THE TRIBUTARY AUGUST 2023



IMPORTANT NUMBERS

YOUR NEIGHBORHOOD

Cross Creek Ranch Welcome Center (281) 344-9882

Cross Creek Ranch Fitness Center (281) 344-0078

CCR App/Website:

Fulshear/Simonton Branch Library (287) 346-1432

Homeowners Association C.I.A. Services, Inc. (713) 981-9000

CCRCA Management Team (713) 344-0532

customercare@ciaservices.com

- Kristen R. Craig, CMCA, AMS, PCAM -General Community Manager
- Deniece Reyes, CMCA, AMS Senior Community Manager

Cross Creek Ranch Lifestyle Director Alyssa Brewer - (281) 341-8429 lifestyledirector@crosscreektexas.com

SERVICE PROVIDERS Trash/Water - City of Fulshear (281) 346-1796

Water - Inframark LLC (281) 398-8211

Cable/Internet - AT&T U-Verse att.com/u-verse AT&T Call Center (877) 910 0501

City of Fulshear (281) 346-1796

www.fulsheartexas.gov

Fulshear-Katy Area Chamber of Commerce (832) 600-3221

Fulshear Post Office (281) 533-9146

Fort Bend County Sheriff (281) 341-4665

Fulshear Police Department Non-Emergency: (281) 346-2202

Fulshear Fire Department (281) 346-2800

Animal Control (281) 342-1512

Emergency 911

HOA CORNER

Essential Back-to-School Tips —— FOR PARENTS AND STUDENTS ——



As summer draws to a close, the excitement and anticipation of going back to school start to fill the air. Whether your child is entering kindergarten or heading off to college, the back-to-school season presents a perfect opportunity to set the stage for a successful academic year. To help parents and students make a smooth transition, we've compiled a list of essential tips to ensure a positive and productive start to the school year.

Getting back into the rhythm of school can be challenging after a long break. Start gradually adjusting sleep schedules and meal times at least a week before school starts. Establishing a consistent routine will help children adjust to early mornings and set them up for focused learning throughout the day.

Avoid the last-minute rush by preparing school supplies, clothes, and backpacks ahead of time. Create a checklist to ensure everything is ready before the first day. For older students, check that they have all the necessary textbooks and stationery items to start the year off right.

Sit down with your child and discuss their goals and expectations for the upcoming school year. Encourage them to set realistic targets for academic achievement, extracurricular activities, and personal growth. Setting clear goals will motivate students and provide a roadmap for success.

A healthy body and mind contribute to better academic performance. Encourage regular exercise, a balanced diet, and sufficient sleep to support your child's overall well-being. Make sure they have nutritious meals, engage in physical activities, and get enough rest to stay energized and focused during school hours.

Finally, instill a positive mindset in your child. Emphasize the value of hard work, perseverance, and resilience. Encourage them to embrace challenges, learn from failures, and celebrate their achievements. A positive mindset will help them navigate any obstacles they encounter throughout the school year.

The back-to-school season is an exciting time for both parents and students. By following these essential tips, you can ensure a successful start to the academic year. Remember, establishing routines, fostering effective communication, promoting healthy habits, and encouraging a positive mindset are key ingredients for a productive and fulfilling school year. Here's to a year of growth, learning, and achievement!

Your CCRCA Management Team

Get Connected to YOUR COMMUNITY

THREE WAYS TO STAY IN-THE-KNOW

1 Monthly Newsletter

ROSS CREEK CROSS CREEK



MyCrossCreekApp.com

Download the official community app for access to amenities & more!

Scan me to download the app!





CROSS CREEK

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Questions?

Contact C.I.A. SERVICES: 713-344-0532

customercare@ciaservices.com | www.CIAServices.com

To receive the mailed newsletter or emails, please contact Alyssa Brewer, at LifestyleDirector@CrossCreekTexas.com

CROSS CREEK

Naturehood

An educational series sharing the nature and wildlife around Cross Creek presented by your resident peers.

We're excited to introduce an article that will become a permanent fixture in our newsletter, keeping you informed and engaged. This dynamic piece of content will undergo regular updates every quarter, ensuring it stays fresh and relevant. You can trust that you'll always have access to up-to-date and valuable knowledge. *Join us as we embark on this exciting journey of perpetual growth and discovery!*



Native plants like this liatris bloom support insect communities, which in turn are the perfect food for bird populations.

Photo Credit: Amber Leung

Whether you have lived in Southeast Texas your entire life or you're a recent arrival, there is always something new to discover here in the outdoors. The Cross Creek Ranch Community Association, "The Naturehood", is not just our home, but it also hosts numerous birds, small mammals, reptiles, and amphibians. Naturally, those animal communities are fed and sheltered by all the native trees, shrubs, grasses, and wildflowers that line our streets, yards, and parks.

Like many of us, great blue herons come to our neighborhood for the opportunity to raise their families in a safe and nurturing environment. This season, we were privileged to witness one such family in great detail as CCRCA resident Raymond Choo documented their nest from hatch to fledge. May and June are peak bird nesting months, so it's ideal to delay mowing tallgrass areas or trimming trees until late summer to avoid disrupting nesting. All native migratory birds (and nests) are protected by federal law. In cases of orphaned or injured birds or other wildlife, check the Animal Help Now website (www.ahnow.org) for advice and a list of permitter rehabilitators in our area.

Summer is also the season of roaming reptiles. Our aquatic turtles are often seen crossing roads and digging nests in flowerbeds. A helping hand across a road in the direction of their travel can sometimes make the difference between life and death for them. In contrast, a roaming snake is usually a less-welcome

sight in a neighborhood. Humans look a lot like intimidating predators to these legless reptiles, and they tend to freeze or flee when a person comes close. Watch where you place your hands and feet and always wear shoes when it's dark to keep safe. They provide important pest control services to cut down on the pesky rodent population without harmful poisons. A well-aimed water hose stream can move an unwelcome serpent along to eat rats elsewhere.

In generations past, our small section of Fulshear was once part of a much larger habitat that blanketed nearly 10 million acres, the Coastal Prairie. It was a bountiful and diverse place that witnessed the thundering hooves of vast bison herds and the indigenous peoples that relied on them. Over time, the landscape changed from prairie to pasture and ploughed farmland. These changes continue now as our communities grow. Let's work together to enjoy and preserve the wildlife of our naturehood for the next generations!

Written by: Amber Leung Photography by: Raymond Choo



The CCR neighborhood heron family. The mother (right) has just flown in to join the father. Photo Credit: Raymond Choo





AUGUST events

August 1-20

School Supply Drive

Let's rally together and make this School Supply Drive a resounding success! Please consider donating Pencils, Highlighters, Blue, Black, & Red Pens, Pencil Bags, Subject College Ruled Notebook, Scissors, Erasers, 3 Ring Binders, Tabbed dividers, Weekly Planner, and Loose-Leaf Paper. Together, we can make a meaningful difference in the lives of students by ensuring they have the essential tools they need to succeed academically.

August 4-5

Summer Family Luau

Escape to the tropics without leaving Cross Creek at our highly anticipated Annual Summer Family Luau! This much-loved community event is perfect for all ages, promising an unforgettable evening of Hawaiian-inspired entertainment and delightful summer vibes. Immerse yourself in the spirit of aloha as we celebrate the warmth of the season and the joy of being together as a community.

August 9

National Coworking Day

Join us for National Co-Working Day! Whether you're an independent freelancer, a remote employee, or a business owner seeking a change of scenery, National Co-Working Day at Camp Flewellen is the perfect occasion to enhance your productivity, expand your professional network, and embrace the spirit of collaboration. Don't miss out on this unique event in the heart of Cross Creek!

August 11

Community Blood Drive

Gulf Coast Regional Center will be set up in the Community Room from 12:00 PM - 6:00 PM on July 14th, ready to accept your generous donation and hand out free juice and cookies afterward. RSVP today - every donation can save as many as three lives!

August 25

Cross Creek Cinema: DC League of Super-Pets

Join us for a SUPER experience at our movie night on August 25th! Together, we'll embark on a heroic adventure as the world's most beloved pets team up to save the day in this animated superhero blockbuster. Gather your friends and family, bring your blankets and chairs, and get ready to enjoy a night of fun under the stars.

August 26

Mutt Strutt

Get ready for a tail-wagging good time at "Mutt Strutt," the ultimate dog event in our community! Join us for a day filled with furry friends, fun activities, and a celebration of our beloved canine companions. This pawsome gathering that brings together dog lovers and their furry pals from all over Cross Creek. Whether you're a dog owner, a dog enthusiast, or simply want to enjoy a day filled with adorable canines, this event is for you!



Picnic in the Park – National Eat Outside Day

Mark your calendars, pack your picnic baskets, and join us for a delightful day of outdoor dining, laughter, and camaraderie. Let's celebrate National Eat Outside Day together, creating cherished memories while enjoying the simple pleasures of good food and great company. See you at the park!



CROSS CREEK RANCH

FITNESS CENTER



GYM TERMS THAT EVERYONE SHOULD LEARN

Being a beginner to strength training can be confusing and even slightly overwhelming. Empowering yourself with knowledge plays a crucial role in boosting confidence, both within and beyond the walls of the gym. You may have heard various gym terms or glimpsed them within fitness programs without fully understanding their meaning. By acquainting yourself with a few key terms that are relevant to the foundational principles of strength training, you'll empower yourself with a deeper comprehension of your own personal programming and increased confidence. There is a myriad of terms that can be found, but the few below are to give a kickstart introduction to the principles of strength training:

HYPERTROPHY - An increase in muscle size as a result of the natural stress of exercise.

DOMS - Delayed Onset Muscle Soreness; Soreness felt after doing a new exercise or activity

PROGRESSIVE OVERLOAD - The gradual increase of stress put on the body in exercise to stimulate muscle adaptation. Ex) Increase weight, speed, volume, intensity, frequency

COMPOUND EXERCISE - An exercise that involves more than one joint and muscle group. Ex) Bench Press, Barbell Squat, Deadlift **REPETITIONS** - (or reps) The number of times that you repeat a given exercise consecutively.

SETS - A group of repetitions to be performed with rest in between.

SUPERSET - Alternating between two exercises back to back with minimal to no rest in between.

AMRAP - As Many Reps As Possible. Performing as many reps as possible for a given exercise, generally until muscle failure

Interested in learning more terms and gaining an understanding of the principles of strength training? Great resources for more information include the National Strength & Conditioning Association, the American Council on Exercise or meeting with a Certified Personal Trainer.

Email fitness@crosscreektexas.com for more information

Make sure to check out our Facebook and Instagram pages for the most up to date information, tips and advice from your Cross Creek Ranch Fitness Center team.

INSTAGRAM: @CCFITNESSCENTER | FACEBOOK: FACEBOOK.COM/CROSSCREEKFITNESSCENTER

For information about current or future upcoming programs, call us at 281-344-0078 or email kylee@risherco.com



FITNESS CENTER Group Classes

BODY BOOST WEDNESDAY & FRIDAY • 9:00am

BOOT CAMP TUESDAY & THURSDAY • 5:15am MONDAY & WEDNESDAY · 6:15pm

> CORE ESSENTIALS TUESDAY · 6:15pm

> > HIIT TUESDAY • 11:00am

MOVEMENT & MOBILITY THURSDAY • 11:00am

> **SCULPTAND TONE** THURSDAY · 6:00pm

> > YOGA TUESDAY · 7:00pm FRIDAY • 9:45am

ZUMBA MONDAY · 9:00am THURSDAY · 7:00pm



Follow us FOR MORE UPDATES, **VIRTUAL CLASSES, AND WORKOUTS**



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*Residents/Staff inside the weight room are NOT permitted to grant access. Please check with the Fitness Center regularly for updates. 1/23

6440 Cross Creek Bend Lane, Fulshear, TX 77441 • 281-344-0078

CROSS CREEK RANCH

FITNESS CENTER Hours







Ages 18+ ONLY

Valid Key Fob or Mobile Credential required for Fitness Center access.*

MONDAY-THURSDAY

4am - 10pm

FRIDAY 4am - 9pm

SATURDAY 4am - 7pm

> SUNDAY 4am - 7pm

Ages 13-17

Valid Key Fob or Mobile Credential required for Fitness Center access.*

MONDAY-THURSDAY 5am - 10pm

FRIDAY 5am - 9pm

SATURDAY 8am - 7pm

SUNDAY 11am - 7pm

* Temporary Access Holders permitted during 13-17 Access Hours

** Residents/Staff inside the weight room are NOT permitted to grant access.

*** Applications complete and fobs/mobile credential in transit. 1/23

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Cross Creek Ranch continues to expand its array of amenities with the opening Camp Flewellen, a 4-acre complex with both indoor and outdoor spaces. Anchoring the new amenity is a 3,300-square-foot clubhouse, the community's second. It will host resident events and exercise classes and can be rented out for private events. A large patio is also available. An event lawn also will play host to resident events. Other outdoor features of Camp Flewellen include a playground, firepit, outdoor game area and shade structure. There also is a viewing area of Flewellen Creek, a 2-mile stream and surrounding 150-acre parkland that has been fully restored and serves as a wildlife habitat. In 2013, Flewellen Creek won a Parks and Natural Areas restoration award by the Houston-Galveston Area Council.

"Camp Flewellen overlooks the tranquil Flewellen Creek and connects to our expansive trail system, adding to the pedestrian- and bike-friendly ambiance of our community," said Rob Bamford, Senior Vice President and General Manager of Cross Creek Ranch.

A significant portion of Camp Flewellen was funded by the Cross Creek Ranch Community Foundation, a program that awards grants to support community events, technology, education, the environment, health and wellness and infrastructure.

We would like to thank everyone who joined us for our Resident Open House on Saturday, June 26th! This event was an amazing opportunity for residents and their families to gather and explore Camp Flewellen. The event included face painting stations that transformed the faces of both children and adults. A local DJ cranked up the tunes with vibrant, fun music and led several hula hoop competitions. Resident-owned Food Truck, Yeti Ice Co., provided the perfect treat on a hot summer day, sweet Italian ice, and snow cones! Attendees also enjoyed the variety of outdoor spaces including the playground, patio, and event lawn! This was just the first of many exciting events that will take place at Camp Flewellen!

For more information about renting Camp Flewellen, please visit the My Cross Creek App. Please keep in mind that submitting a reservation request does not guarantee your booking. To secure your desired time slot, we kindly ask that reservation requests be made at least three weeks prior to the event.



HOW TO ACCESS Amenities

CROSS CREEK

The new Cross Creek Ranch Amenity Access and Gate Entry System is live now! This will allow you to access amenities with your smartphone or key fob.

Your mobile credential app is not linked to the My Cross Creek App, but through an app called "Conekt".



Step 1: REQUEST ACCESS ONLINE

Once you complete the Amenity Access form online, (either through CIA Services website or the CCR app) you will receive an email confirmation that your request has been received. A separate email will be sent with your amenity access information with instructions on how to proceed. **TIP: Check your spam folder for the email.**

Or visit www.CIAServices.com

CROSS CREEK

Find My Community // Cross Creek Ranch // Ask, Request, Submit // Request a Device

NOTE: While you await your confirmation for amenity access, make sure to request your Resident Login on the CCR app. It can be found in the app store or Google Play Store. You can also access the web version of the app by visiting www.MyCCRanch.com.





Step 2: GETTHEAPP

(Skip this step if you requested only a key fob) When you receive your amenity access information email you will use your 16 digit code or QR code within the attachment to upload your mobile credential to the **CONEKT** app.

Note: once you upload your mobile credential, your mobile device is active! If you did not request a mobile credential, you are not required to download this app. If you requested a key fob please allow time for the postal service to deliver your device.





Step 3: ACCESS YOUR AMENITIES

You will be able to use your smartphone (once you have downloaded and connected your credentials to the **CONEKT** app) or key fob to scan in with the device reader.

Questions? Contact C.I.A. Services

CustomerCare@CiaServices.com · 713-344-0532 · CiaServices.com





















If you have any questions regarding the community events, please do not hesitate to contact me via phone or email. I am here to answer all your questions!

Alyssa Brewer

lifestyledirector@crosscreektexas.com (281)341-8429





UPCOMING events

August

School Supply Drive August 1st-20th

Summer Family Luau August 4th & 5th

National Coworking Day Wednesday, August 9th

Community Blood Drive Friday, August 11th Cross Creek Cinema Friday, August 25th

Mutt Strutt Saturday, August 26th

Picnic in the Park -National Eat Outside Day Thursday, August 31st

October

Be a hero. Donate blood.

Community Blood Drive Friday, October 13th

Fall Community Garage Sale Saturday, October 14th

Family Holiday Photos October 19th - 22nd New Resident Social Thursday, October 26th

Halloween Event Saturday, October 28th

September

Community Blood Drive Friday, September 8th

Texans vs. Colts Game Sunday, September 17th

Fishing Contest September 17th - 23rd

National Girls Night Friday, September 22nd

National Coffee Day Friday, September 29th

Family Health & Fitness Day Saturday, September 30th

*Open to the Public For more details, visit us on the My CCR app or at www.MyCCRanch.com Dates and times subject to change. Please check the app for the most up to date information.



PRESS RELEASE CITY OF FULSHEAR

RELEASE DATE: July 24, 2023

CITY OF FULSHEAR PRESS RELEASE

City Moving to Stage 1 Moderate Water Conservation Measures

The City of Fulshear is moving to **Stage 1** water conservation measures, we are currently experiencing a high demand on all our water systems due to extreme heat conditions and lack of rainfall.

Due to these conditions, we are issuing **Stage 1** water conservation measures asking that residents and businesses (excluding residents on their own water well system) assist the City with conserving water. These measures are extremely important in helping to alleviate the high demand on the City's systems and should help mitigate the fluctuations in water pressure. **Stage 1** measures will hopefully help further reduce demand and conserve water resources for critical potable uses if the drought persists. Please help do your part and conserve wisely. What does **Stage 1** mean, "*Stage 1 is when total daily water demand equals or exceeds 60% of total water well pumpage.*"

To assist, residents and businesses should:

- · Voluntarily reduce watering and/or irrigation to three (3) times per week
- Voluntarily change the irrigation schedule to outside our high-demand hours which are 4AM - 8AM and 5PM - 10PM
- · Voluntarily reduce water usage inside your home/business
- Assess and repair any irrigation leaks, hose leaks, toilet leaks, and any other potential leaks that may cause unexpected water loss

The City of Fulshear will also assist in water conservation by:

- · Reducing landscape irrigation at all City facilities
- · Halting nonessential vehicle washing
- · Halting the establishment of new landscaping
- · Limiting hydrant flushing (except for water system repairs)

If drought conditions continue, we anticipate enacting water conservation measures in accordance with the City's Drought Contingency Plan (Stage II). We appreciate everyone's cooperation and understanding during this time.

If you have any questions or concerns, please contact the City's Utility Services Division at 281-346-8830 or email <u>utilityservices@fulsheartexas.gov</u>.

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l love this town.

Thanks, Cross Creek Ranch.

I love being here to help in a community where people are making a difference every day. Thank you for all you do.

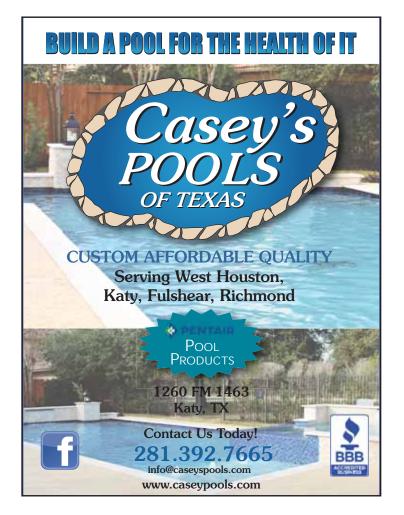


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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get complete information on all of your options.





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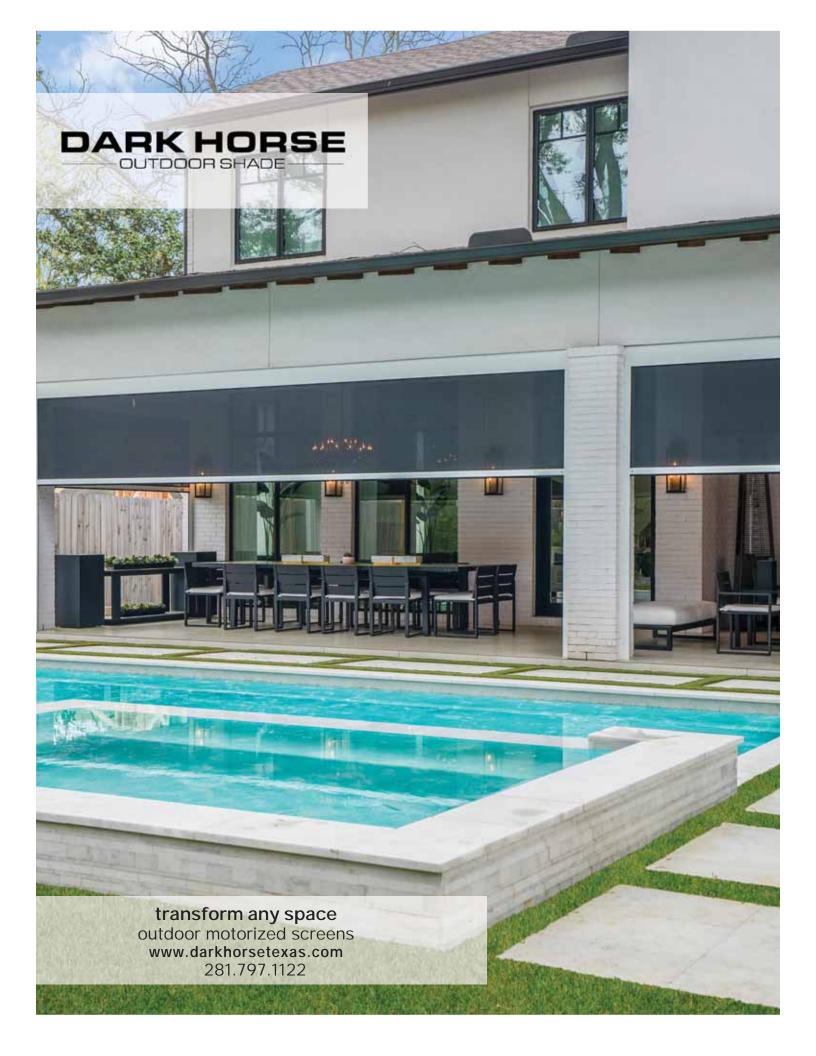


Our family just got bigger!

We're excited to announce the grand opening of our newest pediatric location in the Cross Creek Ranch community and hope you come and join our family! At Texas Children's Pediatrics Fulshear, we offer convenient access to high-quality pediatric care for all children – from newborn to 18 years old. We'll help you develop a trusted, long-term relationship with expert pediatricians backed by the #1 hospital in Texas. At Texas Children's Pediatrics, everything we do is to ensure your family's tomorrow is a healthier one.

> Make an appointment by calling 281-885-6000, or learn more at texaschildrenspediatrics.org/fulshear.





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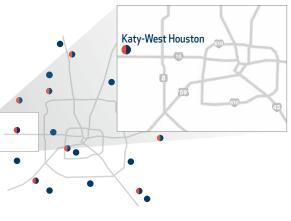


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Getting Started

MY CC APP REMINDER

Are you in the know of what is going on in Cross Creek Ranch? If not, make sure to sign up for the "My Cross Creek Ranch" app downloadable on google play or app store. You can also access the same information on the website at http://www.mycrosscreekranch.com. Once registered, you will start receiving additional information pertaining to community events, informational items and messages from your board and the CCRCA Management Team.

> Apart from receiving eblasts, the community app is a great source of community information, HOA forms, contacting your committees, community event photos and MORE!!