

Northlake Forest

HERALD

January 2016

OFFICIAL PUBLICATION OF THE NORTHLAKE FOREST HOA

Volume 6, Issue 1

Cypress Woods Theatre Company Proudly Presents

MEET ME IN ST. LOUIS

Songs by
Hugh Martin and Ralph Blane

Book by
Hugh Wheeler



February 4-6 at 7:00
and
February 6 at 2:00

Tickets at the door or online
at showtix4u.com
\$10 Mezzanine \$15 Orchestra

CYPRESS WOODS THEATRE COMPANY PRESENTS MEET ME IN ST. LOUIS!

In celebration of the 10th anniversary of Cypress Woods High School, the Fine Arts Department and Crimson Cadettes will join the Theatre Department in presenting this classic musical comedy. Tickets are on sale now at www.showtix4u.com or at the door.

Meet Me in St. Louis

Music & Lyrics By

Hugh Martin, Ralph Blane

Book By Hugh Wheeler

Thursday, February 4th 7:00 PM

Friday, February 5th 7:00 PM

Saturday, February 6th 2:00 PM & 7:00 PM

Location: Cypress Woods High School Auditorium

Run Time: Approximately 113 Minutes with One

Intermission

Rated: PG

This classic, romantic musical comedy that focuses on the Smith family, specifically the four sisters, on the cusp of the 1904 St. Louis World's Fair. The musical spotlights the sisters' education in the ways of the world, which includes, but isn't limited to, learning about life and love, courtesy of the prototypical boy next door. In the end, love conquers all.

NORTHLAKE FOREST

NORTHLAKE FOREST COMMITTEES

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VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

NEWSLETTER INFO

EDITOR

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If you notice a problem or have a concern about something within NLF, please complete the form on our website and bring it to the attention of the management company or Board member so that the issue can be addressed.

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Northlake Forest HOA Website: www.northlakeforesthoa.com

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DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Northlake Forest Herald on the 1st day of each month at www.PEELinc.com

Northwest Flyers Youth Track Club Free Registration Breakfast

The Northwest Flyers Youth Track Club will celebrate its 29th Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 6th, 2016. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

All boys and girls who wish to join the team for the 2016 spring/summer track season must attend the orientation, which will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF).

The Northwest Flyers Track Club is a youth (ages 6-18) track club, affiliated with USATF, that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>; contact Linette Roach at linette.roach@sbcglobal.net; or "Like" the club on Facebook.



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NORTHLAKE FOREST

Springtails

Springtails are very small, jumping insects that can sometimes become a problem inside homes. Springtails are usually found in areas of moisture, so indoors they may be located near potted plants, sinks, bath tubs or kitchen compost areas. These insects are typically found outside in gardens, near swimming pools or near where there is excessive moisture or standing water.

Springtails are small (about 1/16 of an inch long), wingless and come in various colors. These insects have a "tail" that latches into a space on the underside of the body that they can use to "jump" several inches into the air.

Springtails are considered a nuisance insect, but some may chew on roots and leaves of sapling plants. They usually do not cause enough damage to warrant control measures to be taken. If you have springtails in your home it points to a moisture problem that should be fixed.

Options for helping reduce springtail problems:

- Remove excessive mulch and/ or leaf litter near the home
- Change watering schedule to reduce the amount of moisture near the home

Use fans or dehumidifiers to reduce moisture indoors

- Seal cracks, crevices, pipe & wire penetrations on the outside of the home
- Replace or repair any screening on doors and windows that is damaged
- Replace weather stripping around doors and windows that does not provide a good seal
- Suck up any indoor infestations with a vacuum

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to ARTICLES@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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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 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.

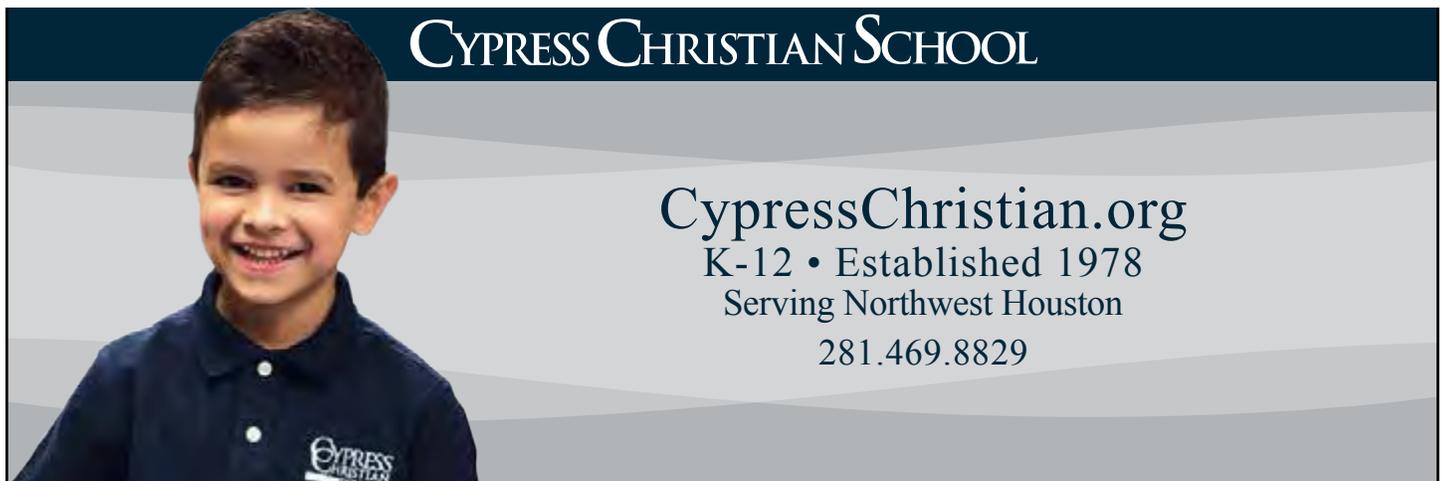
Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

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



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