

The RANCH REVIEW

December 2018 Volume 12, Issue 12

News for the Residents of Legends Ranch

Chorus Returns from International Competition with Renewed Enthusiasm and Energy Seeking Singers!

At their International Competition in St. Louis this past October, The Woodlands Show Chorus discovered even more enthusiasm for their four-part harmony, a cappella style craft and vows to add 30 more singers to its 70+ roster. TWSC has an aggressive plan to put 100 members on stage by the next international competition in Louisville, KY in October, 2020. Competing internationally will depend on their winning the 2019 Region 10 competition in Houston on March 21-24, for which they have already begun preparations.

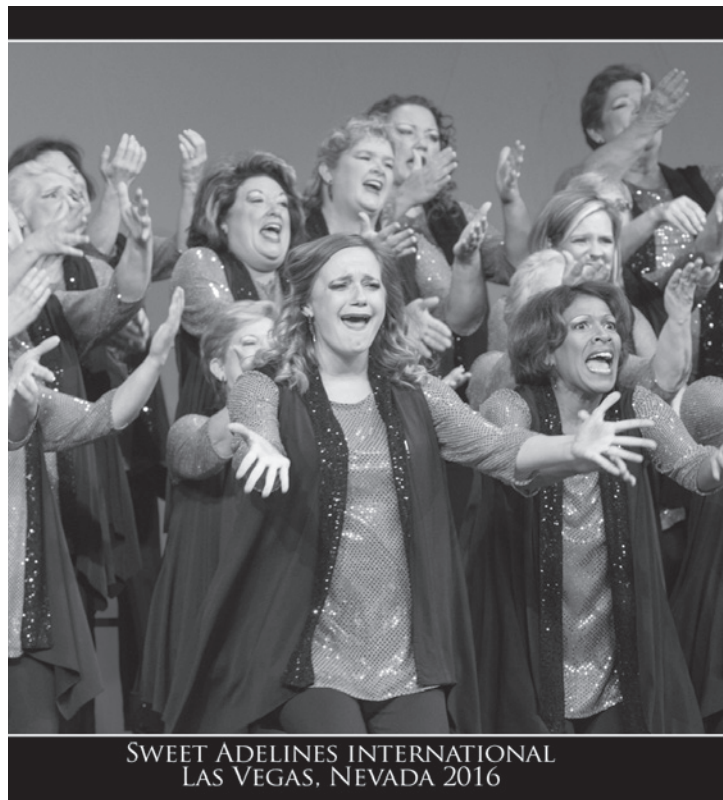
This exciting chorus has captured success in every venture in which it participated in its short history. Since its beginning in 2012, this prodigious women's chorus has won its very first and two additional regional competitions with exceptionally high scores, and competed well internationally in three international competitions in Baltimore, Las Vegas and this past October in St. Louis. This group of tenacious, goal-driven singers hails from many areas of southern Texas and believes in the joy of hard work, dedication and education. Their talent and work ethic attract coaches from all over the US to help facilitate their goals, and they work vocal production and performance skills with vocal teachers and their director every Monday night and a few specialized weekends.

The majority of its members were drawn to the chorus because of its world-renowned director, Betty Clipman. Betty came out of retirement to make her mark on The Woodlands and reclaim her spot in the Sweet Adeline directing world as the Master Director of TWSC. Her SAI experience spans over 40 years and covers all aspects of the organization. She is committed to continuous musical growth for all quartets and choruses through better educational opportunities. Betty explains, "My vision is to musically educate women of all ages, enabling them to experience the joy of singing four-part harmony a cappella style through improved vocal and performance skills."

TWSC has proudly presented its unique talents in performances for many events in and around The Woodlands, such as preconcert activities for The Cynthia Woods Mitchell Pavilion, side show performances at The Woodlands Waterway Art Festival, monthly

meetings of the 105 Veterans and Lone Star Honor Flight, concerts at the Bernhardt winery, the 359th District Court's Veterans Treatment Court, as well as several church and women's groups in the area.

TWSC offers membership options in the local area and throughout southeast Texas. Women singers who are interested in joining the chorus must possess the ability to accurately memorize and sing a song; ability to hold their part while singing with other parts and a desire to perform. Their music includes special arrangements of today's ballads, classic songs, popular show tunes and mainstream music. To learn more about this exciting chorus who rehearses at their new location, 2727 N. Loop 336 W, Conroe, TX 77304, visit their website at www.thewoodlandsshowchorus.org or call Sally at 713.208.0863.



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Montgomery MUD #89	713-932-9011

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S. Montgomery Co. Fire Dept. Non-Emergency.....	281-363-3473
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Poison Control.....	800-222-1222
Texas DPS	713-681-1761

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Montgomery Chamber	281-367-5777

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

NEWSLETTER INFO

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December Family Tips

By Nourish Interactive

1. Decorate the table with the colors from veggies and fruits.
2. Use snack time to add another half serving of fruit or vegetables.
3. Be patient and positive when encouraging children to eat their fruits and veggies.
4. Teach your children about healthy foods from all the different food groups.
5. At a party or holiday event, indulge in your one favorite food. Take small portions of everything else.
6. Try eating meatless meals on Mondays this December.
7. This busy holiday season, try to get kids to bed for a full night sleep.
8. Keep your teeth extra happy this holiday and remember to brush them after meals.
9. Play a word game and keep your family's mind sharp! Try and have kids name a fruit or vegetable that begins with each letter of the word Christmas?
10. Kids can take up to 12 times of exposure to a certain food before they will try it.
11. Help your kids write a letter to Santa and mail it to the North Pole. Use our fun holiday fruits and vegetables stationary!
12. Mrs Claus always makes a healthy breakfast for Santa. Start your child's day with a healthy breakfast with foods from at least 4 of the food groups.
13. Plan for Christmas TV specials! Set a goal to watch TV no more than 2 hours a day
14. Taking the kids shopping, increase activity by taking stairs instead of the escalator or elevators
15. Shoot hoops with the kids for some fun activity- instead of using the word horse use the word Santa.
16. The elves keep warm at the North Pole by exercising for 60 minutes every day. Teach kids to be like an elf and get moving!
17. Go to the grocery store or farmers market and pick out a new red or green fruit and vegetable to try for this year's holiday meal.
18. Reindeers love to eat lots of orange vegetables like carrots. It helps them see at night. Add an orange vegetable to your child's lunch or dinner!
19. Some of the best gifts are free. Make a special gift of your time for a loved one. Just print the Gift of Time coupons and fill in a special activity!
20. Are you baking some special holiday sweets? Try adding some raisins, nuts or bran for a healthier treat.
21. Turn off the TV and enjoy your meals as a family this holiday season.

(Continued on Page 4)



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22. Bundle up, grab a flashlight and take a family walk to look at holiday lights together.
23. Decorate your plate with the color of Christmas, add lots of green and red vegetables.
24. Teach kids to enjoy their Christmas cookies with a glass of low-fat or nonfat milk.
25. Remind kids that a healthy holiday meal includes food from all the food groups! Merry Christmas!
26. Find a family activity and have fun!
27. Children are more accepting of a new food if they've learned about it first.
28. Use small amounts of high salt ingredients such as soy sauce or chicken broth. Add water to dilute the amount.
29. Kids learn from their parents' habits. Be a great role model for healthy eating.
30. Snacking is the opportunity to add more servings of healthy foods from the food groups.
31. Take stock of last year and resolve to do better, love more and live healthier.

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JJ Watt Lives With Us

By Cheryl Conley, TWRC Wildlife Center

Did you know that JJ Watt lives with us at our wildlife center on Hammerly Boulevard in Houston? Now you didn't think I was actually talking about the football player for the Texans, did you? JJ is our bullsnake. We named him JJ Watt because when we got him, he was exactly the same height at JJ, the football player. Our JJ has continued to grow so now he would be a bit taller than the human JJ Watt.

JJ, the bullsnake, is one of our Animal Ambassadors and is a man about town. He goes to community events, schools and was recently on TV. He's a real star! We use him to educate the public about snakes. Usually, the first reaction we get from people is fear and there's a big misconception about how snakes feel. No, they are not slimy. By the time we finish talking to people about JJ and how valuable he is to the environment, they feel better about snakes.

Bullsnakes are fairly common throughout the United States and are probably best known for their ability to mimic the dreaded rattlesnake. This ability to mimic a rattler is used when the bullsnake feels threatened. They can mimic the rattler's behavior, the markings are very similar, and they are about the same size. When threatened, a rattlesnake will shake its tail before it strikes. You will actually

hear the tail rattle. You may hear a similar sound from a bullsnake. It's either making the sound with its mouth, vibrating its tail or moving leaves around with its tail, or you may hear nothing at all. The rattlesnake raises its tail when threatened but the bullsnake keeps its tail low to the ground. Bullsnakes have narrow heads and rattlesnakes have triangular heads that are wider than their body.

The diet of a bullsnake is comprised mainly of rodents but they also eat small rabbits, gophers, frogs, lizards and birds. It will use its mouth to grab its prey and will slowly constrict it. The prey dies due to lack of oxygen and the snake eats it whole.

If you'd like us to bring JJ Watt and our other Animal Ambassadors to your school, company or event, contact Victoria at education@twrcwildlifecenter.org for pricing. You'll get to meet Iris, the screech owl and Beatrix, the opossum along with our box turtles. It's fun and educational, too.

For more information about TWRC Wildlife Center, check out our website at www.twrcwildlifecenter.org and be sure to like us on Facebook.



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