

# NEWS FOR THE RESIDENTS OF PARK CREEK

MAY 2016

VOLUME 1, ISSUE 5

## NETWORKING METHODS TO HELP YOU SUCCEED



### Luncheon Details

Thursday, May 26, 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 May 26 Cy-Fair Express Network Luncheon, our speaker, Kathryn Crawford Wheat will enthusiastically teach attendees her proven networking methods to those looking for answers on what makes networking really work. She teaches based on the principal, "Networking is simply starting a conversation with no destination in mind".

Kathryn is a Professional Motivational Speaker, Networking Instructor, Blogger and Author of the book, *Networking: Naked & Unafraid*. She began her journey as an entrepreneur in 2007 with Home Staging. In 2010 she launched her own website, *Woman's InSite*. Then in 2014 she established Kathryn C. Wheat School of Real Estate. Kathryn enjoys spending time with family and friends, scuba diving, wine tasting, dancing, exercise, yoga, writing and musical theater. Some of the best things about Kathryn include her faith, courage, and fierce loyalty. Kathryn will inspire and encourage you to move forward and take the next step in your journey to success.

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](http://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](http://www.abwa.org).

## IMPORTANT NUMBERS

### ASSOCIATION MANAGEMENT CO.:

SCS Management Services, Inc.

Phone:..... 281-463-1777

Fax: ..... 281-463-0050

..... 7170 Cherry Park Drive Houston, TX 77095

Website: .....www.scsco.com

### Association Manager

Jessica Smith..... 281-500-7129

### Service Manager

Jessica Riggs ..... 281-500-7111

### Deed Restriction Coordinator

Susan Spratley ..... 281-500-7118

### FIRE DEPARTMENT:

Cy Fair VFD ..... 281-550-6663

### HARRIS COUNTY SHERIFF

Sheriff Dispatch ..... 713-221-6000

### SCHOOL DISTRICT:

Cy Fair ISD..... 281-897-4000

### WATER DISTRICT

MUD 10..... 832-467-1599

### HEALTH DEPARTMENT

Harris County..... 713-274-6300

### CYPRESS POINT RECREATION ROOM RENTAL

Voicemail ..... 281-256-1579

### ELECTRIC COMPANY/ OUTAGES

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<http://www.centerpointenergy.com/en-us/residential/in-your-community/electric-outage-center/report-streetlight-outages>

### GARBAGE SERVICE

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*(Service is contracted through the MUD and trash pickup is on  
Wednesday and Saturday)*



## 2016 Scouting for Food Results

Scouting for Food is a project rooted in the very foundation of the Scouting movement and its dedication to do and implement the Scout Slogan, Do a Good Turn Daily. It is an ongoing annual program of the Boy Scouts of America, organized at a local level throughout the country, with one objective, to collect food for local food banks. Each year local Cub Scout Packs, Boy Scout Troops, Venture Scout Crews and Sea Scout Ships in every District leave door hangers throughout their neighborhoods soliciting non-perishable food items. One week later Scouts return in the morning hours to pick up and deliver any food donations left on front porches to their local food banks. For the Big Cypress District this occurs annually in late January and donations are provided to Cypress Area Ministries (CAM), our local pantry.

The Big Cypress District of Sam Houston Area Council includes Scouting units in the Northwest area of the Cy-Fair ISD attendance zones of Harris County. This includes Cypress, Bridgeland and Fairfield. The Big Cypress District overall collected 22,168 lbs of food, translating to approximately \$37,686. CAM estimates, for the number of families they anticipate supporting, this will last from February til end August this year. Thank you to all those that placed a bag, large or small, on their front porch this February!

Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, has 45 boys, grades 1-5, who primarily attend A. Robison Elementary School. Pack 3 would like to extend a huge THANK YOU to the communities of Lakes of Rosehill, Cypress Mill Parks 1 & 2, Cypress Mill Estates, Cypress Ranch Estates and Cypress Village. With their help the 45 boys of Pack 3 checked the porches of over 2000 homes and collect a combined weight of 751.2 pounds of food to deliver to CAM. The boys enjoy finding these treasured bags of food left on porches, knowing they are doing something to help make a difference in someone's life. Be on the lookout next January for your door hanger and please consider leaving a few things out for the boys to collect, every little bit helps!!

Thank you again from the Cub Scouts of Pack 3 to everyone that contributed to the Scouting for Food movement!!

Board Meetings are the 3rd  
Tuesday of every month at  
the Cypress Point Recreation  
Center beginning at 6:00pm



## **Newest Professional Network of the American Business Women's Association Launches in Houston's Vintage Park Area**

Businesswomen throughout the community are invited to attend.

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites professional women to attend its "Official Launch Luncheon" on May 4, 2016 at the Lone Star College-University Park West Dining Room, from 11:00AM to 1:00PM. Informal networking will take place from 11:00AM to 11:30AM, followed by a special presentation and lunch from 11:30AM to 1:00PM.

Susan Hodge, founder of Women Leading Together LLC and Adjunct Professor at the University of Houston Downtown College Of Business will present "Shedding the Shoulds". Learn how to identify and "shed" those unnecessary activities to free up your time for what is important, rid yourself of the guilt that burdens us when we buy into the "shoulds" of others, and stand firmly on YOUR view of what needs to be done.

"We are excited to bring an empowering, energetic, and professional organization to women in Houston. WEWEN will serve as the premiere source for women looking to expand their network, grow their business skills, reach a new audience, advance their career, and truly impact this community," states WEWEN Formation Chair, Darlene Hajduk.

The Official Launch Luncheon is sponsored by University of Houston Downtown College of Business, Lone Star College-University Park, and the Cy-Fair Express Network. To register for this event and other WEWEN events, visit [wewen.org](http://wewen.org) or email [communications@wewen.org](mailto:communications@wewen.org).

### **About ABWA**

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills and career development training. For more information, visit [abwa.org](http://abwa.org).



## FREE Hotdog Lunch

Sunday, May 29, 2016  
11:30am-1:30pm  
Lamkin Elementary School  
11521 Telge Rd, Cypress, TX 77429

Messiah Lutheran Church would like to invite the community to a  
FREE Hot Dog Lunch  
to show our support to our neighbors and friends.  
Come join in the fun with Food, Fun, Face Painting and Games! Everyone is welcome!



### NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



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HOLST

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LEARN  
TO SWIM



WEAR  
LIFE JACKETS



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LEARN more at [www.colinshope.org](http://www.colinshope.org)





## Shalom Cypress

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.

I hope that everyone had a great Purim & Passover! In May, we will have our monthly Friday & Saturday services. Noah will be called to the Torah to become a Bar Mitzvah. Come join us for this celebration. In June, we are having a free BBQ to kick-off the summer. You can eat the best Kosher hamburgers & hotdogs right here in Cypress!

Shalom Cypress has many ongoing & active programs for people of all ages. Please visit our website at [www.shalomcypress.org](http://www.shalomcypress.org), e-mail us at [info@shalomcypress.org](mailto:info@shalomcypress.org), or call Ben Federman at 832-795-2002 to find out more details about the upcoming events.



## Cy-Fair Republican Women

May 10th our guest speakers will be candidates for Harris County Republican Party Chairman, Paul Simpson, Tex Christopher, and Rick Ramos.

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

Come, enjoy likeminded fellowship and getting to know our candidates.

All are welcome! Candidates, we want to get to know each of you. Please RSVP to [www.cfrw.net](http://www.cfrw.net) by 5/3/16.

The run-off election is May 24th. Our turn-out is very important as there are several areas with run-off candidates.

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# PARK CREEK

## 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



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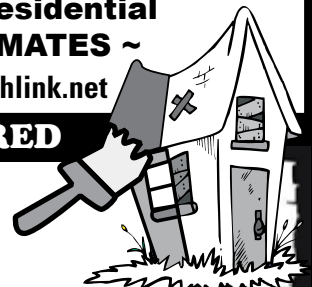
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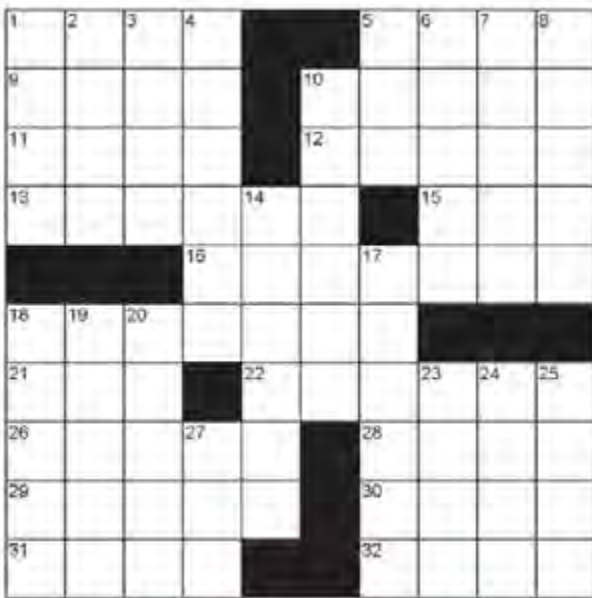
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## CROSSWORD PUZZLE



### ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

### DOWN

1. Finds \_ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**  
Opening May 2016

\* According to the American Cancer Society  
\*\*Tomosynthesis, (3D mammography) an FDA approved  
imaging technology designed for early breast cancer  
detection, is available here.



**281.897.3121**

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