

August 2019

Volume 10, Issue 8

CAMPAIGN KICK-OFF

For Bridgeland Fun Run/Walk for Heroes on October 19, 2019

On July 10, The Bridgeland Community Supports Veterans, Inc. ("TBCSVI") kicked off its campaign to raise funds for the Bridgeland Veterans Memorial, to support veterans, to support our Annual Memorial Day Ceremony and Veterans Day Festival and to educate our children with patriotic values. Supporting this campaign were Jim Brown CEO, and Naman Mahajan, COO of HCA Houston Heathcare North Cypress who presented Board Directors Bob Thomas and Kay Burkhalter of TBCSVI with check for \$1000. Many thanks for the support.

HCA Houston Healthcare North Cypress, a campus of HCA Houston Healthcare Kingwood, is a 163-licensed bed, general acute care hospital, who strives to be the healthcare provider of-choice for residents in the growing communities along the 290 corridor. It provides comprehensive services utilizing the latest in medical technology and equipment; employs well-respected area physicians

and aims to provide an upscale five star-hotel-like ambiance care with comfort of those we care for in mind. Highlights of special care include a 20-bed unit ICU, robot-assisted surgery technology, orthopedic care including joint replacement surgery, Cancer Center, advance wound care services using hyperbaric medicine, and advanced breast cancer screening and imagining.

On October 19, 2019 please join in the Bridgeland Community Fun Run/Walk for Heroes @ 8 am at Lakeland Village Festival Park in Cypress, TX. The event will include a 5k walk/run and a 9 am children's superhero costume 1k run/walk, along with booth vendors, entertainment, and activities for the children. The children's walk is open to strollers and wagons. Please register for the event at bit.ly/heroesfunrun2019 or make a monetary contribution. For sponsorship opportunities contact kayburkhalter@sbcglobal.net



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Fire	911
Ambulance	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control	800-764-7661
Traffic Light Issues	713-881-3210
SCHOOLS	
Cypress Fairbanks ISD Administration .	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High	281-897-4600
Cy-Woods High School	
Goodson Middle School	
OTHER NUMBERS	
Animal Control	281-999-3191
Cypress Fairbanks Medical Center	
Harris County Health Department	
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Cypress-Tomball Democrats August Speaker is Representative Jon Rosenthal

The Cypress-Tomball Democrats will hold its next monthly Tuesday, August 20, 2019, at Rudy\'s Grill and Cantina, 11760 Grant Road, Cypress. There is a meet and greet at 6:30 p.m., and the general meeting begins at 7:00 p.m.

August's guest speaker will be Representative Jon Rosenthal. Congressman Rosenthal has been a strong fighter, advocate and champion for better public schools, healthcare and ensuring we have comprehensive criminal justice reform across the State of Texas. Grateful and fortunate enough to be elected by the great constituents of House District 135 (Northwest Houston - Cypress and Jersey Village), Jon continued his fight in the state legislature to advocate for these issues amongst other needs. He brought a unique background to the chamber as being only one of two practicing engineers in the Texas State House of Representatives and the only mechanical engineer serving in the body.

As a new member to the 86th Legislative session, Representative Rosenthal served on the County Affairs and Energy Resources Committees. Representative Rosenthal will speak on his experiences in the legislature and give tips on electing more democrats in Texas.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information, contact Undrai Fizer at cytomdems@yahoo.com, or visit the club's Facebook page.

USA FIT CYPRESS

Marathon and Half Marathon Training Program Change Your Life

Have you ever considered running a full or half marathon? Are you tired of training alone? Are you a fitness walker? If so, join USA Fit Cypress, a friendly, no pressure marathon and half marathon training group.

Beginner or seasoned; runner and/or walker - No matter your pace, conditioning, or goal, we have a place for you. Over the training season, our coaches will help you achieve your personal best in a non-intimidating, fun, and safe environment.

The next training season has began targeting the Houston Chevron Marathon and Aramco Half Marathon. We provide a weekly training schedule, opportunities for group training throughout the week with our distance runs on Saturday morning at Josey Lake Park, 1200 Bridgeland Creek Parkway, and much more. Register today by visiting http://www.usafitcypress.com or email us at info@usafitcypress.com for additional information.



American Business Women's Association

Cy-Fair Express Network

"Women in Leadership"

Luncheon Details
Thursday, August 22, 2019
Networking 11:00 a.m.; Luncheon begins at 11:30 a.m.
Longwood Golf Club, 13300 Longwood Trace,
Cypress, TX 77429

Costs \$30 with advanced reservations; \$35 at the door

Houston, Texas (July 9, 2019) Bella Gilbert is an engaging speaker and educator with a master's degree in educational leadership and administration. She currently serves at FranklinCovey Education in Houston, TX where she enhances the lives of youths and educators through a school transformation process that embodies the 7 Habits of Highly Effective People.

In 2018, at the Texas Conference for Women, she received an award for her profound personal story in Target's Storyteller Promotion. She's triumphed over many obstacles in her lifetime including exiting a toxic marriage, paying off \$90,000 in debt, and working towards healing a compulsive overeating pattern, which resulted in losing 90 pounds. Gilbert's tact for practicing disruptive thinking patterns continues to be forged by her Christian faith, training as a life coach and hard-won life experiences. Her passion for facilitating growth in others has paved the way for her to present on topics ranging from Parenting with Grit & Grace to Overcoming Burnout. In June, she completed leading a 16-week video conference book study on Brene' Brown's powerful book, Dare to Lead!

This month's CYFEN meeting begins with networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at our new location, Longwood Golf Club, 13300 Longwood Trace, Cypress, TX 77429.

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 the 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.

Northwest Harris Aggie Mom's Club Welcomes You



Calling all Aggie Moms! Whether you are a mom of a past, current, or new Aggie come join the Northwest Harris County Aggie Mom\'s Club this summer at one of our mixers to learn about our group. It is a relaxed, fun way to meet other new Aggie Moms, talk to Board members and learn about the club.

Please join us at one of our from 7-9 pm, Tuesday, July 9th

events on Tuesday, June 18th from 7-9 pm, Tuesday, July 9th from 7-9 pm, and Saturday, August 3rd from 3-5 pm.

You can visit our website at https://www.nwhcaggiemoms.org/ to learn more information. We look forward to meeting you! Gig 'Em and God Bless!



CYPRESS HOT TALKERS Toastmaster Club

Changes at the Bridgeland Toastmaster Club now the CYPRESS HOT TALKERS Toastmaster Club

The Bridgeland Toastmasters has moved the location of its meeting to the Bridgeland Fire Station #13 conference room, 10222 Westgreen Blvd, Cypress , 77433 and changed our name to the Cypress Hot Talkers Toastmasters Club. We will still meet the second Tuesday and fourth Tuesday of every month from 7-8pm.

The change allowed us to grow our club and allow folks thru out the Cypress Community to become members.

The conference room at Fire Station 13 is open for free use to anyone in the community, so take advantage of this wonderful amenity.



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Register for Local Kids' Running Team

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Monday, September 9th, 2019, at 6:30 p.m. at Matzke Park, 13110 Jones Rd., Houston, TX 77070. Registration starts online on September 1st at www. northwestflyers.org. Practices are held at the Kickerillo-Mischer Reserve in Houston and at Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body

for track and cross country. The club is celebrating its 32nd year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their school cross country season is over.

For more information contact Coach Chris Stewart at 832-874-7181 or milpa_alta@hotmail.com. Visit www.northwestflyers.org to get updates and learn more about the team.





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Lakes of Rosehill Report - August 2019





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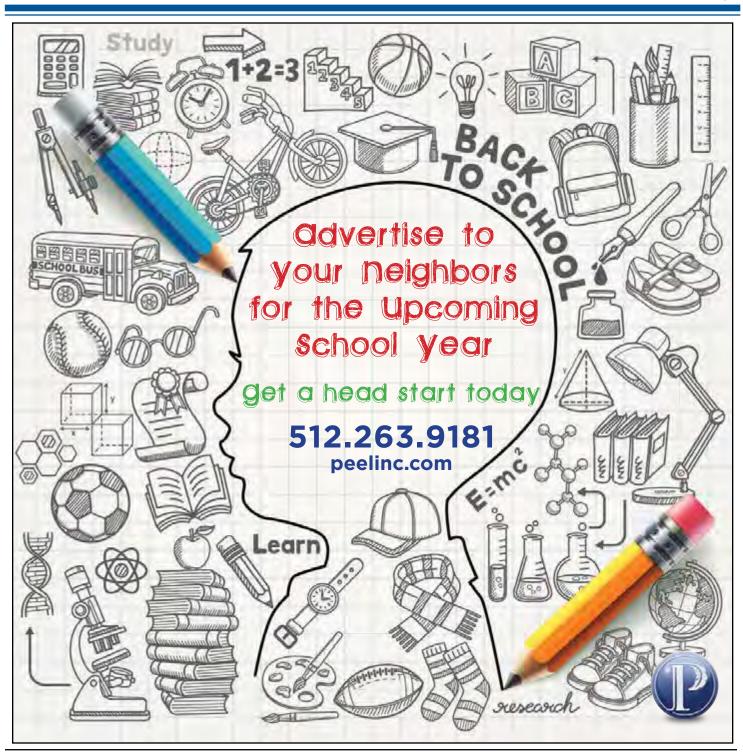
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