



## 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 Healthcare 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 imaging.

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](https://bit.ly/heroesfunrun2019) or make a monetary contribution. For sponsorship opportunities contact [kayburkhalter@sbcglobal.net](mailto:kayburkhalter@sbcglobal.net)



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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](mailto:info@usafitcypress.com) for additional information.

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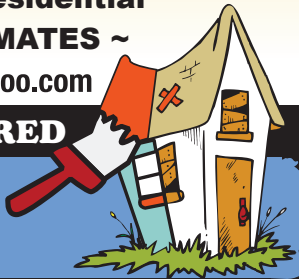
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## "Women in Leadership"

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](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).

## Fall Fest



### Saint Aidan's Episcopal Church

Fall Festival and Holiday Market Vendor  
registration now open!

Are you crafty? Are you a distributor for a specialty item? Saint Aidan's Episcopal Church's ACE Committee has opened vendor registration for our 6th Annual Fall Festival and Holiday Market! The market and festival will be held Sunday, October 27, 2019 from 10-4. In addition to our outdoor booths, this year we will be offering a limited number of indoor booths!! Saint Aidan's is located in Cypress at 13131 Fry Road – just south of Hwy 290. Our festival features Market Booths, Children's Area, Petting Zoo, Pony Rides, Food Vendors, Silent Auction, Live Music throughout the day, Cake Walk, Trunk N Treat, and Blessing of Animals. For more information and to register online, visit our website at <http://aidanchurch.org/fallfest>, email [fallfest@aidanchurch.org](mailto:fallfest@aidanchurch.org), or call 281-373-3203 for a registration form.

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# WORTHAM VILLAGES

## 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](http://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](mailto:milpa_alta@hotmail.com). Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.



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## Are You New to Houston or Gardening?

### Join Us at Messiah Lutheran Church for Free Fall Gardening Classes!

### September 10-24, 2019

New to Houston or to gardening? Messiah is offering free gardening classes to the community this fall. Join us at Messiah Lutheran Church to learn best practices in organic gardening.

The free gardening classes will consist of three one-hour sessions happening on Tuesday, September 10, 17 and 24 at 7 pm in the Messiah's Community Room. In addition to the gardening classes we will also be offering a free session on Bee Pollination on Saturday, September 21 at 10 am given by Matt Brantley of BZ Honey in our Fellowship Hall.

Evening Gardening Class @ 7 pm

September 10: Planning a Successful Garden

September 17: Soil and Composting

September 24: Plant Selection and Resources

Saturday Bee Pollination Class @ 10 am

September 21: Bee Pollination by Matt Brantley

If you are interested in learning more about organic gardening, please sign up at <http://www.messiahlc.org/current-events>

Messiah Lutheran Church is a Lutheran Faith Community, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.



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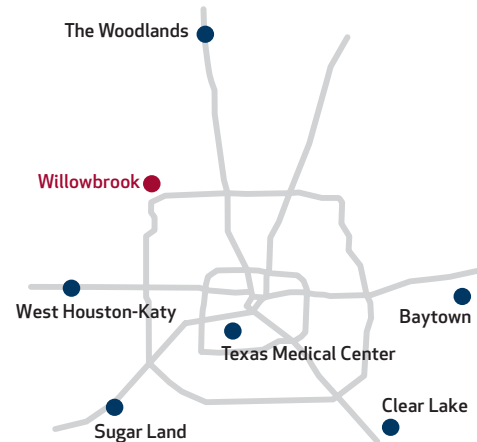
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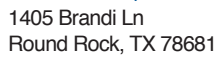
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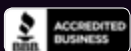
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