



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JUNE 2015

VOLUME 4, ISSUE 6

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.

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- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues	713-881-3210

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Cypress Fairbanks ISD Transportation	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School	281-373-2300

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Reliant Energy.....	713-207-2222
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Waste Management - Trash	713-686-6666

OTHER NUMBERS

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Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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ADVERTISING INFO

Please support the advertisers that make the *Tribune* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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.

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:

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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 www.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!

SAVE THE 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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At Cypress Fairbanks Medical Center Hospital, we understand that waiting in the ER or Urgent Care is no fun. That's why we're offering an online check-in service at **CyFairERandUrgentCare.com** for all six locations of our urgent care and emergency services to reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

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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.

Ayusa 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"](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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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 disease 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.

Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.





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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.

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