

# HARRIS COUNTY

## WATER CONTROL AND IMPROVEMENT DISTRICT 110

### PARKS AND RECREATION

## AUGUST - OCTOBER 2022



### Forest the Park Ranger

As the summer months continue to heat up, Forest the Park Ranger is still here keeping our facilities, programs, and services available for our residents. With the historical heat wave in our area, it is really important that everyone remembers to take extra precautions anytime you are outside being physically active. You may think you don't need to do some of these things, but the thing about the sun is that it doesn't care what you think.

Tips for handling the hot outdoors:

- Limit your outdoor activity, especially midday when the sun is the hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you are thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and lookout for your teammates:

- Schedule workouts and practices earlier or later in the day when the temperature is "cooler."
- Monitor a teammate's condition and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness.



### In this edition

- District Information
- Contacts and Information
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- Park Map/Guide
- Park Fishing Policies
- Flood Mitigation Updates
- Trash and Recycle Updates
- Rivera Tennis Academy
- Forest Oaks Barracudas
- SPA Businesses
- Upcoming FOSRC Events
- Holistic Health and Wellbeing
- Mills' Minute

## WCID110 Board Members

Seated from left to right:

- **Secretary:** Vanessa Sommer
- **Vice-President:** Jeannie Perkins
- **President:** James Williams
- **2nd Vice-President:** Jerry Strickland
- **Treasurer:** Tom Dowdy

## WCID110 Board Meetings

Board meetings are held every:

- 2nd Wednesday of the month at 5 p.m.
- 3rd Thursday of the month at 9 a.m.

All board meetings take place in the Clubhouse Boardroom and are open to the residents of the district.



## WCID110 District Staff

### **Brian Mills, District Manager**

- [brianmills@hcwcid110.com](mailto:brianmills@hcwcid110.com)

### **Shane Breyette, District Foreman**

- [districtforeman@hcwcid110.com](mailto:districtforeman@hcwcid110.com)

### **Denise Simples, Office Manager**

- [denisesimples@hcwcid110.com](mailto:denisesimples@hcwcid110.com)

### **Hannah Watson, Aquatics Manager**

- [hannahwatson@hcwcid110.com](mailto:hannahwatson@hcwcid110.com)

### **Main Office**

- [office@hcwcid110.com](mailto:office@hcwcid110.com)
- Office Phone: 281-353-0998

## HOA's within WCID110

- Enchanted Oaks
- Cypress Forest Lakes
- Cypress Forest Estates
- Cypress Forest CAI
- Lakes of Cypress Forest
- Spring Park Village
- Cypresswood Lake
- Kings Village North

Sign up for Emergency  
Alerts through SlickText







MARCH 2014

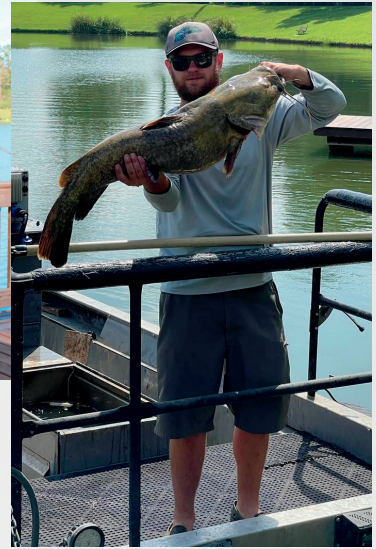




**"You can't tell a kid that it's time to exercise; that's a turn off... you have to say, "Let's go to the park and have some fun! Then you get them to do some running, play on the swings, practice on the balance beam, and basically get a full workout disguised as play."**

**– Arnold Schwarzenegger**





# FOREST OAKS PARK FISHING GUIDELINES & POLICY



**Bass (largemouth)**  
**Catch & Release ONLY**



**Channel & Blue Catfish**  
**Catch & Release Under**  
**ALL 14IN**



**Yellow & Mud**  
**Catfish**  
**ALL Sizes**  
**Keepable**



**Bluegill (brim)**  
**ALL Sizes**  
**Keepable**



**Black & White**  
**Crappie**  
**All Sizes Keepable**

**ALL visitors are limited to ONLY 3 fishing rods/poles PER PERSON in Forest Oaks Park**  
**A limit of ONLY 2 rods/poles per person are allowed on the main fishing dock**

## **CATCH & RELEASE ONLY FOR ALL OUT-OF-DISTRICT VISITORS**

**ID Checks are REQUIRED when requested by STAFF or CONSTABLES**  
**(Inspection of ALL coolers, buckets, & stringers is REQUIRED when requested by STAFF or CONSTABLES)**

**Any other fish NOT mentioned MAY be kept (carp, drum, gar, tilapia)**

**CAST NETS, SEINE NETS, JUG LINES, TROT LINES, STRING LINES ARE PROHIBITED**

**(FISHING LICENSE IS NOT REQUIRED IN FOREST OAKS PARK UNLESS FISHING IN CYPRESS CREEK)**

**PLEASE pick up & dispose of ALL your trash!**

**"THERE IS NO LIMIT TO HOW MANY TIMES YOU  
CAN GO FISHING," AUTHOR UNKNOWN**

## Matthew Zeve – Drainage and Flood Expert

HC WCID 110 has engaged **Matt Zeve** (former Deputy Executive Director of Harris County Flood Control District) to work closely with the District's Engineer, John Davis, of Langford Engineering, Inc., on drainage and flood mitigation projects in the district. Matt is with Gauge Engineering, a firm that specializes in drainage and mobility projects. Seeing financial assistance from the Harris County Flood Control District and Harris County Precinct 3 for proposed drainage projects in HC WCID 110 will be a top priority for Matt.



**Matthew Zeve**

**Photograph by Jonathan Thomas**

## Flood Control Info

HCWCID 110 has adopted a drainage policy to address maintenance and repair of the drainage and detention facilities in its boundaries. You can access a copy of the Drainage Policy on district website under Flood Control. Use the QR code to go directly to that page.

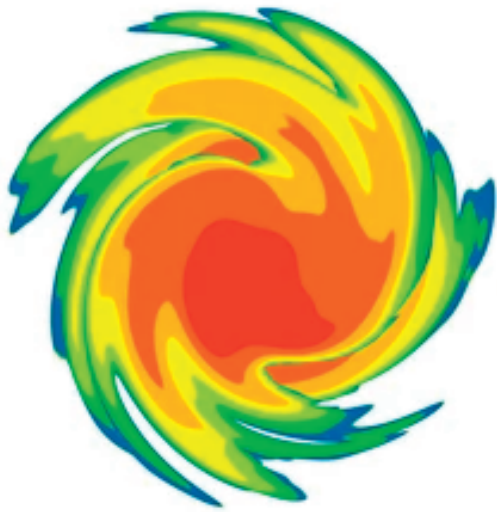


- Watch a YouTube video of Matt Zeve discussing the growth in Harris County and how we can balance continuous development and effective drainage solutions.



**FLOOD MITIGATION: THE EFFORT TO REDUCE LOSS OF LIFE AND PROPERTY BY LESSENING THE IMPACT OF DISASTERS. MITIGATION IS TAKING ACTION NOW —BEFORE THE NEXT DISASTER—TO REDUCE HUMAN AND FINANCIAL CONSEQUENCES LATER (ANALYZING RISK, REDUCING RISK, INSURING AGAINST RISK).**





### **National Hurricane Preparedness**

Be ready for hurricane season. Today you can determine your personal hurricane risk, find out if you live in a hurricane evacuation zone, and review/update insurance policies. You can also make a list of items to replenish hurricane emergency supplies and start thinking about how you will prepare your home for the coming hurricane season.



### **Hurricane Season Is Here**

The Boy Scout motto is "Be prepared." We are in hurricane season now and goes through the end of November, so it is time to make sure you and your family are as prepared as possible.

While many residents have been through hurricane seasons before, it is always a good idea to have your plans made before anything may happen. Being

Use the QR code below to find resources for hurricane preparedness.

### **What to do Before a Tropical Storm or Hurricane Creating a Plan**



**"HURRICANE SEASON BRINGS A HUMBLING REMINDER THAT, DESPITE OUR TECHNOLOGIES, MOST OF NATURE REMAINS UNPREDICATBLE."**

**~DIANE ACKERMAN (AUTHOR, POET, NATURALIST)**

# Trash Pickup Info

Please have trash out at the curb by 7:00 a.m. each collection day.

On each regularly scheduled collection day, Best Trash will collect residential refuse located at the curbside. Refuse must be in containers (30-50 gallons) or bags (not exceeding 40 gallons or weighing over 40 pounds).

Trees, shrubs, brush trimmings and fencing must be bundled in lengths no greater than 4 feet with no branch diameter exceeding 3 inches. The bundling is required to allow quick pickup and size limitations are required to avoid damaging the equipment in the crushing process. All residential waste materials except tree and yard waste must be either in containers, bags or bundles not exceeding 40 pounds.



**Best Trash**



Items such as appliances, furniture, carpet (up to 1 room, rolled up four feet wide and less than fifty pounds), cardboard boxes (flattened), will be picked up either day. By Federal Law, refrigerators and freezers or any other items containing Freon must be drained of Freon and have an accompanying bill to validate such service was performed.

Items excluded from normal collection are dirt, rocks, bricks, concrete, tires, batteries, motor oil, cooking oil, waste generated by a private contractor or any materials or items deemed hazardous materials. Best Trash will leave a tag explaining the reason for non-collected item(s).

An enhanced feature of the new provider will allow for items excluded by the contract if notified in advance, Best Trash will meet with a resident prior to collection day to determine a price to haul the non-contract items. If a resident does not notify Best Trash of such a special pick-up before its scheduled day, then Best Trash will leave a notice for the resident to contact Contractor during normal office hours before the next scheduled pick up day.

Please do not dispose of gasoline, motor oil, paints, cooking oil, or any other liquid items in a container that is not visible to Contractor personnel. If it results in spillage, that causes a stain, Best Trash is not responsible for the cleanup.

## Holidays

When regular pick-up falls on a holiday, New Year's Day, Memorial Day, July 4th – Independence Day, Labor Day, Thanksgiving Day, and Christmas Day, the pick-up will be made on the next regularly scheduled collection day.



Please contact our office  
should you have any  
questions, concerns, or  
comments:

Email – [info@rrrtx.net](mailto:info@rrrtx.net)  
Website – [www.rrrtx.net](http://www.rrrtx.net)  
Phone – (346) 248-5222



## RESIDENTIAL

Recycling & Refuse of Texas

### Guidelines for Pickup

- **ONLY USE CLEAR BAGS or RECYCLING CONTAINERS.** Items in black or white trash bags will not be picked up
- Have items out by 7AM
- Place recycling on opposite side of driveway from trash
- If you move, please leave the recycling container at the home



*Reuse*

*Reduce*

*Recycle*

- **Paper** – magazines, newspapers, copy paper, phone books, junk mail, etc.
- **Plastic #1 through #7 (NO Styrofoam)**– juice, water, milk, soda, detergent, cleaners, RX bottles. (If in doubt, check bottom of container for recycling emblem and number in center)
- **Aluminum** – any type of soda beer or drink can, etc. **(PLEASE RINSE OUT)**
- **Tin Cans** - any food can, pet food can, etc. (no aerosol containers) **(PLEASE RINSE OUT)**
- **Cardboard** – boxes, cereal, food, detergent, pet food, etc. (No grease stained boxes or containers with food)
- **Glass** – any color glass. Must be pure glass. Cannot be ceramic, mirror, pottery stoneware, or china type items.
- **Thin Plastics** – bags from grocery, sleeve on newspaper, wrapping on dry cleaning – bags **MUST** be tied together and put into another bag. **NO LOOSE BAGS.**



### Items that CANNOT be recycled in your cart

- |                    |                    |                       |
|--------------------|--------------------|-----------------------|
| • Light Bulbs      | • Computers        | • Scrap Metal         |
| • Batteries        | • Paper plates     | • Styrofoam           |
| • Fabric           | • Napkins          | • Appliances          |
| • Diapers          | • Paper towels     | • Hangers             |
| • Pottery Ceramics | • Wood             | • Yard Waste          |
| • Air Filters      | • Food/Pizza Boxes | • Hazardous Materials |





## Anyone For Tennis?



Are you looking for a fun and exciting sport with an emphasis on developing hand-to-eye coordination and footwork for your child?

Are you looking to improve your own skills or move to the next level of competition?



## Summer Adult Beginners

Tuesday, Thursday and Saturdays from 6:00 – 7:00 p.m.

Players	Members	Non-Members
2	\$28	\$32
3	\$22	\$26
4	\$18	\$22
5	\$15	\$20







## SUMMER CAMP

KIDS 5 TO 10 YEARS OLD

2022



May 31st through AUGUST 5th

MONDAY - FRIDAY

MORNINGS 9:00AM - 12:00 NOON

9:00 AM - 11:00 NOON

AFTERNOON 5:00PM - 7:00 PM

FRIDAY - PIZZA DAY - No afternoon

QuickStart  
tennis

3 HOUR SESSION \$140 members \$150 nonmembers \$40 DROP IN  
2 HOUR SESSION \$100 members \$115 nonmembers \$30 DROP IN  
MORNING AND LUNCH (tennis only in the morning)  
(pick up early afternoon) \$250. \$850 month  
DROP IN \$60

PRICES ARE PER WEEK. / Consecutive weeks 10% discount paid in advance



## SUMMER CAMP

JUNIORS AND ADULTS

2022



May 31st through AUGUST 5th

MONDAY - FRIDAY

MORNINGS 9:00AM - 12:00 NOON

9:00 AM - 11:00 NOON

AFTERNOON 5:00PM - 7:00 PM

FRIDAY MATCH PLAY.

Only morning session pizza day

3 HOUR SESSION \$140 members \$150 nonmembers \$40 DROP IN  
2 HOUR SESSION \$100 members \$115 nonmembers \$30 DROP IN  
Double session \$250 or \$900 month DROP IN \$60



Rivera.tennis@hotmail.com

(732) 678 -7708



RIVERATENNIS



RIVERATENNISACADEMY

FOREST OAKS SWIM & RACQUET CLUB 19023 Joanleigh Dr Spring, TX 77388

## Summer Monthly Prices



# of Days	2 Hours	3 Hours
2	\$195	\$285
3	\$265	\$420
4	\$330	\$500
5	\$400	\$580
Double Session		\$990



## Summer Private Lessons

	Director		Assistant	
	Members	Non-Members	Members	Non-Members
1 Hour	\$70	\$75	\$60	\$65
4 Lessons/month	\$260	\$280	\$200	\$220
8 lessons/month	\$500	\$540	\$380	\$400



# FOREST OAKS SWIM TEAM

[www.fostbarracudas.org](http://www.fostbarracudas.org)

## CONGRATULATIONS TO FOST ON WINNING THE 2022 DIVISION CHAMPIONSHIP!

The Barracudas will be back at work to try to duplicate this winning season in April 2023. FOST is the official swim team of WCID 110, and we have the honor of training, practicing, and swimming at the Forest Oaks Swim and Racquet Club. FOSRC has the best facility around!

FOST online registration starts February 1, 2023. It is open to all kids who can swim at any ability (but they must be able to swim). For little ones that are not able to swim yet, please see our Barracuda Splash program. Our swimmers are ages 4-18. FOST Barracudas is the best way to see your kids grow physically and develop friendships that they will keep through school and possibly beyond.



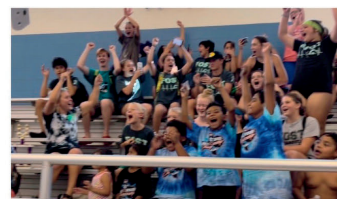
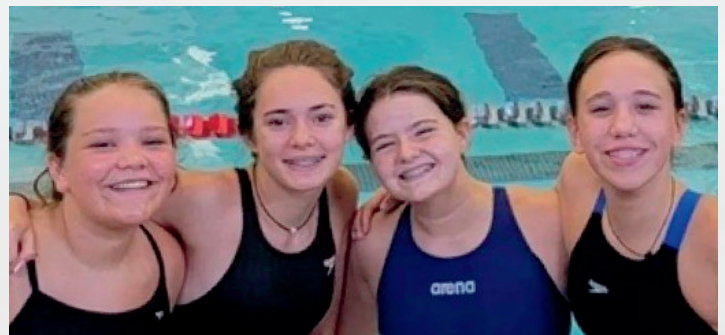
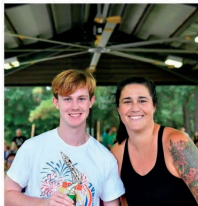


# FOST Barracudas 2023 Schedule

FOST will start training again in April 2023. This is a perfect opportunity to get your child into a sport that is super healthy along with being around more friends here than anywhere else.

FOST is the perfect opportunity to get to know your neighbors. FOST has the best parental involvement and the best camaraderie of any team!

Please visit our website to learn more about Forest Oaks Swim Team & Barracuda Splash learn-to-swim program. Information can be found at [www.fostbarracudas.org](http://www.fostbarracudas.org).





# On Deck with our Pool Manager

I want to give a huge THANK YOU to all of our wonderful lifeguards that worked hard to make this summer the best! We had lots of fun training and enjoyed seeing all of our residents and patrons at the pool.

Just a reminder the pool closes for regular season hours on August 9, 2022. We will have our last kick of fun for the season on Labor day so don't forget to join us!

We will continue to be open on the weekends through labor day and for adult swim Tuesday - Thursday from 9am-4pm as long as weather permits.



## American Red Cross

We are also happy to announce that we are going to start teaching American Red Cross CPR/AED/First Aid classes at our facility starting in the fall. These classes will be taught by the Aquatics Manager as well as some of our Head Lifeguards who are Red Cross Instructor Trained. There are no official dates for classes yet so keep an eye out if you are interested and feel free to reach out with any further questions!

For anyone interested in any of our potential certifications, please use the QR to the right to provide your information.



## Fall Upcoming Events

### August 2022

- **Starting 8/1-8/9:** Back to School student supply donations accepted in clubhouse
- **8/9** - Last day of normal summer pool hours...just weekends after 8/10
- **8/10** - Klein ISD first day of classes
- **Weekend Pool Hours after 8/10 - 9/4**
  - Saturdays: 11 a.m. - 9 p.m.
  - Sundays: noon - 6 p.m.
- **8/10** - Adult Swim starts from 9 a.m. - 4 p.m. Tuesdays, Wednesdays, and Thursdays as long as weather permits.
- **8/16** - Spring ISD first day of classes

### September 2022

- 9/5 - Labor Day Pool Bash
  - Hotdogs, chips, drinks from noon - 2 p.m. while supplies last.
  - Last day for regular pool season operation

### October 2022

- 10/4 - National Night Out Event - 6p-9p
- 10/10-14 - KISD Fall Break
- 10/17 - KISD Student Holiday
- 10/22 - Trunk or Treat Event Time TBA

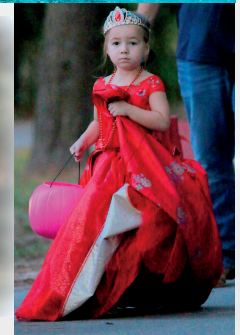
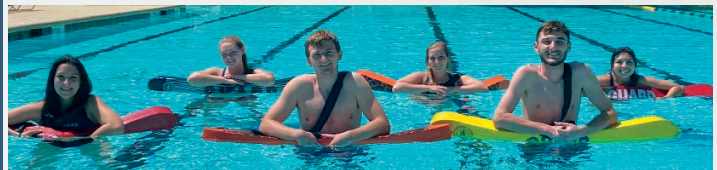
### **MORE EVENTS COMING IN NOVEMBER-JANUARY IN NEXT NEWSLETTER**

### November 2022

- 11/8 - KISD Student Holiday
- 11/21-25 - KISD Thanksgiving Holiday

### December 2022

- 12/14-16 - KISD High School early dismissal
- 12/16 - KISD and SISD last day of fall semester
- 12/19-1/3/23 - KISD winter break



## Upcoming Projects for FOSRC

Tennis Courts 1-4 will be resurfaced at some point in the fall. When this occurs, all residents will be notified through newsletter, potpourri, social media and our website. We will only have four courts available during the construction project and will work with all stakeholders on court usage and availability.

## Feedback for Parks and Rec

The QR code below will allow you to provide feedback on current and potentially new programming, services, and amenities for the FOSRC. This survey is anonymous and will take ~10 minutes to complete. We appreciate ALL feedback you are willing to provide so we have as many ideas as possible while moving forward.





# Thank you to our local businesses!

Supporting our local businesses benefits our entire community. There are 200+ businesses serviced by WCID110.

About 75% of those businesses are within the Strategic Planning Agreement (SPA). Through patronage at these businesses, the District collects 1/2 cent of every penny in taxes they pay to Harris County. A large portion of this income has gone to fund most of our recreational facilities, programs, maintenance, and capital expenditures.



## What is Holistic Health and Wellbeing?

What comes to mind when you hear the word health or wellbeing? Are you picturing a plate of vegetables, sweating for hours at a gym, "lose-weight quick" shakes, or some unobtainable article you read from a random website where you have to go to sleep at 8 o'clock at night and get up at 4 o'clock in the morning? Do you imagine yoga poses or meditation? Do you hear these words and simply say "I don't have time for that stuff!"

Holistic health and wellbeing is wider view of our own personal wellness journey. This concept incorporates eight "domains" of wellness which lead to a sense of happiness – "long-term emotional well-being that comes from fulfillment, purpose, and connectedness." Before you quit reading because you think this is a short write-up telling you "just be happy," I encourage you to stick with it.

Learning to view your own health and wellbeing through these different domains of wellness can provide you a stronger sense of holistic wellbeing or provide you clearer answers as to why you feel you are "not happy" with how things are going so you can create plans or action steps to improve a specific aspect of your wellbeing.

Psychology researcher Sonja Lyubomirsky of the University of California, Riverside, elaborates, describing happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."

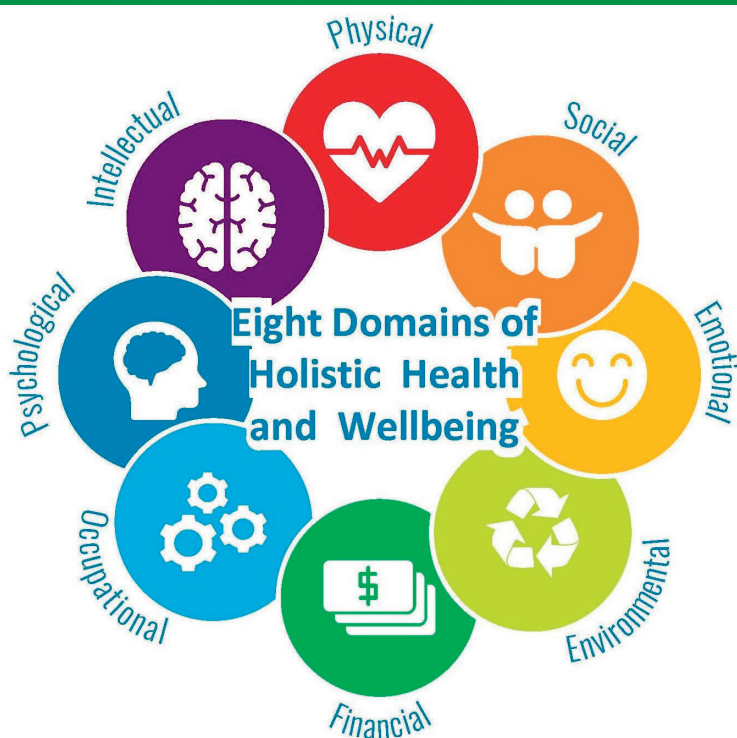
### Benefits of Increased Physical Activity:

- Improved brain health
- Help manage weight
- Reduced risk of disease
- Strengthen bones and muscles
- Improved your ability to do everyday activities.

## How Physically Active are You?

Over the next couple of weeks, I encourage all of our residents to take time to think about your level of physical activity. Physical activity is any and all movement that elevates your heart rate for an extended period of time.

- During the day, are you being physically active all at once (gym, walk, bike) and then you sit down for extended periods of time like in an office or class?
- Are there ways you can add 15-20 minutes of physical activity two or three times per day?
- Are there ways you can incorporate more physical activity with your friends or family that make it fun?



### Physical Activity is a SPARK!

When thinking about physical activity, it isn't just about weight lose. Physical activity impacts every aspect of your life and if you solely look at one metric, then you won't find consistency in your efforts or comprehend the holistic view of yourself or your health. While weight lose is one component, force yourself to examine other domains of holistic health and wellbeing and think about how physical activity connects to those other domains.

Dr. John Ratey wrote a book about physical activity and its impact on your holistic wellbeing. If you are interested, google SPARK: The Revolutionary New Science of Exercise and the Brain to find the book, videos, and articles about his research. It may be the start of something special for you and your family.



# Mills' Minute

## I LOVE SPORTS!!!

Like most native Texans, I love football. I didn't grow up playing football because I was a band-nerd (and I mean that in the most thankful and respectful way possible). I have been a football official for 20 years now and it is one of the most fun, exciting, and rewarding hobbies I could ever have imagined. I started when I was in college and, if not for a leg injury last year, I would have worked my first state championship game at Cowboy Stadium this past December.

There is a significant shortage of sports officials in the state right now and the impact of this shortage is only going to get worse for all sports at all levels. If you have any interest in becoming a sports official, please feel free to email me at [brianmills@hwcid110.com](mailto:brianmills@hwcid110.com) and lets talk!

You can also visit [www.TASO.org](http://www.TASO.org) for more information about all sports. TASO stands for the Texas Association of Sports Officials. The QR code below will take you directly to the TASO.org website.

**TASO**  
**Website**



## Mills' Three E's Of Service

### Engage

I hope to bring a new level of engagement with our residents and this community. We will strive to engage our members and patrons through programs, services, and events to create a strong sense of connectedness and community.

### Educate

While I am still transitioning into the district manager position, there will be a significant learning curve as it relates to all of the components of WCID110 and Parks and Rec. I hope to be available as much as possible to meet with our members and residents and learn what you need/want from our team and our facilities. I encourage you to complete the feedback survey in this newsletter so we can start to compile a list of ideas for the coming weeks as we begin to create a strategic plan for the next few years.

### Empower

Our team's role is to be good stewards of our resources and work closely with our Board in developing strategic plans and action steps. We want our residents to feel a sense of ownership of our spaces and programs. While we will not be able to say yes to every idea or request, we will always listen and try to find ways to accomodate instead of reasons to say no.

**"PEOPLE DO NOT DECIDE THEIR FUTURES, THEY DECIDE THEIR HABITS AND THEIR HABITS DECIDE THEIR FUTURES."**  
**F.M. ALEXANDER**



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HARRIS COUNTY WCID 110  
PARKS AND RECREATION  
FOREST OAKS SWIM AND RACQUET CLUB  
FOREST OAKS PARK  
AUGUST - OCTOBER 2022



HAVE A GREAT START FOR OUR LOCAL SCHOOLS!!!!

