

THE *Current* Shadow Creek Ranch

JANUARY 2020
VOLUME 12, ISSUE 1



Tomball Art



The Tomball Art League welcomes guest demo artist Susan Giannantonio who loves to paint! She likes, as often as possible, to surround herself with creative people who are comfortable with an occasional bout of fun, who don't mind getting messy with paint and who consider it a point of pride to wear staining colors under their fingernails. Susan never attended kindergarten and is on a lifelong remedial journey toward achieving that skill set.

"To play is to discover."—SG

Our meetings are held in the LSC-Tomball Community Library meeting room, 30555 Tomball Pkwy, 77375. Join us at 10:30 (doors open at 10:00) for a brief business meeting followed by socializing/networking and finish with an inspiring demo artist.

Are you an artist? Do you work in watercolor, acrylics or oils? Do you work in clay? Pastels? Are you a photographer? If you enjoy fine art we invite you to join the Tomball Art League and see what we

are all about. Memberships are a nominal annual due of \$25/single or \$35/family. We gather together to promote Art Appreciation in Tomball and the surrounding communities and are always striving to meet new artists in the area! Meeting and demo is free and open to the public! Check us out, you'll be surprised!

Visit our website for more information.

www.thetomballartleague.com

SHADOW CREEK RANCH

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	281-331-9000
Pearland Police Department	281-997-4100

SCHOOLS

Mary Marek Elementary	281-245-3232
Laura Ingalls Wilder Elementary	281-245-3090
Manvel Junior High	281-331-1416
Alvin Senior High	281-331-8151
Manvel High School	281-245-2235
Alvin ISD Administration	281-338-1130
Alvin ISD Transportation	281-331-0960

UTILITIES

Electricity - Reliant Energy.....	713-207-7777
Gas - Center Point	713-659-2111
Trash Removal - City of Pearland	281-652-1600

CITY

Pearland City Hall.....	281-652-1600
Pearland Utility Billing - Water Dept.	281-652-1603
Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency	281-652-1100
Pearland Public Works.....	281-652-1900

OTHER NUMBERS

Pearland Post Office	281-485-2132
Poison Control.....	800-764-7661
Brazoria County Health Department	979-864-1484
Animal Control.....	281-756-2265
Cable/Internet/Phone...COMCAST	713-341-1000

NEWSLETTER

Articles.....	shadowcreekranch@peelinc.com
Publisher	
Peel, Inc.	1-888-687-6444
Advertising.....	1-888-687-6444

Northwest Flyers Kids



Register for the Northwest Flyers Kids Track Club 2020 Season

Ready, Set, Go! Calling all youth ages 6 - 18! Join the Northwest Flyers Youth Track Club for its 33rd Anniversary season by attending a free team Registration/Orientation Breakfast on Saturday, February 1st, 2020. The Breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum, 6823 Cypresswood Dr., Spring, TX, 77379.

This event is an opportunity for you to learn about the team, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation before registering.

The Northwest Flyers Track Club is a member of USA Track & Field (USATF) and offers a full program of sanctioned “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>, contact linette.roach@sbcglobal.net, or “Like” the club on Facebook.

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SOCCER SIGN UP

Ages 4-9 – Saturday games 8-12 noon
Ages 10-15 – Sunday games 2-6 pm

First Game = March 21. Practice times decided by team parents. Teams coached by team parents. Regular fee = \$130. Late fee begins January 20. Registration includes a full uniform, practice equipment. Trophy for ages 4-7. Mini soccer ball for all.

Register now at ShadowCreekSports.org or PearlandSoccer.org

BASEBALL & SIGN UP

Play at our own \$10 million baseball park here in Shadow Creek. Competitive and recreational. We take beginners! Grades K-8 boys and girls—Tball, Coach Pitch, and Kid Pitch. First Tball game = March 21.

Coach Pitch games Thursday evenings starting March 26, Kid Pitch Wednesday nights beginning March 25. We work game schedules to allow your child to play a 2nd sport with no problem.

Registration includes a full uniform, practice equipment, games, and trophy for Tball and Coach Pitch. Practice times decided by team parents. Teams coached by team parents.

More information and register at www.ShadowCreekSports.org

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SHADOW CREEK RANCH

The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive

symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
- Makes you feel good
- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
- Gives purpose - as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.

(Continued on Page 5)

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(Continued on Page 7)

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SHADOW CREEK RANCH

(Continued from Page 4)

- Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.

- Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?

- Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!

Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!



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