

Volume 18, Issue 6





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IMPORTANT NUMBERS

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| Cy-Fair Fire Department - (emergency) | 281-466-6161 | |
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| Poison Control | 1-800-764-7661 | |
| Texas DPS | 713-681-1761 | |
| Waste Management | 713-695-4055 | |
| (trash collection Mondays & Thursdays) | | |
| TNG MUD 370 | 281-350-0895 | |
| Harris County Tax Office | 713-224-1919 | |
| Centerpoint Energy | 713-207-7777 | |
| (give pole # of street which is out) | | |
| Centerpoint Energy | 713-659-2111 | |
| Comcast Cable | 713-341-1000 | |
| Houston Chronicle | 713-220-7211 | |
| Metro Transit Info | 713-635-4000 | |
| Kirk Elementary | 713-849-8250 | |
| Truitt Middle School | 281-856-1100 | |
| Cy-Ridge High School | 281-807-8000 | |
| Newsletter Publisher | | |
| Peel, Incadvertising@PEELinc.com, 888-687-6444 | | |

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to <u>loen@PEELinc.com</u>.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Email personal classifieds to *loen@PEELinc.com*.

ADVERTISING: Deadline for submitting ads is the 8th of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com *for information on advertising.*

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Please e-mail articles and/or photos to <u>loen@peelinc.com</u>. Submissions must be received by the 10th of the month for the following month's issue. (Advertising deadline is the 8th of the month.)

TIRR Memorial Hermann Becomes First Houston Partner of the U.S. Department of State Global Sports Mentoring Program: Sport for Community

Welcomes international leader and delegate from the United Arab Emirates

TIRR Memorial Hermann recently became the first Houston area host site for the U.S. Department of StateGlobal Sports Mentoring Program: Sport for Community (GSMP), which is implemented by The University of Tennessee's Center for Sport, Peace, and Society.

Each year, GSMP provides approximately 15 international leaders in the disability sport sector with opportunities to participate in its five-week exchange program in the United States. Delegates are matched with executives at leading disability sport organizations across the U.S.

TIRR Memorial Hermann will host Klaithem Almatrooshi, Head of Female Section and Deputy Chairwoman at the Al Thiqah Club for Handicapped in the United Arab Emirates city of Sharjah.

"We are honored to have Klaithem here to learn more and work with our Adaptive Sports Program," said Jerry Ashworth, CEO of TIRR Memorial Hermann. "TIRR is committed to improving the lives of people with disabilities in the Houston community and throughout the world through collaborations and initiatives such as the Global Sports Mentoring Program."

In her current role, Almatrooshi trains volunteers on how to work with people with motor disabilities, coordinates with trainers on the details of tournaments and competitions, and works with staff to meet the needs of female members of Al Thiqah Club for Handicapped. She also provides social and psychological support by conducting case studies and fulfilling the needs of disability cases.

"What I hope to learn most at TIRR Memorial Hermann is how to transfer best practices in the field of disabilities and adapt them to the UAE in order to advocate for Emiratis with disabilities as effective citizens in society," Almatrooshi said. "I want to enrich my skills and awareness of disability sports and techniques in the United States. I look forward to learning how to support families of those with disabilities because they are the first and most important partners in the development of their children."

Peggy Turner, Adaptive Sports Coordinator at TIRR Memorial Hermann, will serve as Almatrooshi's mentor.

"This is a great opportunity for TIRR Memorial Hermann to make an impact in the lives of athletes with disabilities thousands of miles away," Turner said. "I look forward to working with Klaithem to identify new practices and opportunities for the members of the *(Continued on Page 3)*

(Continued from Page 2)

Al Thiqah Club in Sharjah."

Almatrooshi will be leading the planning of the International Wheelchair and Amputee Sports Federation World Games in the UAE later this year. She also spreads awareness about the Al Thiqah Club and its services through participation in television interviews that cover the Club's activities.

"I also want to help change the media discourse and view of disabilities in the UAE so that they cover disability issues in a realistic manner," Almatrooshi said.

Participants in the GSMP immerse themselves in the day-to-day activities of their mentors and learn more about sports programs for people with disabilities. At the end of the program, participants travel to Washington, D.C., to present strategic action plans based on what they learned before returning home to implement those measures in their countries.

"We are humbled to walk alongside Klaithem who is working diligently to make a difference for persons with disabilities in the UAE," said Sarah Hillyer, clinical assistant professor and director of the Center for Sport, Peace, and Society at The University of Tennessee, Knoxville. "Thanks to the support and investment of mentors like Peggy and host organizations like TIRR Memorial Hermann, we continue to see the power of sport being used in innovative ways to create more inclusive communities." In 2018, the GSMP: Sport for Community was named "Diplomatic Action of the Year" at the Peace and Sport Awards in Greece. Its sister program, Global Sports Mentoring Program which is in partnership with espnW and focuses on empowering women, was named a Stuart Scott ENSPIRE Award at the ESPN Humanitarian awards.

In addition to its comprehensive approach to clinical care, research and education, TIRR Memorial Hermann focuses on taking care of the community to truly impact and serve its patients through advocacy in order to help patients achieve more in their recoveries.

"Advocacy is woven into our fabric and an important element of what we do at TIRR Memorial Hermann and we are committed to raising awareness, educating people about the inequalities that exist and removing barriers," Ashworth said. "We advocate through our community wellness program and through our adapted sports programs."

The TIRR Memorial Hermann Adaptive Sports Program was developed in the mid-1990s to give athletes with all types of disabilities an outlet to continue playing sports both competitively and through intramural programs, including: basketball, rugby, hand cycling and ultimate frisbee.

To learn more about the TIRR Memorial Hermann Adaptive Sports Program, visit http://tirr.memorialhermann.org/patientresources/adaptive-sports/.

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Messiah: A Lutheran Faith Community Camp Hope



WEEK 1: JULY 8-12, 2019 WEEK 2: JULY 15-19, 2019 WEEK 2: JULY 22-26, 2019 9:30 AM -3:30 PM Camp Hope is our three-week day camp for children ages 5 years old through 6th grade. It is an adult mentored student led ministry. Each day, children will hear a new Bible story; learn what it means to their life by creating a craft, eating a snack, playing a game, and experiencing the story through expressive arts, STEM and worship.

Camp Hope is a day camp that is passionate about growing leaders. This is one of the reasons that Camp Hope is one of the BEST ways to develop youth leaders. It's a vital part of what Camp Hope is all about!

Parents are invited to register their children online at www. messiahlc.org/camp-hope. For more information, call 281-890-3013.

Messiah Lutheran Church is a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery Time (education) is 9:15-10:30 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.

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Red Nose Day



On Saturday, May 4th, team members from Walgreens Cy-Fair district got together to raise money for Red Nose Day. We went to "Painting With a Twist," and painted a landscape on canvas. The price was \$35 a head and this business gave half of the proceeds back to help with our charity. We raised a lot of money at this event and had A lot of fun. Red Nose Day is a chance for us to help end child poverty.

Red Nose Day is a campaign with the mission to end child poverty by funding programs that keep children safe, healthy, and educated. Through the power of entertainment, we bring people together to laugh and have fun, all while raising lifechanging cash for the children that need it the most. Since our debut in 2015, we have raised nearly \$150 million and have positively impacted over 16 million children in America, and around the world.

Red Nose Day was on Thursday **May 23, 2019**. The campaign kicked off on **April 22**, when the Red Noses go on sale in **Walgreens** stores nationally. It all culminated on Thursday, **May 23** with a special night of TV celebrating Red Nose Day on NBC.



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Cypress Chapel Hosts Cornhole Tournament Benefiting Shield Bearer



Cypress Chapel recently hosted a Cornhole Tournament and donated the proceeds to local non-profit Shield Bearer. It was a fun day for local families that included the tournament, lunch at Creekwood Grill, and a silent auction. "Our church family had a great time putting this event together. An important part of our mission is serving the community together and this tournament was a wonderful opportunity to do just that," shared Pastor Stephen DeMik. "From organizing the teams, to gathering silent auction items, to setting up in the rain, our church family came together and made this event a wonderful success."

"Cypress Chapel and Shield Bearer share a passion for strengthening local families," added Shield Bearer Associate Director Melissa Rotholz, "we are so thankful for their partnership. With support from generous partners like Cypress Chapel, we are able to provide professional counseling services and programs for local families, even when they have financial concerns. Together we are helping families find healing and hope again."

Cypress Chapel is a body of believers and disciples of Jesus Christ who seek to follow His direction and mission through worship, home gatherings, and rhythmic patterns of service and involvement in the community. The central focus of the ministry is relationships - with God, with other Christians, and with people who do not yet know Jesus. More information about Cypress Chapel can be found online at cypresschapel.tv.

Shield Bearer is a Houston based 501c3 nonprofit counseling and community resource center that provides services on a sliding scale. Shield Bearer has six locations in the Houston area 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.

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Shield Bearer "Roast & Raise"

Join Shield Bearer for "Roast and Raise" – A Fun Farewell Luncheon honoring Roy Wooten

Shield Bearer will host "Roast and Raise" – A Fun Farewell Luncheon honoring Roy Wooten on June 26th from 11:30AM to 1:00PM at Windwood Church at 10555 Spring Cypress Road in Houston, Texas. This is your chance to roast former Executive Director Roy Wooten and raise money for Shield Bearer at the same time! Luncheon tickets are \$25 and a roast (the opportunity to share a joke, story, or kind word) can be purchased for an additional \$25. Cactus Jack from 93Q will emcee the event. Additional event details including sponsorship, silent auction, and ticket information are available at shieldbearer.org/roast.

Proceeds from 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.



Bird Bath Bliss

By Cheryl Conley, TWRC Wildlife Center



The heat is on! Just like us, birds enjoy and need a clean drink of water and a cooling bath. You can do birds a great service by providing a birdbath where they can drink, bathe and preen. Here is some helpful information regarding birdbaths.

• Birds aren't going to swim in it so it doesn't have to be deep. They only partially submerge their bodies so the optimal depth is from 1 to 3 inches.

• The bottom of your birdbath should not be slippery. If it is, you can add small rocks to the bottom.

• Birds are attracted by moving water so if you want to attract a larger number of birds, you should consider purchasing one with that feature. If you already have a birdbath, you can purchase a piece to attach to it. There are also misters available for purchase.

• Your birdbath need not be fancy. Trust me, birds don't care. The color, shape and style is of little importance

• A dirty birdbath is hazardous to birds. Stagnant water can harbor unhealthy concentrations of bacteria that cause diseases. Stagnant water can also attract mosquitoes that may carry diseases dangerous to both humans and birds. There are numerous soaps and cleansers on the market but the best solution to keeping your birdbath clean is to mix nine parts water to one part vinegar. Chemicals found in commercial cleaners can strip birds of essential oils in their feathers. Scrub your birdbath with the solution and a brush and rinse, rinse, rinse. Be sure to refill the birdbath every couple of days. There are self-cleaning, self-filling units on the market, too, although you can expect to pay considerably more for those.

• In our part of the country, it doesn't get extremely cold in the winter but you can add a heater to the birdbath if you wish. Just search for birdbath heaters on the web.

TWRC Wildlife Center is admitting hundreds of baby birds right now and some are coming to us needlessly. When baby birds are old enough, they will leave the nest before they are able to fly. They will spend several days on the ground until their flight feathers develop. These birds are called fledglings. Before picking up the fledgling, wait and observe. In most cases you'll see Mom watching over them and feeding them. If you don't see Mom after a period of time, it's okay to rescue the bird and bring it to us for care. Do not attempt to feed it or give it water! Keep in safe and warm in a box and get it to us as quickly as possible. If you have any questions, you can call us at 713.468.8972. Hours are Monday-Thursday, 10am to 7pm. Friday, Saturday and Sunday, 10am to 2pm.

TWSC Invites Singers to Perform with Them at Pavilion



The Woodlands Show Chorus (TWSC) will be participating in two patriotic performances during the week of July 4th: first as the opening act for The Houston S y m p h o n y 's prestigious annual

Star-Spangled Salute on Wednesday, July 3rd at the Cynthia Woods Mitchell Pavilion, and second headlining at the Sunday Lawn Concert Series presented by Bernhardt Winery on Sunday, July 7th. To share the fun with more members of our community, TWSC is inviting women singers to join them in singing at one or both of these shows.

Since performance standards are high, interested women of all ages should attend TWSC weekly Monday night rehearsals at The First Presbyterian Church (Family Life Center Building) at 2727

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N Loop 336 W in Conroe (directly across from the McDonald's). Weekly rehearsals will be held between May 13 and July 1 from 7:00 pm to 8:00 pm to help newcomers learn the



music and perfect their performance. The songs will be well-known patriotic numbers arranged in 4-part a capella harmony. Although it is helpful, there is no requirement

to read music.

Since its beginning in 2012 as the largest and fastest chartering chorus in Sweet Adelines International (SAI), this prodigious chorus has won its first four regional competitions with exceptionally high scores, and they competed well internationally in Baltimore, Las Vegas, and most recently last fall in St. Louis. TWSC is now feverishly working toward their next international competition in Louisville, KY in October, 2020. If you ask any member of this exciting chorus why she sings, she will tell you it is for the JOY – the joy of striving for excellence through consistent education, training and performance. It provides a strong purpose for her life outside of her family, work and daily routine.

The nearly 70 members of the TWSC anticipate that both performances will be fun for all who attend and will give women in our community an opportunity to make friends with others who enjoy singing as a hobby. Contact Shayna Stubblefield at info@ thewoodlandsshowchorus.org or 888-246-2313 for more details.

After these performances, TWSC will present it's own annual show, "TWSC Live, A Casual Evening of Red Carpet Entertainment, July 13, at Sts Simon & Jude Catholic Church in The Woodlands. It features the fun and fabulous SAI international silver medalist quartet, Viva! and is a wine and cheese (plus other refreshments) event with silent auction, door prizes and more! Doors open at 4:00 pm for refreshments with the show starting at 5:00 pm. Tickets are \$25 adult, \$20 senior/children, and \$30 reserved. Group rates are also available by emailing tickets@ TheWoodlandsShowChorus.org or calling 713.688.6509.

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Register for Local Kids' Running Team



The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Monday, September 9th, 2019, at 6:30 p.m. (location TBA). Registration starts online on September 1st at www.northwestflyers.org. Practices are held at the Kickerillo-Mischer Reserve in Houston and at Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 32nd year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their school cross country season is over.

For more information contact Coach Chris Stewart at 832-874-7181 or milpa_alta@hotmail.com. Visit www.northwestflyers. org to get updates and learn more about the team.



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Celebrate on Sunday, June 16, 2019

Lakes on Eldridge North

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