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## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

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JUNE 2016

VOLUME 5, ISSUE 6

# BRING THE WORLD INTO YOUR HOME

Ayusa International, a non-profit organization that has promoted global learning and leadership through high school student cultural exchanges for more than 35 years, is launching its annual search for families in Houston and the surrounding area interested in hosting international students for the 2016-2017 school year.

Ayusa host families who volunteer to open their home to exchange students contribute to the global community as public diplomats for greater international understanding. Each host family and student creates a lasting relationship that spans the cultural differences between their two nations.

The Bray Family from Houston has been hosting two students this year, Mahau from France and Genzo from Japan. Both students have been attending Mayde Creek High School this year. The Brays have six children of their own but feel that hosting exchange students is "probably one of the best decisions our family has ever made," according to host mom April Bray. "[The students] quickly become a part of your family and it's always a great feeling to see their eyes light up when they experience something for the first time or hear the excitement in their voices when they tell you about a new friend they made at school. Your children also get to gain another brother or sister and it's always fun to see them trying to learn your exchange student's language or customs. For us, there is no greater feeling than watching our exchange students succeed and grow and being able to share our culture and learn more about theirs."

The students have also been having a wonderful experience with the Bray family. Genzo shares, "My host family is so nice to me and I feel like this family is the home I can go back to. They make me feel like I'm loved by them. Of course you can share your culture and learn the language but more importantly, you can experience the other family that you love." His exchange "sister" Mahau says, "It's crazy how much you can love people you didn't know 10 months before. Every day they make my exchange year super great. I consider them like a member of my family. They are the reason why I enjoyed every single day of my new life."

Ayusa works with diverse families who are interested in hosting an international student of high school age. Families without children, empty nesters, military families, retirees, and single people are all welcome. Ayusa families come from all over the country and reside in rural, suburban and urban communities.

"Houston is a popular destination for Ayusa exchange students in the U.S.," says Heather Wells, Ayusa Regional Manager for the Southwest. "Host families love to share the diversity and history of Houston. It's such a fun area to live in, with activities and things for students to experience, from music and sports to outdoor activities and delicious Tex-Mex!" She continues, "If you have ever wanted to learn about a new culture while sharing life in America, I encourage you to give us a call or check out our website to learn more about how you can create an international friendship that lasts a lifetime!"

Host families provide the exchange student with three meals a day and a bedroom (private or shared). A professionally trained Ayusa representative supports each host family, student, and local school throughout the program year. Ayusa's exchange students are 15-18 years old and come from more than 60 countries around the world. Students are fully insured, bring their own spending money, and are proficient in English.

### How to Host an International Student

Interested families can learn more about the program and available exchange students and request additional information by visiting <http://www.ayusa.org> or calling 1-888-552-9872.

The process to apply is simple. Families complete the online application, which includes questions about themselves and local high school, references, and a background check. The local Ayusa Community Representative conducts an in-home interview. They can also help each family with any questions they may have about the application or process.

After families are fully approved, they can select the Ayusa student they would like to host.

*(Continued on Page 2)*

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Cypress Fairbanks ISD Transportation .....	281-897-4380
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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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### ARTICLE INFO

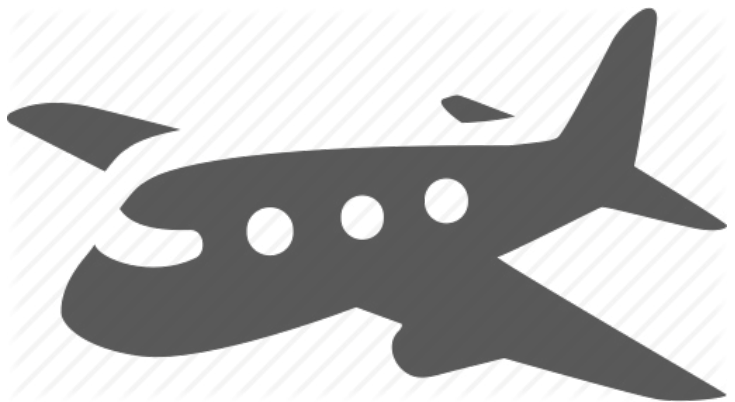
The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [townelake@peelinc.com](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.

(Continued from Cover)

### About Ayusa

Ayusa International (<http://www.ayusa.org>) is a 501(c)3 non-profit student exchange organization founded in 1981 and an official U.S. Department of State designated Exchange Visitor Program Sponsor. In addition, Ayusa administers high profile grant programs funded by the U.S. Department of State and other organizations. Ayusa is a sister company of Intrax, a family of organizations that provides a lifetime of high-quality educational, work and volunteer programs that connect people and cultures. Intrax is headquartered in San Francisco with offices on four continents.





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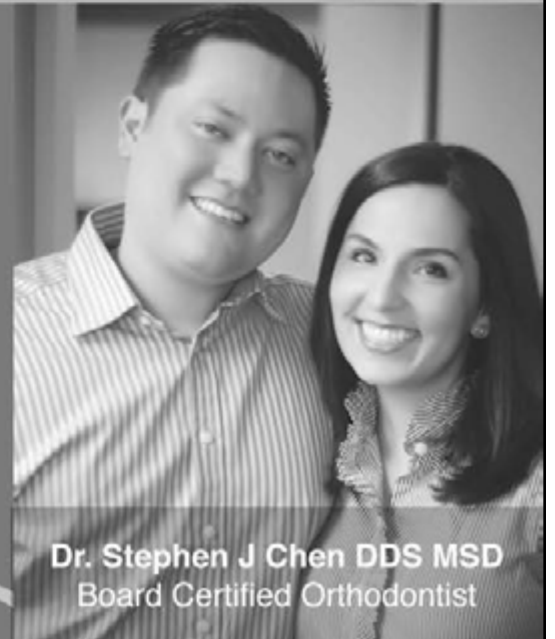
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## Finding Time

by Tara Chatterson

I've recently come to the conclusion that the world today has gone mad. It's as simple as that.

Don't believe me? Let's look at one simple fact--in what other place do the majority of the population spend trying to fit 35 hours into a 24 hour day? And continue to do so almost 7 days a week?

Tell me if this sounds familiar: work an 8-9 hour day, come home to do chores like cook dinner, do laundry, feed the dog, etc. add kids to the mix--forget it!

Our success-driven society tells us that we have to push to do more, do it bigger, and do it better than anyone else. Finding time to live any sort of life has suddenly become over-rated and unimaginable as a one-way trip to Neverland.

Over-scheduling, double-booking, extreme intake of caffeine & constant exhaustion have become our closest companions.


Well, I've decided I've had enough. If Neverland is the place where peace exists, then I want to live there.

Is it possible? I believe it is. It starts with claiming the time for yourself to relax and unwind. I've found my Neverland here at Five Horses, LLC. Working with, and learning from, the horses here

has brought me a peace of mind I never believed possible. I know it seems hard at first, but you owe it to yourself to find time to rebuild and recharge.


Indulge yourself by finding time for yourself. There are some amazing new events coming up this month at Five Horses. Take a look--I promise you won't regret it.





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# Women Empowering Women Express Network

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites you to attend a Monthly Networking Luncheon sponsored by Proline Supply Company on June 1st, 2016. The luncheon will be held in the West Dining Room of Lone Star College-University Park at 20515 State Hwy 249, Houston, Texas 77070. Open Networking begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. This month's program includes 2016-17 Board Inductions, the Official Charter of WEWEN, and a presentation from Dorothy Gibbons entitled, The Women of the Rose.

In 1986, Dorothy Gibbons and colleague Dr. Dixie Melillo founded The Rose, a place where every woman could receive quality breast health care regardless of her ability to pay. Today, thirty years later, with two Diagnostic Centers and a Fleet of Mobile Mammography Units, The Rose has served over a half a million women, insured and uninsured, and expanded services throughout

Southeast Texas. Explore the story of how The Rose was born and how it has survived--against all the odds. It is the story of incredible generosity, unexpected corruption, and the hard truth about who can afford healthcare and who can't.

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of ABWA. WEWEN meets the first Wednesday of each month from 11AM-1PM. Additional details and luncheon registration (\$25) are available at [wewen.org](http://wewen.org). Contact [communications@wewen.org](mailto:communications@wewen.org) with questions.

## About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills, and career development training. For more information, visit [abwa.org](http://abwa.org).

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- 1 **\*\*Women's Imaging Center at Cy-Fair Hospital (FM 1960 at Jones Road)** \*Genetic testing available here
- 2 **\*\*Cy-Fair Urgent Care & Imaging Center (at Spring Cypress & Grant)**
- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**  
Opening May 2016

\* According to the American Cancer Society \*\*Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



**281.897.3121**

**CyFairWomensImaging.com**



## CYFEN

### “Pursuing your dreams and not giving up”

#### Luncheon Details

Thursday, June 23, 2016

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 at the door

At the June 23 Cy-Fair Express Network Luncheon join us for an encouraging and motivational meeting with our speaker, Donna Edge. She will share her story of she and her husband going from government help and \$50K of credit card debt, to making their dream of working together and owning a successful business become a reality.

You will surely be encouraged to pursue your dreams and to not give up when obstacles are thrown in your path.

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](http://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](http://www.abwa.org).



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## Fall Festival Vendor Opportunity

*Sunday, October 30, 2016  
Saint Aidans Episcopal Church*

Vendor Opportunity - Saint Aidan's Episcopal Church ACE Committee announces our Fall Holiday Market to be held Sunday, October, 30th from 10am – 5pm. Saint Aidan's is located at 13131 Fry Road just South of 290. We are looking for a variety of vendors and expanding this year to include food trucks. Great highly visible outdoor space with Fall Festival activities including Blessing of Animals, Trunk N Treat, live music, silent auction and more. For additional information, and Booth Reservation form contact us at 281.373.3203 or email [fallfest@aidanschurch.org](mailto:fallfest@aidanschurch.org).

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