

April 2019 Volume 10, Issue 4

3rd Annual Cypress Park Athletics Spring Festival

Saturday, May 18, 2019 | 10:00am-2:00pm Cypress Park Sports Complex 7425 Westgreen Blvd. Cypress TX 77433

Please come and join this fun event! Featuring games, face painting, silent auction, vendors and more!

31st Annual B.F. Adam Golf Classic

May 9, 2019, the Cy-Fair Educational Foundation (CFEF) will celebrate its 31st annual B. F. Adam Golf Classic at BlackHorse Golf Club. Allegiance Bank joins the Foundation as our new tournament underwriter. IBI Group, Linebarger Attorneys at Law and Zenith Real Estate Group are supporting CFEF again this year as Platinum Sponsors. Gold Sponsors include Cromdane Steel, Division One Construction, PBK, Salas O'Brien and Satterfield & Pontikes Construction. The Backyard Grill joins Carl's BBQ as our dinner sponsors. Caldwell Companies has been the tournament lunch sponsor since 2011.

One of the largest non-celebrity tournaments in the Houston area, the B.F. Adam Golf Classic is a prime example of our trustees and community business partners working together to raise scholarship funds for students of Cypress-

Fairbanks ISD. Our first tournament raised \$3,500 and over the past 30 years the B. F. Adam Golf Classic has successfully raised almost \$3.5M.

CFEF was established in 1970 as a non-profit to raise money to fund scholarships for high school graduates. Through the generosity of the Cy-Fair community and commitment from the Board of Trustees, the Foundation has grown tremendously with scholarship awards totaling more than \$8.5M to graduating seniors from Cypress-Fairbanks ISD. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

SPONSORSHIPS AVAILABLE

For more information please contact marie@thecfef.org or visit our website at www.theCFEF.org.

IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	
Constable	281-376-3472
Sheriff - Non-emergency	
- Burglary & Theft	
- Auto Theft	
- Homicide/Assault	713-967-5810
- Child Abuse	
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control	800-764-7661
Traffic Light Issues	713-881-3210
SCHOOLS	
Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	
Cypress Fairbanks Senior High	
Cy-Woods High School	
Goodson Middle School	
OTHER NUMBERS	
Animal Control	281-999-3191
Cypress Fairbanks Medical Center	
Harris County Health Department	
Post Office Box Assignment – Cypress	
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- not working (Report Number on Pole)	
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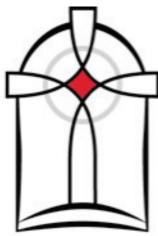
Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).





FLOC Gazette





Fair Ladies of Christ the Redeemer, or FLOC, is a faith and fellowship group for the women who live in Fairfield and Lakes of Fairhaven that attend Christ the Redeemer Catholic Church.

We generally meet once a month, usually at a member's home, or a local restaurant, and occasionally at Christ the Redeemer. Our meetings consist of food and drinks, prayer and fellowship! We occasionally have a speaker on topics that pertain to our faith, have fun craft nights, attend Christ the Redeemer events, try out new restaurants, and we also 'give back" to the community atholic Church and the church with some sort of charity or donation activity several

times a year.

Our main goals are:

- To bring the CtR women of these two neighborhoods together to make social connections with each other,
 - To support one another,
- To surround ourselves with women who share a common faith, and
- To bring those that are hesitant to attend CtR each weekend for Mass (due to the large size of the parish) back to Mass because there will be a friendly face in the crowd.

For more information, please contact Amy Wilkes at apw1974@juno.com, or search for our group on Facebook - Fair Ladies of Christ the Redeemer (FLOC) - and request to join our closed group.

We look forward to meeting you at our next event!



Leadership Pain Before Promotion

Luncheon Details Thursday, April 25th 2019

Open Networking 11:00 a.m. Luncheon begins at 11:30 a.m. Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

> Visitor costs \$30 with advanced online reservations; \$35 at the door



Houston, Texas (March 8, 2019)- At the April luncheon Yvonne Lemmon,

Independent National Sales Director with Mary Kay Inc. speaks on "Leadership Pain Before Promotion."

Title: "Leadership Pain Before Promotion"

Overview + Takeaways:

Yvonne Lemmon has been leading

women for 23 years. She has a few stretch marks and scars from it. However, she believes time invested in people is never wasted. She's currently in direct sales. Her previous careers included running trade organizations and nonprofits. She has a degree in journalism from Texas A&M University. She is married to Randy Lemmon and they have 2 children, Randal age 17, and Selena age 12. The Lemmon family lives in Tomball, Texas.

About Cy-Fair Express Network (CYFEN)

Now over 60 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.

Where's My Money! Understanding Your Numbers and When You Need a Loan?

Luncheon Details Thursday, April 18, 2018

Registration/Networking 11 a.m.; Luncheon begins at 11:30 a.m. | Sheraton West Houston Hotel, 11191 Clay Rd., Houston, TX 77041 | Early Registration Costs \$30; or pay at the door for \$38.

Houston, Texas (April 18, 2019) Join the Houston Area Professional Express Network on Thursday, April 18th for a networking luncheon and a presentation by, Liz Lara Careno & Rebecca Scultz who will teach you about understanding your money, identifying when your business needs a loan and how to leverage your banking relationships.

This month's HAPEN meeting begins with registration and networking at 11:00 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sheraton West Houston Hotel, 11191 Clay Rd.

About Houston Area Professional Express Network (HAPEN)

Houston Area Professional Express Network's mission is to GROW our membership TOGETHER through strength and vitality of positive relationships of each member's experiences. Our members have opportunities to pursue excellence and achieve both local and national recognition. HAPEN is part of the national organization of American Business Women's Association (ABWA), for more information visit www. HAPEN.org.

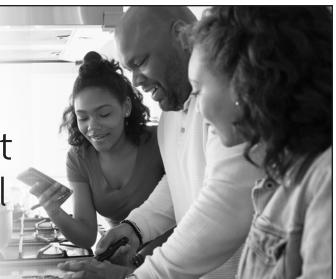
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Reflux Services at Houston Methodist Willowbrook Hospital



The digestive health experts at Houston Methodist Willowbrook Hospital understand the discomfort that often comes from chronic acid reflux. Our team of specialists evaluate the symptoms of each individual to recommend appropriate diagnostic and treatment options.

If you are experiencing any of the following symptoms:

- Burning sensation in the back of the mouth
- Difficulty breathing
- Difficulty swallowing
- Discomfort in the chest and throat

We are here to help.

- Dry cough and hoarseness
- Frequent heartburn
- Irritation in the esophagus

Call the Houston Methodist Willowbrook Hospital Reflux Services navigation line at 281.737.GERD (4373) and find a Houston Methodist reflux specialist near you.



houstonmethodist.org/willowbrook



Church Youth Group Fundraiser



Girls from The Church of Jesus Christ or Latter-Day Saints are collecting athletic shoes for charity. Any size, any brand of close toe shoes will be given to Project Sole to help others in need.

A donation box will be available at the Fairfield Chapel located at 21521 Fairfield Place, Cypress, TX by the back door until April 20th.

"Project Sole is a non-profit organization that unites shoes and compassion to relieve suffering, care for the poor, & enhance the quality of life in our community." www.projectsole.org

Pay it Forward



There is also an annual International Pay It Forward Day that helps remind people to do so. It is on April 26 every year. The website provides lots of ideas for the different activities people are doing around the world, ideas about what you can do, business cards you can print to share the message, and a place where you can share your stories.

There are so many reasons to do good

deeds that go way beyond simply helping the recipient of the deed. You may question your own motivation if you are giving for these reasons instead of giving only for the sake of giving. I understand the questioning since some benefits just feel ickier than others. In the end, though, no matter what reasons you choose forgiving, you should continue to give. Your contribution, no matter what the intention is behind it, will still help make you a better person and the world a better place.

http://www.good-deeds-day.org/Any day is an excellent day to do good deeds. There is no time like the present to do something nice for someone.

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Club Track Team Registration for Middle and **High School Athletes**

Club Track Team Registration for Middle and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2019 season. An orientation session for school athletes will be held on Tuesday, April 2, 2019 at 7:00 p.m. at Matzke Elementary School, 10002 Mills Rd., Houston, 77070.

The team, which is celebrating its 32nd season, is sanctioned by USA Track & Field, and 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, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

For additional information about the team and the orientation. visit www.northwestflyers.org, email linette.roach@sbcglobal. net, or call 832-725-4754.

Shield Bearer Running for Hearts 5K Family Fun Run and Walk

The Shield Bearer Running for Hearts 5K Family Fun Run and Walk will take place on March 30, 2019, from 7:00AM to 11:00AM, at Windwood Church at 10555 Spring Cypress Road in Houston, Texas. This family friendly event will feature a 5K timed, trail style run, a 1-mile family walk, games for the kids, t-shirts, food, prizes, and lots of fun for all ages. Race registration is \$25 for adults (ages 14 and up) and \$10 for children (ages 13 and under) before March 15, 2019. Registration, sponsorship, vendor, fundraising, and volunteer information is available at shieldbearer.org/5K.

Race sponsors include Bammel Church of Christ, Element Payment Services, Louetta Automotive, Caldwell Companies, Lone Star College, Murdoch's Backyard Pub, Insperity, Lindsay's Light, Windwood Church, Fox Focus Photography, Rollin' Local, Amegy Bank, Misfit Design Group, Leadership North Houston, and Action Specialties.

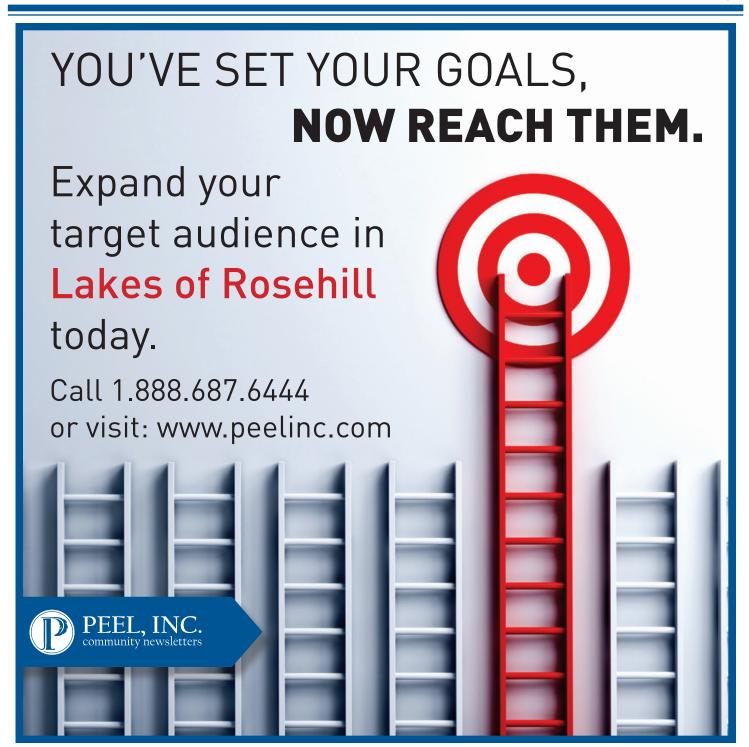
Proceeds for the event will fund services and programs at Shield Bearer, a Houston based 501c3 nonprofit counseling and community resource center that provides services on a sliding scale. Shield Bearer has six locations in Houston and serves individuals, couples, and families including those recovering from the trauma of human trafficking, domestic violence, crime, abuse, war, and natural disasters. Additional information about services and programs can be found online at shieldbearer.org or by calling (281) 894-7222.



Find out more at shieldbearer.org or (281) 894-7222

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