

January 2016 • Volume 10, Issue 1

# RANCH RECORD

News for the Residents of Blackhorse Ranch



## WELCOME TO BLACKHORSE RANCH RECORD

*A Newsletter  
for the Blackhorse  
Ranch Community*

The Ranch Record is a monthly newsletter mailed to all Blackhorse Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com). Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via [Peelinc.com](http://Peelinc.com) to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

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

Copper Creek Meadows Community held a “Cookie Kickoff” for the Annual Girl Scout Cookie Sale. We celebrated the 10th anniversary of the “Lemonade” cookie, and enjoyed “frosted lemonade”. We also learned fun facts about Girl Scout cookies, played games, and did other activities to help develop skills such as goal planning and financial responsibility. The annual Girl Scout Cookie Sale began on Dec. 19th and continues through March.

Sales of Girl Scout Cookies provide funds for individual troop activities, and help to support our Council camps and a variety of programs. Proceeds from the Cookie sale help to feed and shoe the horses, maintain the sailboats and canoes, and buy archery equipment. We greatly appreciate the support of our friends and neighbors! Thank you!

Information on Council Day and resident camps has been sent to registered girls, but you can also check on the Council website, [www.gssjc.org](http://www.gssjc.org).

Troop 113017 celebrated the birthday of Juliette Gordon Low, our Founder, with a pajama party on Oct 31. The pink hats and a variety of masks added to the fun.

Troop 113035 participated in a painting badge workshop at Rice University. The workshop finished with a birthday celebration and cake for Juliette!

Our Leader/Daughter holiday craft event was a lot of fun for those who attended. Thanks to all who assisted with the event!

Our Spring Leader/Daughter event is coming up in April. This is always a popular event, with camping, shopping, and all kinds of activities. In the past, activities have included riding, rock climbing, talent show, and Dutch Oven Cook-off. Can't wait to find out what is on the schedule this year

Our World Thinking Day event is coming up in

February, when we celebrate our membership in the international Scouting movement and learn about other countries. Last year, we had some very creative booths, decorations and swaps, and we can't wait to see what our troops will be doing this year!

Second year Brownie Troop 16150 volunteered to decorate a float for the Great Pyrenees Rescue Group at the Brenham Christmas parade. The girls also made jingle sticks and walked with the group in the parade.

These busy Brownies also joined with other Copper Creek Meadows troops who made cards, letters, and drawings for soldiers serving in Afghanistan.

Troops from our community also joined in creating ornaments for the Girl Scout Christmas tree at the Museum of Natural Science. This year's theme was “Back to Nature”.

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. Older girls whose schedules may not allow for participation in a troop may join as “Juliettes” (individually registered girls).

Copper Creek Meadows Community serves girls 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.

*(Continued on Page 2)*

# RANCH RECORD

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## Don't want to wait for the mail?

View the current issue of the Ranch Record on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## Advertising Information

Please support the businesses that advertise in the Ranch Record. Their advertising dollars make it possible for all Blackhorse Ranch residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

(Continued from Cover)

For more information, please contact Marlo Folwell (713) 854-9426 ([marlo.folwell@c-a-m.com](mailto:marlo.folwell@c-a-m.com)). You can also contact Girl Scouts of San Jacinto Council at 713-292-0300 or check the website at [www.gssjc.org](http://www.gssjc.org).

Information below is for contact only, not for publication.

Debra Rieke  
 8315 Lake Crystal Drive  
 Houston, TX 77095  
 281-856-0118 (home); 713-350-8209 (office)  
[pdkriek@sbcglobal.net](mailto:pdkriek@sbcglobal.net)

## Finding Resolution

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't. Mine ran away and fought many things I tried to "teach".

What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better,

it has also helped me to listen to people better. Have you ever asked a friend what they want to receive out of the relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

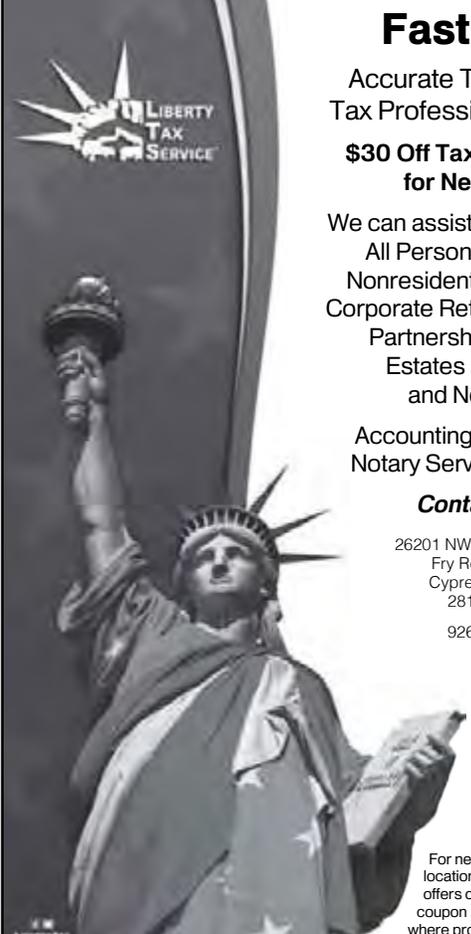
Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

1. Stopping to question myself when feeling annoyed or offended- "Is really that important?"
2. Plan monthly dates to build relationships.
3. Check in with my friends to find out their needs, before they ask!
4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.
5. LISTEN better- friends are giving early signs of needs, but we are distracted with our own.

Shannon Birkelbach works at Five Horses, LLC in Waller, Texas. To find out more about how horses can help you and your relationships, check out the natural horsemanship program as well as the equine assisted learning workshops provided here. [www.fivehorses.com](http://www.fivehorses.com)



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## “Work-Life Rhythm for Busy Business Women”

Luncheon Details

Thursday, January 28, 2016

Networking 11 a.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

At the January 28 Cy-Fair Express Network Luncheon, Leslie Marchand, a clinical social worker (LCSW), yoga instructor (RYT-500) and certified life coach (TDM) and Founder & President of SoYoCo Wellness Services, will present Work-Life Rhythm for Busy Business Women.

How do you manage your own stress while juggling personal and professional responsibilities? When your peers, co-workers and employees interact with you, do they see a model of work-life balance or someone who lives for the job or for their business? Can you really have it all, be it all, do it all? We will explore these questions and look at the latest research and strategies of how to find a rhythm between work and life that works for you, your family, your co-workers/employees and your business.

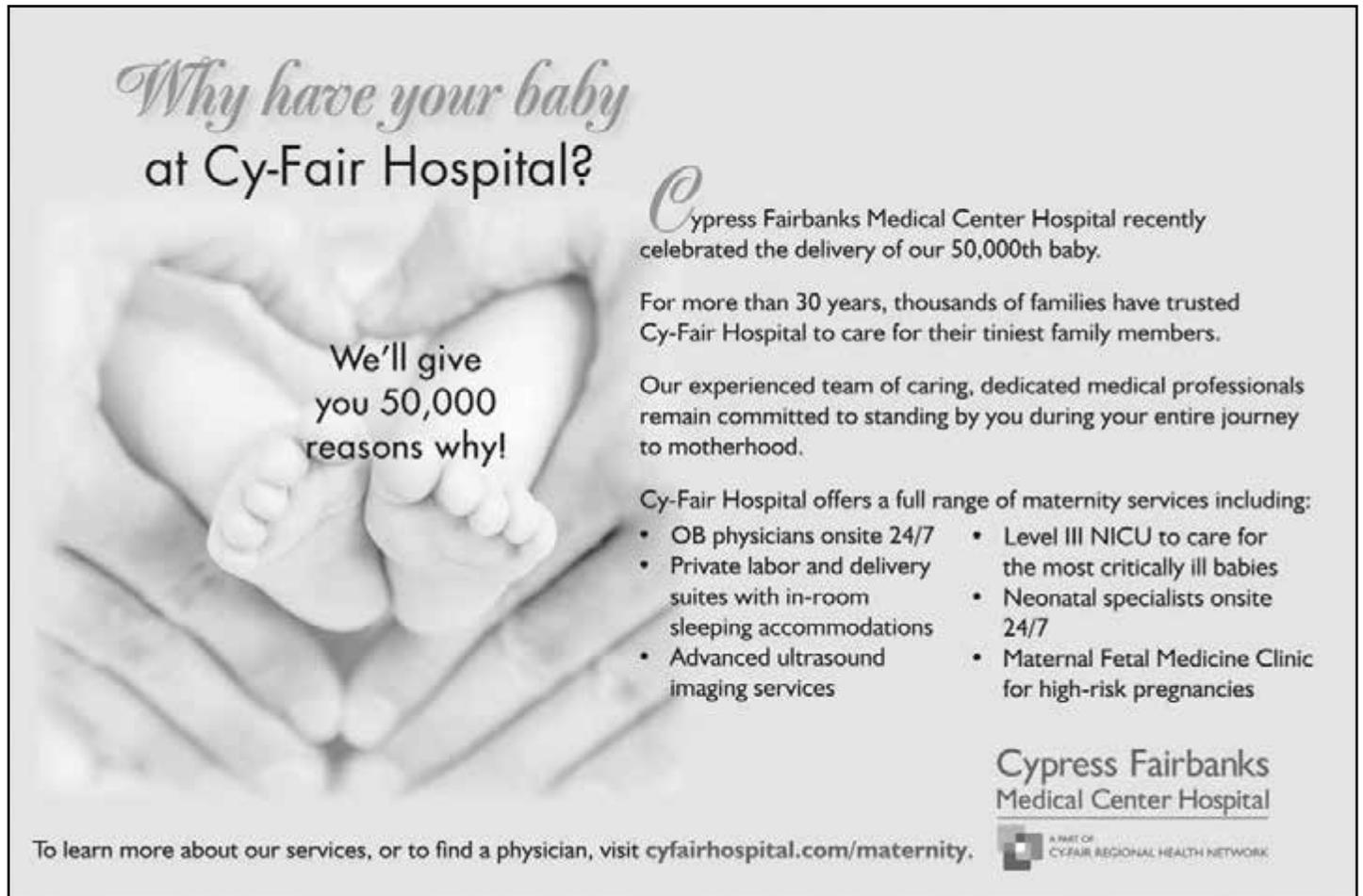
This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 50 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).



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## 10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.
2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.
3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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# TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco  
Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX



STEP 1

STEP 2

STEP 3

STEP 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

**Step 1: Ready Position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

**Step 2: Back Swing:** Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

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# Community Newsletters

## About Peel, Inc.

Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at [www.peelinc.com](http://www.peelinc.com).

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Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professional-looking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

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Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate

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## Cypress Spotlight

The Cypress Spotlight is a quarterly supplement inserted in to all of our Cypress area newsletters and has a reach of 15,000 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in April. Call to reserve your space today: 512-263-9181.



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**Laura Ringwood**  
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