



# The LONGWOOD Letter

January 2016

Volume 10, Issue 1

News For The Residents of Longwood

## WELCOME TO LONGWOOD LETTER

*A Newsletter  
for the Longwood  
Community*

The Longwood Letter is a monthly newsletter mailed to all Longwood residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com). Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via [Peelinc.com](http://Peelinc.com) to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

## Make your art a priority in 2016!

Our mission is to promote Art Appreciation in Tomball & surrounding communities, to stimulate enthusiasm for the Arts, increase our knowledge and techniques by having renowned artists demonstrate, and to unite artists by having a common meeting place to share new techniques & knowledge. Join Us!

Jan. 9 – Guest Artist, Peihong Endris - Chinese Brush & Ink

Feb. 13 – Kathy Fediw - Pastels

TAL meets at 9:30 a.m. the 2nd Saturday of the month (some exceptions) in the Amegy Bank building, 2nd Floor,

Hwy 249 @ Medical Complex Dr. in Tomball.

**For more info:**  
[thetomballartleague.com](http://thetomballartleague.com)

## Finding Resolution

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to

force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't. Mine ran away and fought many things I tried to "teach".

What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better, it has also helped me to listen to people better. Have you ever asked a friend what they want to receive out of the

*(Continued on Page 2)*

# LONGWOOD LETTER

## IMPORTANT NUMBERS

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- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues .....	713-881-3210

### SCHOOLS

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
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Hamilton Elementary.....	281-370-0990

### OTHER NUMBERS

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Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department .....	713-439-6260
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Street Lights - CenterPoint Energy .....	713-207-2222
- not working (Report Number on Pole)	
Trash Removal .....	281-446-2030

### NEWSLETTER PUBLISHER

Peel, Inc. ....	1-888-687-6444
Article Submissions .....	longwoodletter@PEELinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

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(Continued from Cover)

relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

1. Stopping to question myself when feeling annoyed or offended- "Is really that important?"

2. Plan monthly dates to build relationships.

3. Check in with my friends to find out their needs, before they ask!

4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.

5. LISTEN better- friends are giving early signs of needs, but we are distracted with our own.

Shannon Birkelbach works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program as well as the equine assisted learning workshops provided here. [www.fivehorses.com](http://www.fivehorses.com)

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#### **HOW TO PLACE YOUR ORDER FOR FREE DELIVERY**

Fill out the Pre-Order Form below and mail or drop off at the following address: YOUR ADDRESS. If you need help placing

your order, contact Tina Critendon at [tcritendon@sbcglobal.net](mailto:tcritendon@sbcglobal.net) or 713-410-2439.

Cy-Fair High School Seniors and Parents can earn Project Prom Points by donating their time and 'MUSCLES' as well as trucks and trailers for this fundraiser. Please email Tina Critendon at [tcritendon@sbcglobal.net](mailto:tcritendon@sbcglobal.net) or contact her at 713-410-2439, if you are interested in helping on March 5th!

Project Prom is an all-night lock-in party that parents provide after the prom through fundraising. Its specific purpose is to provide a safe and alcohol free environment. Cy-Fair Project Prom is a tax-exempt organization that may receive charitable contributions. Monetary or gift card donations are always welcome!

[WWW.CYFAIRPROJECTPROM.COM](http://WWW.CYFAIRPROJECTPROM.COM)



**MANY LONGWOOD ROOFS ARE DAMAGED FROM APRIL 19, 2015 WIND & HAIL STORMS. THE HAIL SIZE WAS APPROXIMATELY 3/4" BUT HAS DAMAGED ROOFS THAT ARE AT LEAST 12 YEARS OLD DUE TO THEIR DETERIORATED CONDITION.**

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## The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and

academic background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [HYPERLINK "mailto:vodom@ayusa.org" vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).

### ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



got news?

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# LONGWOOD LETTER

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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: January 31st

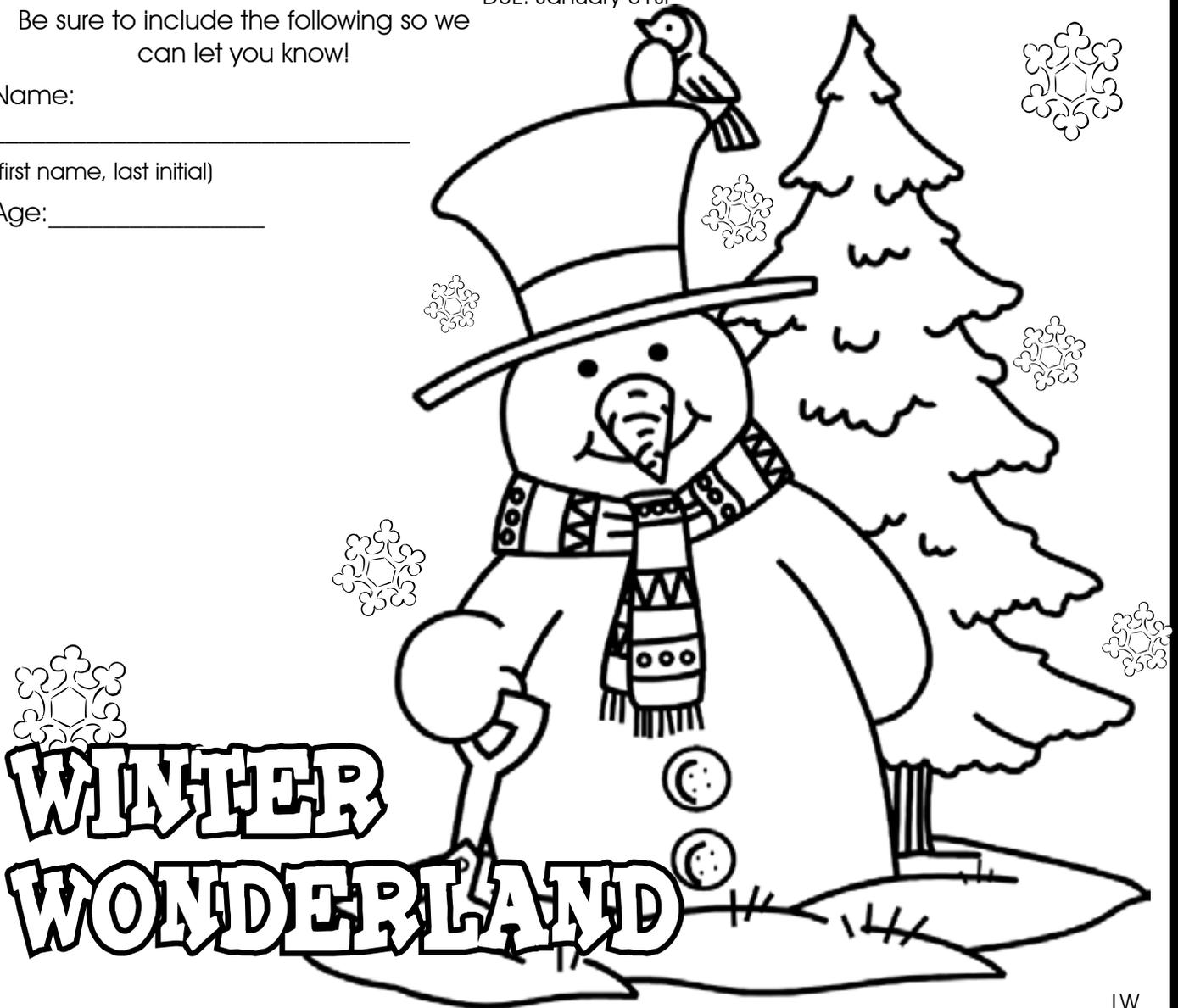
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