

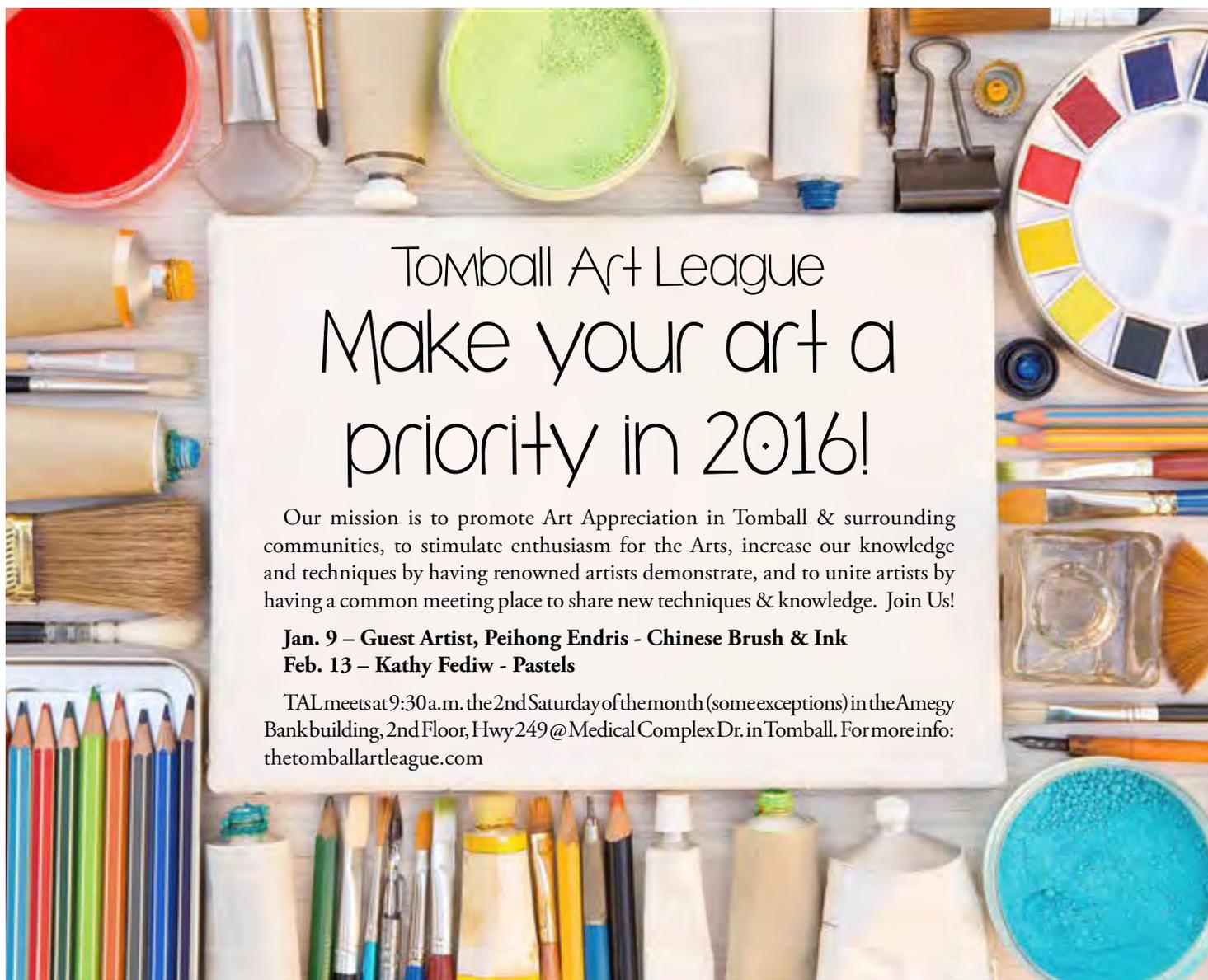


THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 7, ISSUE 1

A NEWSLETTER FOR VILLAGES OF NORTH POINTE

JANUARY 2016



Tomball Art League
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

IMPORTANT NUMBERS

Villages of Northpointe Security Director	
Andy Elmore	hit02@scbglobal.net
Waste Management	281-376-8802
Centerpoint Energy	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
<i>www.wheelerassoc.com</i>	
Harris County Appraisal District.....	713-957-7800
<i>www.hcad.org</i>	
Electric Company Choices	866-7974839
<i>www.powertochoose.org</i>	

NEWSLETTER INFO

PUBLISHER

Articles	villagesofnorthpointe@peelinc.com
Advertising.....	advertising@PEELinc.com

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to villagesofnorthpointe@peelinc.com.



KIWANIS CLUB OF CY-FAIR HOUSTON

Start the new year by joining the Kiwanis Club of Cy-Fair Houston for lunch at the Hearthstone Country Club! If you live or work in this area, we welcome you to attend our meeting on January 5th, 12th, or 19th.

Time: Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

Why join Kiwanis? The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at www.KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127.



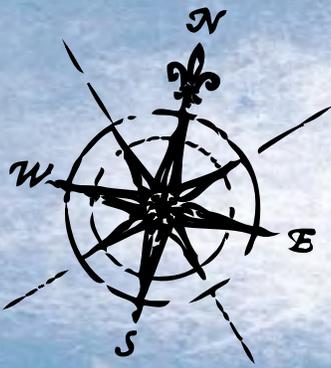
First meeting of the new year will be January 12th, 10:30 AM - Noon. (Second Tuesday each month)

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095.

Our speaker will be Michelle Samuelson to discuss Social Media. Invite your friends and neighbors for informative, educational guest speakers and great fellowship. Get to know your local candidates during our meet and greet. Candidates are always welcome and encouraged to bring campaign materials.

Please RSVP to www.cfrw.net by 1/5/16.



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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 or Ayusa at 1.888.552.9872 or by visiting the website at 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.



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- Maternal Fetal Medicine Clinic for high-risk pregnancies

Cypress Fairbanks Medical Center Hospital
A PART OF CY-FAIR REGIONAL HEALTH NETWORK

To learn more about our services, or to find a physician, visit cyfairhospital.com/maternity.

“Work-Life Rhythm for Busy Business Women”

Luncheon Details

Thursday, January 28, 2016

Networking 11 a.m.; Luncheon begins at 11:30 a.m.

Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

At the January 28 Cy-Fair Express Network Luncheon, Leslie Marchand, a clinical social worker (LCSW), yoga instructor (RYT-500) and certified life coach (TDM) and Founder & President of SoYoCo Wellness Services, will present Work-Life Rhythm for Busy Business Women.

How do you manage your own stress while juggling personal and professional responsibilities? When your peers, co-workers and employees interact with you, do they see a model of work-life balance or someone who lives for the job or for their business? Can you really have it all, be it all, do it all? We will explore these questions and look at the latest research and strategies of how to find a rhythm between work and life that works for you, your family, your co-workers/employees and your business.

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

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, 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.



Jacquie Kendrick

Broker Associate, ABR, CRS, GRI, CNS, CHMS, CRB

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"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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10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX



STEP 1

STEP 2

STEP 3

STEP 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

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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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KNIGHTS OF COLUMBUS #8096 ANNUAL CASINO NIGHT

The 29th Annual Charity Las Vegas Night Fundraiser will be held at St. Elizabeth Ann Seton Catholic Church on February 13, 2016 at 6:30 P. M. An evening of casino gaming played with fun money is planned for guests to become eligible to win prizes donated by generous sponsors. All proceeds will benefit local Knights of Columbus charities. Ticket donation is \$20 per person with snacks and drinks included. Tickets may be purchased in advance or at the door. For more information contact Tom at 918-633-3806 or email to phillyguy51@gmail.com or Scott at 713-898-3650. Come join us for fun and great prizes!



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