

# A NEWSLETTER FOR TOWNE LAKE RESIDENTS

APRIL 2014 VOLUME 3, ISSUE 4

# WINE FAIR CY-FAIR

Based off two successful sell out years, Wine Fair Cy-Fair weekend returns April 4-5. Co-presented by H-E-B and Momentum Jersey Village Volkswagen, Wine Fair Cy-Fair features 150 wine selections, 20+ restaurant and food tasting tables serving signature specials, a Home Zone, a Relaxation Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited. The third-annual Wine Fair Cy-Fair features the expanded Backyard Grill Beer Garden to showcase craft beer offerings and signature nibbles from Backyard Grill and Backyard Smokehouse. All the local favorites will be there: Brazos Valley, Karbach, Rahr & Sons, St. Arnold and others; along with beers from brewers outside of Texas.

"Even though it's in the middle of a wine fest, it's amazing how many people come to the beer garden," said Mark McShaffry, owner of Backyard Grill. "And this year we're making it bigger and better."

"Based on the response from the first and second Wine Fair Cy-Fair events, we knew the community would be responsive to this type of event. And it just continues to grow," said McShaffry, a member of the Cy-Fair Chamber of Commerce's Board of Directors. "This has been a great event for the chamber and for the community. Everyone loves it and has a great time."

Weekend festivities kick off with One Fine Affair on Friday, April 4, at the Settlement House at Northwest Forest Conference Center with fundraising for Reach Unlimited featuring a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses. Restaurant sampling at One Fine Affair are compliments of Mezzanotte Ristorante Enoteca, Piqueo Restaurant and Bar, Merche', gourmet selections from H-E-B, offerings from Northwest Forest Catering and Events and sweet treats from La Madeleine Country French Café. One Fine Affair is limited to only 150 guests.

All that Sparkles, sponsored by Next Level Urgent Care will start Saturday

### **TICKETS AND INFORMATION**

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

### **WINE FAIR CY-FAIR**

Saturday, April 5, 5:30 p.m. – 8:30 p.m. Cypress Village Station (Hwy 290 and Skinner Road) \$25 general admission \$65 VIP Premium Wine Lounge All That Sparkles - \$20 pre-party ticket add on

### ONE FINE AFFAIR

Friday, April 4, 7:00 p.m. – 10:00 p.m.

Northwest Forest Hotel and Conference Center

'The Settlement House'

12718 Telge Road | Cypress, TX 77429

\$100 (limited to 150 guests)

festivities from 4:30 to 5:30 p.m. at Cypress Village Apartment Homes, for a pre-event effervescent party, delighting guests with French champagnes, sparkling wines and culinary treats. Cost add-on is \$20. For the pampered treatment, The Loken Group VIP Premium Room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café. The main Wine Fair Cy-Fair event will be packed with engaging experiences and displays from local artisans. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band. The vendor village will offer art, jewelry and everything in between.

Saturday's event is limited to 2,500 entrants. Last year, all Wine Fair events sold out. Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston THE Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration in the George R. Brown Convention Center.

"This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying high-quality wines, craft beers and foods," said Founder & Co-Producer Constance McDerby. "And we get to benefit a worthy cause by helping to support a local community partner through Reach Unlimited."

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, "The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we're proud to present this type of community-wide event."

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### **ARTICLE INFO**

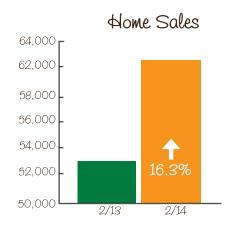
The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are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

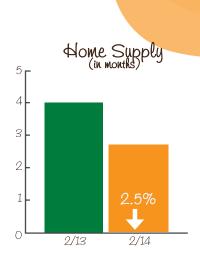
To submit an article for consideration please email it to *townelake@peelinc.com*. The deadline is the 9th of the month prior to the issue.

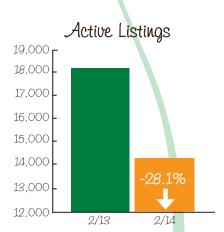


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# **BLOOD PRESSURE**

### TAKE CONTROL OF THE SILENT KILLER



High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy

reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



# **Cypress-Tomball Democrats Host Easter Egg Hunt April 12<sup>th</sup>**

The Cypress-Tomball Democrats will host their 3rd Annual Community Easter Egg Hunt on Saturday, April 12th from 3:00 pm – 5:00 pm. This fun event will be held at the D. Bradley McWilliams YMCA at Cypress Creek, 19915 State Highway 249 at Cypresswood, in the outdoor pavilion.

The free activities are open to the public, and include an Easter Egg Hunt for kids under 12, recreational activities, music, prizes, and a visit from the Easter

Bunny. Attendees should bring their own baskets and lawn chairs.

For more information, visit the club website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.







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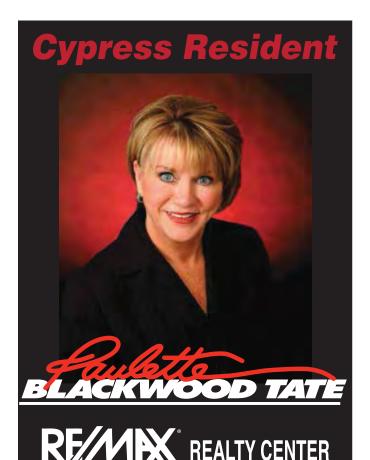
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## **AGGIE MOM'S CLUB**

## Northwest Harris County Aggie Moms to Award Scholarships

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, April 8, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will want to find out which deserving students will be awarded the 2014 scholarship awards and learn how these scholarships impact the Aggie experience. NWHC Aggie Moms Club members will also vote on which Texas A&M student organizations they would like the club to support. All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

Mark Your Calendars!

Parents Weekend- April 11-13th-Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads! For more information on the scheduled parents weekend events go to http://parentsweekend.tamu.edu/node/38.

Aggie Muster-April 21st- Aggies around the world will join together for Muster to honor Aggies who are no longer among us. Muster is a day celebrating the camaraderie and the friendships, the triumphs and the defeats, the legacies and the impact that Texas A&M University has made, and continues to make, in all of our lives. This year, the NWHC Aggie Moms will join the CyFair A&M Club at Sterling Golf Club,16500 Houston National Blvd, Houston, TX 77095 at 5:00 PM for this time-honored tradition. For more information go to http://www.cyfairags.org/cy-fairaggie-muster/

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. Refreshments are available at 6:45! For more information on monthly speakers or upcoming events visit our website at www. nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on April 17, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

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