



The LONGWOOD Letter

June 2016

Volume 10, Issue 6

News For The Residents of Longwood

Women Empowering Women

Express Network

The Women Empowering Women Express Network (WEWEN) of the American Business Women's Association (ABWA) invites you to attend a Monthly Networking Luncheon sponsored by Proline Supply Company on June 1st, 2016. The luncheon will be held in the West Dining Room of Lone Star College-University Park at 20515 State Hwy 249, Houston, Texas 77070. Open Networking begins at 11:00AM, followed by an informative program and lunch from 11:30AM-1:00PM. This month's program includes 2016-17 Board Inductions, the Official Charter of WEWEN, and a presentation from Dorothy Gibbons entitled, The Women of the Rose.

In 1986, Dorothy Gibbons and colleague Dr. Dixie Melillo founded The Rose, a place where every woman could receive quality breast health care regardless of her ability to pay. Today, thirty years later, with two Diagnostic Centers and a Fleet of Mobile Mammography Units, The Rose has served over a half a million women, insured and uninsured, and expanded services throughout

Southeast Texas. Explore the story of how The Rose was born and how it has survived--against all the odds. It is the story of incredible generosity, unexpected corruption, and the hard truth about who can afford healthcare and who can't.

Expand your network, grow your business skills, reach a new audience, or advance your career with the Women Empowering Women Express Network of ABWA. WEWEN meets the first Wednesday of each month from 11AM-1PM. Additional details and luncheon registration (\$25) are available at wewen.org. Contact communications@wewen.org with questions.

About ABWA

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 65 years to women's education, workplace skills, and career development training. For more information, visit abwa.org.

Fall Festival Vendor Opportunity

*Sunday, October 30, 2016
Saint Aidans Episcopal Church*

Vendor Opportunity - Saint Aidan's Episcopal Church ACE Committee announces our Fall Holiday Market to be held Sunday, October, 30th from 10am – 5pm. Saint Aidan's is located at 13131 Fry Road just South of 290. We are looking for a variety of vendors and expanding this year to include food trucks. Great highly visible

outdoor space with Fall Festival activities including Blessing of Animals, Trunk N Treat, live music, silent auction and more. For additional information, and Booth Reservation form contact us at 281.373.3203 or email fallfest@aidanschurch.org.

LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- 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

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-446-2030

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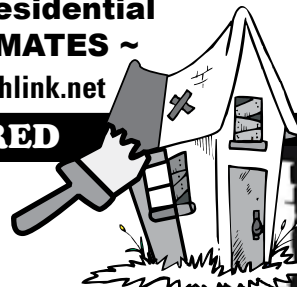
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How to Talk To Your Children When Disaster Strikes



In my role as executive director at Shield-Bearer Counseling Centers, I am frequently asked by parents or teachers how to help children when they or their community experiences a disaster.

Every child reacts differently to loss. Younger children handle the news differently than older children. A child's personality and values influence their reaction. Parents and teachers may notice children displaying a greater amount of energy following a disaster. Energy released by their body's natural response when safety is threatened will find its way into more irritability, fidgeting and inability to focus on tasks at hand.

But there are some things individuals who are raising or working with children can do.

Model calmness.

Children will look to parents and other adults to cue their interpretation and reaction to the disaster. When children see the adults around them remaining calm, they will be more easily reassured of their own safety.

Help them talk.

Parents frequently have difficulty discussing such horrible tragedies with their children. As with other times of loss, they do not know exactly what to say. Being available to listen to what children want to say will likely be more helpful than putting together a lecture. Encourage children to express how they feel when they are ready to discuss it.

Honestly answer questions.

When children do not know the answers, they will ask questions. Parents who patiently attempt to answer tough questions will see their children move through the pain of the tragic event. If you don't know the answers, tell them so. Reassuring them of their present safety will help them learn to overcome fears that they might be struggling with.

Limit access to disaster news.

Monitoring your children's access to news reports of the disaster will help reduce the possibility of nightmares. When a child watches news programs about a disaster, parents should be present to discuss the contents of reports.

Keep them busy.

One of the most important things that a parent can do to help their children work through a disaster is to maintain the routine and structure of their children's lives. Keep appointments. Carry on with chores and responsibilities. Meet obligations.

Help them help.

Every person touched by a disaster is motivated to help in

some way. The negative emotions of fear, sorrow and anger can be channeled into acts of kindness. Having a child gather items for disaster victims, write a thank-you note to the first responders or draw a picture for someone intimately involved will help them feel they are making a difference. These actions can help them regain a sense of control over their situation.

Remember that each child is an individual. What helps one child might not help another. If there are significant changes in behavior, mood, or sleeping patterns, it is important to make a visit to a physician or professional counselor to assess what professional help might be available.

Above all else, let them know they are loved.

Roy Wooten is the Executive Director of Shield-Bearer Counseling Centers, a 501c3 nonprofit charity with offices in NW Houston, Tomball, and Cy Fair. Shield-Bearer is "fighting for hearts" on the front lines of healthy relationships. Learn how you can join us in the fight at www.ShieldBearer.org.

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Finding Time

by Tara Chatterson

I've recently come to the conclusion that the world today has gone mad. It's as simple as that.

Don't believe me? Let's look at one simple fact--in what other place do the majority of the population spend trying to fit 35 hours into a 24 hour day? And continue to do so almost 7 days a week?

Tell me if this sounds familiar: work an 8-9 hour day, come home to do chores like cook dinner, do laundry, feed the dog, etc. add kids to the mix--forget it!

Our success-driven society tells us that we have to push to do more, do it bigger, and do it better than anyone else. Finding time to live any sort of life has suddenly become over-rated and unimaginable as a one-way trip to Neverland.

Over-scheduling, double-booking, extreme intake of caffeine & constant exhaustion have become our closest companions.

Well, I've decided I've had enough. If Neverland is the place where peace exists, then I want to live there.

Is it possible? I believe it is. It starts with claiming the time for yourself to relax and unwind. I've found my Neverland here at Five Horses, LLC. Working with, and learning from, the horses here

has brought me a peace of mind I never believed possible. I know it seems hard at first, but you owe it to yourself to find time to rebuild and recharge.

Indulge yourself by finding time for yourself. There are some amazing new events coming up this month at Five Horses. Take a look--I promise you won't regret it.



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LONGWOOD LETTER



Congratulations to the Varsity Golf team! They got 4th place in Regionals at Lakeside Golf Course in Canyon Lake, TX and will advance to State Tournament at Cottonwood Golf Course in Waco on May 2nd.

Listed from L to R: Coach John Krause, Harrison James, Blake Williams, Chris Jackson & Blake Clayton.

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the AppStore



LONGWOOD LETTER

CYFEN

“Pursuing your dreams and not giving up”

Luncheon Details

Thursday, June 23, 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 June 23 Cy-Fair Express Network Luncheon join us for an encouraging and motivational meeting with our speaker, Donna Edge. She will share her story of she and her husband going from government help and \$50K of credit card debt, to making their dream of working together and owning a successful business become a reality.

You will surely be encouraged to pursue your dreams and to not give up when obstacles are thrown in your path.

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.






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22 Texas children have already fatally drowned in 2016

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