



Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

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www.brookmeadows.org

May 2013

New BMHA Board of Directors

On April 15th, 2013 we had a changing of the guard on the Board of Directors for a two year term. Please welcome our 3 new directors:

Tony Elkins, Richard Seals, and Mitchell S. Milby

Tony, Richard and Mitchell will join Sally Wheeler and Walter Aue, who are in their second year of service.

A round of applause to our 3 directors who have completed their two year term, Mic Deakin, Roger Poirer and Rich Schreder.



May Social Calendar

May-June TBD

Spring Patio Party

Hosts - the McSweeney's - details to follow
in email and flyer

May 28

Last Tuesday 6:30pm

Twisted Root - 2820 Central Drive -
Bedford, TX 76021

June 24

Last Tuesday 6:30pm TBD

Not receiving the BMHA e-mail blasts?
Try these two steps.

To Volunteer - Contact

directors@brookmeadows.org

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.

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

2012 Board of Directors

President - Mic Deakin 817-399-9885

Vice President - Walter Aue..... 817-300-3718

Treasurer - Roger Poirier..... 817-684-0419

Secretary - Sally Wheeler..... 817-PHONE

At Large Member - Rich Shcreder 817-545-7753

Newsletter Editor

Shelley Haaker..... shelley.haaker@staples.com

NEWSLETTER INFO

PUBLISHER

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Advertising..... advertising@PEELinc.com, 512-263-9181

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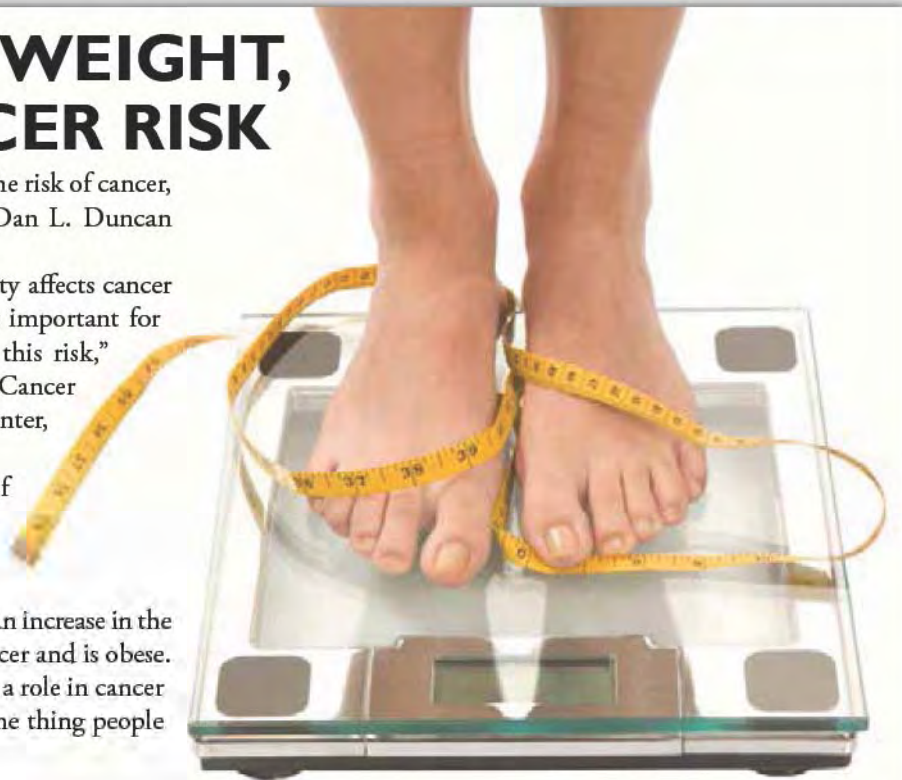
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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Jeremy Spicer, Vandegrift High School Director of Bands, is dedicated to teaching music. He says, "Music is a part of everyone's life in some form. The study of music and all of the arts is critical to the complete education of society...it allows humans the tools to stir feelings and create emotion." This article will provide you with 18 benefits of playing an instrument and will hopefully give you a better sense of appreciation and pride for music.

2. Refines your time management and organizational skills. Learning how to play an instrument requires you to really learn how to be organized and to manage your time wisely. A good musician knows that the quality of practice time is more valuable than the quantity.

4. Teaches you perseverance. Learning to play an instrument takes time and effort, which really teaches you patience and perseverance.

12. Creates a sense of achievement. Overcoming musical challenges that you thought you'd never quite master can give you

www.effectivemusicteaching.com/articles/directors/18-benefits-of-playing-a-musical-instrument/

A decorative musical staff with a treble clef and a key signature of one sharp (F#). The staff contains a series of notes, including quarter notes, eighth notes, and sixteenth notes, arranged in a flowing, ascending and then descending pattern. The staff is black and white, with the notes and clef clearly visible against the white background.

12. Creates a sense of achievement. Overcoming musical challenges that you thought you'd never quite master can give you

Mr Spicer adds, "I cannot imagine my life, or society, without music...it has defined me in nearly every way possible." Adapted from an article by by Michael Matthews. For the full article and sources visit <http://www.effectivemusicteaching.com/articles/directors/18-benefits-of-playing-a-musical-instrument/>

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Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
 - Wash your hands frequently and thoroughly during food preparation.
 - Wash all produce before cutting and chopping.
 - Refrigerator leftovers within two hours.
 - Use a thermometer when reheating food as well.
- Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.



ARC Approval

Thinking of changing, modifying or adding something to the exterior of your home?

STOP!!

Before proceeding please review the CC&R's and amendments for any and all applicable restrictions. Any change deviating from the CC&R's and amendments need approval of the Architectural Review Committee (ARC) BEFORE the change/improvement is implemented. We have had occurrences where homeowners thought a change was within the CC&R only to find out it was not. An item as simple as changing the color of your roof requires ARC approval.

When in doubt ASK the ARC!



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