



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JUNE 2019

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Cypress Family Invited to MLB Spring Training and Immediately Start Teaching



A father and two sons from Cypress Texas were invited to the Oakland Athletics Spring Training camp to demonstrate a new “timing” training for batters and were immediately inserted into the drills for players to perform. The reason the Cox family (lifelong Astros fans) were invited to the A’s camp was because this teams newly selected vision doctor, had seen their timing training and said, “What you have created, I have dreamed about for 30 years.” “As soon as I got the call from the A’s, I thought of your training.” So, Robin, Preston (Cy Ranch H.S.) and Ethon (Cy Fair H.S.) journeyed to Mesa Arizona to demonstrate a ‘pitching’ machine that mimics the best Cy Young pitchers in Major League Baseball...only better.

Robin had no idea what to expect and was only told that they would be given about two-hours to demonstrate the timing machines capabilities. He asked himself, would they drive 1200 miles, give a short demo and then have to turn around and come back? But he had no worries, he just put it all in Gods hands. Afterall, what an adventure to make with two of your sons.

They arrived the day before the demonstration and since the machine was a prototype, they wanted to make sure it was working properly. After they set up, one of the coaches came by and asked, can I see it? So, they gave him a demonstration. What was the coach’s reaction? He was instantly amazed and immediately went to get more coaches to come and see the timing machine.

The next day, the buzz around the camp was about the timing machine and when it was time to demonstrate, they had over 20 coaches and sports vision doctors inside the batting cage crowding in on both sides of home plate, all trying to get a better view of the pitches. The common denominator between all the coaches and doctors after seeing a few pitches...they just look at each other and smile...’as they ask, how do they do that?’

Instead of packing to leave, the coaches decided right then to make them part of their practice as they demonstrated their timing training to over 75 players. Why?

Imagine being able to practice every day against the best MLB pitches in the league. Tracking and timing a “Verlander type” slider and next an “Aroldis Chapman type” fastball and then a “Kershaw curve?” and programmed to throw in any combination to any location of the strike zone...but now you can practice against these pitches every day!

(Continued on Page 2)

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Cypress Fairbanks ISD Transportation	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School	281-373-2300

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OTHER NUMBERS

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Cypress Fairbanks Medical Center.....	281-890-4285
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

NEWSLETTER PUBLISHER

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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.

(Continued from Cover)

As one player told them, "Every College and High school team will want this!" And another chimed in, "Shoot, every Little Leaguers mom will want this." Will you improve your timing? Well the Oakland A's seemed to think so because they indicated that they would be interested to put this timing training at every level within their organization. So, what is next step for the Cox's.

The next step is to place their NextGen machine "Nolan" through a mileage test to verify no significant mechanical issues after 100,000 plus pitches. And barring an exclusive deal with the A's or another MLB club, they want to help baseball and softball players of every age enjoy the game more...because hitting is fun...and its why we play the game.

What started out as a grand adventure for a father and his sons has now turned into something far more important...helping the underdog. Whether it's the Little Leaguer sitting at the end of the bench, a prospective select or high school player or a small market MLB team.

Parents or coaches of baseball and softball players interested in improving their timing for hitting...may contact Coach Robin at Robin.Cox@BreakoutHitting.com



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Messiah: A Lutheran Faith Community | Camp Hope



LAB: REWRITE THE RULES

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.



Cy-Fair Helping Hands Holds Cy-Fair Houston Chamber of Commerce Ribbon Cutting, Hosts Annual Open House

Cy-Fair Helping Hands, a non-profit organization that serves the homeless and hungry in Cy-Fair, hosted more than 150 community businesses and organizations, church representatives and donors at their Cy-Fair Houston Chamber of Commerce Ribbon Cutting, and CFHH Annual Open House last month, at their new Copperfield location, at 7520 Cherry Park, Suite B, Houston, Texas, 77095.

Volunteers stationed throughout the new facility provided an overview of the ministry's vision through Homeless and Outreach initiatives, and shared information on partnering with Cy-Fair Helping Hands in serving those in need in Cy-Fair. Representatives from the Harris County Sheriff's Office, Homeless Outreach Team, (HOT), were on hand to provide an insight into the plight of the homeless in Harris County, and how they are working with Cy-Fair Helping Hands to serve the homeless. Joining CFHH for the event were representatives of KSBj radio station.

Cody Holder, Community Aide to Harris County Precinct 4 Commissioner R. Jack Cagle, made a special Proclamation presentation from the Commissioner. Mike Haines reflected on the event, "I'm not easily impressed, but today was memorable. The attendance, the presentation, organization, the food, and overall quality of the event was groundbreaking for these types of events. Your organization should be congratulated on all of your hard work."

Community eateries, caterers and businesses provided light bites, and desserts. These included: Five Central, Yokohamaya Japanese Restaurant, Fajita Pete's Copperfield, Brooks' Place, Eji's Culinary Catering, Hailey's Italian Restaurant, Suzybeez Bakery, Big Daddy's Sweet Shop, Nyam Nyam Cafe, The Lost Cajun, Healthy Plate, Healthy You, H-E-B Market, New City Mortgage, L.R. Watson, Laura Robbins, and Shirley Muse. Door prizes for the event were donated by Blackhorse Golf Course, Consolidated Mills, Inc., Face to Face Spa, H-E-B Market, Jersey Meadows Golf Course, and Sprouts Farmer's Market.

Cy-Fair Helping Hands, a 501 (c) (3) non-profit organization, was founded in 2010, to meet the critical needs of the homeless, struggling individuals, and families in the Cy-Fair area. Without judgment, CFHH provides services free of charge to their clients, treating each with dignity and respect. Cy-Fair Helping Hands is staffed entirely by volunteers. All funding for the organization comes from private donations from individuals, churches, and local businesses.

Cy-Fair Helping Hands was awarded the Cy-Fair Houston Chamber of Commerce 2018 Non-Profit of the Year at a special Chamber luncheon on Tuesday, February 19, 2019, held at the Berry Center. For more information about Cy-Fair Helping Hands, go to the website: www.cyfairhelpinghands.org.

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 life-changing 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.



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.

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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.

"How to Level Up in Your Business Using Social Media"

Luncheon Details

Thursday, June 27th 2019

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



Speaker: Rebeca Joffe

Visitor costs \$30 with advanced online reservations; \$35 at the door
Speaker: Rebeca Joffe

Title: "How to Level Up in Your Business Using Social Media"

Houston, Texas (**May 9th 2019**)-
At the June luncheon come learn from Rebeca Joffe

while she shares her tips and tricks on leveraging Facebook for any business owner to expand their network and reaching their ideal

cliente. Most of Rebeca's success has been from adapting quickly to the digital age and sharing with others the idea of

scaling their business quicker through social media advantages. She loves mentoring and helping other business owners take their passion and transforming it successfully on social media!

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.




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