

Volume 14, Issue 6 June 2015

# Creating Your Own ABWA Experience by using WINing technology

#### Luncheon Details

Thursday, June 25

Networking 11 a.m.; Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095 Costs \$25 with advanced reservations; \$30 for guests

The June 25 Cy-Fair Express Network Luncheon will be a career- focused educational opportunity with special guest Gaylyn DeVine, 2013-2014 American Business Women's

Association (ABWA) National Secretary/ Treasurer.

DeVine joined ABWA as a charter member of the South East Express Network in November 2004. Since joining, she has served in a variety of positions encouraging women of all ages to overcome the voices in their head that keep them from reaching their full potential. She serves as a role model and mentor to women across the country helping them set goals and achieve both personal and professional success through ABWA leadership opportunities.

DeVine will demonstrate how using ABWA's Women's Instructional Network (WIN)

website can empower members to create their personal ABWA experience. With tutorials, networking, team board interactions, and a safe place to store all of the Leagues important documents, every member should be accessing the power of WIN.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club,

16500 Houston National Blvd. Cost is \$25 for members with reservation and \$30 for guests.



Gaylyn DeVine

### ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

### ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

### **IMPORTANT NUMBERS**

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	gency)281-550-6663			
Poison Control	1-800-764-7661			
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(trash collection Mondays & Thursdays)				
Aqua Services	713-983-3602			
(Service or emergencies 24 l	nrs)713-983-3604			
Harris County Tax Office	713-224-1919			
Reliant Energy	713-207-7777			
(give pole # of street which is out)				
Entex (gas)	713-659-2111			
Comcast Cable	713-341-1000			
Houston Chronicle	713-220-7211			
Metro Transit Info	713-635-4000			
Kirk Elementary	713-849-8250			
Truitt Middle School	281-856-1100			
Cy-Ridge High School	281-807-8000			
Newsletter Publisher				
Peel, Incadvertising@PEELinc.	.com, 888-687-6444			

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to *loen@PEELinc.com*.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to <code>loen@PEELinc.com</code>.

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com *for information on advertising*.

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### **Article Submissions**

Please e-mail articles and/or photos to <a href="mailto:loen@peelinc.com">loen@peelinc.com</a>.

Submissions must be received by the

10th of the month for the following month's issue.

(Advertising deadline is the 8th of the month.)



### A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

#### **HOW MUCH PHYSICAL ACTIVITY DO I NEED?**

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

- 1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
  - 2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
  - 3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

#### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

#### **HOW DO I GET STARTED?**

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

# The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Aysua exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic

requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

#### **ABOUT AYUSA**

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



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Lakes on Eldridge North - June 2015

### **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**



Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we can help your student succeed during those college years at one of our informal Summer Mixers. The Northwest Harris County Aggie Mom's Club, 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. The 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. Please join us at one of our Summer Mixers. Summer Mixer locations can be found on our website at wwww. nwhcaggiemoms.org. Please RSVP to pechacek8722@sbcglobal. net or 713-907-2277 so our hostesses will know how many guests to expect. We look forward to meeting you!

#### **SAVETHE DATE!**

We are looking forward to kicking off the 2015-2016 school year at our "HOWDY PARTY" on August 11th! Please join us for this fun-filled Aggie evening. It is a great way to meet other Aggie Moms, find out about upcoming events and Aggieland trips, buy care packages for your student and win door prizes! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind Aggie treasure. Our hand-crafted items celebrate the heart-warming TAMU traditions.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month with social beginning at 6:30 pm at the Houston Distributing Center, 7100 High Life Drive, conveniently located near Willowbrook Mall. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact President Patty Rabel @ rabelpp@aol.com







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### **Key Club: What is it?**

By Jordan Miller, Editor of Cypress Woods Key Club

Community Service. Making friends. Building character. Traveling. Leadership building. Giving back. Scholarships. Leaving your mark. That's what Key Club is; a place where everyone is welcome-whether it be freshmen, sophomores, or upperclassmen. Key Club helps students to leave their mark at Cy Woods, and have fun while doing it.

The 'Key' in Key Club is what generally mystifies possible members. "What is that club? Do you make keys or something?" No, Key Clubbers don't spend their time each semester making keys. They spend their time volunteering, donating, and giving back to their communities. They also spend their time doing service projects like making bracelets for children's hospitals, weaving blankets for animal shelters, and even creating coloring books for kids in homeless shelters. Also, this past year, Key Clubs from Texas and Oklahoma saved thousands of mothers and children by raising money for the Eliminate project: an organization that uses the money that clubs fundraise to give mothers and babies around the world a vaccination against Neonatal tetanus, a diesase which could prove fatal to both mother and child if not treated properly.

Though Clubbers spend most of their time devoted to service, the Cy Woods Key Club does interact with their members in a different way: Socials. Socials are a meeting that takes place after school, and anyone is welcome. Usually, these socials take place with another club such as Cy Ranch or Cy Fair. This month's social is taking place at TxR Paintball, where two clubs will face off in a game of paintball.

In High School, most teenagers find their niche in an organization, and whether it is football, art, or culinary club, teens make friends in these organizations and possibly end up in leadership positions once they have a few years of high school under their belt. The important thing is, once a teen finds something they like, they stick with it and usually leave their mark through that interest. If teens show an interest in community service and center their after-hours time to volunteering, they could be granted possible scholarships by the Tex-O-Key (Texas Oklahoma Key Club) District.

Teens that leave their mark with volunteering and serving their community make the most out of their high school experience, by making an impact that will last for years.





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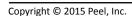








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# Crimson Cadette Drill Team DANCE CLINIC

The Cy-Woods Crimson Cadettes Drill Team will host their 10th annual dance clinic for K – 12 from 8:30 a.m. to 11:30 a.m. on August 11 – 13. This is a major fund-raiser for the Cadettes and enables them to participate in activities throughout the 2015-2016 school year. Please register by July 31, 2015 to get the Pre-Registration price of \$60 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email mrfaulk@msn.com or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

WHEN:
AUGUST 11-13, 8:30 - 11:30
WHERE:
CYPRESS WOODS HIGH SCHOOL



# Cypress-Tomball Democrats June Meeting

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, June 16th 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month.

The meetings foster great fellowship and feature informative guest speakers. For more information, visit the website HYPERLINK "http://www.cytomdems.com" www.cytomdems.com; contact Glenn Etienne at HYPERLINK "mailto:cytomdems@yahoo.com" cytomdems@yahoo.com; Follow and Like us on Facebook at Cypress- Tomball Democrats.

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MORE HOMES HAVE LEASED THAN SOLD IN OUR NEIGHBORHOOD!

!!!!!!!!!	RENTALS CLOSED	SALES CLOSED	
LOE	38 39		
LOEN	60	57	
TOTAL	98	96	

PLEASE EMAIL ME OR CALL ME FOR INSIGHT ON WHAT THESE FIGURES COULD MEAN!



Resident of Lakes on Eldridge North

832-788-6002

danielle@dgebara.com



## **Northwest Houston Chapter** of Business **Professional Women**

The June meeting of the Northwest Houston chapter of Business Professional Women will take place on Thursday, June 18th, at 11:00am at Northgate Country Club, 17110 Northgate Forest Drive, Houston, Texas.

Join other professional businesswomen for networking, lunch and learning with a speaker who will impart pertinent information on a specific area of business from a woman's perspective.

Reservations to: Laura Poshard, HYPERLINK "mailto:Laura. Poshard@AmegyBank.com"Laura.Poshard@AmegyBank.com, 281-320-1301 by Tuesday before the meeting. If you attend the luncheon without a reservation, the cost will be \$30 in lieu of the prepaid option of \$25.

### **Cy-Fair Republican Women**



June 9th meeting of Cy-Fair Republican Women will be from 10:30 AM - Noon. (Second Tuesday each month) at Hearthstone Country Club, 7615 Ameswood, Houston,

#### Meeting only is \$3 -- Meeting w/Lunch at Noon is \$20

Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Harris County Judge Ed Emmett will be our June guest speaker. Please RSVP to www.cfrw.net by 6/2/15.





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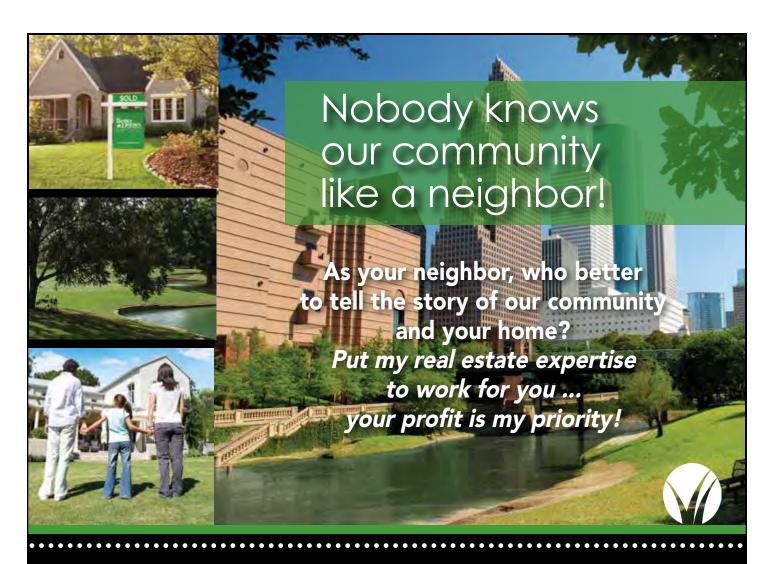






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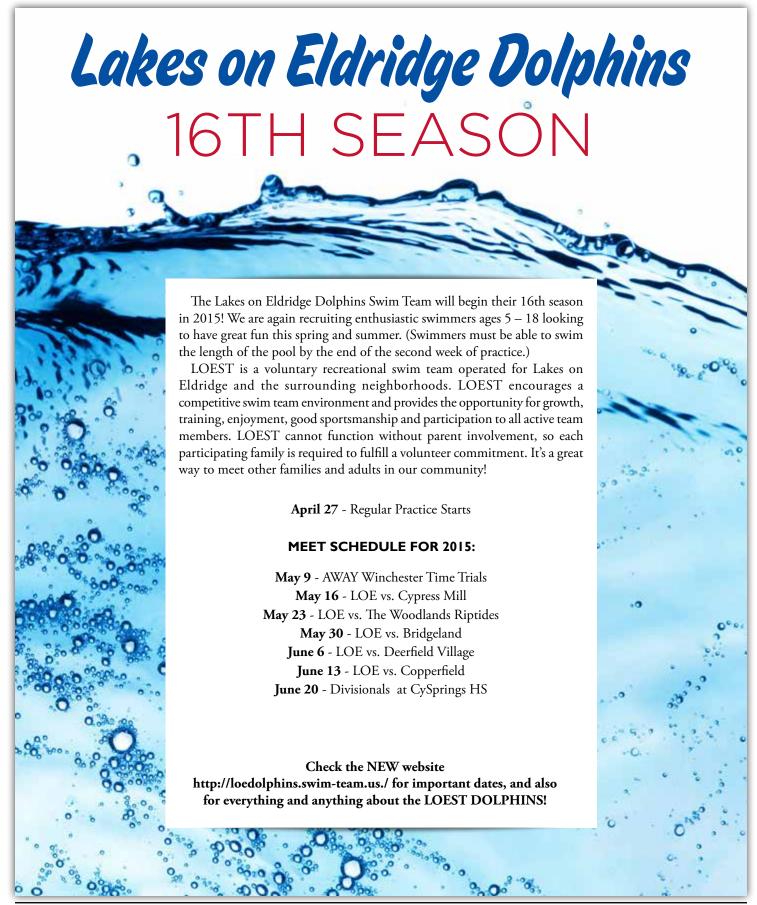


GARY GREENE

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### Pet of the Month

Karen is a Shih Tzu mix girl. She is approx 1 years old (10 lbs) and up to date on shots. She was found as a stray and brought to us in terrible shape. Her fur was extremely matted and we shaved her down and she feels so much better! She will be a beautiful long-haired dog once her hair starts to grow back. She is a sweet, happy & friendly girl! Call or email us to find out more information on how to adopt her.

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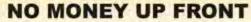






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### Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club 308 Meadowlark St

Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/Peellnc. DUE: June 30th

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

Name:		(first name, last	
initial) Age:			0
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