan Boutwell

Nicole Thompson  
Brad Boutwell

Cindy Brown



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### 2014 HOMEOWNERS WE BROUGHT TO FAIRFIELD

20810 Durand Oak  
20706 Bradford Creek  
16102 Cumberland Trail  
15615 Wildwood Run  
16802 Violet Trace  
14814 Bronze Finch

### 2014 LISTINGS SOLD

15622 Twisting Springs-SOLD  
16125 Crooked Lake-SOLD  
21327 Pebble Pine SOLD  
21934 Winsome Rose-SOLD  
20607 South Blue Hyacinth-SOLD  
21119 Begonia Creek-SOLD



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# Fairfield's Fifty Plus Fun-Loving Group

## The Fairfield Seniors



*The Seniors of Fairfield are an active, fifty plus, fun-loving group of couples and singles who enjoy fellowship, monthly trips, and various activities together. If you or your spouse is fifty or older, a newcomer to Fairfield Village or have lived here in Fairfield for some time but have never attended one of our functions, you are cordially invited. Come and be a part of our fun-loving group. We're sure you will enjoy it.*

**OUR JANUARY BUS TRIP PLANS ARE FOR:** Thursday, January 15 a trip to the San Jacinto and Monument. We will also see the film Texas Forever. Texas Forever!! The Battle of San Jacinto! Texas Forever! Tells the story of Texas, in the only way it should be told -- BIG! The base of the monument houses the San Jacinto Museum of History --- your gateway to Texas culture. San Jacinto Museum of History Association has occupied the facility since its doors first opened. From Mayan idols to Mexican manuscripts to Sam Houston's private dictionary -- the museum has over 30,000 artifacts and displays them in both permanent exhibit and rotating special exhibits. We will also experience a Spectacular Panoramic View from the top of the San Jacinto Monument overlooking the Houston Ship Channel and the Battleship Texas. Access an archive of footage from the past 24 hours and a "Hall of Fame" collection of the most spectacular user-submitted views. We will be having lunch at the Monument Inn. To cost of this trip is \$12.50 plus the cost of your meal at the Monument Inn. To get your name on the list for this great trip, just... Call Deb DeJarnette at 832-220-6155 or email her: [debslib@hotmail.com](mailto:debslib@hotmail.com). Checks are to be made out to: Fairfield 50 Plus. Checks can be given to: Deb DeJarnette, Jackie Wurth, or Mary Lou Cook. They can also be mailed to Deb DeJarnette at 20630 Tulip Blossom Court, Cypress, Texas 77433. We will depart from the Fairfield Village Parking Lot promptly at 8:00 a.m. Please be there by 7:45 a.m. Changes in these times may occur due to construction. We'll contact you if that becomes necessary.

**OUR FEBRUARY BUS TRIP,** we have had no one volunteer at this time to handle our trip in February. If things change and we do have a trip develop for February the details will be posted on our web trip page and will also be posted in next month's February Gazette.

**OUR JANUARY ACTIVITIES PLANS:** *Thursday, January 8:* our Monthly Pot Luck. It's at the Lakeside Trails Club House and starts at 6:30 p.m. However, plan

on being there early. Doors open around 6:00 p.m. for socializing and fellowship. Then plan on staying and join many of our members that stay to play games or socializing after the meal and to finish up the desserts.

**Tuesday, January 13:** Game Night at the Cooks' House. It starts around 6:30 p.m. Just bring a little snack and a healthy appetite. This is always a fun evening with great fellowship. The directions are in the Activity page on our website and will also be in our January, 11 weekly e-newsletter.

**Thursday, January 22:** Game Night at Lakeside Trails Club House. It starts around 6:30 p.m., and we have plenty of room at the club house. We would like to see you there to enjoy an evening of games and fellowship with us. Just bring a little snack and plan on having lots of fun. There are some card games, some games that the members bring and, of course, dominoes.

### For additional information on activities other than trips:


Call Mary Lou Cook @ 281-304-8359

We recommend that you check our website regularly. Things do change occasionally from the time this article was submitted, and it is possible that some of the information in this article has changed.

<http://home.comcast.net/~seniorgroup/>

**OUR FUN-LOVERS WEEKLY NEWSLETTER:** An event reminder. It is emailed each week to our members and others who have requested it. It provides updated information on any changes from what appears here in the Gazette. We also include member birthdays and prayer requests, other news and items of interest, and links to all our web pages. If you would like to receive our weekly newsletter, send your email address, to [seniorgroup@comcast.net](mailto:seniorgroup@comcast.net)

# Around Fairfield



*Fairfield Women's Club is  
Looking for a Few Good  
Men (and Women)*

FWC would like to celebrate the Veterans living in Fairfield in an upcoming event. If you are a Veteran, and would like to be included, please send us your contact information: [fairfieldwomensclub@gmail.com](mailto:fairfieldwomensclub@gmail.com). Thank you for your service.

## UP FOR ADOPTION

Timothy was saved from a high kill shelter. He is approx 2 years old, neutered up to date on shots and heart worm negative. He is a sweet guy that loves children, dogs and cats! Timothy loves to play! Please call or email us if you would like to adopt him.



**Jennifer  
Kwak, M.D.**



**Parul Patel,  
M.D.**

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# COWBELL WALK/RUN COUCH TO 5K & 10K 1K AND DOGGIE WALK/RUN

Saturday, March 21, 2015, 7am  
Fairfield Athletic Club  
16055 Mason Road, Cypress, Texas 77433

## REGISTER EARLY: SAVE!!!

- 1K & Doggie Walk/Run \$20 now, \$25 later
  - Couch to 5K \$25 now, \$30 later
  - Couch to 10K \$35 now, \$40 later
- Sign up at the Fairfield Athletic Club Front Desk



# Spring Garage Sale

SAVE  
THE  
DATE

Saturday, April 11,  
2015



Details forthcoming: [FairfieldWomensClub.org](http://FairfieldWomensClub.org).

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# Around Fairfield

## PHRED'S



### P.L.L.A.C.E.

A great big thank you to the Fairfield Women's Club for their continued support of our organization. The Fairfield Triathlon was a huge success thanks to all your teamwork and hard work!!

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## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Brigadier General Joe E. Ramirez, Jr. '79 Commandant, Texas A&M Corp of Cadets on Tuesday, January 13, 2015 - 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Brigadier General Ramirez is a native of Houston, Texas and graduated from Stephen F. Austin High School in 1975. He attended Texas A&M University and joined the Fightin' Texas Aggie Band in the Corps of Cadets, where he commanded the B Company "Streetfighters" his senior year. He received his commission in the Field Artillery from Texas A&M in 1979 as a Distinguished Military Graduate.

During his 31 years of military service General Ramirez commanded soldiers around the world from the platoon and battery level up to battalion, brigade and division level. He commanded B Battery, 2nd Battalion, 41st Field Artillery in Bad Kissingen, Germany, the 1st Battalion, 41st Field Artillery at Ft Stewart, Georgia, the 1st Cavalry Division Artillery at Fort Hood, Texas, and was the Deputy Division Commander for the 2nd Infantry Division in the Republic of Korea. He was also the Deputy Chief of Staff for United States Central Command during Operations Iraqi Freedom and Enduring Freedom.

General Ramirez holds a Bachelor's of Science Degree in Physical Education from Texas A&M (1979); Masters Degree in Management from Webster University, St. Louis, Missouri (1993); and a Masters Degree in Strategic Studies from the United States Army War College, Carlisle, Pennsylvania (2000). His numerous military awards include the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Armed Forces Expeditionary Medal, Global War on Terror Expeditionary Medal, Korean Defense Service Medal, Humanitarian Service Medal, and the Parachutists Badge. You won't want to miss this exceptional speaker!

### SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at

7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggjemoms.org](http://www.nwhcaggjemoms.org) or contact Connie Pritchard, Club President at [pritchardg@sbcglobal.net](mailto:pritchardg@sbcglobal.net).



## BOY SCOUTS OF AMERICA

# Troop 533 & 1907 FUNDRAISER

*Good Shepherd United Methodist Church  
and Fairfield Baptist Church*

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on January 13, 2015. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp, Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on February 28, 2015.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th. If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at [BoyScoutsTroop533@yahoo.com](mailto:BoyScoutsTroop533@yahoo.com) or contact Stacy Hedrick 832-419-3199

*Yours in Scouting,  
Scoutmaster Louis Mayer (Troop 533) and  
Scoutmaster David Goodin (Troop 1907)*

## 2015 SPRING BASEBALL AND SOFTBALL

*We are adding NEW and exciting things this season!*

### BASEBALL

Instruction T-Ball – 4yrs old (coed)      AAA – 9yrs old (kid pitch)  
Rookie – 5-6yrs old      AAA - 10yrs old  
AA7 – 7yrs old (coach pitch)      Majors – 11-12yrs old  
AA8 – 8yrs old (coach pitch)      Majors - 13yrs old (Proposed)

### SOFTBALL

Instructional (Tee Ball) - 4U (Proposed)  
Sweetees (Tee Ball) – 6U  
Darlings (coach pitch) – 8U  
Angels (kid pitch) - 10U  
Freshman (kid pitch) - 12U (Proposed)

The proposed divisions will have more information available via the website, [www.fairfieldports.net](http://www.fairfieldports.net) as we near the opening of registration on Nov 1st.

### 2015 BASEBALL AND SOFTBALL KEY DATES

Instructional Divisions: A child MUST turn 4 Years of Age on or before April 30th, 2014 in order to participate in FSA (in other words, no 3 year old children will be accepted in Instructional Tee-Ball).

All dates are tentative and subject to change!

Nov 1, 2014 - Jan 11, 2015: Online registration OPEN at: [www.fairfieldports.sportssignup.com](http://www.fairfieldports.sportssignup.com)

Jan10th: In person registration 9:00AM - 12:00PM (1 Day Only)

Jan 11th – Online registration ends

Jan14th – 16th Coaches Meetings

Jan 17th – Tryouts for all divisions except T-ball (no tryouts for t-ball)

Jan 21st – 23rd Drafts

March 1st - Games begin for older divisions

March 16th - All games begin

March 21st - Opening Day

March 8th – Opening Day Parade and Ceremony (weather permitting)

May 22nd - Tournament begins (dependent upon weather)

June 13th - All Star Weekend

### LATE REGISTRATION

There will be NO LATE REGISTRATION. Unfortunately, our size has dictated a more strict approach to registration cut-off in order to handle all of the administrative duties and preparation necessary to start the season.

### GETTING INVOLVED

Lastly, I would like to invite everyone to find a way to take part in your sports association. FSA is a volunteer organization and could use your help to provide the best facilities around. There are jobs ranging from helping with try-outs, opening day help, field maintenance, and concessions duty. We hope you familiarize yourself with the Baseball and Softball Committees via our website and reach out to committee members to see how you can help.

Three areas needing the most help are baseball committee, nightly field maintenance and concessions. These are opportunities to not only get involved and meet great people, but most of all contribute to making Fairfield one of the best places around for our kids to play sports!

On behalf of the Fairfield Sports Association and the Baseball/Softball committee members, I would like to thank you for all your support.



		
<p>16333 Mueschke Rd Cypress, TX 77433 (281) 213-3200 <a href="mailto:info@fairfielddance.com">info@fairfielddance.com</a> <a href="http://www.fairfielddance.com">www.fairfielddance.com</a> <small>New Students: Mention Ad for \$10.00 Discount</small></p>	<p><b>REGISTER TODAY!</b> *Where Dancers Reach For The Stars* Ballet * Pointe * Jazz * Tap Lyrical * Hip Hop * Modern Contemporary * Drill Jazz Zumba * and much more!</p>	



# Fairfield Athletic Club News

Please visit our NEW website at [www.fairfieldathleticclub.com](http://www.fairfieldathleticclub.com).

If you just moved to the neighborhood be sure to come by the Fairfield Athletic Club anytime we are open to get your membership cards. Our hours are Mon -Thurs 5am-10pm, Fri 5am-8pm, Sat 7am-8pm and Sun 1pm-8pm. Be sure to bring proof of residency (HUD Statement from closing or your current driver's license with your Fairfield address). Membership cards are needed to get into the weight room, basketball gym, tennis courts, pools and splash pads.

## **FAIRFIELD KIDS CLUB BEFORE & AFTER SCHOOL CARE**

"The FAC is the FUN place to be!"

If you would like more information about any of our programs, please contact Darlene Sedelmyer, Director of Child Care at 281.373.0834.

## **FAC FITNESS SURVEY**

Fairfield Fitness Center, Inc, the management company for the Fairfield Athletic Club, requests your participation in a

short survey regarding our facility and fitness programs. Please go to [www.fairfieldathleticclub.com](http://www.fairfieldathleticclub.com) or pick up a survey at the FAC front desk. Thank you for your thoughts and time!

## **FAC TENNIS NEWS**

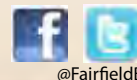
Congratulations to our Fairfield 12-under team representing Houston at the Junior Team Tennis playoffs in Abilene! Also, congrats to Jessica Nelson and Justin Hensley! Jessica won the consolation bracket at the Austin Champ Major Zone and Justin won the HTA ZAT moving him up to the Champ level in Texas. For more information about junior, adult, and league tennis, please contact Alex Montes at [fac\\_inhouse@live.com](mailto:fac_inhouse@live.com).



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## Northwest Flyers Youth Track Club - Free Registration/Orientation Breakfast

The Northwest Flyers Youth Track Club will celebrate its 28th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 7th, 2015, for all boys and girls who are interested in joining for the 2015 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the 2015 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program

of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 28 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net); or "Like" the club on Facebook.

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# CyRanch Mustangs Visit the Ault JV Falcons

*Submitted by Karen Vicknair*

Some of the CyRanch Varsity football team including Collin Rock, Brayden Stringer, Logan Vicknair, Bryce Saracene, Miles Roll, Keaton Thorin, Austin Leslie, Zach Kinninger, Cole Graham and Timmy Whorley all took time out, to come and give some encouragement and words of advice to the 4th and 5th grade Ault Falcons. The young boys were in awe.

This was such a wonderful show of community and giving back from these Varsity boys. We are so proud of all of these boys, young and older. All of these boys are another reason Fairfield is such a great community.



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# TENNIS TIPS

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



STEP 1



STEP 2



STEP 3

## The Modern Game: The Forehand Return Serve Drop 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 already be 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 Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas, and #13 in Singles

and #8 and #10 in Doubles in the US.

**Step 1: The Back Swing:** When Fernando 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, and his eyes are focused on the incoming ball.

**Step 2: The Point of Contact:** The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

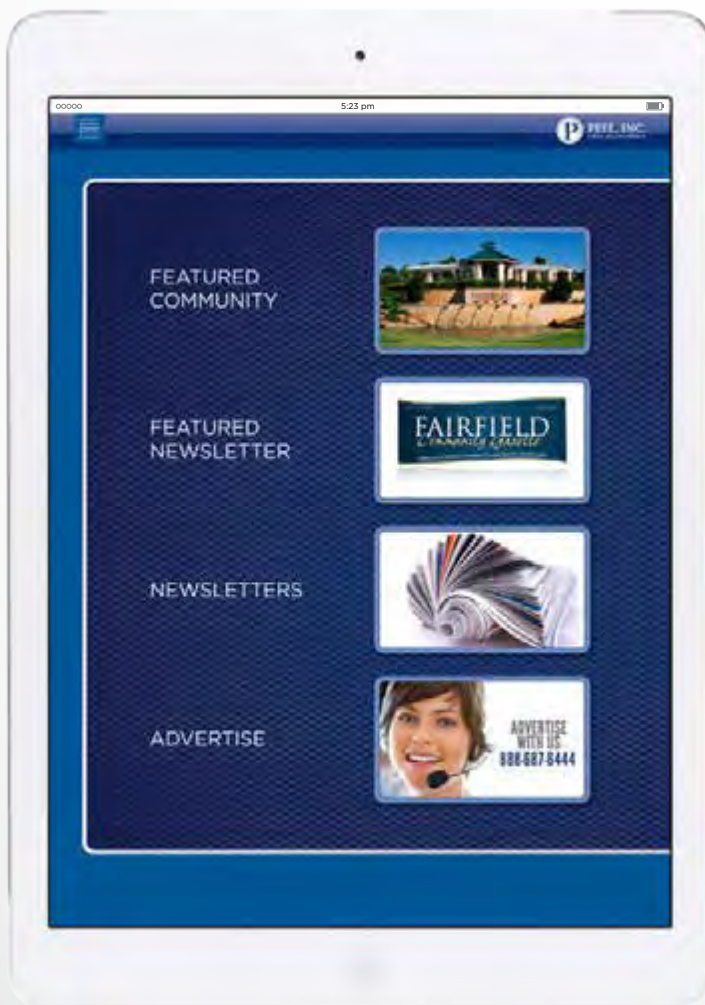
*Look in the next Newsletter for: “The Backhand Return Drop Shot”*



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# From FirstService Residential



*Fairfield Subdivision's Safety Awareness Committee is expanding its*

## • FAIRFIELD BLOCK WATCH PROGRAM •

*And Is Now Recruiting Volunteer Block Captains!*

### WHAT IS THE FAIRFIELD BLOCK WATCH PROGRAM?

BLOCK WATCH is a simple and convenient, proactive way for Fairfield residents to join together to keep the Fairfield community safe and informed, to get to know one another better, to look out for one another's families and property, and to provide additional "eyes and ears" for our deputies.

BLOCK WATCH is a "branching tree" method of sending and receiving reliable and accurate Fairfield community information. Emails originate from Sgt. Lance Rogers of the Precinct 4 Constable's office, and are then Forwarded to volunteer Coordinators, Block Captains, and Fairfield residents.

BLOCK CAPTAINS gather and keep current email addresses and phone numbers of the neighbors on their blocks. Block Captains are liaisons to their neighbors by Forwarding emails originating from Sgt. Lance Rogers. It's quick, easy and effective!

If you are a Fairfield resident and would like to join the Fairfield Block Watch Program by becoming a Block Captain, contact Lee Miller at [lethamiller@comcast.net](mailto:lethamiller@comcast.net).



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## CONSTABLE'S REPORT FOR NOVEMBER 2014

Harris County Precinct 4  
Fairfield Village Community Association

Burglary Habitation: .....	0
Burglary Vehicle:.....	5
Theft Habitation: .....	0
Theft Vehicle: .....	1
Theft Other: .....	2
Robbery: .....	0
Assault: .....	0
Sexual Assault: .....	0
Criminal Mischief: .....	8
Disturbance Family: .....	8
Disturbance Juvenile: .....	3
Disturbance Other: .....	17
Alarms: .....	81
Suspicious Vehicles: .....	33
Suspicious Persons: .....	15
Runaways: .....	1
Phone Harassment: .....	2
Other Calls: .....	128

## 2015 HOA BOARD MEETING SCHEDULE

**Inwood Park Neighborhood Association, Inc.**  
January 15, 2015 @ 6:00pm  
at the Fairfield Village Onsite Conference Room  
**Fairfield Central Neighborhood Association, Inc.**  
January 20, 2015 @ 6:30pm  
at the Fairfield Village Onsite Conference Room  
**Fairfield South Neighborhood Association, Inc.**  
January 22, 2015 @ 6:00pm  
at the Fairfield Village Onsite Conference Room  
**Fairfield Village Community Association, Inc.**  
January 27, 2015 @ 7:00pm  
at Lakeside Trails Clubhouse  
16125 Country Fair, Cypress, TX 77433  
**Lakes of Fairfield Neighborhood Association, Inc.**  
January 27, 2015 @ 7:00pm  
at Lakeside Trails Clubhouse  
16125 Country Fair, Cypress, TX 77433  
**Trails of Fairfield Neighborhood Association, Inc.**  
January 27, 2015 @ 7:00pm  
at Lakeside Trails Clubhouse  
16125 Country Fair, Cypress, TX 77433



Happy  
New Year!



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## CY-WOODS FFA BOOSTER CLUB

### 5th Annual Spring Craft Show

**March 28 & 29, 2015**

Saturday, March 28, 9am-5pm  
Sunday, March 29, 10am-4pm

**CFISD Telge Exhibit Center**  
**(Telge & Hwy 290)**

**For Vendor Registration/Forms**  
**see our website at**  
**CYWOODSFFA.ORG**

**or email us at**  
**CYWOODSFFA@GMAIL.COM**

## SOCK HOP

Keith Elementary held their annual Sock Hop on Friday, October 24th. Thank you to our Diamond Level Sponsors - The Carnrite Group, and our Gold Level Sponsors - T-Star Sawing & Drilling, Cypress Fairhaven Animal Hospital, and Tammy Bateman Properties. Due to their support and others, our event was tons of fun and a huge success! Keith ES earned over \$27,000.00 from this event for classroom and technology needs. We would also like to thank our families for their generous donations for the Cake & Candy Walks, the Auction Baskets, and their time. We cannot express how much we appreciate your participation in this event - it would not be as successful as it is without you!! Thank you all for your support!



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# ENCORE

The CyRanch HS Choir program presents their annual Pop Show ENCORE on Friday and Saturday night, January 30th & 31st at 7pm. This year's theme, ROAD TRIP, is sure to have tunes all will enjoy. Tickets are \$10 and will be sold at lunch during that week at CyRanch and at the door. ENCORE helps raise funds needed for choir trips and performances. Please come out to support the Arts at CyRanch and be ready to be won over by all of their great talent!

## CY-RANCH HIGH SCHOOL MARDI GRAS MAGIC 2015 AUCTION AND GALA FUNDRAISER

SPONSORED BY: SUPPORTING THEATRE AT RANCH (S.T.A.R.) BOOSTER CLUB

This year marks Cy-Ranch High School's 7th production year as a theatrical company. We are under the artistic leadership of Cheryl Bradford (department head), Jane Bankston, and Charles Page. Over the past 5 years, our students have performed to sold-out audiences for musical productions including Hairspray, Anything Goes, Legally Blonde, and Shrek the Musical. We anticipate the same with this year's production of The Addams Family. In addition to mainstage musicals, UIL competition, Fresh Faces, Comedy Sportz and various other workshops and performances throughout the year, our students annually attend our state's Thespian festival. This past year, Shrek the Musical received 6 Tommy Tune Nominations. 28 students advanced to the National level and 8 of our students brought home 1st place honors.

CFISD Fine Arts programs do not receive financial support from our school district. Up to this point, our operating budget has been raised through patron attendance and various small-scale fundraisers. On February 6, 2015, the Cy-Ranch High School Supporting Theatre at Ranch (S.T.A.R.) Booster Club will host our second annual Mardi Gras Magic Auction & Gala Fundraiser. This large fundraiser will allow us to go above and beyond our basic operating expenses to help to ensure that we will continue to provide quality opportunities for our students.

The generous support of businesses in our community plays a key role in the success of our program. Donations of merchandise and gift certificates are needed for our Silent and Live Auctions, as well as cash underwriting. Funds raised through Mardi Gras Magic 2015 will be used to help offset the expenses needed to send students to competitions, provide much needed technical equipment upgrades for our theatre and classrooms, and allow us to bring in guest teachers for the continued growth of our program. We are actively seeking partners for this endeavor. Please consider how you can help.

### CASH UNDERWRITING

ALL Donors will be listed in our Mardi Gras Magic Program Guide

### MASQUERADE

Donations of merchandise or gift certificates for silent/live Auction, Bid Board or Grab Bags

### GREEN MASQUERADE

\$250 cash gift - Donors also featured on the auction table

### PURPLE MASQUERADE

\$500 cash gift - Donors also featured on main auction table viewed by all attendees and listed on Donor banner; also includes a half page business ad in program guide

### GOLD MASQUERADE

\$1,500 cash gift - Donors prominently listed on banner; includes a full page business ad in program guide and a table of 8 tickets to the Gala

Contact us for information about matching corporate sponsorships. Please visit [www.cyranchtheatre.org](http://www.cyranchtheatre.org) for more details and sponsor information.

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## Announce January Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com); contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); or "Like" the club on Facebook.



## Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

*Saturday, January 17, 2015 NOON - 2:00 PM*

*Saturday, February 7, 2015 NOON - 2:00 PM*

*Saturday, February 28, 2015 NOON - 2:00 PM*

The Cypress Texas Tea Party meets every three weeks on Saturday

**Noon until 2:00 PM at:**

**Spring Creek BBQ**

**25831 Northwest Freeway**

**Cypress, Texas 77429**

Map: <http://goo.gl/maps/OoNjY>

*A schedule of our meetings and confirmed speakers can be found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org)*



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- 2** 27126 Highway 290 at Mueschke Road  
281.949.3800
- 3** 7015 Barker Cypress at F.M. 529  
281.949.3600
- 4** 8470 Hwy. 6 North at West Road  
281.949.3799

### URGENT CARE

- 5** 9110 Barker Cypress at West Road  
281.517.9900
- 6** 14044 Spring Cypress at Grant Road  
281.949.3703
- 7** 9138 West Road at Beltway 8  
281.949.3737

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A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

## 3. SALMON

High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

## 4. NUTS

Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

## 5. GRAPEFRUIT & BERRIES

These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

## 6. AVOCADO

It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

## 7. LEAFY GREENS

Broccoli, specifically, is a fibrous carb that can make you feel full

quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

## 8. CINNAMON

Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

## 9. GREEN TEA

Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

## 10. BEANS & LEGUMES

Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

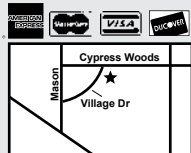


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# News You Can Use

## SHALOM

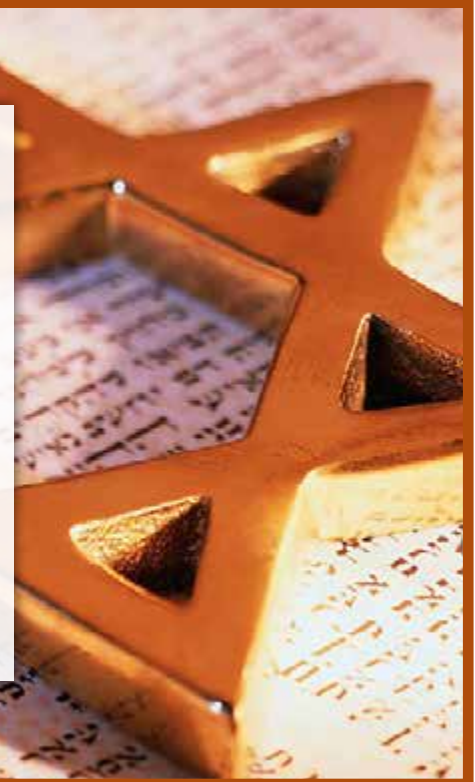
Shalom Cypress was established in 2011 by local families seeking a Jewish presence in Northwest Houston. We are the closest synagogue within 25 miles of the nearest synagogue. Many thought that they were the only Jews in the Cypress area, but it turns out that they were wrong! Shalom Cypress has grown to more than 30 affiliated families.

Shalom Cypress Hebrew School is now open for enrollment for the Fall & Spring 2014/2015 year. This upcoming year Morah Alana is going to concentrate on conversational Hebrew with the children. The 1st day of Hebrew School was August 28th, but it is not too late to register for the class!

Please see our below upcoming event schedule for this month:

*Coffee Night & Parsha Study (Every Wednesday)*

Please visit our website at [www.shalomcypress.org](http://www.shalomcypress.org) and/or e-mail us at [info@shalomcypress.org](mailto:info@shalomcypress.org) to find out more details about the upcoming events.



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## FRUIT FLIES

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.



Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables

should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [fairfield@peelinc.com](mailto:fairfield@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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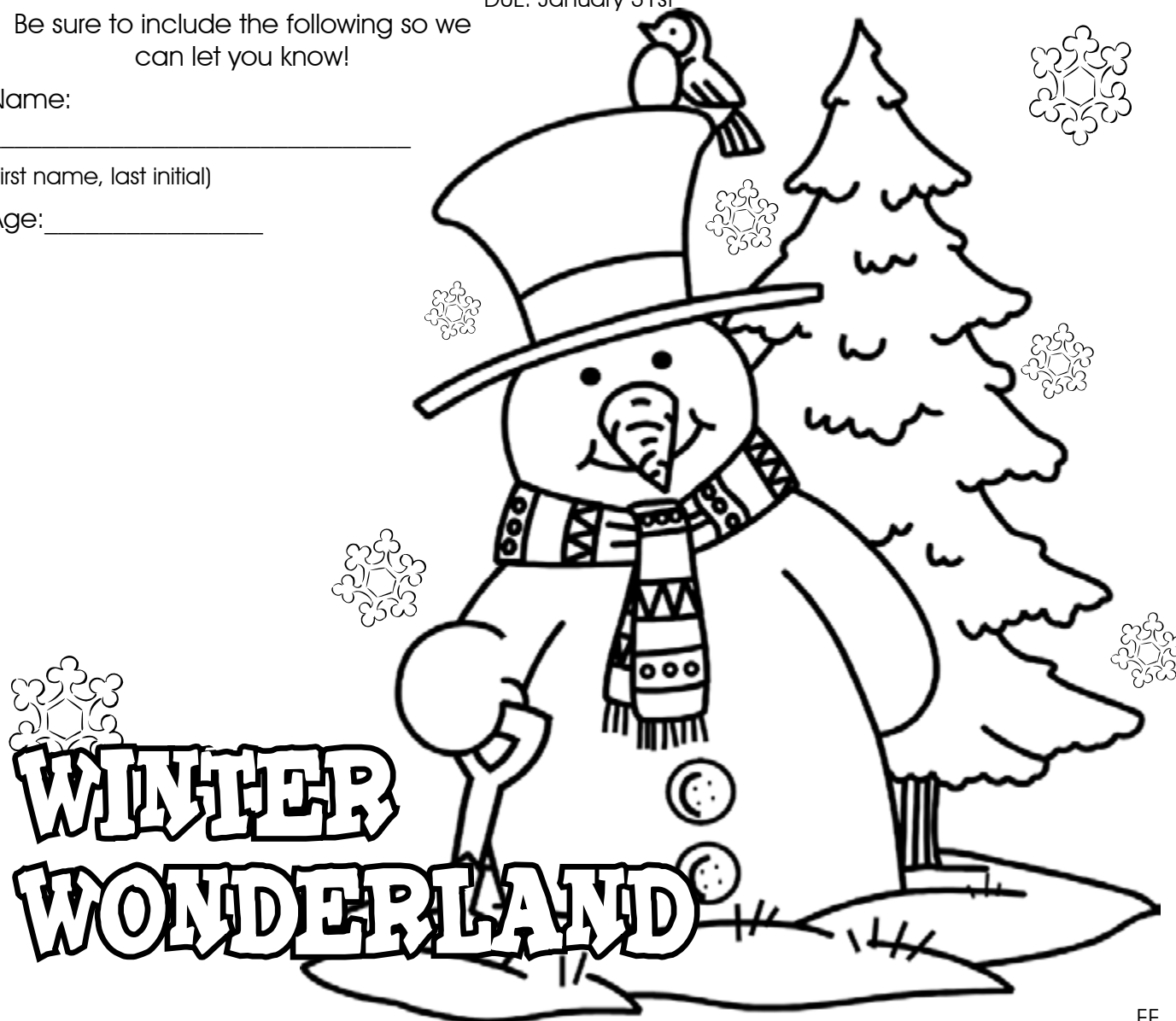
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