



Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

Volume 6, Number 7

www.brookmeadows.org

July 2011

Calendar of Events

**JULY 26 - LAST
TUESDAY
6:30 PM**

JR's Grill on Hwy 121,
just north of Glade

**AUGUST 30-LAST
TUESDAY
6:30 PM**

Cantina Loreda on Hwy
121 and Hall

**SEPTEMBER 27-
LAST TUESDAY
6:20 PM**

Anjejo Hwy 26 and
Precinct Lane

Board News

SOCIAL COMMITTEE MISSION STATEMENT

To foster relationships and build an overriding sense of community, by creating events that interest and intrigue our neighbors to the extent that they choose to participate....

BMHA BOARD NEWS

The 2011 – 2012 Board of Directors is set and ready to get going on this year's projects. Mic, Carol, Roger, Tom and Rich are looking for some volunteers. Hoping one or more of you will step up and take on some of the Social Committee programs and the Directory. If you don't have time to take on all of it, perhaps you can select one of the functions. Either way, it would be a great way to get to know others in the neighborhood. Contact Rich Schreder if you have questions, schrederrich@tx.rr.com.

Social Committee Functions in need of a volunteer

- Garage Sale
- Halloween Parade
- Spring Patio Party
- Fall Patio Party
- Ladies Ornament Exchange
- Holiday Party
- Holiday Yard Display
- National Night Out Against Crime
- Golf Outing

Directory Committee Functions in need of a volunteer

- Getting printing quotes
- Formatting and page layout
- Validating email addresses and phone #s
- Inputting changes
- Distribution

The BMHOA prides itself as having a stellar record of conduct with respect to business activities of our community. However; in light of recent local news about a different HOA, completely unassociated with BMHA, the BMHA Board will be reviewing current money management practices to ensure we have the appropriate controls in place for ensuring the safeguarding of BMHOA assets and that the appropriate use of such assets are solely in support of the interests of the BMHOA members.”

Brook Meadows

ASSOCIATION INFO

Brook Meadows Homeowners Association, Inc.

PO Box 492 • Colleyville, TX 76034

Brook Meadows Directors: directors@brookmeadows.org
Please visit our website often: www.BrookMeadows.org

2010 - 2011 Board of Directors

President - Mic Deakin 817-399-9885
Vice President - Tom Kader 817-3544248
Treasurer - Roger Poirier 817-684-0419
Secretary - Carol Crosby 817-267-4018
At Large Member - Rich Shreder 817-545-7753
Newsletter Editor
Shelley Haaker shelley.haaker@staples.com

*Our thanks to outgoing Board Members,
Ricky Stephenson, Kevin Haynes and Shelley Haaker.*

*Say Hello to your incoming Board Members,
Rich Shreder, Roger Poirier and Tom Kader.*

NEWSLETTER INFO

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising.....advertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in the Brook Meadows Community Newsletter. Their advertising dollars make it possible for all Brook Meadows 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 our sales office at 1-888-687-66444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Brook Meadows residents, limit 30 words, please e-mail erc.editor@yahoo.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NOT AVAILABLE ONLINE

NOT RECEIVING THE BMHA E-MAIL BLASTS? TRY THESE TWO STEPS.

1. In your email account set up, make both directors@brookmeadows.org and social@brookmeadows.org as approved senders
2. Go to www.brookmeadows.org home page and fill out the "E-MAIL ADDRESS - CLICK HERE" link

Congratulations Julianne!

Somehow we missed Brook Meadow Graduate, **Julianne Lamb**. She earned a BS in Geology this May from UT Austin. To Julianne and all the Brook Meadow graduates, CONGRATULATIONS!



Do You Have Reason to Celebrate?

We want to hear from you! Email directors@brookmeadows.org to let the community know!

READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is

immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter,

at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>



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TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.

Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

Hot dogs Turkey dogs
Hamburger..... Turkey burger
Potato saladFruit salad
Chips and high fat dip.....Assorted vegetables and hummus
Fried chicken.....Grilled chicken kabobs with veggies
PieFresh pineapple
Soda and sweet tea..... Iced tea with lemon
Using high-fatmayonnaise in dishes
..... Use low-fat mayo or the kind that has olive oil in it

A More Healthy Alternative

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin’!

Instead of a party revolving solely around the food involved, why not create a “buffet of games” and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the “active” theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most “artfully challenged” piece of “art.”

Play a classic game of “Kick the Can.”

Make sure you have at least 3-4 people playing this game. One person is “it” and guards the “can.” (Can needs to be in an open space.) Other players hide while the “it” person counts to 20 and then goes to find the other players. Captured (tagged) players go to “jail.” Anyone not captured can kick the can, which sets all jailed players free. If the “it” person finds all players before the can is kicked, the “it” person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here’s to a healthy and active summer ahead.
Cheers!*





*Nancy Dennis
& Associates*
Selling Homes of Distinction



**# 1 in Colleyville for \$\$ Volume SOLD & # of Homes Sold
July 2011 Brook Meadows**

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\$609,000**

**2808 Meadowview Drive
\$444,900**



4708 Green Oaks - \$544,900

4611 Shadywood - \$392,500

4836 Lakeside Drive - \$469,500



Nancy Dennis & Associates

817-992-7889

Nancy.dennis@cbdfw.com

www.NancyDennis.com





Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
308 Meadowlark St
Lakeway, TX 78734-4717

We will select the top few and post their artwork online at
www.PEELinc.com. DUE: July 31st

Be sure to include the following so we can let you know!

Name: _____
(first name, last initial)

Age: _____

Email Address: _____
[This information will only be used to notify you or your parents
if your artwork was selected.]



BM

Recipe of the Month BROCCOLI CHEESE SOUP

Ingredients

- 3 T oil
- 1 C chopped onion
- 6 C water
- 6 cubes chicken bouillon cubes
- 8 ozs. fine egg noodles
- 2 - 10 oz. pkg. chopped broccoli
- garlic powder
- 6 C milk
- 1 lb. shredded Velveeta cheese
- opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!

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PEEL, INC.
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KEEP BACKYARDS & BATHROOMS SAFE
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ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD
- 
LEARN CPR




COLIN'S HOPE

Increasing water safety awareness and standards



DROWNING ALERT!!!



In recent years, more Central Texas children have drowned in JULY than in any other month!

JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!

July – August 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!
When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in June, July and August benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope.



COLIN'S HOPE
KID'S TRIATHLON
08.28.11 - Austin, Texas

August 28th 3rd Annual Colin's Hope Kids Triathlon
Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at www.colinshope.org.

Download a QRcode App on your phone & scan me!



Children who drown often do not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.

