

THE Ranch Review

April 2017
Volume 11, Issue 4

A Newsletter for Riata Ranch Residents

COPPER CREEK MEADOWS COMMUNITY GIRL SCOUTS OF SAN JACINTO COUNCIL

Girl Scouts from all levels in our Community participated in a Thinking Day event, in February. With troops representing countries from all around the world. On Thinking Day, we celebrate the international Scouting movement and our sister Girl Scouts and Girl Guides around the world. Troops also brought their nickel donations for the Juliette Low World Friendship Fund.

Girls made their own passports, and took a world tour as they visited the different booths, sampled international food offerings, and traded swops.

.The photo cut –outs for the Spanish senorita (complete with fan!) and German fraulein with her long braids were popular with picture takers

. Local color (and colors!) was everywhere. You could see feathered Carnival headdresses at the Brazil booth, and berets at the French, classical costumes for Greece, “golden “ sashes for Egypt, and green hats, socks and headgear for Ireland. The Japanese booth offered origami instruction with increasing levels of difficulty. There were more costumes to see, and things to look at and do, at booths representing Australia, Sweden, El Salvador, Vietnam, Madagascar, the Bahamas, and China, among others.

Troops 113009 and 16503 performed the opening and closing flag ceremonies, and led us in the Pledge of Allegiance, and the Girl Scout Promise and Law. We concluded the evening with a Friendship Circle and singing “Make New Friends”.

Many thanks to Jewel Cardenas Munoz, who chaired the event!

Cookie sales and Cookie booths continued into March, and many of our troops decorated their cookie booths with posters, banners, and other decorations, including giant “cookies” made

of felt or cloth and hula hoops!

We appreciate the support of our friends, families and neighbors during the annual Girl Scout Cookie Sale. . Cookie sales fund individual troop activities and help to support our great camps. Many thanks to Michelle Baxmann, and all the troop Cookie managers and volunteers for their hard work.

March 12 is the official birthday of Girl Scouting in the United States, and many of our troops celebrate with parties and birthday cake. Many Girl Scouts also participate in Girl Scout Sunday/Sabbath events at their places of worship.

Junior troop 16462 has been working on their Amuse Journey award Speak Out. They created a book about stereotypes that girls face, and invited Daisy and Brownie Girl Scouts to their troop meeting. At the meeting, they read the book, and talked about it with their sister Girl Scouts. They also made and served refreshments.

Troop 113004 planned and held a Girl Scout – only Cheer Clinic with the Cy Falls Cheerleaders for Copper Creek Meadows and nearby communities.

Troop 16503 attended the Bechtel Engineering workshop. They learned about careers in a variety of engineering fields, and did some “hands-on” engineering projects.

Leaders and their daughters are looking forward to the Leader/Daughter Weekend in April. A weekend in Wimberley offers something for every mother/daughter combination, from horseback riding and kayaking to shopping and strolling. The Dutch oven cook off, talent show, and great crafts and food make for a very special weekend.

We still have a few more things planned for this year, including

(Continued on Page 2)



IMPORTANT NUMBERS

EMERGENCY

Sheriff.....	713-221-6000
Fire Department.....	281-855-1110
Cy-Fair Medical Center.....	281-890-4285
Memorial City Hospital.....	713-932-3000
Poison Control.....	800-222-1222

SCHOOLS

Cypress Fairbanks ISD.....	281-897-4000
Postma Elementary.....	281-345-3660
Rennell Elementary.....	281-213-1550
Spillane Middle.....	281-216-1645
Cy-Fair High.....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Woods High.....	281-213-1800
Cy-Fair College.....	281-290-3200

UTILITIES

HCMUD #196	
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Centerpoint Entex Gas.....	713-659-2111
AT&T/SBC.....	800-464-7928
Comcast Cable/High Speed Internet.....	713-341-1000
Waste Mgt.....	713-686-6666
HOA, SCS Mgt.....	281-463-1777
United States Post Office.....	800-275-8777

LIBRARY

Cy-Fair College Library.....	281-290-3210
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Advertising.....	advertising@Peelinc.com

ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to riataranch@peelinc.com by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

(Continued from Cover)

a Bridging Ceremony in May. Summer camp information for resident, day and twilight camps is available in the Golden Link and on the Council website, and there are camp open houses, and webinars (for parents) to explore.

Girl Scouting is open to all girls ages 5 (must be in kindergarten) through 18 who are willing to accept the Girl Scout Promise and Law. Girls may join at any level, and no previous Scouting experience is required.

Copper Creek Meadows Community serves Girl Scouts in the residence areas for the elementary schools listed below, as well as the corresponding middle and high schools. Home schooled and private school students are always welcome.

Our elementary schools are: Birkes, Fiest, Hairgrove, Horne, Kirk, Lee, Lieder, Lowery, Metcalf, Owens, Tipps, Wilson, St. Elizabeth Ann Seton, Texas Christian School, and Christian Life Center.

For more information on Copper Creek meadows Community, please contact coppercreekmeadowsgirlscouts@gmail.com. The Girl Scouts of San Jacinto Council website is www.gssjc.org. Their phone number is 713-292-0300.

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How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

CELEBRATION OF DANCE 2017



Photo credit: Scott Nilsson

Houston Repertoire Ballet (HRB), Houston's premier pre-professional ballet company, presents its spring performance Celebration of Dance, featuring professional guest artist Andrew Taft, Principal at Ballet Idaho, as Prince Siegfried, and a new work by choreographer Kristy Nilsson, commissioned by Houston Repertoire Ballet. Riata Ranch resident, Lucy Adams, also will be performing.

Celebration of Dance 2017

features Act II of the ballet classic Swan Lake, along with the premiere of Racketty-Packetty House, by Resident Choreographer Kristy Nilsson. From the author of The Secret Garden comes this 1906 classic children's book, reimagined as an all new story ballet.

Cost is \$15 for adults, \$12 for students & seniors. For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Special discount group pricing available. For ticket information, call 281-940-HRB1 (4721) or visit www.hrbdance.org. Special discount group pricing available.

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

The Houston Repertoire Ballet 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. Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting high-quality productions at affordable prices.

Celebration of Dance is funded in part by a grant from the Texas Commission on the Arts through the Houston Arts Alliance, with additional support provided by Vintage Wellness and Air Innovations.

ALBION HURRICANES FC SOCCER TRYOUTS AND EVALUATIONS COMING IN MAY!

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston. The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and Tryouts to become part of our success. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thursday Night Academy. Canes Summer Soccer Camp will be in Juna and July and is now open to register. All information regarding all of the programs and camps can be found at albionhurricanes.org.

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29TH ANNUAL B. F. ADAM GOLF CLASSIC THURSDAY, MAY 11, 2017 @ BLACKHORSE GOLF CLUB



(Cypress, TX) - May 11, 2017, the Cy-Fair Educational Foundation (CFEF) will hold its 29th Annual B. F. Adam Golf Classic at BlackHorse Golf Club. For the past 7 years, Cypress Fairbanks Medical Center Hospital, a Cy-Fair Educational Foundation Partner, has generously underwritten this tournament. Linebarger Goggan Blair & Sampson and IBI Group have been Platinum Sponsors for more than 10 years.

One of the largest non-celebrity tournaments in the Houston area, the B.F. Adam Golf Classic is a prime example of our trustees and community business partners working together to raise scholarship funds for students of Cypress Fair banks ISD. This tournament has successfully raised over 2.7 million dollars.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 46 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than \$7 million in scholarships to 1400 graduating seniors. CFEF is a 501(c)3 non-profit organization, all contributions are tax deductible, as allowed by the law.

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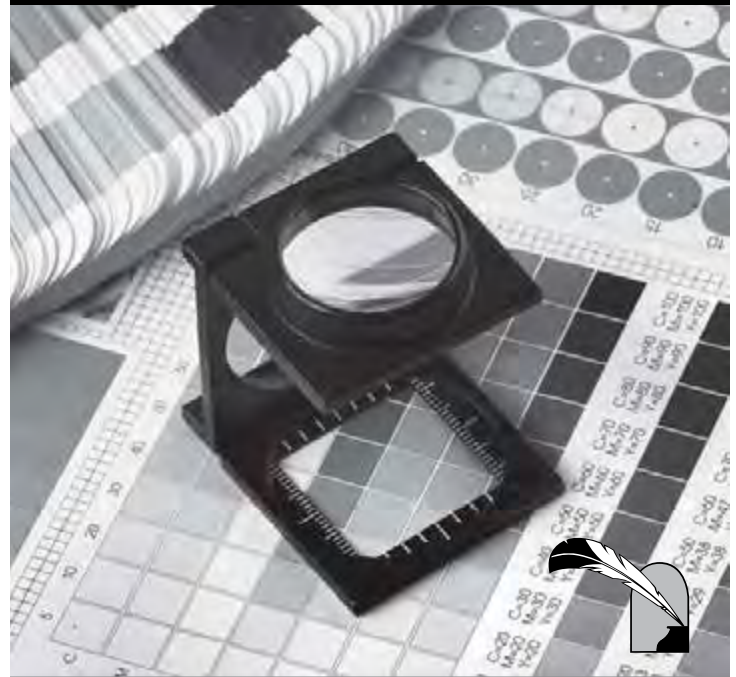


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MESSIAH LUTHERAN CHURCH BUTTERFLY FAMILY FESTIVAL

Sunday, April 23, 2017 12:00-3:00PM
11522 Telge Rd., Cypress, TX 77429

Butterfly Family Festival is Taking a Twist

Come see a LIVE butterfly release! Messiah Lutheran Church is hosting its annual Butterfly Family Festival on Sunday, April 23, 12:00-3:00 PM at 11522 Telge Road in Cypress. This year we are adding new events! Beginning at 9 am we will host multiple vendors along with our silent auction. We've added Bingo, a train ride, popcorn, cupcake decorating and a FREE Basketball game.

Yes we will have your favorites: delicious BBQ lunch, cookies, a raffle, children's carnival games, cake walk, book walk, face painting, music, inflatable slide, and bounce house. Children 12 and under will receive 3 FREE tickets. The auction will run from 9:00 am-2:30 pm. The barbecue lunch will begin at 11:00 am and can be taken home or eaten at Messiah. All games will begin at noon. Bring the whole family to see the butterfly release, eat some great food, and have some fun!

The day's events will benefit Chrysalis, A Grace Place for Children, by providing scholarships to families that attend our school. Chrysalis features a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Call 281-807-0764 or go to www.messiahlc.org/events for further information.

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. All people are welcome at Messiah.

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