



e-Newsletter June 2025



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www.LakesofBellaTerra.net



June is... Men's Health Awareness Month

June is Men's Health Awareness Month. The Centers for Disease Control and Prevention (CDC, cdc.gov) actively participates in Men's Health Month by sharing health resources and information about men's health issues. The CDC aims to raise awareness about preventable health problems, encourage early detection/treatment of diseases, and promote healthy living habits among men. It is all about encouraging men to take care of their bodies by eating right, exercising, and working to prevent disease.

With age, the risk increases for common conditions, such as high blood pressure, high cholesterol, and diabetes, all of which can be prevented or managed with appropriate care and early detection.

Men should prioritize their health and get screened. Things to consider based on regular medical checkups:

- o Prostate Cancer: The most common cancer in men, particularly those over 50
- o Lung Cancer: A leading cause of cancer death in men, often linked to smoking
- o Colorectal Cancer: Affects the colon or rectum, common in men over 45
- o Skin Cancer: A wide range of skin cancers, including melanoma, can affect men of all ages, especially those with fair skin or a history of sunburn
- o Testicular Cancer: A relatively uncommon but serious cancer, most prevalent in men between 15 and 35 years old
- o Bladder Cancer: More frequent in older men, with smoking being a significant risk factor

The CDC also encourages healthy lifestyle habits, such as exercise, healthy diet, and smoking cessation.

Information to help men make informed decisions about their health can be found under:

- · Office of Disease Prevention and Health Promotion (https://odphp.health.gov)
- · Collaborative organizations like HeadsUpGuys (https://headsupguys.org)
- · National Institutes of Health (NIH) (https://www.nih.gov)

Contributed by Jeannette Hall









https://LakesofBellaTerra.net

visit the community website for more news and information

Resident Recognition

Thank you to all the Boy Scouts for displaying the US flags throughout our community on Flag Day.









Father's Day - June 15th

Juneteenth - June 19th





Social Committee Events



Bike Parade ★ Games ★ Watermelon

Come to Hubenak Elementary playground We will have watermelon, games, color fun, and lots of socializing.

Get those bikes, scooters, etc. decorated and meet us behind Hubenak Elementary for the annual LOBT 4th of July Bike Parade.
The firetruck will leave at 9am SHARP!
Route map coming soon

Stay around and socialize to meet someone new.
Bring some chairs, set up a canopy,
bring drinks, and some eats.



Volunteer Today!

Are you interested in volunteering with social committee, write an article for the newsletter, share news about your club or team, or invite others to join social groups or events?

Send us an email: LakesofBellaTerra@FSResidential.com





Go Bella Terra Barracudas! SWIM MEETS at LOBT MAIN POOL:

Saturday, June 14 Saturday, June 21





2025 LAKES OF BELLA TERRA SLIDE POOL HOURS CALENDAR



| MAY | | | | | | | JUNE | | | | | | | | JULY | | | | | | | |
|---------|-------|-------|-------|-------|------------|------------|------|-------|----------|-------|---------|-------|----------|----------|------|-----|-----|-----|-----|--------|---------|----|
| SUN | MON | TUE | WED | THU | FRI | SAT | | SUN | MON | TUE | WED | THU | FRI | SAT | | SUN | MON | TUE | WED | THU | FRI | SA |
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| 4 | 5 | • | 7 | | | 10 | | | • | 10 | 11 | 12 | 13 | 14 | | | 7 | • | • | 10 | 11 | 12 |
| 11 | 12 | 13 | 14 | 15 | 10 | 17 | | 15 | 16 | 17 | 10 | 19 | 20 | 21 | | 13 | 14 | 15 | 10 | 17 | 18 | 10 |
| 18 | 10 | 20 | 21 | 22 | 23 | 24 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 25 | 26 | 27 | 28 | 20 | 30 | 31 | | 29 | 30 | | | | | | | 27 | 28 | 20 | 30 | 31 | | |
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| U(| | | WED | ТНО | FRI | SAT | | SEF | TEN | /IBE | R | THU | FRI | SAT | 1 | | | | | POOL O | LOSED | |
| | GUST | Tue | | тни | rm 1 | SAT 2 | | | | | | THU 4 | FRI 5 | SAT 6 | | | | | | | M - 9:0 | |
| SUN | BUST | TUE 5 | WED 6 | THU 7 | FRI 1 | SAT 2 | | | MON | TUE | WED | | | - | | | | | | 9:00 | M - 9:0 | |
| 3 10 | MON 4 | TUE 5 | 6 13 | THU 7 | FRI 1 8 15 | SAT 2 9 16 | | SUN | MON 1 | TUE 2 | WED 3 | ٠ | 5 | 0 | | | | | | 9:00 | M - 9:0 | |
| SUN | BUST | TUE 5 | WED 6 | THU 7 | FRI 1 | SAT 2 | | SUN 7 | MON 1 | 7UE 2 | 3 10 | 4 | 5 | 6 13 | | | | | | 9:00 | M - 9:0 | |

CALENDARS ARE AVAILABLE FOR DOWNLOAD ON **WEBSITE AND POSTED AT POOLS IN GLASS CABINETS**

2025 LAKES OF BELLA TERRA MAIN "SAYOR" POOL EVENTS CALENDAR





Community Water Aerobics

It's that time of year again to dust off your swimsuit, take out your water shoes and order some water dumbbells! Community Water aerobics will begin **May 1**st. Grab a friend and get fit with us!

Here are the details:

Who: Open to all adults – Ladies Only Morning (AM) Class and Co-Ed Evening (PM) Class (that's right men, you can come work out too)

When: May 1st – May 26th Ladies Only (AM) Class 7:00 am - 7:50 am, Tuesdays & Thursdays
*May 27th – June 26th Ladies Only AM) Class 6:00 am - 6:50 am, Tuesdays & Thursdays
*June 27th – Oct. 31st Ladies Only (AM) Class 7:00 am - 7:50 am, Tuesdays & Thursdays
May 1st – Oct. 31st Co-Ed Evening (PM) Class 8:00 pm - 8:50 pm, Tuesdays & Thursdays

Where: LOBT Main Pool (Swim at your own risk "SAYOR" Pool)

No experience is necessary- Foam dumbbells are required, and water shoes are recommended for stability.



Note: The schedule for the AM class will vary as we share the pool with the Swim Team.



MAIN POOL IS NOW "SAYOR"

(swim at your own risk)

You must be 18+ or accompanied by an adult 18+ to enter and swim in the main pool.

Life Guards WILL NOT be on DUTY.

Your fobs WILL NO LONGER ACCESS THE POOL until you sign a waiver. Please stop by the Management Office to sign a waiver and program your fob!

Forms and waivers are available on the website.



Gate Update

The 2025 monthly vehicle and pedestrian gate codes have been sent via eblast. VEHICLE GATE CODES ARE DIFFERENT FOR EACH SECTION and CHANGE ON A MONTHLY BASIS to maintain gate privacy. Please contact the management office if you need: to obtain 2025 gates codes for your section, to register your EZ Tag, purchase remote devices, add your name to the gate directory or any other gate questions or concerns..

Verified: EMS and Constables have access to all LOBT gates!

HOA Work In Progress

- Communicating with FBMUD 133 as necessary to facilitate repairs and maintenance of those items where the MUD is responsible for payment and completion.
- Conducting monthly inspections & ongoing repairs for gates, clubhouse, pavilion, gym, pools, parks, volleyball court, tennis courts and soccer field.
- Conducting monthly deed restriction compliance drives and enforcement communications.
- Conducting bi-monthly electrical night inspections & repairs for HOA common area lighting.
- Finalizing Beryl-related interior damages to Townhomes.
- Ongoing installation of color to the sections as requested.
- Mulching work is currently underway.
- 46 mailboxes have been repaired. 32 remain to be completed.
- The transition to the new management company is in progress.
- A new camera system is being installed to monitor the SAYOR Pool entrance and Tennis
 Court entrance.





Report all LOBT common area irrigation leaks, damaged concrete at manholes or storm drains and common area lakes and water fountains to FBCMUD133 281-290-6500.

Please do not put any trash or chemicals into the street drains.

Upcoming Meeting:

Wednesday, July 9, 2025 at 11:00 AM at the offices of Allen Boone Humphries Robinson LLP 3200 Southwest Freeway, Suite 2600, Houston, Texas 77027.

For additional information about FBCMUD 133 please visit: https://www.fbcmud133.org.



REMINDER:

Please Do Not Feed the birds in any common areas or around the lakes. Thank you for your cooperation!

