

NEWS FOR THE RESIDENTS OF CANYON CREEK

Canyon Creek CHRONICLE

FEBRUARY 2011

VOLUME 5 ISSUE 2



CANYON CREEK SUPERHEROS!



*Rainey Hajmasy in the
"driver's seat"!*

SHOW OFF YOUR SUPERHERO!

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Canyon Chronicle.

E-mail your pictures to CanyonCreek@peelinc.com by the 8th of the month.



*Katharine Hajmasy on the
monkey bars!*



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire..... 911
Ambulance..... 911
Sheriff – Non-Emergency..... 512-974-5556
Hudson Bend Fire and EMS

SCHOOLS

Canyon Creek Elementary 512-428-2800
Grisham Middle School 512-428-2650
Westwood High School..... 512-464-4000

UTILITIES

Pedernales Electric..... 512-219-2602
Texas Gas Service
Custom Service 1-800-700-2443
Emergencies 512-370-8609
Call Before You Dig 512-472-2822
AT&T
New Service 1-800-464-7928
Repair 1-800-246-8464
Billing 1-800-858-7928
Time Warner Cable
Customer Service 512-485-5555
Repairs 512-485-5080

OTHER NUMBERS

Balcones Postal Office 512-331-9802

NEWSLETTER PUBLISHER

Peel, Inc. 512-263-9181
Article Submissions canyoncreek@peelinc.com
Advertising..... advertising@PEELinc.com

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Please support the businesses that advertise in the Canyon Chronicle. Their advertising dollars make it possible for all Canyon Creek 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 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

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Steve Harper says, "Relationships Have a Ripple Effect!"

At Four Points Chamber of Commerce Luncheon

His specialty is connecting people. He's made it his mission to add value to those that he has come in contact with. Steve Harper, author of *The Ripple Effect: Maximizing the Power of Relationships for Life and Business* has a trail of successful business ventures in his wake that make his insights valuable to any business leader. Harper is the guest speaker of Four Points Chamber of Commerce February Luncheon. "Every action that we take has the power to create ripples; positive and negative. Taking the time to understand the impact you can make on others can enrich your life and increase your chances of

success ten-fold," said Harper. Come gain perspectives on how to grow client relationships:

- Thursday, February 17th
- Time: 11:30 a.m. to 1:00 p.m.
- At River Place Country Club, 4207 River Place Boulevard.

Membership is not a requirement to come to the luncheon but you'll want to register online by February 11 to ensure your seat and receive early-bird discount pricing! While you are at the Four Points Chamber of Commerce website be sure to check out the other networking activities offered by the chamber including the

monthly Happy Hour and bi-monthly networking meetings at Concordia University.

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons and business network meetings. Now over 100 members strong and growing, the Four Points Chamber of Commerce brings businesses together along highway 620 from Hudson Bend and Mansfield Dam to Anderson Mill and along Ranch Road 2222 from Jester to Volente to support business growth in the community. For more information about upcoming events visit www.fourpointschamber.com or contact us at FourPointsChamber@gmail.com.



com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

TIM HAWKINS
in concert
saturday February 26 2011 | 7:00 pm
tickets on sale now at www.ghbc.org

THE RADIANT CHURCH | WATCH LIVE services Sunday mornings or view any time at www.ghbc.org

Sunday Morning Schedule

9:30 - Blended Worship | 11:00 - Contemporary Worship | 9:30 & 11:00 - Bible Life Groups (all ages)

Great Hills Baptist Church | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

Five Business Networking Groups in the Area

Are you looking to grow your business in 2011? If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested please contact Elicia Rudberg at eliciarudberg@gmail.com for more information or visit www.BNIAustin.com.

FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at the River Place Country Club. Visitors are welcome! If you are interested please contact Amy Oehler at amy.oehler@unitedlendingusa.com or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For

information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

A BUSINESS REFERRAL GROUP MADE FUN!

Networking Northwest Austin is expanding its member base of businesses in our area. NWNWA members build close business and personal relationships. We believe in business by referrals and having a limited member base (not duplicating professions), so you will not see your competitors here. We have a caring, positive, involved group of people who not only wish to build their business, but also want to build the strength of our networking group. NWNWA is updating its meeting times. Call Rich Keith, President, for information. RKeith@primerica.com, (512) 632-0162, or visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

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Fitting in Fitness: Making Time for Exercise

By Sarah S. Jordan, MS

Finding time for exercise can be an ongoing challenge in our busy lives. We know that exercise will benefit our bodies and minds in many ways and that we should do it. But actually finding the time and making it happen can be difficult.

Here are a few tips to help you fit in fitness in the New Year.

- Remember that any movement is better than none. If you only have 15 minutes each day to go for a power walk, those 15 minutes will equal 105 minutes (almost two hours) by the end of the week, 420 minutes (seven hours) of exercise each month and 91 hours of exercise a year! Small things can add up to big victories over time.
- Find what works for you. For some people, a gym membership is very convenient. For others, it may not be convenient to their location, budget, job, or family. If that is the case, see if your neighborhood has any exercise groups, hire a personal trainer that will come to you, or start your own lunchtime workout group for added camaraderie and accountability.
- Schedule exercise into your week. Workouts are much more likely to happen if we put them in our calendars. Schedule workouts as you would important business meetings or doctor appointments.
- Remember that sometimes, the hardest thing to get is going. Many times, just getting our shoes on and getting out the door is the hardest part of a workout. Once we are moving, endorphins kick in and we feel great for moving.
- Make use of the early hours. I used to dread getting up at 5:20 every morning. But now I love it, because after I get ready for work, it guarantees me a few minutes to myself before anyone else is awake. Similarly, getting workouts in before the busy day kicks off ensures that they happen, and the day will be better because of it.
- Take the kids along. My baby and I have logged countless hours with the jogging stroller. But I know that if I didn't take him with me, the majority of those workouts would have never happened. Pack up the kids and remember that pushing the kids will mean more calories burned.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.
- Make the time that you do have count. If you have just thirty minutes three days a week, step up the intensity of those workouts to get the most you can for your time. Add intervals and hills, or find a fitness class or DVD that offers a combination of cardio and strength training.

Wishing you a happy and movement filled 2011!

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- **Aerate Your Lawn for ONLY \$99!** This includes pre and post check of your sprinklers, call to DIGTESS to mark your underground utilities, and front and back yard core aeration.
- **Compost and Topdress for \$69!** Includes one cubic yard of compost/soil spread on top of grass for healthy, GREEN grass this spring! This price includes labor and material, does NOT include delivery of compost.
- **High Quality Mulch Installed for only \$5 per bag!** For only \$5 you get one bag of Dark Shredded Hardwood Mulch, labor, and delivery. Get as much or as little for only \$5 per bag. Great Deal!

Hurry, spring specials only good through April 30, 2011



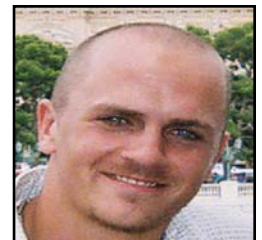
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David Hunsaker,
Owner

Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With

that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't



know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people

when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!

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CHEERS for Children

Mardi Gras Style

Wine, Scotch and Food Tasting

March 3, 2011 * 6:30 – 9:00pm

Twin Creeks Country Club

3201 Twin Creeks Club Drive

Cedar Park, TX 78613

Benefits Dell Children's Medical Center

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DellChildrensCircleofFriends.org

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Contact Lisa Sejnowski, chairman NWA COF, at sejnowski@sbcglobal.net or 345-3149.



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