

Windermere



NEWSLETTER

May 2015

Volume 9, Issue 5

THE NORTHWEST FLYERS TRACK CLUB

TRACK TEAM REGISTRATION FOR MIDDLE AND HIGH SCHOOL ATHLETES

The Northwest Flyers Track Club will host an orientation/registration session for all middle and high school athletes and their parents interested in joining for the 2015 season. The event will be held on Tuesday, May 5 at 7:00 p.m. at Valley Ranch Grill & Barbeque, 22548 S.H. 249 @ Spring Cypress, Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 28 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 87 young athletes to compete at U.S. Junior Olympics National Championships in Myrtle Beach, South Carolina and Humble, Texas.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.



Registration for the Fall Soccer Season is from May 4th till June 5th

Fairfield Soccer is a recreational soccer league for the residents of Fairfield and surrounding communities. We are a volunteer organization supported by the Fairfield Soccer Committee and we offer soccer for boys and girls ages 4-14.

2014 Statistics; 114 teams; 843 players participating & over 150 volunteer parents to help develop and foster a love for the game.

The fall season runs from August to November. The tentative dates for the 2015 season are:

- Player Assessments - Ages 7-14, June 13th and/or June 20th.
- Practices are starting August 3rd.
- The season starts August 22nd, and ends the weekend of November 14th.

Weather permitting all teams will play a minimum of 10 games. Ages 7-14 will play 8 league games followed by a tournament. All coaches must complete a background check.

For more info and registration visit our website:
www.fairfieldsports.net/soccer.aspx

I hope to see you in the Summer & Fall!
FSA Soccer Commissioner
(soccer@fairfield-sports.org)

Cy-Fair Republican Women

Meet May 12th, 10:30 AM - Noon. (Second Tuesday each month. Meeting is only \$3 -- Meeting w/Lunch at Noon is \$20.

Hearthstone Country Club
7615 Ameswood, Houston, TX 77095.

Please RSVP to www.cfrw.net by 5/5/15.

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EMERGENCY NUMBERS

Emergency/Ambulance911
Fire Dept.....911
Sheriff's Dept.713-221-6000

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Center Point (Street Lights).....713-207-2222
EDP Water - Mud #29.....832-467-1599
Library281-890-2665
Post Office.....713-937-6827
Waste Management/Trash713-686-666

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Fit and Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

INSPIRING AND BREATHTAKING EVITA DANCES INTO THE HOUSTON FAMILY ARTS CENTER

The story of the most beloved and hated woman in Argentina's history

hits HFAC's Garza Mainstage May 1 through May 24

The brilliance of Andrew Lloyd Webber and Tim Rice is brought to life when Houston Family Arts Center (HFAC) brings the Tony award-winning musical EVITA to HFAC's Garza Mainstage, May 1 through May 24.

"EVITA is a true work of art. It is an example of a woman who came from nothing and grew to become the most powerful person in Argentina," said Matthew Logan, director and producer of HFAC's EVITA. "This musical is deep, energetic and fun, yet also wrestles with issues that we are confronting in America today."

EVITA follows the rags-to-riches rise of the First Lady of Argentina, Eva Duarte Peron. Set primarily in Argentina, from 1934-1952, the musical follows Eva on her journey from fatherless child, to ambitious actress, to the most powerful woman in Latin America. The events in Evita's life are presented in song and editorialized by the show's narrator, Che. The musical began as a rock-opera concept album, winning the Laurence Olivier Award for Best Musical and was the first British musical to receive the Tony Award for Best Musical.

Lending their talents to this production are Matthew Logan (director), Michael Montgomery (executive producer), Jennifer Stewart (musical director), Adam Delka (choreography), Lisa Garza (scenic design), Kristin Knipp and Amber Stepanik (costume design), Ron Putterman (lighting design) and David Dean (sound design).

The show is brought to life by cast members Shanae'a Moore (Eva Peron), Darry Heaton (Che), Larry Luck (Juan Peron), Sam Balest (Magaldi), Nicole Palmer (Mistress). Rounding out the cast are ensemble players: Patrick Barton, Bambi Carlson, Joey Castorema, Tyler Collins, Adrian Collinson, Monica Cummings, Stephanie Hayden, Mandy Kolbaba, Shannon Murray, Charlie McCoy, JJ Obee, Chloe Rhodes, Christa Ruiz, Sarah Sneesby and John Watkins.

Performances of EVITA are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 May 1 through May 24 on HFAC's Garza Mainstage. Tickets are on sale now and may be purchased online at www.houstonfac.com, or by phone at 281-587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

Houston Family Arts Center Garza Mainstage
10760 Grant Road Houston, TX 77070

(Located in northwest Houston, easily accessible from SH 249 & SH 290.)

Performances:

Friday, May 1 at 7:30 p.m.
Saturday, May 2 at 7:30 p.m.
Sunday, May 3 at 3 p.m.
Friday, May 8 at 7:30 p.m.
Saturday, May 9 at 7:30 p.m.
Sunday, May 10 at 3 p.m.
Friday, May 15 at 7:30 p.m.
Saturday, May 16 at 7:30 p.m.
Sunday, May 17 at 3 p.m.
Friday, May 22 at 7:30 p.m.
Saturday, May 23 at 7:30 p.m.
Sunday, May 24 at 3 p.m.

Ticket Prices:

Adults: \$26, Seniors (65+): \$22
Students (3-18): \$15

About Houston Family Arts Center

Houston Family Arts Center (HFAC), founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in seven categories for the Broadway World Houston Awards, HFAC has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. HFAC is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. HFAC produces a broad mix of classics, comedies, dramas, musicals and new works. Through its award-winning Actors Academy, HFAC offers acting, singing and dance classes, and performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit www.houstonfac.com or call HFAC at 281-587-6100.



CYFEN HONORS THREE MEMBERS AT ANNUAL RECOGNITION LUNCHEON



*Pictured L to R: Michelle Becker of Shots for Holly;
Jessica Smith of Iberia Bank;
Melanie Kay Hugel of MK Events Floral Designs
Picture courtesy of CYFEN*

The annual Cy-Fair Express Network (CYFEN) of the American Business Woman's Association (ABWA) recognition luncheon selected and honored three outstanding business women from the membership.

Michelle Becker of Shots for Holly received the Woman of Excellence Award through the Federation of Houston Professional Woman. Becker will be recognized at The Federation of Houston

Professional Women's 2015 Women of Excellence Gala on Saturday, September 12 at 5:30 p.m.. This year's gala will be held at The Norris Center at City Centre.

The 2015 Woman of the Year was awarded to Jessica Smith of Iberia Bank and Melanie Kay Hugel of MK Events Floral Designs was selected as the Top Ten Business Woman of ABWA Candidate. Both ladies will be recognized at the 2015 Annual Recognition Luncheon honoring ABWA Women of the Year and Top Ten Candidates. The event will kick off with a Welcome Reception on Friday, June 19 from 5:30 PM - 7:30 PM and end with the Women Celebrating Women Luncheon on Saturday, June 20, from 11:00 a.m. - 1:30 p.m. Both events will be held at Junior League of Houston, 1811 Briar Oaks Lane, Houston, Texas 77027.

CYFEN was founded in 2003 to pursue the vision of becoming a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Currently, the 64 members have opportunities to pursue excellence and achieve both local and national recognition.

CYFEN monthly meetings are held at Sterling Country Club at Houston National. For more information go to www.CYFEN.org.



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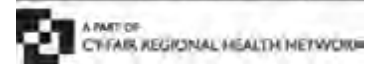
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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

NORTHWEST HARRIS COUNTY AGGIE MOMS TO RECOGNIZE GRADUATING SENIORS

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, May 12, 2015. We will begin refreshments and social time at 6:30pm, meeting beginning promptly at 7:15 pm and end at 9:00pm. The meetings are held at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. At our May meeting we will be recognizing our graduating Seniors, announcing the book awards and installing our 2015-2016 Board Officers. Please help us congratulate these students on this significant achievement and the beginning of an amazing journey! All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

SUMMER MIXERS

Are you a new Aggie Mom? Are you sending off your first to

Aggieland this fall? Find out how we help your student succeed that first year at one of our informal Summer Mixers. Dates and locations are listed on our website at www.nwhcaggie moms.org.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:15 pm at 7100 High Life Drive. Refreshments are available at 6:30! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact President Connie Pritchard at pritchardg@sbcglobal.net.

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Program
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Appalachian Spring - Aaron Copland
Serenade for Strings - P. I. Tchaikovsky
The Listening Game - David Sedgwick
World Premiere

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CypressSymphony.org for tickets

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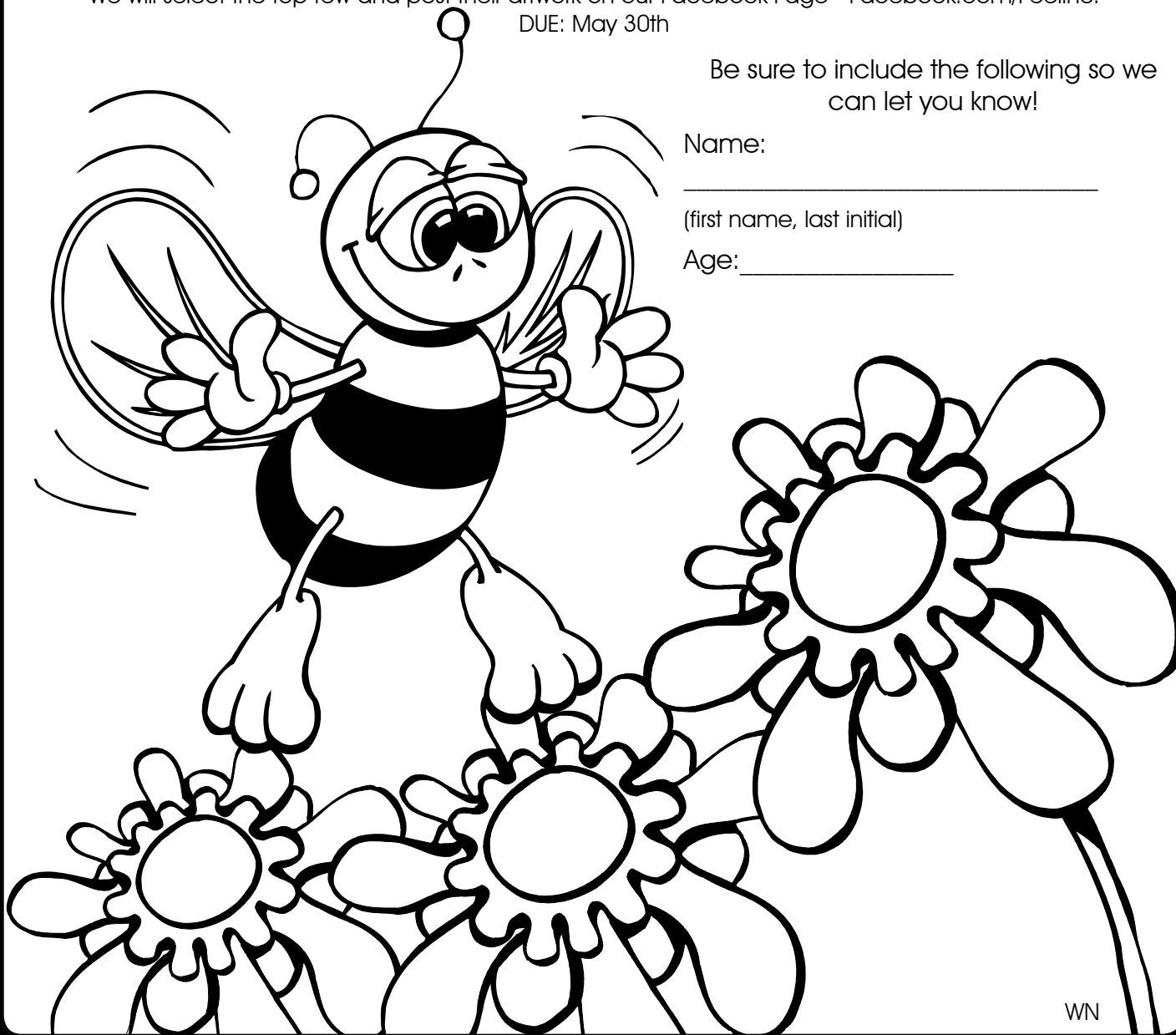
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Be sure to include the following so we
can let you know!

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(first name, last initial)

Age: _____



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