

# The Tribune

A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JANUARY 2020

VOLUME 9, ISSUE 1

## 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

*Continued on Page 2*

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- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
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- Sexual Assault/Domestic Violence.....	713-967-5743
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Rennell Elementary.....	281-213-1550
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Cy-Ranch High School .....	281-373-2300

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### OTHER NUMBERS

Animal Control.....	281-999-3191
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

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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](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.

(Continued from Cover)

you help 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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# Tomball Art



The Tomball Art League welcomes guest demo artist Susan Giannantonio who loves to paint! She likes, as often as possible, to surround herself with creative people who are comfortable with an occasional bout of fun, who don't mind getting messy with paint and who consider it a point of pride to wear staining colors under their fingernails. Susan never attended kindergarten and is on a lifelong remedial journey toward achieving that skill set.

"To play is to discover."—SG

Our meetings are held in the LSC-Tomball Community Library meeting room, 30555 Tomball Pkwy, 77375. Join us at 10:30 (doors open at 10:00) for a brief business meeting followed by socializing/networking and finish with an inspiring demo artist.

Are you an artist? Do you work in watercolor, acrylics or oils? Do you work in clay? Pastels? Are you a photographer? If you enjoy fine art we invite you to join the Tomball Art League and see what we are all about. Memberships are a nominal annual due of \$25/single or \$35/family. We gather together to promote Art Appreciation in Tomball and the surrounding communities and are always striving to meet new artists in the area! Meeting and demo is free and open to the public! Check us out, you'll be surprised!

Visit our website for more information. [www.thetomballartleague.com](http://www.thetomballartleague.com)

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## 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](http://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](mailto: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](http://www.albionhurricanes.org) Regards,

## 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.

*Happy New Year from*

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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](mailto:cytomdemocrats@gmail.com), or visit the club's Facebook page.

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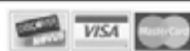
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