



# CYPRESS MILL *Chronicle*

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NEWS FOR THE RESIDENTS OF CYPRESS MILL

April 2019

Volume 19, Issue 4



## 31st Annual B.F. Adam Golf Classic

May 9, 2019, the Cy-Fair Educational Foundation (CFEF) will celebrate its **31st annual B. F. Adam Golf Classic** at BlackHorse Golf Club. Allegiance Bank joins the Foundation as our new tournament underwriter. IBI Group, Linebarger Attorneys at Law and Zenith Real Estate Group are supporting CFEF again this year as Platinum Sponsors. Gold Sponsors include Cromdane Steel, Division One Construction, PBK, Salas O'Brien and Satterfield & Pontikes Construction. The Backyard Grill joins Carl's BBQ as our dinner sponsors. Caldwell Companies has been the tournament lunch sponsor since 2011.

One of the largest non-celebrity tournaments in the Houston area, the **B.F. Adam Golf Classic** is a prime example of our trustees and community business partners working together to raise scholarship funds for students of Cypress-Fairbanks ISD. Our first tournament raised \$3,500 and over the past 30 years the B. F. Adam Golf Classic has successfully raised almost \$3.5M.

CFEF was established in 1970 as a non-profit to raise money to fund scholarships for high school graduates. Through the generosity of the Cy-Fair community and commitment from the Board of Trustees, the Foundation has grown tremendously with scholarship awards totaling more than \$8.5M to graduating seniors from Cypress-Fairbanks ISD. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

### SPONSORSHIPS AVAILABLE

For more information please contact [marie@thecfef.org](mailto:marie@thecfef.org) or visit our website at [www.theCFEF.org](http://www.theCFEF.org).



# CYPRESS MILL

## Important Numbers

Robison Elementary .....	281-213-1700
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Cy-Woods High School.....	281-213-1919
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Centerpoint Emergency Gas Leaks.....	713-659-3552
CenterPoint Energy.....	713-207-2222
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The deadline for the newsletters is the 9<sup>th</sup> of each month.  
Please email articles to: [cypressmill@peelinc.com](mailto:cypressmill@peelinc.com)

## Advertising Information

Please support the businesses that advertise in the Messenger. Their advertising dollars make it possible for all Cypress Mill residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444, [advertising@PEELinc.com](mailto:advertising@PEELinc.com)

## Cypress Park Athletics Spring Festival

3rd Annual Cypress Park Athletics Spring Festival

Saturday--May 18, 2019

Cypress Park Sports Complex

7425 Westgreen Blvd. Cypress TX 77433

10:00am-2:00pm

*Please come and join this fun event!*

*Featuring games, face painting, silent auction, vendors and more!*

## Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to [articles@peelinc.com](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).



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## Leadership Pain Before Promotion

### Luncheon Details

Thursday, April 25th 2019

Open Networking 11:00 a.m. Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Visitor costs \$30 with advanced online reservations; \$35 at the door

### Yvonne Lemmon

Houston, Texas (March 8, 2019)- At the April luncheon Yvonne Lemmon, Independent National Sales Director with Mary Kay Inc. speaks on "Leadership Pain Before Promotion."

### "Leadership Pain Before Promotion"

**Overview + Takeaways:** Yvonne Lemmon has been leading women for 23 years. She has a few stretch marks and scars from it. However, she believes time invested in people is never wasted. She's currently in direct sales. Her previous careers included running trade organizations and nonprofits. She has a degree in journalism from Texas A&M University. She is married to Randy Lemmon and they have 2 children, Randal age 17, and Selena age 12. The Lemmon family lives in Tomball, Texas.

### About Cy-Fair Express Network (CYFEN)

Now over 60 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).

## Where's My Money! Understanding your numbers and when you need a loan?

### Luncheon Details

Thursday, April 18, 2018

Registration/Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sheraton West Houston Hotel, 11191 Clay Rd., Houston, TX 77041

Early Registration Costs \$30; or pay at the door for \$38.

**Houston, Texas (April 18, 2019)** Join the Houston Area Professional Express Network on Thursday, April 18th for a networking luncheon and a presentation by, Liz Lara Careno & Rebecca Scultz who will teach you about understanding your money, identifying when your business needs a loan and how to leverage your banking relationships.

This month's HAPEN meeting begins with registration and networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sheraton West Houston Hotel, 11191 Clay Rd.

### About Houston Area Professional Express Network (HAPEN)

Houston Area Professional Express Network's mission is to GROW our membership TOGETHER through strength and vitality of positive relationships of each member's experiences. Our members have opportunities to pursue excellence and achieve both local and national recognition. HAPEN is part of the national organization of American Business Women's Association (ABWA), for more information visit [www.HAPEN.org](http://www.HAPEN.org).

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## Church Youth Group Fundraiser



Girls from The Church of Jesus Christ or Latter-Day Saints are collecting athletic shoes for charity. Any size, any brand of close toe shoes will be given to Project Sole to help others in need.

A donation box will be available at the Fairfield

Chapel located at 21521 Fairfield Place, Cypress, TX by the back door until April 20th.

"Project Sole is a non-profit organization that unites shoes and compassion to relieve suffering, care for the poor, & enhance the quality of life in our community." [www.projectsole.org](http://www.projectsole.org)



## Pay It Forward



There is also an annual International Pay It Forward Day that helps remind people to do so. It is on April 26 every year. The website provides lots of ideas for the different activities people are doing around the world, ideas about what you can do, business cards you can print to share the message, and a place where you can share your stories.

There are so many reasons to do good deeds that go way beyond simply helping the recipient of the deed. You may question your own motivation if you are giving for these reasons instead of giving only for the sake of giving. I understand the questioning since some benefits just feel ickier than others. In the end, though, no matter what reasons you choose forgiving, you should continue to give. Your contribution, no matter what the intention is behind it, will still help make you a better person and the world a better place.

<http://www.good-deeds-day.org/> Any day is an excellent day to do good deeds. There is no time like the present to do something nice for someone.

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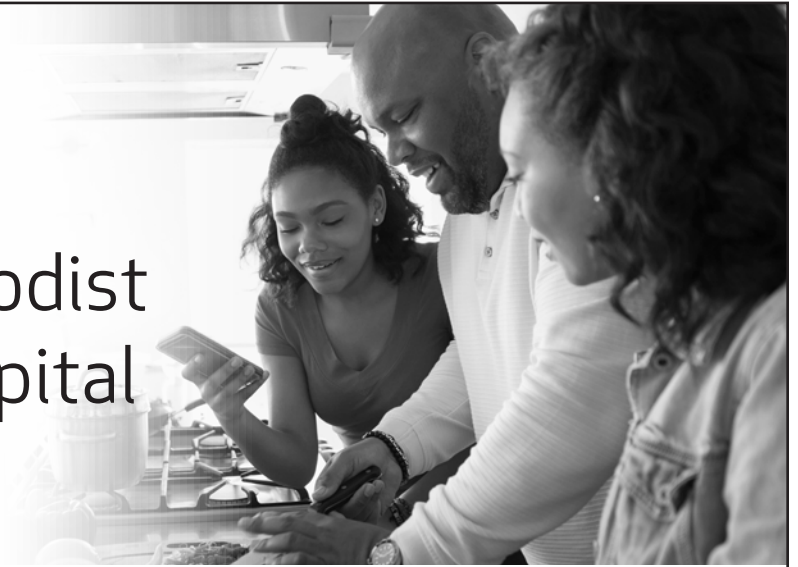
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# Reflux Services at Houston Methodist Willowbrook Hospital



The digestive health experts at Houston Methodist Willowbrook Hospital understand the discomfort that often comes from chronic acid reflux. Our team of specialists evaluate the symptoms of each individual to recommend appropriate diagnostic and treatment options.

If you are experiencing any of the following symptoms:

- Burning sensation in the back of the mouth
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- Frequent heartburn
- Irritation in the esophagus

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and find a Houston Methodist reflux specialist near you.

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## BEIGNETS

- 1 cup milk
- 3 cups flour
- 2 Tbsp. butter
- 2 Tbsp. brown sugar
- 1 beaten egg
- ¾ tsp. nutmeg
- ½ tsp. salt
- ½ package dry yeast
- Powdered sugar



In medium saucepan, heat milk until it begins to steam. Stir in sugar and butter. Remove from heat and cool to lukewarm. Stir in yeast, salt, nutmeg and half of the flour. Stir in the egg and mix thoroughly. Cover and allow mixture to chill overnight. Knead gently and roll out on well-floured surface. Cut into small triangles or rectangles. Cover and let rise for about 30 minutes. In medium sized skillet fry dough in about 2 inches of hot cooking oil. Cook 2 or 3 at a time for about 1 minute on each side. Drain. Sprinkle heavily with powdered sugar. Makes 3 dozen.

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## Still on the Fence About Hosting an Exchange Student?



You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student

will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a great experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at [vicki.stsfoundation@yahoo.com](mailto:vicki.stsfoundation@yahoo.com). I'll be happy to answer any question you might have and get you started on hosting your very own student!

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