



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

OCTOBER 2015

VOLUME 4, ISSUE 10

WELCOME TO TOWNE LAKE TRIBUNE

*A Newsletter
for the Towne Lake
Community*

The Tribune is a monthly newsletter mailed to all Towne Lake residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Northwest Flyers Youth Track Club Free Registration Breakfast

The Northwest Flyers Youth Track Club will celebrate its 29th Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 6th, 2016. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

All boys and girls who wish to join the team for the 2016 spring/summer track season must attend the orientation, which will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF).

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USATF, that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at linette.roach@sbcglobal.net; or "Like" the club on Facebook.

Cy-Fair Educational Foundation 18TH Annual Salute to the Stars Gala

The Cy-Fair Educational Foundation (CFEF) will hold its 18th Annual Salute to the Stars Gala on October 15, 2015. Cypress Fairbanks Medical Center Hospital has been underwriting Salute to the Stars since 2013. Sponsors include Cy-Fair Federal Credit Union, IBI Group, Community Impact Newspaper, Satterfield & Pontikes Construction, Inc, Prairie View A&M University, Station & Ayers Insurance Services and Consulting, L.L.C., and Stone Gate Home Owners Association.

Salute to the Stars has raised more than \$2 million for innovative staff development programs for district teachers and instructional leaders, and scholarships for graduating seniors in the Cypress-Fairbanks I.S.D. (CFISD). The Salute to the Stars gala honors CFISD "Spotlight

Teachers" who are chosen by campus principals for their outstanding dedication in providing valuable instruction to students.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 45 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than \$6 million in scholarships to 1300 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

Sponsorships are still available for Salute to the Stars, for more information please contact marie@thecfef.org.

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Ambulance	911
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- Burglary & Theft	713-967-5770
- 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
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Cypress Fairbanks ISD Transportation	281-897-4380
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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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Peel, Inc.	1-888-687-6444
Article Submissions	townelake@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

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.

“Seeing Through the Glass Ceiling: Women’s Leadership Myths”

Luncheon Details

Thursday, October 22, 2015

Networking 11a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

Karen Baker Blum

Business As Pleasure

www.sageuniversity.eu

karenblum@outlook.com

At the October 22 Cy-Fair Express Network Luncheon, Karen Baker Blum, speaker, trainer and author, will share one of her many informative signature talks - Seeing Through the Glass Ceiling: Women’s Leadership Myths.

Raised in a family of high performance salesmen, Karen recalls family dinner conversations centered on serving prospects. She says she is blessed to receive her people and sales skills from “nature and

(Continued on Page 3)



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(Continued from Page 2)



nurture" alike.

A professional salesperson for 25 years, Karen holds a B.S. in Hotel Administration from Cornell University in Ithaca, NY and both Bachelors and Master's Degrees in Coaching and Training from Sage University, Ibiza, Spain.

As a top producer in each organization with which she has been affiliated, Karen continually sets the pace for her colleagues. She was acknowledged by a

former employer as "responsible for our first million dollar year in 84 years of business."

Karen provides other "Signature Talks" which include: The Happiest Profession in the World; Motivation to Inspiration: The New Paradigm of Teamwork; The Theater of Selling; The Informal Network of Women: The Most Powerful Network in the World

Karen's first book, 23 Innovations in Selling, co-authored with Mia Sage, was published in 2015. She holds a current Texas license for life and health insurance.

For 21 years Karen has been speaking and training in both

corporate and entrepreneurial environments. Her audience members have described her as "electrifying", "remarkable" and "enthusiastic", with a "talent for articulating a somewhat radical concept in a way that makes such perfect sense". Participants call her trainings "the best ever", "relaxing and invigorating" and "a safe space for participants to explore." Karen is happiest when she is making people laugh.

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.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, 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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April 20-27, 2016

Let's hang loose and have some fun while staying 7 nights at The Royal Lahaina Resort. We will enjoy our American breakfast daily before island sightseeing at the Haleakala Crater, Iso Valley & Lahaina. We will also take the Road to Hana tour with a picnic lunch. Let's not forget our evening luau with wonderful island cuisine and entertainment. Need more fun? Other activities available.

A deposit of \$480 is needed to reserve your space. Prices are based on a minimum of 12 persons and are subject to change. \$150 non-refundable. Final payment due 1 March 2016. Prices start at \$2525.00 with Partial Ocean View based on double occupancy, include round trip air on American Airlines, transportation between the airport and hotel and Travel Protection

For more information contact: Lori Skadowski lorilynn@pdq.net or 281-782-5517

Why Girl Scouts?

Why Girl Scouts? A better question is why not? In Girl Scouts, your daughter has the opportunity to make new friends, learn new skills, and have fun. Girl Scouts was founded by Juliette Gordon Low, who was born on October 31st. She believed that Girl Scouts would help girls learn practical skills and build character. This tradition continues today as our mission to build girls with courage, confidence, and character who will make the world a better place.

Girl Scouts is open to all girls in kindergarten to the 12th grade. In Girl Scouts, your daughter has the opportunity to explore new interests, participate in community service activities, make new friends, and simply have fun. As a Girl Scout leader, an adult has the chance to mentor a group of girls to help them reach their fullest potential. Please consider joining this organization so you can have a direct impact on the girls in your community. Girl Scouts is for girls in grades kindergarten to 12th grade and the cost is \$15.

Did you miss the Girl Scout Recruitment Event at your school? It's not too late to join. Go the Girl Scout of San Jacinto website at www.gssjc.org and click on "Join Today." If you have additional questions, please contact Jo Anna Harris at jharris@sjgs.org.

Join us for a Pink Champagne Brunch!

in Honor of National Breast Cancer Awareness Month



**Spend a Morning with the Breast Care Experts of
Cypress Fairbanks Medical Center Hospital**

Uzma Iqbal, MD, Hematologist/Oncologist
Peter Morgan, MD, Radiation Oncologist
Maryanne Tran, MD, Breast Radiologist
Ata Ahmad, MD, Surgeon
Leonidas Miranda, MD, Surgeon



**Saturday,
October 17, 2015**

10 – 11:30 a.m.

**11302 Fallbrook Drive
Professional Building Classrooms next to
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**Learn more about the
current options •
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Please call to register
1-888-511-PINK (7465).**

Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, would like to extend an invitation to local females (18 and older) to attend our next meeting. We meet the third Thursday of each month, Sept-May at the Richard and Meg Weekley Community Center, 8440 Greenhouse Rd, Cypress, TX 77433. We are friendly, family oriented, and diverse in ages, and promote patriotism, education, and historic preservation. Membership is based on the requirement that you can prove direct lineal descent from someone who fought in the American Revolution or provided any type of aid, but it is not required up front to attend meetings if you're interested, as we will help you research your ancestry!

For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you!

TEXAS HOLD-EM..Like to play poker?, The 4ACES POKER CLUB, is looking for a few new players for our next Tournament starting in November. CALL JACK 281-744-8636 FOR MORE INFO.

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Cy-Fair Republican Women

Friday, October 23rd – Sixth Biennial High Heels & High Tea at Shirley Acres. Tickets are available now!

Cy-Fair Republican Women meeting in October will be our fundraiser to support local candidates and the CFRW Scholarship Fund for 2016.

This will replace our second Tuesday meeting for this month. (Second Tuesday each month at Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095)

HHHT will be at Shirley Acres, 217 Woerner Road, Houston, TX 77090. The event will feature a Luncheon with elected officials and candidates, Fashion Show, Live and Silent Auctions, Vendor Showcase and more.

Tickets are available from any CFRW member and Event Coordinator Edith Gibson (egib@sbcglobal.net). Ticket price is \$75.

For more info check www.cfrw.net by 10/13/15.

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CYRESS AREA FOOD PANTRY

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke runs a food pantry on Mondays from 6:00 to 8:00 pm (excluding holidays) and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337.

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CLOTHES MOTHS

Clothes moths can cause considerable damage to materials containing wool, fur or other animal-derived products. There are two common clothes moths, case making clothes moths and webbing clothes moths. The names describe the larval (caterpillar) stage of the moth. Case-making clothes moths spin silken cases that they drag along with them while they feed. Webbing clothes moths feed within silken burrows that they spin over the surface of fabric.

Adults are small, tan moths about 3/8 an inch long. They are weak fliers and avoid light. Larvae like to feed in protected areas, such as folded clothing, and rarely leave their food source.

To reduce or avoid clothes moth problems, the following tips may be helpful:

- Locate & remove any infested items.

- Look in drawers & closets; on the floor; on or under furniture; on or in walls, ceilings & attics.

- Launder or dry clean clothing.

- Periodically shake & air out items such as rugs & clothing.

- Use heat and/ or cold to kill insects in infested items.

- Thoroughly clean storage areas.

- Store clothing in tightly sealed containers.

- Cedar is not that effective in repelling clothes moths.

- Cedar must be freshly cut or chipped for vapors to be effective & vapors lose potency quickly.

- Mothballs (naphthalene or paradichlorobenzene) can be used to repel insects.

- Read & follow all label instructions.

- Use only in sealed areas or closed containers.

- Note that the fumes from these products may soften or melt some plastics.

- Insecticide sprays can be used to supplement sanitation techniques.

- Remove all items from the area before treating with an insecticide.

- Allow area to completely dry before returning items.

- For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com



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