

NORTHLAKE FOREST

Herald

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OF THE NORTHLAKE
FOREST HOA

July 2014

Volume 4, Issue 7

Hosts of Red White & Blue TV Show to appear at Cypress-Tomball Democrats Meeting



The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, July 15, 2014, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet starts at 6:30 p.m., followed by the general meeting from 7:00 p.m. to 8:00 p.m.

July's guest speakers are David Jones and Gary Polland, co-hosts of the Houston PBS political affairs program, "Red White & Blue". They will discuss the outlook for the 2014 and beyond campaigns.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.

Special Announcements

Jason Fleming will be celebrating
his 40th birthday on 7/19!
Happy Birthday!!



NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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NEWSLETTER

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WELCOME

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

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PUBLISHER

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Advertising..... advertising@PEELinc.com

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MANAGEMENT COMPANY

Planned Community Management, Inc. (PCMI)
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Northlake Forest HOA Website: www.northlakeforesthoa.com

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Harris County Appraisal District (713) 957-7800
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Department of Public Safety (*Hempstead*) .. (979)-826-4066

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Barbara Bush Library (*Cypress Creek*)..... (281) 376-4610

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Date Set, Downsize Fitness Joins 2014 Texas Stallions Family Fun Run & Free FitZone!

The Texas Stallions Track Club Cross Country team is proud to announce the return of the Stallions Stampede 2K/5K Fun Run 10K Relay and We Can! FitZone. The family friendly event will take place on October 18, 2014, at 8am, at Forest Oaks Park in Spring, Texas.




The Stallions Stampede and We Can! FitZone aims to promote healthy living in youth through family education, increased physical activity and reduced sedentary time. A USATF Sanctioned event the Stallions Stampede offers 3 races to get the community involved – A Family 2K, a USATF Certified 5K, and a 10K Relay. The We Can! FitZone is free community event offering youth and families fun and useful tools and information for healthful living.

(Continued on Page 4)



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Texas Stallions (Continued from Page 3)

"Stallions XC is excited to welcome Downsize Fitness as a Winner's Circle Sponsor, their perfect complement to our efforts to raise awareness about childhood obesity", said Head Cross Country Coach Lavoxkeia Carnes. "Downsize fitness is the world's first gym for people with more than 50 pounds of weight to lose and offers kids free memberships when their parents join", said Grover Daly, VP of Downsize Fitness. The Stallions Events Committee is seeking healthy living businesses and professionals to provide health screenings, education, assessments and other services to our participants.

For more details, visit the event web site at www.StallionsStampede.com or contact Lavoxkeia Carnes, meet director, Texas Stallions Track Club at 832-415-0568 or by email at txstallions@texasstallions.com. Registration is underway for our 2014 Cross Country Running Program, visit www.TexasStallions.org to join today!

Cypress Texas Tea Party

The next meetings of the
Cypress Texas Tea Party will be on:

Saturday, July 12, 2014 12:00 PM - 2:00 PM
Saturday, August 2, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks
on Saturday Noon until 2:00 PM at:

Spring Creek BBQ
25831 Northwest Freeway
Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can
be found at our website, www.cypresstexasteaparty.org or
email us at cypresstexasteaparty@gmail.com

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KIDS' RUNNING TEAM'S CROSS COUNTRY SEASON STARTS SEPTEMBER 8TH

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Eric Wentworth at emw185@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarter.nwflyers@yahoo.com, 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.



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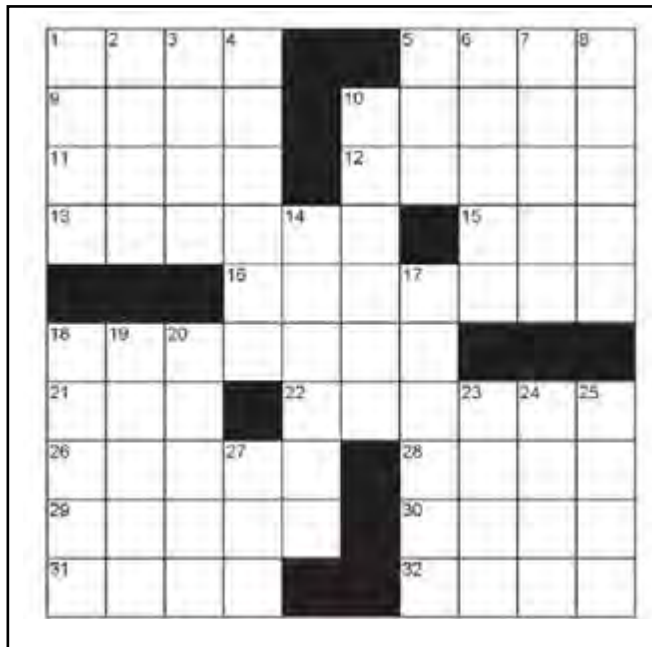







NORTHLAKE FOREST

CROSSWORD PUZZLE



ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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