

A NEWSLETTER FOR TOWNE LAKE RESIDENTS

FEBRUARY 2015 VOLUME 4, ISSUE 2

TEAM TIARA CELEBRATES 10 YEARS FIGHTING BREAST CANCER

Team Tiara celebrates two milestones in 2015. First, this group of pavement pounders celebrates their 10th year participating in the Susan G. Komen 3-Day for the Cure. Even more importantly, Team Tiara will cross the \$1 million mark in fundraising.

"We are thrilled to celebrate 10 years of walking in the 3-Day and can't wait to cross that \$1 million mark," says D'Lyn Biggs, Team Tiara Founder and Captain. "Our theme this year is Homecoming. Think of it as a 10-year family reunion. It's going to be great."

Biggs and her friend Lisa Harrelson walked their first 3-Day in 2006. "We had no idea we would accomplish this much in 10 years," says Biggs. "And we have the Fairfield Community to thank for much of that.

"Fairfield supports Team Tiara on so many different levels. Many of our Team members live here, as well as the friends and family who make it possible for us to walk. The Fairfield Women's Club and Charlotte Byrne have been incredibly supportive—we owe them a huge debt of gratitude. Without the residents of Fairfield and the Fairfield Triathlon, we would not be able to fund the research and survivor support that are so vital right now."

Team Members from Fairfield and beyond gather in Dallas each year to walk 60 miles in three days to fund breast cancer research. Each participant is required to raise a minimum of \$2300 to walk. In 2014, Team Tiara raised over \$63,000 and was recognized as a Top 5 team. Registration is ongoing for the 2015 walk, November 6-8.

The Team is proud to announce the 2014 Rachel B. Wickman Metastatic Breast Cancer Research Grant. This grant will give \$15,000 to support metastatic breast cancer research being done by Dr. Priscilla Brastianos at Dana Farber Institute in Boston, Massachusetts. This grant follows the 2012 \$25,000 grant presented to Methodist Hospital in Houston, Texas. The research grants are a result of Team Tiara's 2012 commitment to independently fund \$100,000 in metastatic breast cancer research. Metastatic breast cancer is an under-funded area of research where the Team can have a lasting impact. Team Tiara has raised over \$7,000 for The Rose, Houston, Texas, to provide mammograms and breast health services to the uninsured and underinsured.

Team Tiara is proud to spread "Pink Fairy Dust" in the form of support for survivors. In 2014 the Team gave financial assistance to 16 different families who are in the thick of the fight against breast cancer. "We were able to financially stand in the gap and help fill a deficit created by lost wages, prescriptions, co-pays, etc. for those families," Biggs says.

(Continued on Page 4)









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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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(Continued from Cover)

Team Tiara's favorite achievement was working with the Fairfield Sports Association and the entire Fairfield community to build Hope Field, the first softball field in the country dedicated to breast cancer awareness.

Team Tiara continues to be an all-volunteer organization. Supporting Team Tiara is easy – with several options available.

- 1. Sponsor a Team Tiara walker or join the Team for 2015 at www. the3day.org/goto/teamtiara2015. Registration is discounted \$20 through April 6, 2015.
- 2. Donations to Team Tiara at www.teamtiara.net/donate. Donations in the form of checks made out to Team Tiara can be mailed to: Team Tiara, D'Lyn Biggs, 129 Long Wood Avenue, Lakeway, Texas 78734.

If your business would like to support Team Tiara and the fight against breast cancer, please contact D'Lyn Biggs or any of Team Tiara's team members.

All donations to Team Tiara and Susan G. Komen are tax-deductible to the fullest extent of the law.

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The Junior Hurricanes Soccer League (JHSL) is led by professional trained staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair (in partnership with CFSA) locations. To learn more about each location and to register please visit www.albionhurricanes.org or you can email us at jhsl@albionhurricanes.org or call 713-939-7473.



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The American Cancer Society Relay For Life of Cy-Fair

The American Cancer Society is pleased to announce that the Relay For Life of Cy-Fair has placed in the top 20 Relays in the southern territory in the fight against cancer, thanks to the amazing success of last year's event. The 2014 Relay For Life of Cy-Fair brought in more than \$138,700. and drew record participation of over 2,000 people! Total funds raised by Relay For Life-Cy-Fair is now approaching \$1.25 million dollars in ten years!

"Congratulations to the many volunteers, committee members, and teams whose tireless efforts each and every year since 2005 have resulted such an accomplishment. The valued participation of cancer survivors and caregivers make the American Cancer Society Relay For Life unique and appealing to the entire community, most of whom have been touched by cancer in some way," said Relay For Life of Cy-Fair Chair Sulema Tamez.

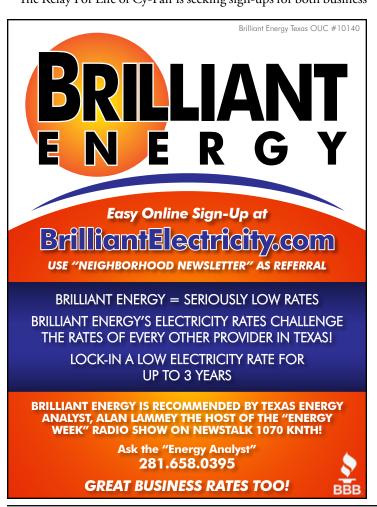
Relay For Life remains the American Cancer Society's highestgrossing fundraising event in the fight against cancer. Monies raised support the American Cancer Society's mission to help people stay well, get well, find cures and fight back through cancer research, as well as the free programs and services provided directly to cancer patients and their families.

The Relay For Life of Cy-Fair is seeking sign-ups for both business

and personal teams for the April 17-18, 2015 event. The event committee is also seeking volunteers, cancer survivors and caregivers to participate. If you are interested in signing up or learning more about how you can help the American Cancer Society finish the fight against cancer, please visit: www.relayforlife.org/cyfairtx.

About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks to our progress, nearly 14 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. As we marked our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.





NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

The Northwest Harris County Aggie Mom's Club will host Texas A&M University's Porter S. Garner, III '79, President of The Association of Former Students, on Tuesday, February 10, 2015 - 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.

President Porter was unanimously elected The Association's seventh professional Executive Director in January 2000. After a Bylaws amendment in November 2008, his title was changed to President and CEO. In March of 2011, Porter celebrated 30 years of service to The Association, beginning with his role as Field Director where he logged countless miles and hours in assisting A&M Clubs across the state, nation and world. Years spent interacting with Aggies one on one across the Aggie Network and witnessing their devotion to Texas A&M and Texas Aggies shaped Porter's vision for the organization, compelling him to create a culture built on a foundation of service and teamwork. Under his leadership, The Association has expanded its reach and relevance to the Aggie Network, raised the largest Annual Fund in the organization's history and enhanced the look, feel, and capabilities of the

Clayton W. Williams, Jr. Alumni Center, creating the premier alumni center. Porter earned a BBA in Marketing from Texas A&M in 1979 and served as President of the Student Aggie Club while in school. In 2006 He was selected as a Fish Camp Namesake in recognition of his many contributions to Texas A&M. His love of Texas A&M was instilled in him by his father, Porter S. Garner, Jr. '45 and Porter and his wife, Lisa '91 are raising three future Aggies, Claire, Callie, and Porter IV.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 21, 2015 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. Come and enjoy the fashion show and shopping at vendor booths. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings.

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. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Connie Pritchard, Club President at pritchardg@sbcglobal.net.



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

Saturday, February 7, 2015 NOON - 2:00 PM Saturday, February 28, 2015 NOON - 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



TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco









The Modern Game: "The Backhand Return Serve Drop Shot"

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may already be playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute "The Backhand Return Serve Drop Shot." This shot is used when an opponent is expecting a deep service return and the player "surprises" the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men's 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to "cup" under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: "The Overhead from the Baseline"

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