



The HOME FRONT

JULY 2013

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VOL 7, ISSUE 7

Swimming...Seriously

By Sarah Bloch, LR Resident

Pool's open! Yes, both of them! The Splash Pad too! As this signifies summer fun has officially begun, let's not overlook what dangers are present. If it's all fun and games until someone gets hurt, let's prevent drowning, injury and the spread of illness. Let's ensure our water recreational places remain fun, safe, clean places to be.

With A-Beautiful Pools in charge of pool management at Legends Ranch, their Senior Director of Aquatics, Marty Wadsworth, shared their vision statement: "Creating aquatic experiences resulting in happy people, safe and beautiful pools". In addition to providing pool maintenance, they also train and staff our lifeguards that are on-duty to ensure the safety of all of us. Exercising precautionary steps, they proactively look for ways to prevent accidents and emergency rescues.

"Lifeguards are trained to keep people safe, as rescue workers," said Mr. Wadsworth. "They open the pool, tell the kids to come in, even those who can't swim, some wearing floaties inappropriate for their age group. The child might have a very attentive parent or a parent that may treat the lifeguard as a babysitter." With all the variables of ages, swim levels, supervision levels, let's give it some thought...

Doing our part – What can I do?

1. Respect all pool safety rules – they are in place for a reason
2. Respect the lifeguards implementing the pool safety rules
3. Education yourself: read up on water safety resources; take adult swim lessons, a CPR course
4. Use the Shower at the pool before getting into the water – rinses off germs & sweat

What can you do as a parent?

1. Be an attentive parent within arm's reach – applies to any child who cannot swim the length and the width of the pool on their own without using a safety flotation device
2. Teach your child how to swim – lessons offered in LR for ages 3

& up, yet available for younger

3. Support the lifeguards, teaching children to stop horseplay or to safely continue the activity

4. Note that the 3 most dangerous areas are by the stairs, coming off the slide, & diving-related

"The teenage lifeguard has to go up to the parent and say excuse me, ma'am/sir, we have a policy that a parent has to be within arm's reach of a child", said Mr. Wadsworth. "This is the hardest rule for a lifeguard to reinforce."

Why have swim lessons? "Because the water is such a dangerous place to be," said Mr. Wadsworth. "As of last year, drowning in a body of water was the 2nd leading cause of accidental death in children 15 & younger. It was the #1 cause for children age 6 and under". Formal lessons can protect young children from drowning, yet careful supervision is still necessary when children are in or around the water.

Why do the kids have to get out once an hour for adult swim? "It has nothing to do with the parents. Everything to do with the kids," said

(Continued on Page 3)



Legends Ranch

IMPORTANT NUMBERS

Property Tax

Montgomery County Tax	936-539-7897
Conroe ISD	936-709-7751
Montgomery MUD #89	713-932-9011

Your Community Homeowners Association

RealManage	866-473-2573
Legends Ranch Info Center	281-681-9750
Legends Ranch SplashPad	281-419-2130
Gate Attendant Office.....	281-296-0433

Police & Fire

Emergency	911
Montgomery Sheriff	936-760-5800
Pct. 3 Constable Office	281-364-4211
S. Montgomery Co. Fire Dept. Non-Emergency.....	281-363-3473
Montgomery County EMS Non-Emergency	936-441-6243
Crime Stoppers	713-222-TIPS
Poison Control.....	800-222-1222
Texas DPS	713-681-1761

Utilities

Electricity (TXU).....	800-368-1398
Electricity (TXU New Service)	281-441-3928
Electricity (Centerpoint)	713-207-2222
Gas (Centerpoint).....	713-659-2111
Water/Municipal Oper. & Consulting	281-367-5511
Canyon Gate Connect	281-296-9584
Best Trash	281-313-2378
Street Light Outages.....	713-207-2222
Cable/Internet/Phone...COMCAST	713-341-1000

Public Services

Local US Post Office.....	281-419-7948
Toll Road EZ Tag.....	281-875-3279
Voters Registration.....	936-539-7843
Vehicle Registration	281-292-3325
Drivers License Information	936-442-2810
Montgomery County Animal Control	936-442-7738
Montgomery Chamber	281-367-5777

Area Hospitals

Memorial Hermann	281-364-2300
St. Luke's	832-266-2000
Conroe Medical Center	281-364-7900

Conroe ISD

Birnam Woods Elementary	281-863-4200
Cox Intermediate	281-465-3200
York Junior High	832-592-8600
Oak Ridge High	832-592-5300

Private/Parochial

First Baptist Church	936-756-6622
Sacred Heart Catholic Church	936-756-3848
St. Edward Catholic.....	281-353-4570
St. James Episcopal Day	936-756-4984

BOARD & MANAGEMENT CO.

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Customer Service (866)473-2573
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Swimming Safely (Continued on Page 3)

Mr. Wadsworth. "Kids won't tell their parent they are tired. The child then becomes prone to becoming a distressed swimmer. It is also for sanitary reasons. It encourages kids to go to the bathroom and not in the pool." It is a prime opportunity to drink water and rest in the shade.

Going to the bathroom in the water & not using infant swim diapers: "If you don't use a swim diaper, you risk fecal matter contaminating the water", said Mr. Wadsworth. In addition, the materials that regular, non-swim diapers, are made of could wreak havoc and result in thousands of dollars of repair to the pool system (note: POA dues would repair the system for such a preventable measure). "If your child has had diarrhea within the week, he/she should not get into the swimming pool." If urine gets in the water, as well as other bodily fluids like sweat or runny noses, it impacts the pH balance of the pool water, which in turn could cause eyes to get dried out and sting before the pH balance can be restored by lifeguards.

For LR swimming lessons, lifeguard training (ages 15 & up), junior lifeguard training (11-14), hiring a water aerobics instructor, & more: www.a-beautifulpools.com. Drowning is preventable: www.colinshope.org. Water hygiene safety: <http://www.cdc.gov/healthywater/swimming>. CPR training: www.redcross.org. Simple steps save lives/Pool & Spa Safety Act, visit: www.poolsafely.gov.

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Saturday & Sunday: 12pm - 8pm
Memorial Day-May 27: 12pm - 8pm

June 7 - August 25
Monday: Closed
Tuesday - Sunday: 12pm - 8pm

August 31 - September 29 (Weekends Only)
Saturday & Sunday: 12pm - 8pm
Labor Day - September 2: 12pm - 8pm

SPLASHPAD POOL SUMMER HOURS

May 4 - June 2 (Weekends Only)
Saturday & Sunday: 10am - 8pm
Memorial Day-May 27: 10am - 8pm

June 7 - August 25
Tuesday: Closed
Wednesday - Monday: 10am - 8pm

August 31-September 29 (Weekends Only)
Saturday & Sunday: 10am - 8pm

Rayford Road Civic Association

Meeting on the 2nd Wednesday of Each Month at 6:30pm
Imperial Oaks Clubhouse, at 1910 Havenhouse Drive, Spring, Texas 77386

5 reasons why you should join...

1. Boost Your Community Pride

By bringing together 25 communities east of I-45, RRCA represents over 40,000 local residents. The time has come for us to join together and focus our community resources in achieving success.

2. Strengthen your Community by Supporting Local Leaders

The Rayford Road Civic Association is a means of supporting current leaders, identifying potential leaders, expressing community concerns, problem solving, and providing community direction to help our community prosper.

3. Raise Our Overall Community Presence

By joining forces, we can work together to express concerns with our officials at the County, State, and Federal levels.

4. Be Involved with Effective Community Planning

Rayford Road Civic Association is committed to the continued overall development of effective community planning by working with all those involved to improve the quality of life for our residents. We will strive to protect the value and beauty of our homes and neighborhoods. We will work with government officials and public servants to protect and serve our residents.

5. Be Connected to Your Community

Rayford Road Civic Association connects you with those that have answers to your questions and resources to get the issues addressed.

Join us on Facebook at [Rayford Road Civic Association](#) or email us at JoinRRCA2@gmail.com



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Legends Ranch

LOCAL SUMMER EVENTS

CHICK-FIL-A, SAWDUST RD



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Wed, June 26, 10 am - 11 am

An appearance of Ringling Bros. and Barnum and Bailey* Clown. Plus, enter for a chance to win a Family 4-Pack of Ringling Bros. and Barnum and Bailey* tickets and other fun prizes.

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(One per person, while supplies last)

TODDLER TIME WITH ELMO

Tues, July 31, 10 am - 11 am

TODDLER TIME WITH CURIOUS GEORGE

Tues, Aug 28, 10am - 11am

Chick-fil-A info found on website:

<http://www.cfarestaurant.com/sawdustroad/home>

Also check out the following websites for local events:

www.woodlandsonline.com

<http://woodlandsevents.com/restaurants/kids-eat-free>

VOLUNTEERS NEEDED

Volunteers are needed immediately to plan for and coordinate the events we want to have in our neighborhood. Those could include: the Easter Bunny for pictures with our children, and perhaps an egg hunt, and events for various holidays. Other events might include a 1-mile walk/run inside the neighborhood to raise money for things we want to have here that maybe our budget can't afford to do, or for charity donations, or just for fun and exercise.

Perhaps a parade around the clubhouse parking lot for children on their bikes, tricycles, skates, or being "towed" in their wagons (maybe for 4th of July or Labor Day with appropriate colors & flags), blood drives, etc. There are many things we can do here that are fun for us and our children. We need your ideas and assistance to make this happen. Please contact Debbie at the office at 281-681-9750 for guidance or assistance.





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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Legends Ranch residents, limit 30 words, please e-mail legendsranch@peelinc.com



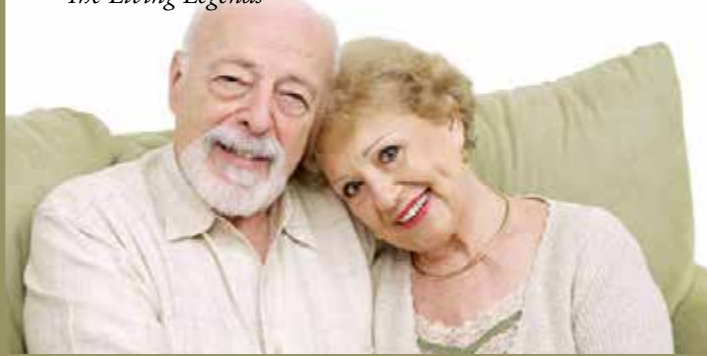
Living Legends

"Arriving at one goal is the starting point to another."

John Dewey

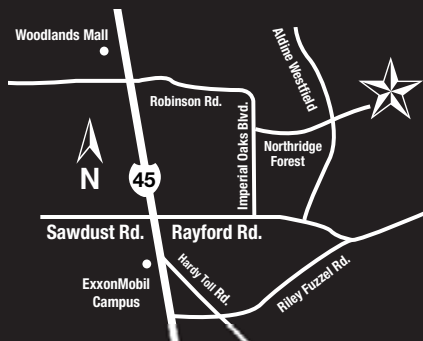
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*Best Wishes from all of us,
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ONE WAY TO BE "GREEN" is by doing what you already do...

Did you know that every year over 34 million tons of food is hauled away to landfills? That is a staggering number and according to the EPA, food waste is the single largest component of municipal waste sent to landfills. In addition, when that food waste arrives at the landfill it doesn't do anything except decompose. When it does, it produces methane gas. Methane is a greenhouse gas and is over 20 times more potent than CO₂. People tend to focus on the negative effects of cans, bottles, or plastic bags in landfills but most people don't know that everyday food waste has its own set of problems.

One option to combat this is composting. While that's a great idea, it takes a lot of time, space, and energy that the average family isn't going to dedicate to the task. Plus, what do you do with it all? I mean your yard is only so big, right?

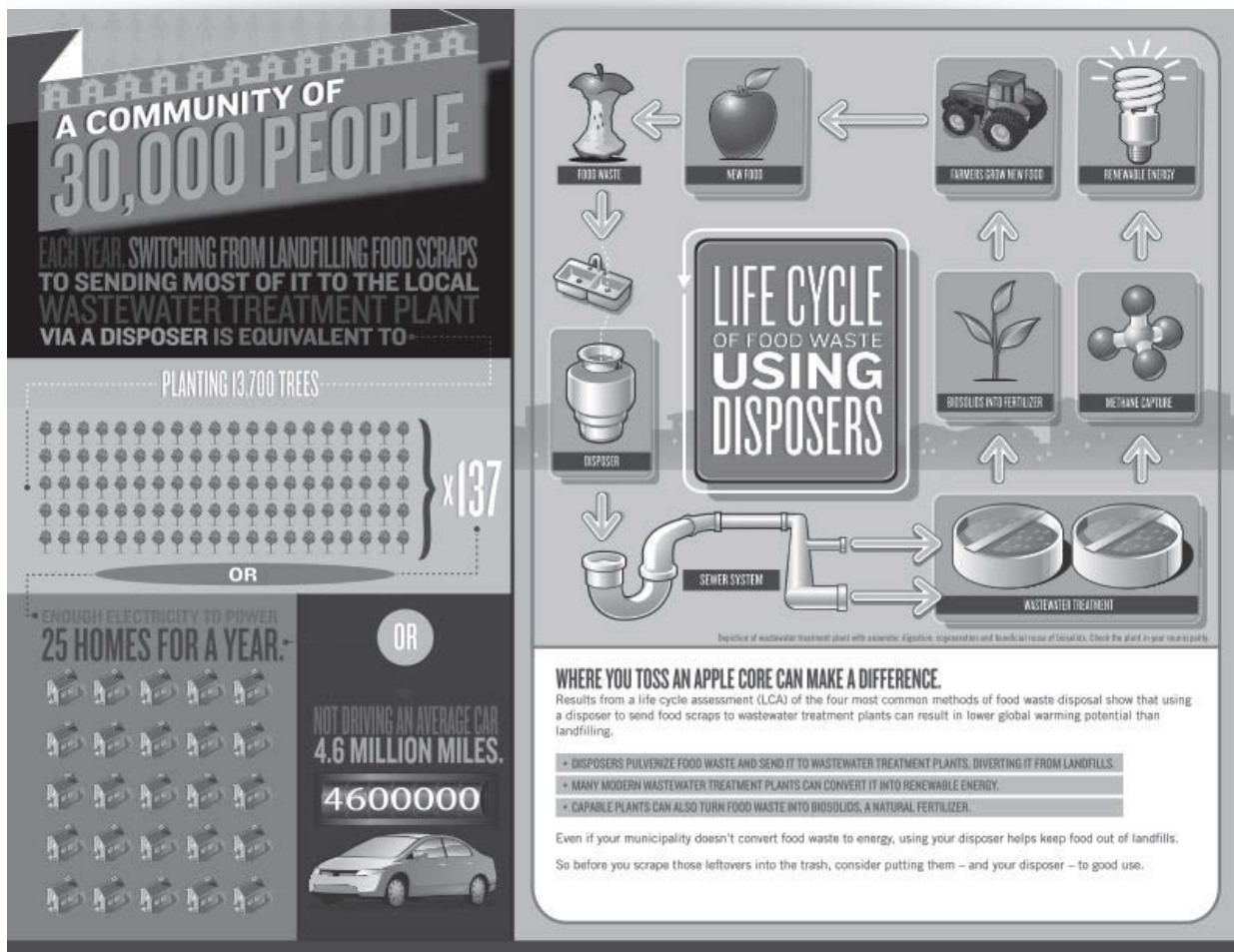
Another more practical option for dealing with food waste is to take advantage of an appliance that you probably already own. In fact, it is sitting under your kitchen sink right now. It's your

garbage disposer. That's right, one of the most environmentally friendly things in your home today is your garbage disposer.

Food waste is about 70% water. When food waste is placed in the disposer, it is ground into a more manageable size and sent via the sewer to wastewater treatment plants. There, the water treatment plant uses the decaying organic matter and bacteria to convert the waste into a more useful product. Recently, treatment plants are being viewed as resource centers because they provide clean water, energy and fertilizer.

A community of 30,000 people switching from landfilling food scraps to disposing of the scraps via wastewater treatment plants is roughly equivalent to planting almost 14,000 trees, or reducing the carbon footprint of the average car by over four and a half million miles!

So how about that? The apple core you put down your disposer could fertilize the apple you buy later. See, wasn't that easy???



Free family fun: Creative ideas

submitted by Shara Cote, LR resident

Set up your own restaurant

Decide on a three course meal and ask your children to create proper menus with prices. They can dress the table and ask dad to take his seat when he returns from work.

Kids recipe idea

This is a great way to get children eating egg. Omelets made this way tastes really good and the kids love helping. It's also great as camping food.

various fillings: chopped tomato, onion, mushrooms, ham, sausages, bacon bits, peppers, grated cheese, tinned tuna etc

2 eggs per child

a drop of milk

Start by chopping up some bits and pieces for the filling and placing them in bowls/containers. Older children can help with this.

Give each child a seal-able freezer bag (medium sized ziplock ones are really good!). Then let each child break two eggs each into their bag. Don't whisk it or anything, shut the bag and let the kids gently shake them or squeeze them. Then add a tiny bit of milk (optional)

Once the yolks have broken up and mixed a bit, the kids add whatever they like from the bowls.

Then squeeze the bags to remove air, seal them by tying in a knot or using the ziplock. You can label the bags so they don't get mixed up.

Then put the bags in a large pan of boiling water and cook for about 10-15 mins (you will know its ready when all the liquid has disappeared).

Open the bag carefully (mind the steam) and serve.

Colour/shape sorting

If you have a million and one things to do and no time to do it, give your kids a container with hundreds and thousands and ask them to sort them into different colour piles. A perfect rainy day activity, they'll love the challenge and it will give you an extra half an hour to get on with all those extra things you've been meaning to do.

Little chefs

Most children adore helping to conjure up a culinary delight! Whether it's a delicious cake, pie or something special for daddy's tea. Start off with something simple like sugar free jelly and work your way up to more challenging dishes like fish pie or apple crumble. You could set a cooking task for each week and invite a group of their friends round to sample the result. It also offers a great way to teach your child about food and the importance of healthy eating.

Build a tent

Tents are inspirational places for role-play and imaginative activities and the good news is you don't need the fully-fledged camping variety to make it work. Simply stand four chairs together and use sheets and blankets to make the roof, door and floor. If you have enough space, you could even use tables, stools and other furniture to create little rooms and sections inside.

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HOW TO KEEP YOUR KIDS SAFE THIS SUMMER

Article submitted by Shara Cote, LR resident

Kids and summer are a wonderful thing, but every year in the US alone thousands of kids hit the emergency room due to pool and playground injuries. Parents can keep their kids safe this summer by taking advantage of super simple safety precautions and tips that can help keep their kids out of the ER this year.

PLAYGROUND SAFETY

Kids love to play on the playground, but the playground isn't always kid-friendly. Parents should supervise their kids at all times when playing, and only let them play on the equipment appropriate for their age (they have designated toys for this purpose). Parents should also avoid playgrounds with metal equipment which can burn kids as they play, and stay away from toys with landing spots that are not soft (wood chips, rubber mats, and rubber shreds are a great option).

BUGS!

Bugs that bite and sting can make any kid hate summer. Parents can keep a first aid kit handy to take on the flying and stinging critters, and putting bug repellent on kids can keep bugs at bay as well. Parents should also be aware of poisonous and irritating plants in their area as well, particularly when camping, so they can keep their kids away from plants like stinging nettle and poison ivy.

SWIMMING PRECAUTIONS

Pool injuries occur every year because of lack of supervision, horsing around (running in the pool area, diving in shallow areas), and poor skills in swimming by young kids. For this reason, most states have laws that require parents to stay and watch their kids under a certain age (usually 14, that's how it is in Idaho) whether there is a lifeguard on duty or not. Parents should make sure their kids take swimming lessons prior to taking them to the pool and should keep an eye on their little ones the whole time, lifeguard or not.

IT BURNS!

Sunburns are the worst, and simple sunscreen application can keep these terrible sunburns at bay. In addition, parents can make sure their kids wear dark clothing (best for sun protection), hats, sunglasses, and drink lots of water to prevent dehydration and heat stroke. These simple summer tips can help keep kids of all ages safer this summer, and allow parents to really enjoy their kids and summer vacation.

Legends Ranch

Family Fun (Continued from Page 11)

Play time

As parents, it's sometimes nice to just sit and play with our kids, perhaps creating new games with paper or cards that they've not yet tackled before. Many parents who answered our survey agree that money isn't important for enjoyable, memorable days and a few one to one hours is far preferable for our children than paying to go to a big theme park for the day.

Make a collection bag

Give your child a bag and ask them to collect things on their way. Whether it's grass and leaves from the back garden or sand and pebbles from the local beach, they'll enjoy exploring their surroundings and trying to find unusual, interesting items to put in their bag.

Decorate a cake

Bake a big plain sponge cake and let your little ones get busy with the icing, hundreds and thousands, sugar flowers and all those other colourful decorative cake toppings. You could even let them put candles on it and blow them out at tea time, accompanied with a song that you've made up during the baking!

Treasure hunt

Depending on your children's ages, place between 5-10 clues in the house or garden each with activities on lasting around ten minutes. These can be anything from painting each others faces to building a tower and having a quick drinks break (you could place the items they need to complete their task next to the clue). Once the hunt is finished, each child can win a small prize or decide on which games they want to play next.

Messy play

Shaving foam, mashed potato, water, cornflour...there are tons of easy ways to enjoy messy play - both indoors and out. Get your tot to help you make the mixture and pile it all into a bowl or plastic table where they can squeeze the mixture through their fingers and make little sculptures and shapes. Find out how to make Gloop.

Making play dough

Children will adore making play dough and they will have fun exploring different food colorings to give the dough that lovely vibrant colour. All you need to do is mix together 1 cup of plain flour, half a cup of salt and 2 tablespoons of cream of tartar, then add a cup of water and mix until smooth. Add a dash of food coloring followed by 2 tablespoons of oil and cook on a medium heat, stirring constantly until the dough forms a ball. Non-toxic, cheap and easy. Find more play dough recipes here.

Washing the car

This may be perceived by any nosey neighbours as a ploy to get our kids doing our dirty work but boy does it keep them occupied! They'll enjoy washing the car clean with sponges and foam and you could set them tasks, such as cleaning certain sections of the car within a minute. A small treat or a pound for their money box is a nice way to reward them.

Face painting

Face paints are worth their weight in gold and are a great way to entertain children - whether it's at a party, playdate or simply a rainy afternoon at home. Ask them to choose a design and help them create their finished look, you can also help them to find an outfit to match their new fairy/superhero/witch/monster face. Priceless.

Themed days

Set a theme for the day and dress up accordingly. Children will adore all of those role-play opportunities being a fairy/pirate/princess/soldier brings and will value you getting in on the action too.

Write a diary

You can encourage older kids to keep a record of their favourite days, moments and activities throughout the holidays. Postcards and photographs can be stuck to the pages, plus little mementos of days out (shells, leaves etc).

Bubbles

Cheap, easy and oh what fun! Bubbles are a great activity for children of all ages. You can set them tasks such as who can blow the biggest bubble or how many bubbles they can pop in a minute. Younger children will probably enjoy just sitting back and watching them fly around the room.

Snap away!

Photography is lots of fun for children and a great way to record special memories of days out, lunch with friends or just playing at home. Let them snap away with a camera and once they're printed, they can make a scrapbook out of them with notes and funny stories.

Making scarecrows

Whether you choose to make a mini version or go for the full scale Worzel Gummidge variety, making scarecrows provides many an hour of creative fun for all the family. All you need is some sticks (to hold the scarecrow up) some old unwanted clothes and cotton wool (or more old clothes and socks to stuff his body with). A few stitches here and there and you'll have a scarecrow ready to mount in the garden or allotment. Let the children name him and if the activity is enjoyable for all, why not make an 'Aunt Sally' to go with him?

Playdates

Playdates are invaluable and you can alternate so one week their friends come to play (and trash your house!) and the next week they go to their house.

Tidy up days

Create tidy up days for all the family to participate in. You can have a complete house overhaul or focus on individual rooms by moving furniture around or adding shelves/new pictures or photographs. It's an easy, practical way to multi-task by keeping the kids entertained and ensuring the house looks its best.

(Continued on Page 14)

DROWNING IS PREVENTABLE



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Ongoing: Volunteers needed to distribute water safety packets info@colinshope.org
Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>
July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/got2swim>
August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>
September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>

ALERT: 18 Texas children have already drowned this year!
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Please KEEP YOUR KIDS SAFE around water.

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SUPERVISION



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JACKETS



MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS



KEEP BACKYARDS &
BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN



VISIT US
ONLINE

Legends Ranch

Family Fun (Continued from Page 12)

Swap ideas with friends

Suggest swapping holidays/childcare or days out with friends. If you know a couple who have a holiday home or caravan, ask if you can use it for two or three nights in exchange for some free babysitting or a couple of days free childcare. It's a good way to keep costs down and ensure all families involved get that break they deserve.

Dancing

Whether it's nursery rhymes or a good bit of rock music, children love to dance around and have fun. You could teach them new moves and ask them which different types of music they like. Great fun and perfect for enhancing confidence and co-ordination skills.

Themed country days

Let your child select a country on the world map and spend the day as if you were living there. If they choose France, you could make onion soup and dress them in hats and stripy tops. Tea could be a lovely spread of cheeses with pate, a crusty baguette and olives and you could teach them a few French words such as 'bonjour' for hello and 'merci' for thank you.

Sleepovers

Invite up to 5 of your children's friends for a sleepover and lay out duvets, sleeping bags and pillows in their bedroom (or living space if bigger). There are stacks of activities they could do - from dancing/singing competitions to pizza making, face painting and movies.

Create a music band

You don't need real instruments to be in a band (well not a pretend band anyway...). Kids are great at improvising and will love bashing the drums, strumming the guitar and singing along to their favourite tunes. Change their instruments around so they each get a turn doing something different and put on a special 'gig' for family and friends.

Role play games

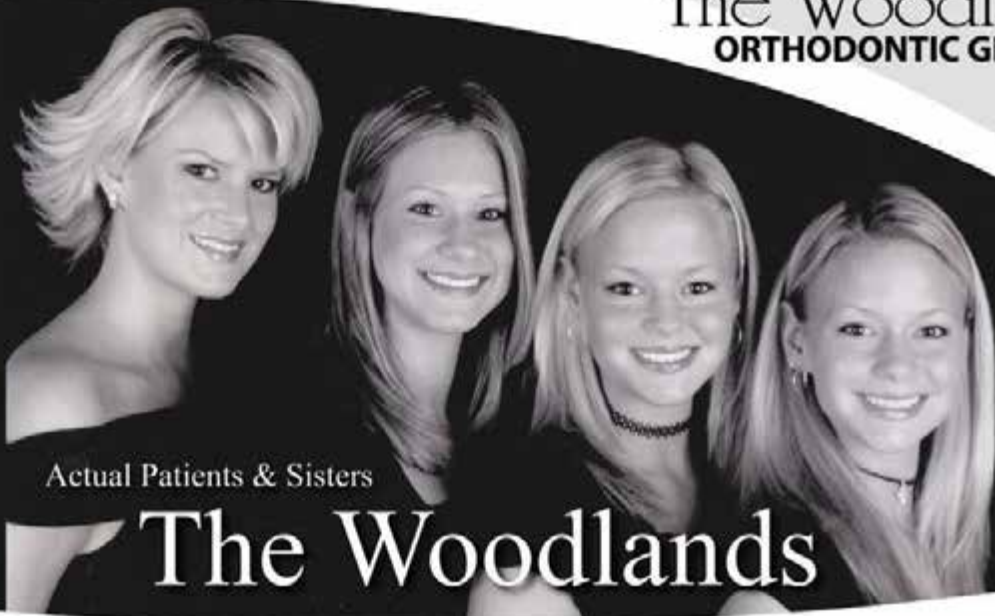
Role play is a classic, easy activity and can be done at any time of the day, especially when nerves and tempers are being put to the test. Turn a fractious moment into a role play game and your child is more likely to engage with you than ponder over their negative feelings. You could also ask them to come up with their own role play ideas, based on events at school/nursery or recent films they may have seen.

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