

# The Clippings



October 2016 Volume 4, Issue 10



**Party on the Patio**  
Friday, October 14th  
German Buffet 5:30–7:30 pm

**DJ Music 5:30–9:30 pm**  
Enjoy music, food and friends  
on the Patio at Walden.

**Specialty Beers available**  
Adults \$15++ Kids \$7.50++  
Connect \$12.50++ Kids \$5++

# IMPORTANT CONTACTS

## 2015 BOARD OF GOVERNORS CONTACT LIST

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## CLUB MANAGEMENT TEAM

**John Schlemmer - General Manager**

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**Tanna Follis - Membership Director**

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**Cathy Bellnap - Private Events Director**

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**Charlie Rudd - Head Golf Pro**

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**Stella Meintzer - Food and Beverage Director**

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**Marty Tarabochia - Executive Chef**

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**Mike Beatty - Athletics Director**

mbeatty@waldencc.com, 832-445-2123

**Kim Mello - Club Accountant**

kmello@waldencc.com, 832-445-2117

## Beer Dinner

October 18th

6:30 PM

4 Course Meal Paired with Beers from  
Spindletop Brewery

\$45 per person

\$40 Connect Members

Reservations Required

48 hour Cancellation Policy



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# **BEER DINNER**

**OCTOBER 18TH**

**6:30 PM**

**4 COURSE MEAL PAIRED WITH  
BEERS FROM  
SPINDLETAP BREWERY**

**SPINDLETAP**  
 **BREWERY**

**\$45 PER PERSON**

**\$40 CONNECT MEMBERS**

**RESERVATIONS REQUIRED**

**48 HOUR CANCELLATION POLICY IN EFFECT**



## *Chef's Grape Stompers' Wine Dinner*

October 4th, 6:30 pm  
In the Palmer Lounge

October's Featured Wines:

Blanc de Blancs, Brut Reserva

Artesa Chardonnay

Artesa Pinot Noir

Vina Zaco Tempranillo

Septema Obra Malbec

The Chefs will be pairing the above wines with a five-course meal

\$60+ +per person \$50++ Connect Members  
Reservations are very limited to the first 40 guests and are  
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For more information  
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For more information and  
registration Contact Tanna  
Shelton at 832-445-2105 or  
[tshelton@waldencc.com](mailto:tshelton@waldencc.com)

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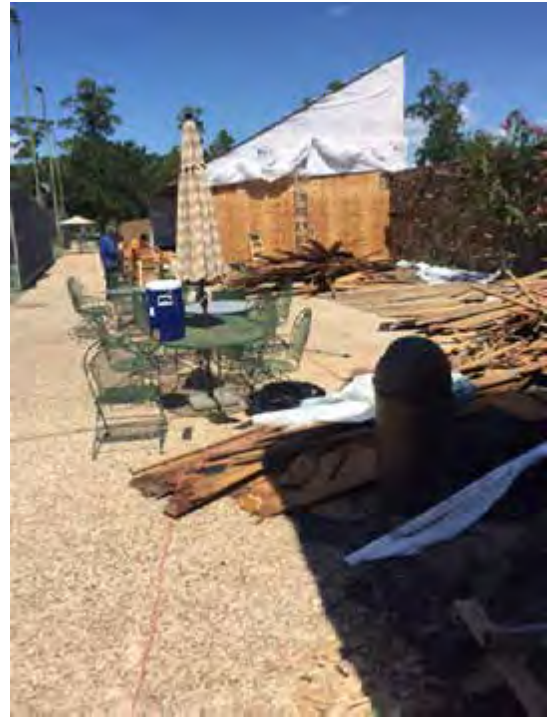
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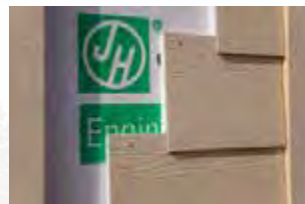
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# Premier Preschool Nurtures Literacy Skills at All Ages



Research shows that the first five years of a child's life hold the most potential for development – consider it a once-in-a-lifetime opportunity for learning! During these years, it's crucial to nurture early literacy skills, like rhyming and letter and sound recognition, which lay the groundwork for fundamental abilities such as reading, writing and spelling.

As with any skill or subject, there's no one-size-fits-all approach to teaching literacy skills, especially since children learn to read and write at different rates and ages. At Primrose School of Atascocita, teachers understand the need to support children based on their individual needs. The Primrose-exclusive approach, called *Balanced Learning*®, offers varied experiences that spark children's curiosity regardless of their learning style through a balance of purposeful play with nurturing guidance from teachers.

"*Balanced Learning* is special because it takes into consideration children's developmental levels and provides different, connected experiences so that they can learn in their own way and at their own pace," said Matt Evers, Franchise Owner of Primrose School of Atascocita. "Whether it's literacy skills, motor skills, music, arts, science or life skills, the learning is just natural and fun for the children."

## Primrose School of Atascocita

20027 W. Lake Houston Parkway  
Kingwood, TX 77346  
281.812.6361 | [PrimroseAtascocita.com](http://PrimroseAtascocita.com)

## Primrose School of Eagle Springs

17979 Eagle Springs Parkway  
Humble, TX 77346  
281.852.8000 | [PrimroseEagleSprings.com](http://PrimroseEagleSprings.com)



## The *Balanced Learning* Approach to Reading and Writing

Every day, Primrose children participate in literacy lessons that are taught in a fun, game-like way. Using rhymes, poems and songs, children exercise oral fluency skills – the ability to communicate clearly – and memory, comprehension skills, new vocabulary and phonological awareness. Similarly, children are guided by teachers at the classroom Writing Center to practice writing at their own level, using meaningful writing activities.

Part of what makes *Balanced Learning* unique is that these literacy lessons are woven into classroom experiences throughout the day. For example, teachers explain and use appropriate higher-level math, science and engineering vocabulary during STEAM (science, technology, engineering, art and mathematics) experiences. Throughout the day, children sing songs and recite poems frequently to develop their oral fluency – an important step toward learning to read. Additionally, children engage in meaningful writing projects that vary from drawing or listing their observations as part of an age-appropriate science experiment to creating thank you notes for loved ones during character development lessons.

"At Primrose, we give children opportunities throughout the day to practice reading, speaking, listening and writing to help them view these skills as not only important, but also a natural and enjoyable part of their everyday lives," said Matt Evers. "Children experience the activities as play and fun, but in reality, each element of the Primrose approach is designed with a purpose to help them develop the foundational skills they need to succeed later on."

## Encouraging Reading and Writing Skills at Home

Parents can encourage literacy skills at home through simple activities, like reading with and talking to children, which has been proven to benefit language skills from the time children are born. Examples of other activities that support literacy skill development include:

- Reading cardboard books with infants and toddlers so they can hear language while turning the pages and pointing to familiar objects on the page.
- Practicing animal noises with toddlers to help them identify and replicate different language sounds.
- Playing rhyming games with preschoolers, like trying to name as many words that rhyme with "cat."
- Encouraging both gross and fine motor skill development, which aid children in learning to write. Running and climbing outdoors builds gross motor strength, and stacking and dressing activities grow fine motor skills.
- Making writing easily accessible for children by setting up a writing/drawing table in a common area at home with paper, crayons, markers and more.

To learn about Primrose School of Eagle Springs and Primrose School of Atascocita, visit [www.PrimroseEagleSprings.com](http://www.PrimroseEagleSprings.com) or [www.PrimroseAtascocita.com](http://www.PrimroseAtascocita.com) or call 281.852.8000 or 281.812.6361. For more helpful parenting tips and information, visit our blog at [www.PrimroseSchools.com/blog](http://www.PrimroseSchools.com/blog) and sign up for the Pointers for Parents newsletter

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**NIGHT**

**Friday, October 14th**  
**Dinner 5:30 pm**  
**9 Hole Tournament 6:30 pm**

\$50 per player includes:  
Dinner, 9-hole Night Golf Tournament,  
Glow Swag, & Prizes  
6 Man Scramble  
96 player limit. Must be signed up by  
Thursday 1:00 pm

The flyer features a green golf ball on a green field with the word "NIGHT" in large, stylized letters. The background is dark blue with white stars.



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The advertisement features a black and white photo of a Chihuahua dog with its fur standing on end, set against a dark background with white lightning bolts. The text is in a bold, stylized font.



## Hurricane Preparedness for Your Pets

Don't forget to include your pets in your hurricane preparedness and evacuation plan. Storms can be scary for your animals, especially if they are moved out of their usual familiar environment.

Be sure to have their crate or carrying case ready along with extra bedding and toys. Bring along at least four days worth of food with dishes and one week of medications. Investigate pet friendly hotels or motels ahead of time to be sure they allow pets and do not have a number limit.

In addition, if you are not planning to leave your home and have the space, you might consider fostering one or two animals that may have nowhere to go during the storm period. After all, they ARE a part of the family.



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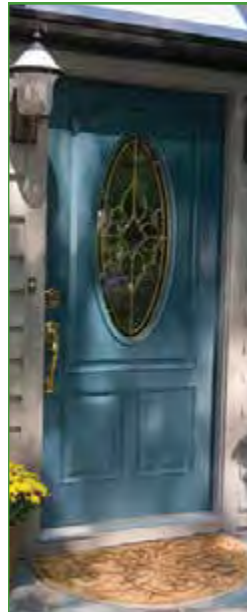
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## Me, eat Rabbit Food? A Plant Diet Can Boost your Health and Be Delicious!

Research shows that flexitarians ...those who make plant foods the star of their diet, with meat, fish, dairy, and eggs playing a supporting role-are healthier than frequent meat eaters. Some of the possible benefits of this diet are:

- Decrease the risk of heart disease
- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

"When you base your meals on plant foods, you're packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don't get enough of."

"A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying

early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A "less meat, more plants" style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider:

Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana "ice cream". Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports

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## Social Media Safety

Social media has many benefits—it allows you to maintain connections with friends, make new contacts, build support networks, express yourself and share your interests. However, information should be shared with caution to protect yourself and your family. Here are seven top tips for social media safety:

1. Your personal information should be just that—personal. As hackers become more and more sophisticated, identity theft becomes a greater risk. And while it may be tempting to post pictures of your fabulous vacation, bear in mind that you're also letting others know you're away from home—making you vulnerable to a break in.

2. Use privacy and security settings to limit who can see what you share online. You wouldn't give details of your private life to complete strangers in person, so don't do it online either.

3. Remember that what you post online will stay online, so consider the long-term consequences. Could your social media presence prevent you from securing a job in the future? Would you want your coworkers to see this side of you?

4. Let your social network know your boundaries. For example, if you don't want images of yourself or your children posted online, let your friends and family members know.

5. Know what to do if someone is making you feel unsafe online. Some steps you can take include blocking the offender, reporting

the person to the site administrator and removing him or her from your friends list.

6. Social media doesn't just spread information, it can also spread viruses and other risks to your computer. Defend your system by using the latest security software and web browser and installing updates regularly.

7. Protect your social media accounts by using password best practices. Long combinations of letters, numbers and symbols are the most secure, and separate passwords should be used for each account.

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# ENTER TO WIN A FALL FAMILY FUN DAY

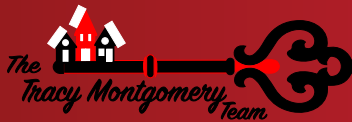
This month, The Tracy Montgomery Team is giving away a \$50 gift card to Chick-fil-a and a \$50 voucher to Old MacDonald's Farm. You can enjoy some Chick-fil-a, then feed the animals in the petting zoo, ride a pony, take a tour on the mini-train, and get a pumpkin from the pumpkin patch at Old MacDonald's Farm.

Enter to win by sending us an email. Put FALL FAMILY FUN DAY in the subject line.  
Send us your name, address, and phone number where you can be reached if you win.

**TracyMontgomeryTeamRSVP@gmail.com**

*Congratulations to the Lovell Family for winning the Texan's football tickets we gave away last month!*

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