



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

APRIL 2019

VOLUME 8, ISSUE 4

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.

Cypress Park Athletics Spring Festival

3rd Annual Cypress Park Athletics Spring Festival
Saturday--May 18, 2019

Cypress Park Sports Complex—7425 Westgreen Blvd. Cypress
TX 77433

10:00am-2:00pm

Please come and join this fun event!

Featuring games, face painting, silent auction, vendors and more!

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).



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Harris County Health Department	713-439-6260
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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. The deadline is the 9th of the month prior to the issue.

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.projectssole.org



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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*



Yvonne Lemmon

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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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.

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 for giving, 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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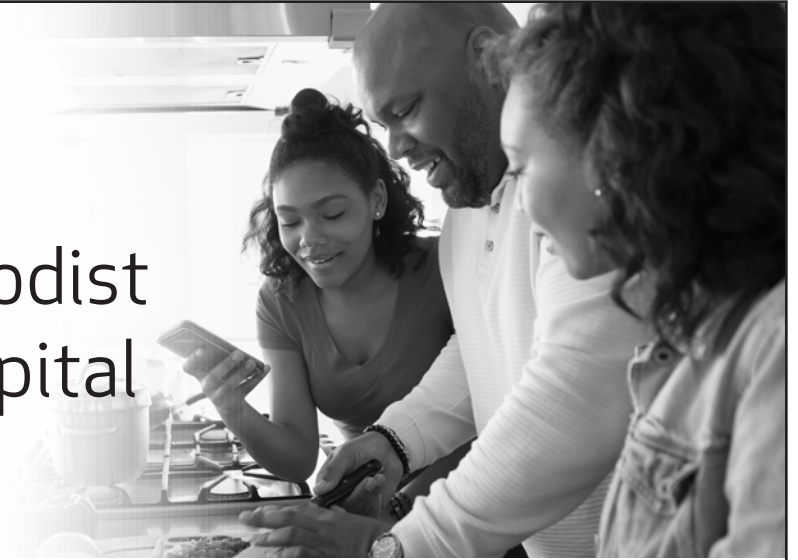
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(Continued on Page 7)

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

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and find a Houston Methodist reflux specialist near you.

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Raptors *By Cheryl Conley, TWRC Wildlife Center*

Have you ever heard of a hawk vest, raptor shield or coyote vest? I had no idea they even existed until I started researching this article. Although they may go by different names, they are all very similar and serve the same purpose. They claim to protect small animals from birds of prey, coyotes and even aggressive dogs. Now you may think this is silly and even a little ridiculous but if you're someone who has suffered the loss of a pet snatched by a raptor or coyote, it makes perfect sense. As recently as January 18th in Pennsylvania, an 8-pound bichon frise was playing in the backyard when an eagle swooped down, grabbed it with its talons and flew off with it. Not to worry. For some unknown reason, the eagle dropped it 4 miles away and the dog recovered.

A bird of prey is a meat-eater but not all birds of prey are raptors. Eagles, owls, ospreys, kites, hawks, buzzards, harriers, vultures, and falcons are all raptors. Three traits help distinguish a raptor from other birds of prey and these three traits make raptors excellent hunters. A raptor has a curved beak with sharp edges, sharp claws or talons and excellent eyesight.

Of all the animals in the animal kingdom, raptors have the best eyesight. Their eyesight is 6 to 8 times better than ours. As far as

(Continued on Page 7)

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(Continued from Page 6)

which raptor has the best eyesight it is most definitely the eagle. It is believed that an eagle can spot an ant crawling on the ground from atop a 10-story building, or a rabbit up to a mile away. Breaking that down even a little further, this means an eagle flying at an altitude of 1000 feet over open country could spot prey over an area of almost 3 square miles from a fixed position.

The talons, or claws, of raptors are curved downward and are razor sharp. If you were to see a raptor's foot up close you would also notice rough bumps on the pads of the feet which aid in hanging onto their prey like slippery fish. The raptor swoops down and with a vise-like grip either kills the prey or inflicts serious wounds.

The beaks of raptors are all the same. They are curved with very sharp edges. They use their beaks to tear off fur, pull out feathers and tear meat into bite-sized pieces that they swallow whole. Raptors also have what we would call a "tooth" on the inside of the upper part of their beak. It's shaped like a triangle and is called a tomil. This is used to cut the spinal cord of its prey.

If you come across an injured raptor, there are very important steps to take to insure your safety and the safety of the bird. First, call TWRC Wildlife Center. If the bird doesn't fly away when approached, this doesn't always mean it's injured. It could be protecting food or babies. If it is determined that the bird actually

needs rescuing, we will direct you on how to safely capture and restrain the hawk. If you do not feel comfortable handling the hawk, we can recommend other options for transport. If it is injured, you'll need heavy gloves, safety glasses and a thick towel or blanket. Throw the towel or blanket over the bird and take hold of the bird by keeping its wings close to its body and your hands out of reach of the talons. Darkness helps calm birds and the towel provides that. Place the bird in a sturdy box or pet carrier that is only slightly larger than the bird. If it's too large, the bird will be able to flop around and could inflict even more injuries. Be sure to remove the towel or blanket from the container. Now place that towel or blanket over the carrier. Bring the bird to us as quickly as possible for care. Please do not attempt to feed the bird or provide water. As with most wild animals, it is illegal to have raptors in your possession. They are federally protected under the Migratory Bird Treaty Act of 1918.

If you have any wildlife questions, give us a call at 713-468-8972 or check our website at www.twrcwildlifecenter.org.

Spring is our busiest season and babies have started coming in. We need compassionate people to help feed and care for baby squirrels, baby opossums and baby birds. The age requirement is 14 and up. This is an experience you'll never forget! The link is <https://www.twrcwildlifecenter.org/volunteer/>




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