



THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 6, ISSUE 5

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

MAY 2015

Small Business Consultant Shares Skills to Develop Business Plans at May 28 CYFEN Meeting

Luncheon Details

Thursday, May 28

Networking 10:30 a.m.; Luncheon begins at 11a.m. (Extended session this month)
Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095
Costs \$25 with advanced reservations; \$30 at the door

At the May 28 Cy-Fair Express Network Luncheon, speaker Karen Sharp, Senior Consultant at Lone Star College-CyFair Small Business Development Center (SBDC), will share skills in developing a business plan.

KAREN SHARP SENIOR CONSULTANT

Sharp founded her business, Proforma Impact Promotions, in 1997. She provides digital marketing solutions, promotional products and print to her clients. In 2007, she pursued her love of teaching and all things collegiate at Lone Star College as adjunct business faculty. In 2009, she joined America's SBDC as a senior business consultant where she provides advising services to businesses in the Cy-Fair, Tomball and Magnolia areas.

"Karen's presentations through the SBDC at LSC-CyFair are always beneficial and informative for the businesses in the area. We are fortunate to have the SBDC as a resource for the Cy-Fair community," said Paula Harvey, vice president of membership for the Cy-Fair Houston Chamber of Commerce.



This month's CYFEN meeting begins with networking at 10:30 a.m. followed with a prompt 11a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The 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

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.net
Waste Management (<i>garbage – paid through MUD #281</i>).....	
.....	281-376-8802
Centerpoint Energy (<i>street lights – get 6 digit # off lamp post</i>).....	
.....	713-207-2222
Tomball Post Office.....	281-516-0513
Harris County MUD #281 (water and recycling).....	281-376-8802
Harris County Constable Precinct #4.....	
24-hour Dispatch	281-376-3472
Villages of Northpointe Patrol Officer	
Deputy Miller	281-370-9106

SCHOOLS

Tomball Independent School District.....	www.tomballisd.net
Canyon Pointe Elementary.....	281-357-3122
NorthPointe Intermediate	281-357-3020
Willow Wood Junior High	281-357-3030
Tomball High School	281-357-3220
Tomball Memorial High School	281-357-3230

TAX ENTITIES:

Tomball ISD Tax Office	281-357-3100
<i>www.tomballisd.net and follow the link to the Tax Office</i>	
MUD #281 & NorthPointe WCID	713-462-8906
.....	www.wheelerassoc.com
Harris County Appraisal District.....	713-957-7800
.....	www.hcad.org
Electric Company Choices	866-7974839
.....	www.powertochoose.org

MANAGEMENT

Chaparral Management (<i>Villages HOA Issues</i>).....	281-537-0957
Please direct all questions, comments, and concerns about the landscape along NorthPointe Blvd. to:	
TEAKWOOD LANDSCAPING	281-720-0022
http://www.teakwoodlandscaping.com	
marisa@teakwoodlandscaping.com	

WEBSITE

www.villagesofnorthpointecai.com

Contact Brian at bfnear@mail.com to request information postings on the website.

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THE NORTHWEST FLYERS TRACK CLUB

TRACK TEAM REGISTRATION FOR MIDDLE AND HIGH SCHOOL ATHLETES

The Northwest Flyers Track Club will host an orientation/registration session for all middle and high school athletes and their parents interested in joining for the 2015 season. The event will be held on Tuesday, May 5 at 7:00 p.m. at Valley Ranch Grill & Barbeque, 22548 S.H. 249 @ Spring Cypress, Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club 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, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 28 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 87 young athletes to compete at U.S. Junior Olympics National Championships in Myrtle Beach, South Carolina and Humble, Texas.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or linette.roach@sbcglobal.net.

Cy-Fair Republican Women

Meet May 12th, 10:30 AM - Noon. (Second Tuesday each month. Meeting is only \$3 -- Meeting w/Lunch at Noon is \$20.

Hearthstone Country Club

7615 Ameswood, Houston, TX 77095.

Please RSVP to www.cfrw.net by 5/5/15.



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INSPIRING AND BREATHTAKING **EVITA DANCES INTO THE HOUSTON FAMILY ARTS CENTER**

The story of the most beloved and hated woman in Argentina's history

hits HFAC's Garza Mainstage May 1 through May 24

The brilliance of Andrew Lloyd Webber and Tim Rice is brought to life when Houston Family Arts Center (HFAC) brings the Tony award-winning musical EVITA to HFAC's Garza Mainstage, May 1 through May 24.

"EVITA is a true work of art. It is an example of a woman who came from nothing and grew to become the most powerful person in Argentina," said Matthew Logan, director and producer of HFAC's EVITA. "This musical is deep, energetic and fun, yet also wrestles with issues that we are confronting in America today."

EVITA follows the rags-to-riches rise of the First Lady of Argentina, Eva Duarte Peron. Set primarily in Argentina, from 1934-1952, the musical follows Eva on her journey from fatherless child, to ambitious actress, to the most powerful woman in Latin America. The events in Evita's life are presented

in song and editorialized by the show's narrator, Che. The musical began as a rock-opera concept album, winning the Laurence Olivier Award for Best Musical and was the first British musical to receive the Tony Award for Best Musical.

Lending their talents to this production are Matthew Logan (director), Michael Montgomery (executive producer), Jennifer Stewart (musical director), Adam Delka (choreography), Lisa Garza (scenic design), Kristin Knipp and Amber Stepanik (costume design), Ron Putterman (lighting design) and David Dean (sound design).

The show is brought to life by cast members Shanae'a Moore (Eva Peron), Darry Hearon (Che), Larry Luck (Juan Peron), Sam Balest (Magaldi), Nicole Palmer (Mistress). Rounding out the cast are ensemble players: Patrick Barton, Bambi Carlson, Joey Castorema, Tyler Collins, Adrian Collinson, Monica Cummings, Stephanie Hayden, Mandy Kolbaba, Shannon Murray, Charlie McCoy, JJ Obee, Chloe Rhodes, Christa Ruiz,

Continued on Page 5



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Continued from Page 4

Sarah Sneesby and John Watkins.

Performances of EVITA are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 May 1 through May 24 on HFAC's Garza Mainstage. Tickets are on sale now and may be purchased online at www.houstonfac.com, or by phone at 281-587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

Houston Family Arts Center Garza Mainstage
10760 Grant Road Houston, TX 77070
(Located in northwest Houston, easily accessible from SH 249 and SH 290.)

Performances:

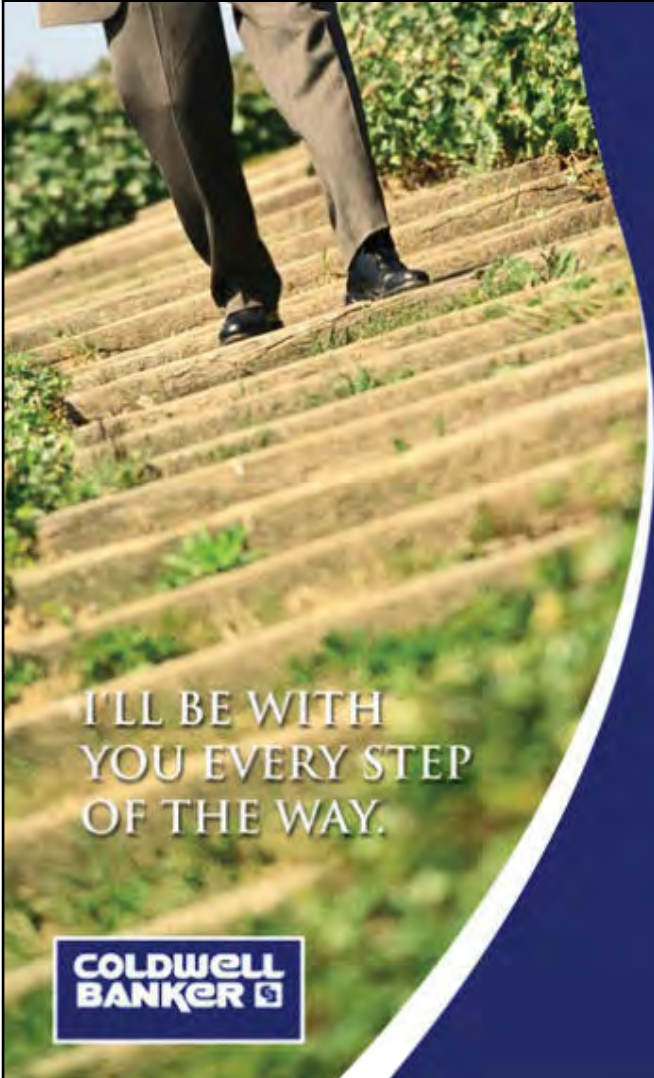
Friday, May 1 at 7:30 p.m.
Saturday, May 2 at 7:30 p.m.
Sunday, May 3 at 3 p.m.
Friday, May 8 at 7:30 p.m.
Saturday, May 9 at 7:30 p.m.
Sunday, May 10 at 3 p.m.
Friday, May 15 at 7:30 p.m.
Saturday, May 16 at 7:30 p.m.
Sunday, May 17 at 3 p.m.
Friday, May 22 at 7:30 p.m.
Saturday, May 23 at 7:30 p.m.
Sunday, May 24 at 3 p.m.

Ticket Prices:

Adults: \$26
Seniors (65+): \$22
Students (3-18): \$15

About Houston Family Arts Center

Houston Family Arts Center (HFAC), founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in seven categories for the Broadway World Houston Awards, HFAC has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. HFAC is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. HFAC produces a broad mix of classics, comedies, dramas, musicals and new works. Through its award-winning Actors Academy, HFAC offers acting, singing and dance classes, and performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit www.houstonfac.com or call HFAC at 281-587-6100.



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THE COMPASS

CYFEN HONORS THREE MEMBERS AT ANNUAL RECOGNITION LUNCHEON



*Pictured L to R: Michelle Becker of Shots for Holly;
Jessica Smith of Iberia Bank;
Melanie Kay Hugel of MK Events Floral Designs
Picture courtesy of CYFEN*

The annual Cy-Fair Express Network (CYFEN) of the American Business Woman's Association (ABWA) recognition luncheon selected and honored three outstanding business women from the membership.

Michelle Becker of Shots for Holly received the Woman of Excellence Award through the Federation of Houston Professional Woman. Becker will be recognized at The Federation of Houston

Professional Women's 2015 Women of Excellence Gala on Saturday, September 12 at 5:30 p.m.. This year's gala will be held at The Norris Center at City Centre.

The 2015 Woman of the Year was awarded to Jessica Smith of Iberia Bank and Melanie Kay Hugel of MK Events Floral Designs was selected as the Top Ten Business Woman of ABWA Candidate. Both ladies will be recognized at the 2015 Annual Recognition Luncheon honoring ABWA Women of the Year and Top Ten Candidates. The event will kick off with a Welcome Reception on Friday, June 19 from 5:30 PM - 7:30 PM and end with the Women Celebrating Women Luncheon on Saturday, June 20, from 11:00 a.m. - 1:30 p.m. Both events will be held at Junior League of Houston, 1811 Briar Oaks Lane, Houston, Texas 77027.

CYFEN was founded in 2003 to pursue the vision of becoming a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Currently, the 64 members have opportunities to pursue excellence and achieve both local and national recognition.

CYFEN monthly meetings are held at Sterling Country Club at Houston National. For more information go to www.CYFEN.org.



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Fit and Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

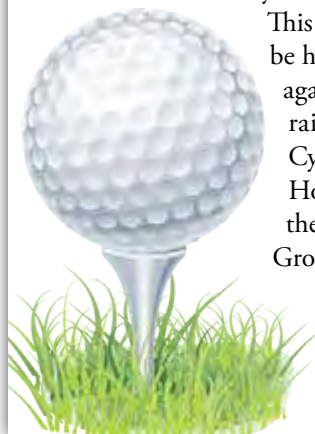
The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

Cy-Fair Educational Foundation To Host the B.F. Adam Classic

Cy-Fair Educational Foundation (CFEF) has been holding the B.F. Adam Classic for 27 years. It is known as one of the largest non-celebrity charity golf tournaments in Houston. B.F. (Bernard Fred) Adam was a lifelong Cy-Fair resident and a devoted school board member, serving 24 years on the board. B.F. Adam Elementary on Honey Grove Lane is named in his honor.



This year's B.F. Adam Golf Classic will be held at Black Horse Golf Club once again on May 14, 2015. All money raised will benefit the students of Cy-Fair ISD. Cy-Fair Medical Center Hospital will once again underwrite the event. Platinum Sponsors are IBI Group and Linbarger Gogan Sampson and Blair.

For more information on sponsorships go to www.thecfef.org or call 281-370-0144.

A photograph of a kitchen interior. The walls are made of rough-hewn stone. There are wooden cabinets and a built-in oven. A bar stool is visible in the foreground.

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Mosquitoes can be very irritating and disrupt outdoor activities. They also are able to transmit various diseases to humans and animals. Mosquitoes are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs can be laid on the surface of water or in dry locations that are occasionally flooded by water. Some eggs are able to remain dormant under dry conditions for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which do not feed. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Female mosquito.

Many things can help to reduce mosquito problems

Continued on Page 9



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Continued from Page 8

around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and

is non-toxic to humans, amphibians and fish.

Avoiding peak hours when mosquitoes are active is probably the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled. Other products such as citronella candles will also repel mosquitoes, but work best in enclosed areas.

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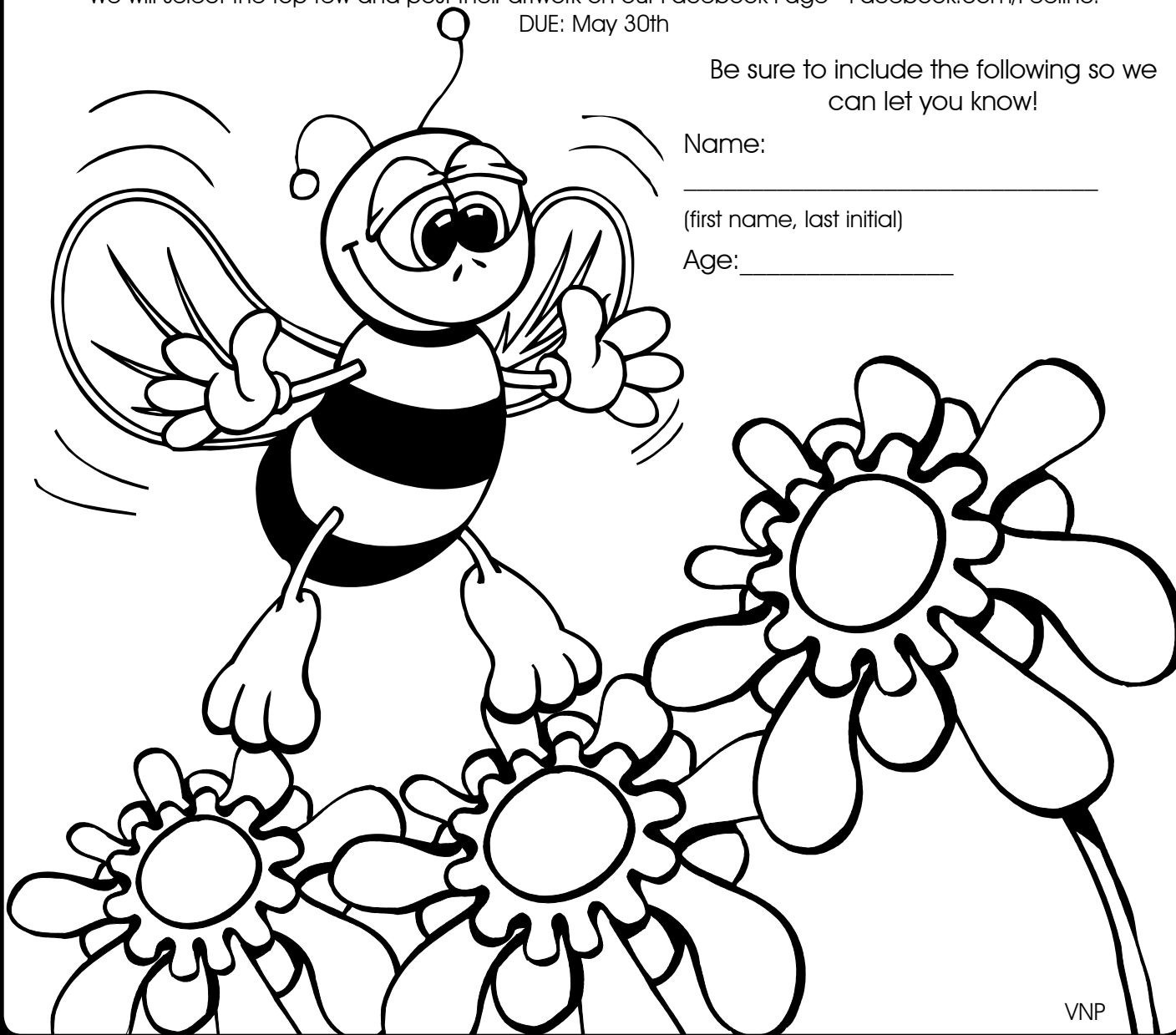
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(first name, last initial)

Age: _____



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