



Volume 15, Issue 11

November 2016

## HOUSTON REPERTOIRE BALLET'S THE NUTCRACKER

Lakes on Eldridge North resident Caitlin Nhan will be dancing in the Houston Repertoire Ballet's *The Nutcracker* at Tomball High School Theatre on December 2, 3 & 4. We would appreciate it if you would include this in your November issue since the dates for the performance are so early in December.

Houston Repertoire Ballet (HRB), Houston's premier pre-professional ballet company, celebrates its 21st season, beginning with its 15th annual performance series of *The Nutcracker*, featuring professional guest artists Elizabeth Keller, HRB alumna, as the Sugar Plum Fairy, Justin Hughes as the Cavalier, Andrew Taft as the Snow King, and Joe Modlin as Herr Drosselmeyer, with the Cypress Philharmonic directed by Glynnnes Lanthier. Performances will be held on Friday, December 2 at 7 pm – abbreviated Arts & Education performance perfect for young children; Saturday, December 3 at

2 pm & 7 pm; and Sunday, December 4 at 1 pm & 4:30 pm at the Tomball High School Theatre, 30330 Quinn Road, Tomball, Texas 77375. For ticket information, call 281-940-HRB1 (4721) or visit [www.hrbdance.org](http://www.hrbdance.org). Tickets are \$18 for students/seniors and \$22 for adults.

*The Nutcracker's* brilliant blend of beautiful costumes, lavish sets, and fresh choreography creates a magical storybook world enjoyed by children and adults alike. With a cast of more than 100 HRB dancers and area children, and live music played by Cypress Philharmonic, HRB's masterful production is the highlight of the holidays!

HRB dancers are committed to sharing the arts with the community. Community engagement events include costumed appearances at various nursing homes, group events, and at Arts & Education performances. HRB brings two matinee performances to

*(Continued on Page 2)*



# Lakes on Eldridge North

## IMPORTANT NUMBERS

Harris Co. Sheriff - (non-emergency) .....	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
	(non-emergency)281-550-6663
Poison Control.....	1-800-764-7661
Texas DPS.....	713-681-1761
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	(trash collection Mondays & Thursdays)
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	(give pole # of street which is out)
Centerpoint Energy.....	713-659-2111
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Houston Chronicle.....	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School.....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

## LOEN Board Of Directors

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## Article Submissions

Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com). Submissions must be received by the 10<sup>th</sup> of the month for the following month's issue. (Advertising deadline is the 8<sup>th</sup> of the month.)

(Continued from Cover)

Tomball ISD third grade students, fulfilling the arts component of their curriculum. To request an outreach event for your organization, call 281-940-HRB1 (4721).

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community.

Major funding for HRB is provided by Houston Endowment, Inc. with additional support provided by Vintage Wellness and AirInnovations.

Thanks so much,  
Eileen Conery  
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[eileen.conery@att.net](mailto:eileen.conery@att.net)

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# Lakes on Eldridge North

## Call for Women's Expo Sponsors



### Expo Details

Thursday, April 27, 2017

11:00a.m. – 4:00 p.m.

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

Admission is free.

Contact: [Expochair@CYFEN.org](mailto:Expochair@CYFEN.org) to secure your sponsorship.

Since its inception in 2003, CYFEN, a local network of the American Business Women's Association, has been dedicated to bringing together businesswomen of diverse occupations and providing opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking, support, and national recognition. Due to the success of our EXPOs, we are pleased to once again announce co-sponsorship opportunities for this event.

Contact: [Expochair@CYFEN.org](mailto:Expochair@CYFEN.org) to secure your sponsorship.

### **Platinum Sponsorship - \$4000 – Tote Bag Sponsor**

As Platinum Sponsor, your logo will be placed with the EXPO logo on the tote bags that are given to all attendees. Your logo will also be included in all printed promotional materials. You will receive special recognition signage at EXPO registration and at the CYFEN March member luncheon. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

### **Diamond Sponsorship - \$3000 – EXPO After Party Sponsor**

As the Diamond Sponsor, you will be the sponsor of the Expo After Party, where we will celebrate and continue to network with vendors and attendees. Your logo will be included in all printed promotional materials. You will receive special recognition signage at EXPO registration, at the Expo After Party, and at the CYFEN March member luncheon. Your logo will be custom printed on cocktail napkins for attendee use. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

### **Ruby Sponsorship - \$2000 – Expo Speaker Sponsor**

Be the Sponsor, who helps us bring in a dynamic and well known Speaker to the CYFEN March luncheon as a pre-event to Expo! As the Ruby Sponsor your logo will be included in all pre-printed promotional materials. You will receive special recognition signage at the March CYFEN Luncheon and at EXPO registration. You will have the opportunity to introduce yourself and the speaker. Media promotion will include special press releases, email blasts, our social

media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag. Two complimentary lunches at the March CYFEN member luncheon.

### **Emerald Sponsorship - \$1500 – Cash Bar Sponsor**

As the Emerald Sponsor, you will have your logo on the Cash Bar. Your logo will be included in all pre-printed promotional materials. You will receive special recognition signage at EXPO registration. Your logo will be custom printed on cocktail napkins for attendee use. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag.

### **Sapphire Sponsorship - \$1000 – Vendor Room Sponsor**

Sponsor the Main Room where attendees visit the Vendors and Sponsors. As the Sapphire Sponsor your logo will be included in all pre-printed promotional materials. You will receive special recognition signage at EXPO registration and the entrance to the main room. Media promotion will include special press releases, email blasts, our social media sites and our website. You will receive a preferred table location with an 8-foot draped table. Access to distribute promotional items and marketing materials and insertion of promotional item in tote bag.

### **Each Sponsor Provides:**

Promotional support at business locations, E-blast (if applicable) promoting the event, Social media support via Facebook, Twitter, etc., Sponsor logo in jpg and eps formats for use in electronic and print materials upon contract signing, Sponsorship fee due upon agreement.

Cy-Fair Women's Expo will be held at the Sterling Country Club, 16500 Houston National Blvd.

### **About Cy-Fair Express Network (CYFEN)**

Now over 70 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](http://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](http://www.abwa.org).



## Lakes on Eldridge North Ladies Club News

The LOEN Ladies Club held a general meeting on September 27 for all members. Among the topics discussed at this meeting were plans for the end-of-year activities. The Fall Community Outreach is a food drive to benefit The Mission of Yahweh. Helen Gay founded this shelter for homeless women and children in 1961, and fifty-five years later the mission is a non-profit 501(c)3 charitable corporation. The Ladies Club chose this charity because it serves homeless women and children in our community. The Mission of Yahweh is in need of donations of non-perishable canned goods and kid-friendly packaged foods, snacks, and drinks. The Ladies Club will accept donations from all LOEN residents between November 14-18, 2016 in the Clubhouse.

In other news, the Winter Party will be held on Saturday, December 3, in the Clubhouse. Committees are already busy planning all the details. It will be a BYOB, catered dinner, and gift exchange. Gone is the White Elephant gift exchange and instead this year's gifts will be new. Tickets will go on sale in November.

The next general meeting will be on Tuesday, November 15, 2016 in the Clubhouse. All LOEN women are invited to attend since we accept new members year-round. Remember to bring your donations for the food drive to the meeting. Also, Winter Party tickets be sold

at the meeting.

If you would like additional information or would like to volunteer for the Winter Party, please contact us at [loenladiesclubpresident@gmail.com](mailto:loenladiesclubpresident@gmail.com).



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# Lakes on Eldridge North

## A Night in Bethlehem



Visit Bethlehem this season on Saturday, December 3rd & Sunday, December 4th 5:00-8:00pm. The event is FREE!

Imagine what life was like during this miraculous time in history as you visit the Spice Merchant, the Produce Market, sample the wonderful treats at the Bakery and taste the savory soup at the Soldier's Tavern. Listen to the storyteller, and visit the shepherds, & the Inn.

Watch for the Roman soldiers. Listen for the Kings arrival at the stable with gifts for Jesus as Mary & Joseph look on. Don't miss this living, interactive recreation of the original Christmas story. Join us for free activities for the family including candle making, create a clay pinch pot, sew a coin bag or play Bethlehem dress-up. Pet the live animals and enjoy cookies, hot cider and coffee. Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran

Church in America (ELCA).

Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or [www.messiahlc.org](http://www.messiahlc.org). All people are welcome at Messiah.





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# Lakes on Eldridge North

## Finding Balance

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, "Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I'm rushing around all the time. I'll find a way to make some time for myself"? You tell yourself you'll schedule some free time later, but does later ever come? I know I've been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

1. **What's really important?** It's time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).

2. **How can you cut back?** Now, that you've chosen your top 5 priorities it's time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don't have to do \_\_\_\_\_ for so and so. Or is there a certain person in your life who's been causing more stress than happiness? You don't have to cut that person out of your life, but maybe it's time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.

3. **Scheduled spontaneity.** I know, scheduled spontaneity

seems like an oxymoron, but it's incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as long, or as short, as you'd like and is time where you can do whatever you want to do. Just make sure it's fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what's important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren't met. They are terrific partners with a healthy work ethic, while still relishing in their freedom to run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn't need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

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# HOLIDAY

## 2016 Festivities, Markets, Crafts & More!

Nov 3 - 6 • International Quilt Festival .....	Quilts.com
Nov 5 • 5 <sup>th</sup> Annual Houston Margarita Festival .....	HoustonMargaritaFest.com
Nov 5 • Holiday Market, 10:00 am till 4:00 pm.....	Lakes on Eldridge Clubhouse
Nov 10 - 13 • 36 <sup>th</sup> Annual Houston Ballet Nutcracker Market .....	NutcrackerMarket.com
Nov 10 -17 • Annual Houston Cinema Arts Festival.....	CinemaArtSociety.org
Nov 11 - 12 • Bay Area Nutcracker Market .....	HoustonAreaShow.com
Nov 12 - 13 • 21 <sup>st</sup> Annual Children's Festival, The Woodlands.....	WoodlandsCenter.org
Nov 12 - Jan 8 • 15 <sup>th</sup> Festival of Lights, Moody Gardens.....	MoodyGardens.org
Nov 13 • 21 <sup>st</sup> Annual Children's Festival .....	WoodlandsCenter.org
Nov 18 - 20 • Jr League Holiday Market, The Woodlands.....	JLTheWoodlands.org
Nov 18 - 20 • Holiday Christmas Gift Market, Katy TX.....	HomeForTheHolidaysGiftMarket.com
Nov 18 - Jan 14 • Houston 'Zoo Lights' .....	HoustonZoo.org/ZooLights
Nov 19 & 20 • 2016 ViaColoriHouston .....	CenterHearingAndSpeech.org
Nov 24 • 67 <sup>th</sup> Annual HEB Thanksgiving Day Parade.....	HoustonTx.gov/ThanksgivingParade
Nov 24 • Uptown Holiday Tree Lighting Ceremony .....	Uptown-Houston.com
Nov 29 • Conroe Downtown Christmas Tree Lighting .....	CityOfConroe.org
Dec 2 • 97 <sup>th</sup> Annual Mayor's Holiday Celebration & Tree Lighting .....	HoustonTx.gov/MayorsHoliday
Dec 2 - 4 • Dickens on the Strand, Galveston .....	Galveston.com/DickensOnTheStrand
Dec 10 • 55 <sup>th</sup> Annual Christmas Boat Lane Parade, Clear Lake .....	ClearLakeArea.com
Dec 10 • Conroe Christmas Celebration .....	CityOfConroe.org
Dec 10 - 11 • Annual Candlelight Tour in the Park .....	HeritageSociety.com



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# Lakes on Eldridge North

## The Northwest Flyers Youth Track Club

The Northwest Flyers Youth Track Club will celebrate its 30th Anniversary Season by hosting its annual free Registration/Orientation breakfast on Saturday, February 4th, 2017, for all boys and girls who are interested in joining for the 2017 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2017 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned "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](mailto:linette.roach@sbcglobal.net); or "Like" the club on Facebook.



**\*Did you know only about 5 - 10% of breast cancer cases are thought to be hereditary?**

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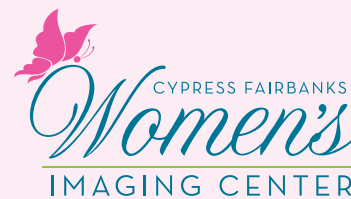
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- 3 **Cy-Fair Emergency & Imaging Center (at Barker Cypress & FM 529)**
- 4 **Cy-Fair Emergency & Imaging Center (Beltway 8 & Tanner Rd.)**  
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\* According to the American Cancer Society \*\*Tomosynthesis, (3D mammography) an FDA approved imaging technology designed for early breast cancer detection, is available here.



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## RECIPE OF THE MONTH

### New England Clam Chowder

- 3/4 ounce salad oil
- 1/2 teaspoon chopped garlic
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced onions
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 3/4 gallon clam stock or juice
- 3 large peeled and diced potatoes
- Roux (3/4 pound butter and 1 1/2 cups flour)
- 2 cups drained, chopped clams

*Yield: 10 to 12 servings.*

*Prep Time: 20 minutes*

*Cook Time: 1 hour 20 minutes*

## Movie Night with the Girl Scouts!

On Friday, November 11th, the Girl Scouts is hosting a "A Night at the Movies Girl Scoutacular" event at Good Shepherd United Methodist Church, 20155 Cypresswood Drive, from 6 – 8 p.m. Current Girl Scouts and non-Girl Scouts have the opportunity to meet new friends and watch a fun movie. For non-Girl Scouts, a parent must accompany their child. Girl Scouts is open to all girls from kindergarten to the 12th grade.

Join us for this fun night of movies, popcorn, and friendship. For more information, please contact Susan Lawyer at [suelawyer@comcast.net](mailto:suelawyer@comcast.net).

Did you miss the Girl Scout Recruitment Event at your school? It's not too late to join. Go the Girl Scout of San Jacinto website at [www.gssjc.org](http://www.gssjc.org) and click "Join Today."

In large pot, sauté the oil and garlic about 2 minutes. Add diced vegetables and sauté for 10 minutes or until vegetables are tender. Add herbs and salt. Add clam stock and bring to a boil. Add potatoes and bring to a boil again. Add roux and chopped clams, reduce heat and simmer for one hour.



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# Lakes on Eldridge North



## NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

Come join us, on Tuesday, November 8, 2016 at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas 77066. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events, and enter for a chance to win a door prize! Or a book award for your Aggie! Enjoy light refreshments and listen to our speaker that evening, Maggie Gartner, Ph. D., ABPP, Executive Director, Student Counseling Services. We are looking forward to meeting all Aggie Moms, whether of freshman Aggies, current Aggie students or former Aggies. Whoop!

[www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org)



## Cy-Fair Republican Women

Tuesday, November 1st will be CFRW General Meeting at 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$20.  
Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome! Candidates, we want to get to know each of you.

RSVP to [www.cfrw.net](http://www.cfrw.net) by October 25th.  
VOTE on November 8th.

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### November Meeting

The Cypress-Tomball Democrats monthly meeting for the month of November will be held on Tuesday, 15th November 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. The topic of discussion would be Post-Election Analysis.

Everybody is welcome to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website [www.cytomdems.com](http://www.cytomdems.com); contact Cris Hernandez at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); Follow us on Facebook at Cypress-Tomball Democrats.

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