

# THE Ranch Review

June 2017  
Volume 11, Issue 6

*A Newsletter for Riata Ranch Residents*

## **COPPER CREEK MEADOWS COMMUNITY GIRL SCOUTS OF SAN JACINTO COUNCIL**

Copper Creek Meadows Community held a Bridging Ceremony in May, for troops moving from one Girl Scout level to another.

Our stage was decorated by the girls to remind us of the outdoors and camp. As each troop arrived on stage, a leader recounted all the activities of the past year. We heard about service projects, badges and awards earned, journeys completed, and all the fun that the girls had. As their names were called, each girl crossed the bridge to her new level. Many of our troops also complete activities to earn the bridging patch. They teach younger Scouts about the level they are leaving, and learn from older Scouts some of the things they will need to know.

Copper Creek Meadows also thanked our leaders and other volunteers with an end-of-year celebration and meeting. We really appreciate all of our leaders and other volunteers for all that they do!

Congratulations to Donna Fontenot and Julie Bruggeman Mayer, who received the "Appreciation Award" at the 2017 Adult Recognition Event for Girl Scouts of San Jacinto Council. Many thanks for all of your years of hard work!

Daisy troop 113403 attended "Dr. Girl Scout", and learned about the human body, and healthy living. They visited Camp Misty Meadows for a "Love, Hug and Groom" session where they met some of the camp horses and took a tour of the barn.

Troop 16468 continued to work on their aMAZING Journey. They hosted Cadette, Senior and Ambassador Girl Scouts from

Copper Creek Meadows and other communities in Region 4 for a movie viewing and discussion. The movie shown was "Lemonade Mouth". The troop provided snacks and refreshments, and took the lead in the discussion that followed.

Junior troop 16460 has been working with Special Paws, a no-kill, Non-profit animal shelter in northwest Houston. The troop donated a wood bench swing, for the dog park which they had sanded and re-finished. They cleaned and painted tires to make flower planters for the shelters, and planted colorful flowers to brighten things up.

They also held a successful Donation Drive for items on Special Paws' "wish list", and collected pet food and other supplies for the shelter. The troop is working to earn the Bronze Award, which is the highest award for Junior Girl Scouts.

As the school year winds down, Girl Scouts look forward to summer and Girl Scout Camp! Girl Scouts of San Jacinto Council offers day, twilight, and residential camps. Information can be found on the Council website, [www.gssjc.org](http://www.gssjc.org).

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 age, and no previous Scouting experience is required.

.Don't forget that Girl Scouting is great for older girls as well! Girls whose busy schedule does not allow for troop membership

*(Continued on Page 2)*

## **Attention Parents of Graduating Seniors!**

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to [articles@peelinc.com](mailto:articles@peelinc.com) (include the newsletter you would like to recognize them in, photo, name, etc).

## 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

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Centerpoint Entex Gas.....	713-659-2111
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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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## NEWSLETTER INFO

### NEWSLETTER

Articles.....	riataranch@peelinc.com
Peel, Inc.....	888-687-6444
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](mailto: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)

may participate as individually registered Girl Scouts or Juliettes. San Jacinto Council offers special interest groups in robotics, astronomy, archery, backpacking, equitation, sailing, riflery, and dance and drill (Green Starlettes).

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

Our 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](mailto:coppercreekmeadowsgirlscouts@gmail.com). The website for Girl Scouts of San Jacinto Council is [www.gssjc.org](http://www.gssjc.org). The Council phone number is 713-292-0300.

Information below for contact only, not for publication.

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Houston, TX 77095  
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**CY-FAIR  
REPUBLICAN  
WOMEN  
JUNE MEETING**

Tuesday, June 13th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome! Come and enjoy like-minded fellowship and relevant speakers.

RSVP to [www.cfrw.net](http://www.cfrw.net) by June 6th. We look forward to seeing you there!

Scholarship is available for a female college student. Go to [www.cfrw.net](http://www.cfrw.net) for criteria and application. Deadline is June 15th.

SAVE the DATE—November 3rd for High Heels & High Tea at Sterling CC. Watch this space or website for further details.

**Introducing:**  
*“Get To Know Your Neighbors”*



We are all very fortunate to call Riata Ranch home. But, Riata Ranch is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary.

However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, “Get to Know Your Neighbors” which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Riata Ranch a better place to live, please let us know. We would like to introduce them to your neighbors.

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| <b>Cypress - Cypress Mill Plaza</b><br>26084 Hwy 290 W<br>281-256-1344   | <b>Fairfield Town Center</b><br>28610 Hwy 290<br>346-218-7630         |
| <b>Houston - Tomball Crossing</b><br>22545 State Hwy 249<br>281-251-7103 | <b>Cypress Creek Plaza</b><br>9814 Fry Rd<br>281-758-1274             |

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## FITNESS AND NUTRITION FOR THE BUSY PROFESSIONAL

### Luncheon Details

Thursday, June 22, 2017

Networking 11a.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



Tony Vinchealle is a wife, a mother of 4 children, a Holistic Fitness Professional, and founder of A'Stronger-U Fitness, Health, and Wellness. She was motivated to start her company in January 2013 after having her own transformational experience with a weight loss coach. Prior to becoming a full-time entrepreneur in the Fitness industry, Tony worked in Corporate America for over 10 years in Employee Training

and Development and she also worked as a business developer for a large tax firm here in Houston, TX. She earned her degree in Biological and Physical Sciences from the University of Houston-Downtown where she concentrated her studies in Biochemistry and Human Metabolism and completed 2.5 years of graduate-level research at MD Anderson Cancer Center. Tony is certified as a Personal Trainer through the American College of Sports Medicine, a Metabolic Technician through Lifetime Fitness, and as a Nutritionist through Precision Nutrition.

Tony's mission is to empower people by providing them with the information and knowledge that is necessary to create a type of wellness that is well-rounded and comprehensive. She believes that Fitness, Health, and Wellness must be accomplished through knowledge, power, and the confidence to exhibit Self-Efficacy when it comes to YOUR overall Health. Through education, proper Metabolism Based Nutrition, Holistic Lifestyle Coaching, and through teaching you how to create synergistic teams who have YOUR best interest at heart, she is here to help YOU achieve your goals as you move towards #BecomingAStrongerU.

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 60 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).

## Finding Yourself

Wife. Daughter. Sister. Teacher. Friend. These are some of the roles I play in life. They have become what define me. I have discovered the closer I adhere to each role, I lose a bit more of my identity; the "je ne sais quoi" that makes me unique. The mundane sameness of each day has trapped me into playing the roles I wear and forgetting who I really am. Most days I find myself on autopilot just trying to make it to the end of the day.

All too often, the roles we claim begin to take ownership of who we are as a person and we lose our sense of unique individuality. Don't you remember that feeling of knowing exactly who you were?

I remember feeling strong, confident and comfortable in my skin. Now I just feel tired most of the time.

It's time for a change. It's time to take a step back to gain some clarity and fresh perspective. I need to know who I am now and what I want for my life. I don't know what that may be, but I am pretty excited to find out. I hope you will join me on this journey. It might be a little scary, but Finding Yourself might just be the best thing you ever do.

*If you find these things to be true in your own life, and would like to make a change, please visit our website at [www.fivehorses.com](http://www.fivehorses.com) to learn more about our new women's retreat, Finding Yourself, coming this June*

# Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



## CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

**Saturday, June 17, 2017 NOON - 2:00 PM**

- Gary Elkins, Texas State Representative, District 135
- Massey Campos, [www.TheSelfEvidentTruth.com](http://www.TheSelfEvidentTruth.com)

The Cypress Texas Tea Party meets every three weeks on Saturday

Noon until 2:00 PM at:

*Spring Creek BBQ*

*25831 Northwest Freeway*

*Cypress, Texas 77429*

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org)

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# Girl from Sweden Needs Host Family

Hi neighbors! As many of you know, I am a Local Coordinator for STS Foundation, a non-profit exchange student placement organization. I believe the exchange of cultures among high school students is so important. I am looking for host families for the 2017-18 school year.

Meet Emilie from Sweden....

*I'm a kind and happy person who always tries to see things from the positive side. I'm a helpful person with a good ability to work with others. My friends has described me as a social person and I have to agree with them. I really like to talk and meeting new persons. In general, I've always been very motivated and responsible over my school work. When getting an assignment I always want to perform as good as I can. I love to challenge myself and to try new things, that way I always develop as a person. This is one of my many reasons going on an exchange year. To do something totally out of my comfort zone and to try new things is something I'm so excited for.*

*My hobbies include hanging out with friends and family, listening to music, dancing, working out, watch series, reading and baking. I love hanging out with my family and friends and do that every opportunity that I get. I start and end everyday by listening to music. Music is something that helps me to express how I'm feeling, while at the same time gives me energy. I also have a big interest for dance, especially tap dance which is the only thing that I dance right now. I love to move and jump around even though I may not be the best dancer in the world. I also read on a daily basis. My favorite kinds of books are teen fiction and fantasy novels. I also watch a lot of series- all different kinds of them. It's something that I love to do and makes me feel relaxed. As said, I also love to bake. When I was younger a used to bake every day after school but now I only bake to special events, like family gatherings.*

Emilie and others like her are looking for a host family for the year. If you are interested in hosting her or any other student, please give me a call at 832.455.7881 or email me at vicki.stsfoundation@gmail.com. I can answer any questions you might have. Remember on year of hosting leaves a lifetime of memories!



# I FOUND A BABY SQUIRREL, NOW WHAT?

By Cheryl Conley, TWRC Wildlife Center



If you find a baby squirrel, check for the following:

- Is it bleeding, have an open wound, or a broken bone?
- Is it covered in fly eggs [they look like grains of rice]?
- Is it cold, wet, or crying?

If the answer is YES to any of the above, the squirrel is likely injured. Bring it to us as soon as possible.

If NO, the next step is to determine its approximate age to see if you need to intervene.

Does the squirrel have a fluffed-out tail [like a bottle brush]?

Is the body longer than 6" [not including the tail]?

If the answer is YES to these questions, this is likely a juvenile squirrel. You do not need to intervene. Even at the young age of 10 to 12 weeks, the squirrel is already independent and on its own.

If NO, this is an infant squirrel. You will need to help reunite the baby with its mother.

Baby squirrels at this age must be kept warm. Heat a towel in the microwave or place uncooked rice or bird seed in a sock and warm in the microwave for 20-30 seconds. Wrap the sock in a soft towel and place it with the baby in an open container like a small box or plastic container.

Place the box IN A SAFE PLACE OFF THE GROUND near where you found the baby or under the tree with the nest if you know which tree it is. You can also attach the container directly to the tree but MAKE SURE IT IS SECURE.

Keep children, dogs, and cats out of the area.

Observe the baby squirrel for the next six to eight hours of daylight. Reheat the towel or rice/birdseed bag every two hours. Has the mother returned to retrieve her baby?

If YES ... congratulations!

If NO, bring the box with the baby inside.

Continue to keep it warm until you can bring it to us.

**REMEMBER: DO NOT ATTEMPT TO FEED THE SQUIRREL OR GIVE IT WATER!**

*TWRC Wildlife Center is your resource for wildlife-related questions. They also serve as an emergency wildlife care facility should you find animals in need of help. If you have any questions, please call 713-468-TWRC. You can also find useful information at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org).*



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