



# The Rosehill *Report*

The Official Newsletter  
of the Lakes of Rosehill  
Homeowners Association

August 2016

Volume 7, Issue 8

## BOARD REPORT

The day-to-day Operating Expenses of the Homeowners Association, such as Administration, Utilities, General Maintenance, Amenities, Landscaping, and Miscellaneous Operating Expenses, are covered by the Annual Assessment Fee. Our Operating Budget for 2016 is based on utilizing 98% of the income raised from our 2016 Annual Assessment. At the end of June, we had spent 52% of our budget and we are currently anticipating that our total Operating Expenses for 2016 will be on budget.

The Capital Reserve is used for the extraordinary maintenance, repair, enhancement and end-of-life replacement of assets and funding for this comes from the Reserve Assessment. A third party study of projected Capital Reserve needs for the next 30 years was undertaken in 2012 and, based on that study, it was recommended that the accumulated balance of our Capital Reserve Fund be built up to be equivalent to \$935 and \$1,100 per homeowner by the end of 2016 and 2017, respectively. As things currently stand the projection is that the actual accumulated balance of our Capital Reserve Fund will be equivalent to \$760 per homeowner by the end of 2016 and \$1,010 per homeowner by the end of 2017.

A Special Assessment of \$600 per homeowner was approved in October, 2014 to provide the funds needed to undertake some extraordinary asset repair work on the flood control system in 2015. At the close of the 2015 financial year we had used approximately 70% of the funds raised through the Special Assessment. The balance of the funds available from the Special Assessment has been rolled over to 2016 and is now earmarked for repairing the two large pumps that service the subdivision's retention pond.

The main focus for the board over the coming month will continue to be repairing the damaged retention pond pumps as cost-effectively as possible.

## Go the Distance with Scouting!

Girls kindergarten to 12th grade are provided amazing opportunities and experiences as a Girl Scout! Not only can they dream about earning a Gold, they can earn it by going the distance in scouting!

Like any good team we also need good coaches! Consider volunteering as a troop leader or co-leader and help girls reach their own Bronze, Silver and Gold! As a troop leader your journey earns an award sure to exceed any Gold!

Girl Scout membership is \$15. Girls and adults can join Girl Scouts and register online at [www.gssjc.org](http://www.gssjc.org), or join us in person to learn more about Girl Scouts at our Fall Rally.

We are looking forward to another great year of Girl Scout adventures and hope you'll go the distance with us!! Be a Girl Scout Olympian and join Girl Scouts today!

### Heart of Texas Girl Scouts Fall Rally

KG – 12th grade

Saturday, September 10, 2016

10:00 am – 12:00 pm

Good Shepherd United Methodist (Gym)

2015 Cypresswood Drive, Cypress TX

## Cub Scout Pack 3 Fall Rally!

Tuesday, September 13, 2016

7:00 pm @ Robison Elementary Cafeteria

Boys 1st - 4th grade

Cub Scouts provides elementary age boys and their families a wonderful opportunity to explore the world around them, experience the outdoors, learn new things and most of all just have a lot of fun!! Boys interested in Cub Scouts, and families wanting to know what Cub Scouts is all about, Pack 3 will be hosting a Fall Rally on

*(Continued on Page 2)*

# IMPORTANT NUMBERS

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## SCHOOLS

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High .....	281-897-4600
Cy-Woods High School .....	281-213-1727
Goodson Middle School .....	281-373-2350

## OTHER NUMBERS

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Harris County Health Department.....	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Waste Management .....	713-686-6666

## NEWSLETTER PUBLISHER

Editor .....	lakesofrosehills@peelinc.com
Advertising.....	1-888-687-6444

# COMMUNITY CONTACTS

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To contact the Board, email [Board@lakesofrosehills.com](mailto:Board@lakesofrosehills.com)

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## MANAGEMENT COMPANY

Gloria Lee, CMCA, AMS .....	281-537-0957 x27
Direct Line .....	281-586-1727
Email .....	glee@chaparralmanagement.com

(Continued from Cover)

Tuesday, September 13, 2016 at 7:00 pm in the Robison Elementary Cafeteria. Families are welcome to attend! Cub Scout Pack 3, chartered thru the A. Robison Elementary PTO, currently has 50 boys, grades 1-5, who primarily attend A. Robison Elementary School. You are not required to attend Robison Elementary in order to attend this rally or to register with Pack 3. You are also not required to join Pack 3 should you register at this rally and wish to join a Pack at your school. So grab some friends and come see what fun is all about! Start your adventure now, join Cub Scouts!!

We hope to see a lot of new faces!

Yours in Scouting  
Cub Scout Pack 3  
[cypresspack3.org](http://cypresspack3.org)



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## 19TH Annual Salute to the Stars Gala

Thursday, October 13, 2016, the Cy-Fair Educational Foundation (CFEF) will host its 19th annual Salute to the Stars Gala at the Berry Center. Our underwriter, Cypress Fairbanks Medical Center Hospital joins us in celebrating Cypress-Fairbanks I.S.D. (CFISD) Spotlight Teachers, along with major sponsors IBI Group, Cy-Fair Federal Credit Union, North Cypress Medical Center Hospital, Northwest Dodge, and S-G Owners Association.

Salute to the Stars has raised \$2 million for innovative staff development grants for district teachers and instructional leaders, and scholarships for graduating seniors. The Salute to the Stars Gala honors CFISD Spotlight Teachers who are selected by campus principals for their outstanding dedication in providing valuable instruction to students.

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 46 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 almost \$7 million in scholarships to over 1400 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

Sponsorships are available for Salute to the Stars, for more information please contact Marie Holmes at [marie@thecfef.org](mailto:marie@thecfef.org) or 281-370-0144.



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# LAKES OF ROSEHILL

## Did you know that Girl Scouts are more likely than non-Girl Scouts to...

- Advocate for herself and others
- Set ambitious goals and think about her future
- Be mentally and emotionally stronger
- Be financially independent
- Overcome failure and fears and so much more!

Through a girl's experience in Girl Scouting, she has additional opportunities to make new friends, have new experiences, and work together with other girls to serve in her community. Girl Scouts is about charting the course of a girl's destiny so she grows up confident, knowing she is capable of achieving great things in life .... of being successful and doing something significant!

It's August and that means the summer is winding down and school is starting soon. As you start planning your daughter's activities, we hope you plan make Girl Scouts a part of it. If you'd like your daughter to explore new interests, achieve her goals, or simply to make new friends to overcome their shyness, look for Girl Scout recruitment events in your school. Girl Scouts is for girls in grades kindergarten to 12th grade and the cost is \$15.

You can join Girl Scouts at [www.gssjc.org](http://www.gssjc.org) or contact Jo Anna Harris at [jharris@sjgs.org](mailto:jharris@sjgs.org). We are looking forward to another great year in the Cypress area and hope you can join in on the fun!



**MANY LAKES OF ROSEHILL ROOFS ARE DAMAGED FROM RECENT WIND & HAIL STORMS. THE HAIL SIZE WAS APPROXIMATELY 3/4" BUT HAS DAMAGED ROOFS THAT ARE AT LEAST 12 YEARS OLD DUE TO THEIR DETERIORATED CONDITION. LIMITED TIME LEFT TO FILE A CLAIM!**

## HAIL & WIND STORM DAMAGE?

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## Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



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# LAKES OF ROSEHILL

## Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers( or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

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## Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

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](http://www.urban-ipm.blogspot.com)

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