

TXX FARMERS MARKET AT BRIDGELAND HAPPY NEW YEAR 2016

Join us for the first market of 2016 with a complementary class about coffee offered by Cafe ZunZun, starting at 1:00pm. Learn how coffee is made, its different flavors and brewing methods.

Shop the market for fresh winter veggies, eggs, goat cheese, pork beef/bison/shrimp, honey & jelly, breads & sweet treats, Indian/Italian/Mexican food, BBQ sauce & salsa, roasted coffee and tea, kettle corn & nuts, orchids, soaps & lotions, pet food, and much more.

The market is all-volunteer run by Bridgeland residents and located adjacent to the Lakeland Activity Center. Swing by with your family and friends.

Happy New Year to you and your families, and we look forward to seeing you at the farmers market!

Find updates and further market highlights at

www.farmersmarketatbridgeland.org www.facebook.com/TheFarmersMarketAtBridgeland



IMPORTANT NUMBERS

BRIDGELAND COMMUNITY ASSOCIATIONS (HOA)

16902 Bridgeland Landing Cypress, TX 77433 281-304-1318

| 281-304-1318 | | | | | | | |
|--------------------------------|-----------------------|--|--|--|--|--|--|
| General Ma | nager | | | | | | |
| Melissa Hargrove | mhargrove@pcmi-us.com | | | | | | |
| Assistant Ma | | | | | | | |
| Cris Pulatie | cpulatie@pcmi-us.com | | | | | | |
| Activities Di | rector | | | | | | |
| Rachel Johnson | rjohnson2@pcmi-us.com | | | | | | |
| Administrative | Assistant | | | | | | |
| Ann Klak | annklak@pcmi-us.com | | | | | | |
| Community Adn | iinistrator | | | | | | |
| Denise Saxton | dsaxton@pcmi-us.com | | | | | | |
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THE TIMES

A newsletter for Bridgeland residents.

The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

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

Advertising Information

Please support the businesses that advertise in The Times. Their advertising dollars make it possible for all the Bridgeland residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or <u>advertising@PEELinc.com</u>. The advertising deadline is the 10th of each month for the following month's newsletter.



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Northwest Harris County Aggie Mom's Club

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, January 12, 2016 beginning with the social at 6:30 PM where light snacks and drinks are served, followed by the meeting at 7:00. Meetings are held at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our guest speaker will be Lt. Colonel Jay Brewer, Sr. Associate Director of Aggie Bands.

SCHOLARSHIP APPLICATIONS: The NWHC Aggie Moms Club raises money throughout the year to fund scholarships to students from our local community. Eligible students should check our website for details, www.nwhcaggiemoms.org. The deadline for submissions is February 2, 2016.

SAVE THE DATE!

Don't miss the Annual China Luncheon and Style Show on Saturday, February 20,2016 from 10:30 a.m. to 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Get your ticket(s) at one of our monthly meetings or visit our website. For mor information contact Tami Denault at tamidenault@sbcglobal.net.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 6:30 pm at 7100 High Life Drive. Refreshments are served at 6:30 with meeting beginning at 7:00. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Patty Rabel, Club President at rabelpp@aol.com.





Finding Resolution

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't. Mine ran away and fought many things I tried to "teach".

What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better,

it has also helped me to listen to people better. Have you ever asked a friend what they want to receive out of the relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

- 1. Stopping to question myself when feeling annoyed or offended- "Is really that important?"
 - 2. Plan monthly dates to build relationships.
 - 3. Check in with my friends to find out their needs, before they ask!
- 4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.
- 5. LISTEN better- friends are giving early signs of needs, but we are distracted with our own.

Shannon Birkelbach works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program as well as the equine assisted learning workshops provided here. www.fivehorses.com



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Reminders and Registration Form

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- Entry Fee \$150 per space 40x40 (no refunds) *NO DONATIVE VALUE
- Awards 1 3 each category (Jr. Chili, Chili, Dutch Oven, Fajitas, Chicken, Pork Ribs, Brisket, Margarita, Bloody Mary – 1 Master Cook, 1 Best Party Pit

SCHEDULE:

Friday, Jan. 22

Noon - Cooking team registration begins

7 p.m. - Cooks choice (no dessert) & Margarita contest

Saturday, Jan. 23

9:30 a.m. - Cook's Meeting

10 a.m. - Bloody Mary contest

11 a.m. - Tag Meat

12:30 p.m. - Junior Chili

I p.m. - Chili

2 p.m. - Dutch Oven

3 p.m. - Fajitas

Sunday, Jan. 24

Noon - Chicken

1 p.m. - Pork Ribs 2 p.m. - Brisket

3 p.m. - Live Auction & Awards

Underwriting opportunities available for trophies, judging tent and food sales

| Registration | Form |
|--------------|------|
| | |

Team name Point Chaser: __yes __no

Online registration & donations: https://www.eventbrite.com/e/17784201024

Head Cook_____

Address

City State Zip Code

Phone E-Mail

Entry Fee \$150 (no donative value) ______(cooks choice, dutch oven, fajitas, chicken, & pork ribs & brisket)

□dutch oven □ fajitas □chicken □pork ribs □ brisket

□Margarita/Bloody Mary \$20 □Chili \$20 □Junior Chili \$5 □ Extra Space \$50

Registrations by mail:

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CyFair HMGT 21319 Bridgepoint Lane, Spring, TX 77388

The Houston Livestock Show and Rodeo" is a Section 501(c) (3) charitable organization. The amount of the contribution that may be deductible for federal income tax purposes is the excess value contributed by the donor over the value of goods or services received. Consult your tax prefessional for more information/eligibility.



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Cypress Woods Theatre Company presents Meet Me in St. Louis!

In celebration of the 10th anniversary of Cypress Woods High School, the Fine Arts Department and Crimson Cadettes will join the Theatre Department in presenting this classic musical comedy. Tickets are on sale now at www.showtix4u.com or at the door.

Meet Me in St. Louis
Music & Lyrics By
Hugh Martin, Ralph Blane
Book By Hugh Wheeler
Thursday, February 4th 7:00 PM
Friday, February 5th 7:00 PM
Saturday, February 6th 2:00 PM & 7:00 PM
Location: Cypress Woods High School Auditorium
Run Time: Approximately 113 Minutes with One Intermission
Rated: PG

This classic, romantic musical comedy that focuses on the Smith family, specifically the four sisters, on the cusp of the 1904 St. Louis World's Fair. The musical spotlights the sisters' education in the ways of the world, which includes, but isn't limited to, learning about life and love, courtesy of the prototypical boy next door. In the end, love conquers all.

KNIGHTS OF COLUMBUS #8096 ANNUAL CASINO NIGHT

The 29th Annual Charity Las Vegas Night Fundraiser will be held at St. Elizabeth Ann Seton Catholic Church on February 13, 2016 at 6:30 P. M. An evening of casino gaming played with fun money is planned for guests to become eligible to win prizes donated by generous sponsors. All proceeds will benefit local Knights of Columbus charities. Ticket donation is \$20 per person with snacks and drinks included. Tickets may be purchased in advance or at the door. For more information contact Tom at 918-633-3806 or email to phillyguy51@gmail.com or Scott at 713-898-3650. Come join us for fun and great prizes!







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"Work-Life Rhythm for Busy Business Women"

Luncheon Details
Thursday, January 28, 2016
Networking 11a.m.; Luncheon begins at 11:30 a.m.
Sterling Country Club, 16500 Houston National Blvd., Houston,
TX 77095

Costs \$25 with advanced reservations; \$30 at the door At the January 28 Cy-Fair Express Network Luncheon, Leslie Marchand, a clinical social worker (LCSW), yoga instructor (RYT-500) and certified life coach (TDM) and Founder & President of SoYoCo Wellness Services, will present Work-Life Rhythm for Busy

Business Women.

How do you manage your own stress while juggling personal and professional responsibilities? When your peers, co-workers and employees interact with you, do they see a model of work-life balance or someone who lives for the job or for their business? Can you really have it all, be it all, do it all? We will explore these questions and look at the latest research and strategies of how to find a rhythm between work and life that works for you, your family, your co-workers/employees and your business.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, 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. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.



KIWANIS CLUB OF CY-FAIR HOUSTON

Start the new year by joining the Kiwanis Club of Cy-Fair Houston for lunch at the Hearthstone Country Club! If you live or work in this area, we welcome you to attend our meeting on January 5th, 12th, or 19th.

Time: Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

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

Why join Kiwanis? 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. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at www. KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127.



First meeting of the new year will be January 12th, 10:30 AM - Noon. (Second Tuesday each month)

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095.

Our speaker will be Michelle Samuelson to discuss Social Media. Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Get to know your local candidates during our meet and greet. Candidates are always welcome and encouraged to bring campaign materials.

Please RSVP to www.cfrw.net by 1/5/16.



Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

- 1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.
- 2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.
- 3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

- 4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.
- 5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.
- 6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.
- 7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.
- 8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.
- 9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.



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"SPRINGTAILS"

Springtails are very small, jumping insects that can sometimes become a problem inside homes. Springtails are usually found in areas of moisture, so indoors they may located near potted plants, sinks, bath tubs or kitchen compost areas. These insects are typically found outside in gardens, near swimming pools or near where there is excessive moisture or standing water.

Springtails are small (about 1/16 of an inch long), wingless and come in various colors. These insects have a "tail" that latches into a space on the underside of the body that they can use to "jump" several inches into the air.

Springtails are considered a nuisance insect, but some may chew on roots and leaves of sapling plants. They usually do not cause enough damage to warrant control measures to be taken. If you have springtails in your home it points to a moisture problem that should be fixed.



Options for helping reduce springtail problems:

- Remove excessive mulch and/ or leaf litter near the home
- Change watering schedule to reduce the amount of moisture near the home
 - Use fans or dehumidifiers to reduce moisture indoors
- Seal cracks, crevices, pipe & wire penetrations on the outside of the home
- Replace or repair any screening on doors and windows that is damaged
- Replace weather stripping around doors and windows that does not provide a good seal
 - Suck up any indoor infestations with a vacuum

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com



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The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Aysua exchange students are strong academic performers, wellrounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or HYPERLINK "mailto:vodom@ayusa. org" vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.







8TH Annual Salute to Our Heroes Gala

On February 13, 2016, the Cy-Fair Educational Foundation (CFEF) will hold its 8th Annual Salute to Our Heroes Gala at the Omni Hotel. Joe Myers Ford Lincoln is generously underwriting this gala that honors the brave men and women who have served to protect our freedom and liberty.

Gerald Coffee is the guest speaker. Coffee served our country as a naval officer for 28 years; much of that service was as one of the longest held prisoners of war in the communist prisons of North Vietnam. His military decorations include the Silver Star, the Distinguished Flying Cross, two Bronze Stars, the Air Medal, two Purple Hearts, and the Vietnam Service Medal with 13 stars.

Salute to Our Heroes has raised more than half a million dollars over the past seven years. Proceeds from this event have funded three

endowed scholarships.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 45 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than \$6 million in scholarships to 1300 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

Sponsorships and tickets are available for Salute to Our Heroes Tickets: \$100 individual; \$50 veterans

For more information please contact marie@thecfef.org or visit our website at www.TheCFEF.org.



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Northwest Flyers Youth Track Club Free Registration Breakfast

The Northwest Flyers Youth Track Club will celebrate its 29th Anniversary Season by hosting its annual free Registration/ Orientation Breakfast on Saturday, February 6th, 2016. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

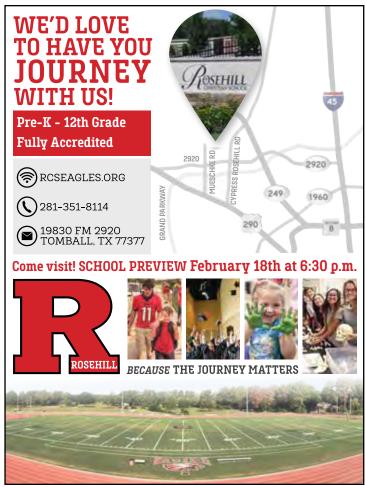
All boys and girls who wish to join the team for the 2016 spring/summer track season must attend the orientation, which will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF).

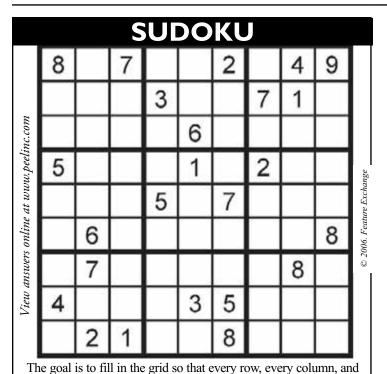
The Northwest Flyers Track Club is a youth (ages 6-18) track club, affiliated with USATF, that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

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; or "Like" the club on Facebook.











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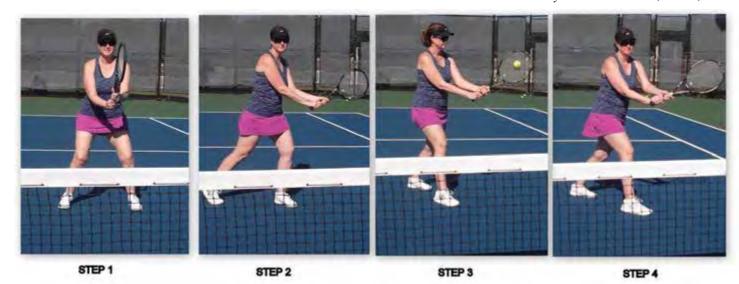






TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco Owner, Manager and Director of Tennis Grey Rock Tennis Club, Austin, TX



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

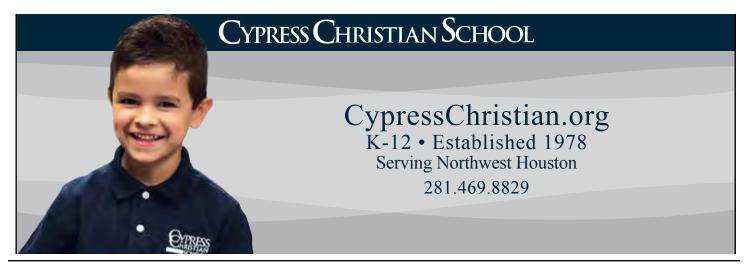
Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and lose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve





GREY ROCK TENNIS PLAYERS DONATE TOYS FOR BLUE SANTA"

Members of the Grey Rock Tennis Club participated in a Tennis Mixer benefiting the "Race for the Cure" of Cancer and also donated toys for Blue Santa.

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|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | Feb '15 | Mar '15 | Apr '15 | May '15 | June '15 | July '15 | Aug '15 | Sept '15 | Oct '15 | Nov '15 |
| \$500,000 and above | 1 | 0 | 1 | 1 | 3 | 4 | 3 | 3 | 1 | 0 |
| \$451,000\$499,999 | 0 | 2 | 1 | 0 | 0 | 1 | 2 | 1 | 0 | 0 |
| \$351,000\$450,999 | 4 | 6 | 5 | 7 | 12 | 8 | 11 | 4 | 6 | 3 |
| \$276,000\$350,999 | 3 | 7 | 2 | 7 | 4 | 5 | 7 | 5 | 10 | 4 |
| \$231,000\$275,999 | 1 | 0 | 3 | 2 | 2 | 1 | 3 | 1 | 3 | 2 |
| \$201,000\$230,999 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |
| \$200,999 and below | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Total | 10 | 15 | 12 | 17 | 21 | 20 | 27 | 14 | 20 | 9 |
| Highest \$/sq ft | \$165.51 | \$152.56 | \$159.66 | \$168.76 | \$158.19 | \$145.14 | \$159.24 | \$192.40 | \$170.98 | \$133.88 |

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