



LAKES

ON ELDRIDGE NORTH

www.loenhua.com

News for the Residents of
Lakes on Eldridge North

The Power of Volunteerism

By Cheryl Conley,

TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in



factors like depressive symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.

- Makes you feel good
- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
- Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
- Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help

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Lakes on Eldridge North

IMPORTANT NUMBERS

Harris Co. Sheriff - (non-emergency)	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS.....	713-681-1761
Texas Pride Disposal	281-342-8178

*(trash collection Mondays & Thursdays,
recycle pick up Mondays)*

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, Inc.	advertising@PEELinc.com, 888-687-6444

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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 loen@peelinc.com.
Submissions must be received by the
10th of the month for the following month's issue.
(Advertising deadline is the 8th of the month.)

(Continued from Cover)

others. This has a positive effect on how you feel.

- Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?

- Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!

Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!



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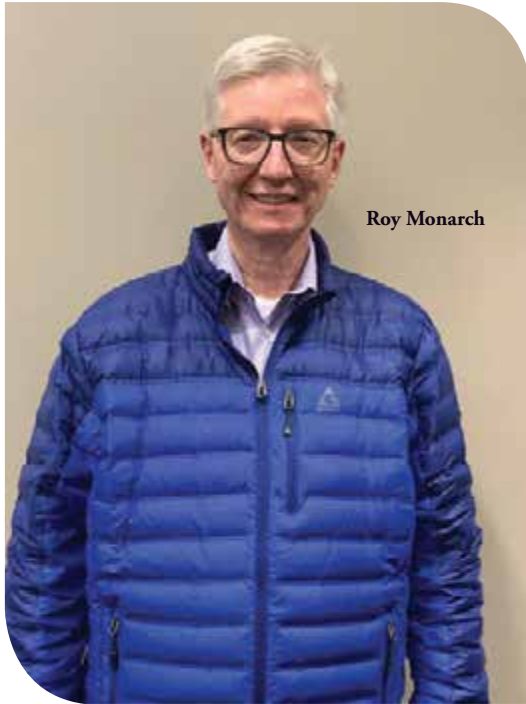
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Lakes on Eldridge North

Why Join the Cypress Hot Talker Toastmasters (TM) Club?



Roy Monarch

Ask Roy Monarch, who belongs to Cypress Hot Talkers Toastmasters, who just completed Level Four Presentation Mastery. Many Congratulations to Roy!

The Hot Talkers TM club provides a great opportunity for meeting new residents within the Cypress community, while building confidence, developing communication, and leadership skills.

Our meetings afford everyone an opportunity to:

- Facilitate Meetings (leadership track)
- Deliver prepared speeches (communication track)
- Members present one-to two-minute impromptu speeches on assigned topics
- Offering constructive evaluation

When does the Cypress Hot Talkers Toastmasters club meet?

Our club meets Tuesday January 14 of from 7:00 p.m. – 8:00 p.m. at the Bridgeland Fire Station #13, 10222 Westgreen Blvd Cypress, Tx 77433. Visitors are very welcome.

Join Us for a Special Business Networking Event

On Tuesday, January 14th at 6:30 pm just before the Toastmasters Meeting, please join us for a half n hour social networking event for business owners in the Cypress area. Business owners are invited as well as folks interested in learning about Toastmasters.



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After

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THE CYPRESS-TOMBALL DEMOCRATS

Lillie Schechter, HCDP Chair Will Speak

The Cypress-Tomball Democrats will hold its next monthly meeting Tuesday, January 21, 2020, at Rudy's Grill and Cantina, 11760 Grant Road, Houston. There is a meet and greet at 6:30 p.m., and the general meeting begins at 7:00 p.m.

Lillie Schechter, Harris County Democratic Party Chair, will be the speaker for the January meeting of the Cypress-Tomball Democrats. Lillie is proud to have recently presided over the Party's most historic county-wide sweep in a single election, thanks to the work she and so many others did during the 2018 midterm election cycle. She is a political strategist and fundraiser who has been advising local and national Democratic candidates and organizations for over a decade. Come out to meet Lillie & help us welcome her to Northwest Houston.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month.

For more information, contact Undrai Fizer at cytomdemocrats@gmail.com, or visit the club's Facebook page.



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Cypress Christian School Update

Senior Swimmer Qualifies for Olympic Trials

Elliott Jones is already committed to Auburn University as he looks to defend his TAPPS state titles from the last two seasons. This summer, he qualified for the Olympic Trials being held in Omaha, Nebraska in June of 2020 with a qualifying time of 2:02.88 in the 200-meter backstroke. At the end of the summer, he reached the finals in the Speedo Summer Junior Nationals in both the 100 and 200-meter backstroke. He made the top eight in the 200-meter, which earned him a medal and spot on the podium.



Eighth-Graders Serve at Houston Food Bank

The eighth-grade class went to the Houston Food Bank in early December. One group of students worked in the refrigerated section sorting fruit while another group sorted and boxed up dry products. It was a great day spent working together to help provide food for families in need!

Operation Christmas Child

Elementary and middle school students donated items, wrote letters and packed 90 Christmas boxes for the Samaritan's Purse "Operation Christmas Child" project. The organization works together with schools to assemble shoe boxes filled with various gift items and messages of God's love. The Christmas boxes will be delivered to children in countries all around the world.

Lakes on Eldridge North AHFC Junior Hurricanes (JH) Soccer Registration For the Spring 2020 Now Open

The Junior Hurricanes Soccer League (JH) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org. Season begins in February!

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

AHFC is proud to partner with New Territory and offer New Territory Thursday Night Academy, a 5-week Skills Program.

Email us at jhsl@albionhurricanes.org for more information or questions.

Office Phone: 713-939-7473

Want a more competitive program? Join AHFC! Call us and we can find you a team: 713-939-7473. Website: www.albionhurricanes.org Regards,

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