



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JANUARY 2013

VOLUME 2, ISSUE 1

Cy-Fair ISD Volunteers where "Volunteers are a Treasure"

JANUARY & FEBRUARY 2013 UPCOMING EVENTS

It's the time of the year when we find ourselves setting new goals and resolutions. Our schools also have goals. And we actively look to our community to partner with us and help us meet our goals.

VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

JANUARY 15

Junior Achievement Volunteer Training – 9:30 to 11:30 a.m., Berry Center

The purpose of Junior Achievement is to educate and inspire our students in grades K - 12 to value free enterprise, understand business and economics.

JANUARY 17

VIPS General Meeting – 9:30 a.m. to 12:00 p.m., Berry Center

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!

JANUARY 31

PIE Student Mentor Training – 9:30 to 11:30 a.m., Berry Center

Training for adults committed to serve as a role model and friend to

CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.

FEBRUARY 12

PIE Student Mentor Training – 6:00 to 8:00 p.m., Berry Center

FEBRUARY 13

Galveston Bay Training – 9:30 to 11:30 a.m., Berry Center

Open to all CFISD school staff, volunteers, and parents. Learn how to present a science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

FEBRUARY 26

PIE Student Mentor Training – 9:30 to 11:30 a.m., Berry Center

FEBRUARY 21

VIPS General Meeting – 9:30 a.m. to 12:00 p.m., Berry Center

FEBRUARY 28

Sooper Puppy Training – 9:30 to 11:30 a.m., Berry Center

Sooper Puppy is a first grade class series dealing with age appropriate life lessons, facing dilemmas and arriving at solutions by making good choices.

HOW TO REGISTER FOR TRAINING

Register for training by emailing the PIE office at vipsrsvp@cfisd.net. Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
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Ambulance.....	911
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Sheriff - Non-emergency	713-221-6000
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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School	281-373-2300

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Reliant Energy.....	713-207-2222
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OTHER NUMBERS

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Harris County Health Department	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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ADVERTISING INFO

Please support the advertisers that make the *Tribune* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to townelake@peelinc.com. The deadline is the 9th of the month prior to the issue.

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www.houston-f-body.org



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CY-FAIR WOMEN'S CLUB

Women Serving the Community

We had a blast at our December Holiday Party and we marked the end of another successful year for our women's club. We look forward to 2013 with enthusiasm. Happy New Year Everyone!!

In January we will meet for our first annual business meeting followed by a fun game of Bunco. In February, organization is the word. We hope to receive guidance that we can use in all aspects of our lives.

CWC is a service organization that gives back to the community, so all funds raised will go right back to the community in scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership for the Cy-Fair Women's Club is open to all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00pm immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you! If you have any questions about our club or need directions to the church, please contact Cindy Pickens, Membership Chair at cyfairwomensclub@gmail.com.

Did you forget the name of that...



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MUSTANG CLUB OF CYPRESS

Mustang Car Owners come join the Mustang Club of Cypress. This is a dues free club for Mustang owners. Meeting location Cypress Station Grill in Cypress near Lowes on January 14th at 7:00 pm. Request membership through our Facebook page "Mustang Club of Cypress" You must be a current Mustang owner to join. E-mail us at mcocy2735@yahoo.com or call Art after 6:00 pm.



Cy-Fair Choir Presents: CHARTOPPERS SHOWSTOPPERS 2013

Date: Friday, February 8th
Saturday, February 9th
Monday, February 11th

Time: 7:00 p.m.

Place: Cy-Fair High School, 22602
NW Frwy, Cypress, TX 77429

Admission: \$8.00 per ticket

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Lori Craft, Realtor

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*90 Day Market Report for Towne Lake



LIST PRICE	AVGS/SQ.FT	% of LIST\$/SALES	DOM	AVG YR
\$200,000- \$300,000	\$93.86	96%	80	2011
\$300,001-\$400,000	\$95.01	93%	73	2011
\$400,001+	\$98.10	91%	163	2012



* Statistics are based on reports from HAR; all information is believed to be accurate but is not guaranteed

Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle

distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

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Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Tribune.

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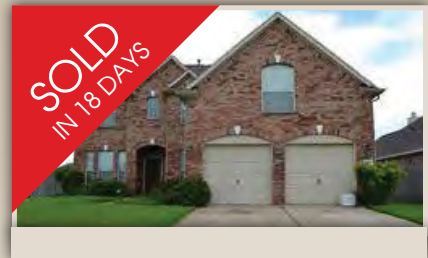
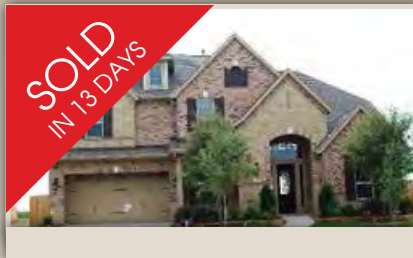
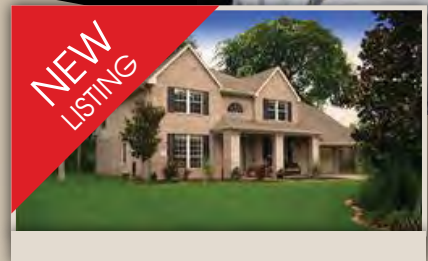
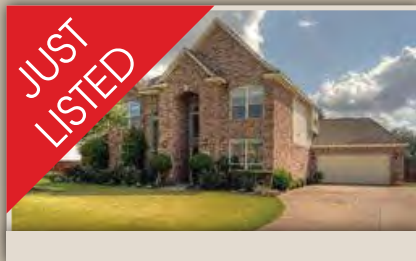
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