

The Caddie

March 2011

Volume 5, Issue 3

Official Publication of the Forest Creek Homeowners Association

Money Saving "Green" Spring Cleaning

Springtime is when we open the windows and let the fresh air in. Spring cleaning is also the perfect time to reduce clutter, reevaluate household needs, remodel areas for efficiency and find ways to cut energy costs in the heat of the summer months.

Project #1 - Windows and Doors

The number one money waster is leaky door jambs and windowsills. A quick test of running your hand around windows and doors will tell you if there's a leak. Also, check the outside of your home for leaks. Old, cracked or missing caulking is easily replaced and will save you money in the summer.

Project #2 - AC unit

Clean out the spaces around your outside unit and replace your filters inside. Check internal and roof mounted vents for blockages and debris. It's a good idea to contact a professional to do an operational check of your entire system. You don't want to be caught in 100 degree days with no air conditioning!

Project #3 - Attic Insulation

Checking your attic insulation is a perfect project for spring. You can save a lot of money on your electric bills simply by adding quality

insulation and making sure that your attic is properly ventilated

Project #4 - Outside Decks

The winter months are not kind to wood decks and they are dangerous if broken and splintered. Checking for damage and insects can save you money. You can find many choices of eco-friendly oils, paints and finishes that beautify and protect your outside woods. And, if there are any signs of insect damage, it's better to call a licensed professional early to minimize the damage and cost of termites and other critters.

Project #5 - Outside Pipes and Sprinkler System

If you have exposed outside pipes that were wrapped during the winter, now is the time to unwrap them and check for damage and/or leaks. The earlier you find the problem, the easier to fix it. (Even a very small leak can be expensive.) Also, test your sprinkler system for any damage.

Now, just make a plan and be thorough. These are just a few things you can do to minimize your carbon footprint, but they all count, no matter how small. And remember, the goal of being eco friendly is keeping your family safe and healthy.



SAVE THE DATES

Wednesday, March 2nd

Events Planning Committee
Meeting - 7pm - Call Kate at
236-9220 for more info

Spring Break FUN in the Park

Tuesday, March 15th 10am-12pm

RAINOUT DATE:

Friday, March 18th

Please join us for snacks and
a jumpy in the park. All ages
welcome!

March 24th -

Real Housewives of Forest Creek Social

7:00pm - If you are a Forest Creek
Housewife (desperate or not!)
Come join us for food, drinks and
FUN conversation. Guests are
welcome. If your first names begins
with A-L bring a bottle of wine, if
M-Z bring an appetizer. Call Kate
at 236-9220 for more information.

Easter Egg Hunt -

Saturday, April 16th, 3:00 p.m.

Spring Garage Sale -

Saturday, May 7th

Community BBQ -

Saturday, May 14th

CONTACT INFO

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kh@centexmanagement.com

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Peel, Inc. www.PEELinc.com, 512-263-9181

Advertising..... advertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in The Caddie. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. 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.

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Forest Creek residents, limit 30 words, please e-mail myenergyangel@aol.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NEW CHARTER SCHOOL TO OPEN THIS FALL

Meridian World School is an open-enrollment tuition-free public charter school opening with Kindergarten through 9th grade in the fall 2011, and extending one grade per year until the school is K-12. It will be located between Round Rock and Georgetown along IH-35.

Meridian World School seeks International Baccalaureate (IB) Accreditation and will offer foreign language instruction companioned with a service-learning program.

An International Baccalaureate education is inquiry-based and project oriented. In this day of globalization, it is a fully transportable education with the goal of creating life-long learners. The Diploma Program offers college preparation as well as college credit. Texas State Universities grant an automatic 24 college credit hours to students graduating with an IB diploma.

Meridian World School will provide an invigorating educational environment that develops responsible citizens who can artfully navigate our complex world and enjoy a good life with others. Each student will engage in diverse investigations, disciplined inquiry, and integrated service learning to cultivate intercultural awareness, creativity and mental acuity.

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The Events Planning Committee

The Events Planning Committee (EPC) provides community activities year round including an Easter Egg Hunt, Movies in the Park, a barbecue to kick off the summer, a back to school pool party, Adult Socials, a Fall Fest, Christmas-time hay rides and lighting contest and is a great group to join if you would like to meet some wonderful people with varied interests and help to Plan and execute the various activities throughout the year. The committee generally meets on the 1st Wednesday of each month and its members take turn hosting. Half of the members bring a bottle of wine and the other half an appetizer to share so the meetings are fun and relaxing as well as productive! Our next meeting will be Wed. March 2nd @ 7pm. For more info contact Lisa

@ macheela@yahoo.com or Michele @ mickieannmack@yahoo.com



The Forest Creek Wine Club

The Forest Creek W.I.N.O. Club (Wine Investigation for Novices and Oenophiles) would like to extend an open invitation to our Wine Club. We meet once a month in various homes throughout the neighborhood for a casual evening of fun and informal wine tastings. Each month the Host and/or Hostess of the evening will decide what type of wine will be sampled and everyone will be asked to bring a bottle of that type (costing under \$20.) in a brown paper bag and an appetizer to compliment it. After each sampling, the wines are rated on a scale of one to ten and the person who brings the winning bottle will be awarded a prize provided by the hosts. The prize is typically a wine-related item costing no more than \$10. It makes for a fun filled relaxing evening right here in the neighborhood and is a great way to meet people and make new friends! If you are interested in joining, contact Vanessa @ VanessaLegere@aol.com or by phone @ 512-300-0257



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There is a Yahoo Group hosted by one of our own Residents that is available to discuss Forest Creek topics, issues or concerns. It's also used some time for Lost/Found items & pers. Check it out and register at <http://groups.yahoo.com/group/forestcreekroundrock/> and read current and past posts. We hope you find it a convenient way to stay updated as to any ongoing issues or concerns.



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DATE: Wednesday, April 13th
11:00 am Registration - 1:00 pm Start
LOCATION: Flintrock Falls Golf Course

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner, shirt & goodie bag

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www.colinshope.org

Email: alissa.magrum@colinshope.org



WWW.COLINSHOPE.ORG

FOREST AREA SWIM TEAM (FAST) *Austin Aquatic League CHAMPIONS!!!*



Our last season was fabulous and our FAST Frogs swam away with the 2010 Austin Aquatic League Championship Trophy. We hope you will join us for our 2011 season.

FAST is a competitive summer league swim team that focuses on swimmers who desire to improve swimming skills and stroke technique in order to successfully and confidently participate in a summer swim league. Registration for returning members and their siblings is from **February 28 – March 14**, with both online and drop off registration. Registration for residents of Forest Creek, Lake Forest, or Forest Creek III who are interested in joining FAST will be held **Saturday, March 26 from 1 -3 PM at the Lake Forest Clubhouse**.

In addition, the FAST Frogs have a Tadpole program which targets beginning swimmers who are unable to swim the length of the pool but have no fear of water or separation anxiety, and are interested in improving their swimming skills. The focus of the program is to

work with the swimmers so they can comfortably and confidently swim the length of the pool in freestyle and backstroke. This program is the building block of our swim team. Upon graduation from the Tadpole program, swimmers are eligible to participate in swim meets as part of the team. Our Tadpole program continues to be a raving success with nearly 80% of previous Tadpoles now participating on the swim team.

The cost is \$140 per swimmer and \$150 per Tadpole. Practices are held at the Lake Forest, Forest Creek, and Forest Creek III neighborhood pools beginning the end of April and running through the end of June. Meets are hosted at various neighborhood pools in the north Austin area. The Championship Meet is on Sunday, June 26 at the University of Texas Swim Center. For more information on the FAST Frogs, please visit us at www.fastfrogs.net. Returning members watch for an email with more details about our online registration.

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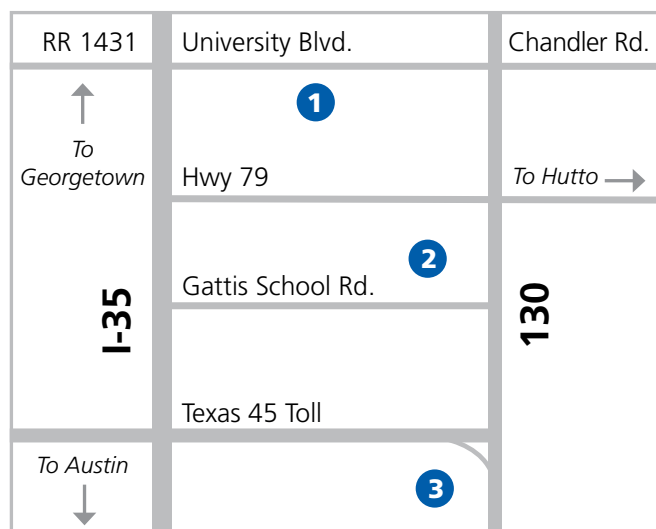


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Cardiovascular Disease and Women

Think Red Heart

Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*



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Want to report a non working streetlight?

<http://www.oncorgroup.com/community/streetlights/default.aspx>

Need City of Round Rock Non-Emergency Services?

Here are some phone numbers to report road repairs, water/wastewater issues, Parks and Recreation issues, etc.

- Street Repairs: 218-5555 or 218-6641
- Street Repairs (after hours): 218-5555
- Parks and Recreation – 218-5540 and press '0' for operator
- Police Department – 218-5500 (non emergency) For Emergencies Dial 911

Public Sex Offender Links:

- The Association periodically receives information that registered sex offenders are living in or near our neighborhood. Because the Association has no monitoring or policing authority when it comes to people moving in and out of the neighborhood, we encourage those who are interested to check the State of Texas registered sex offender index at www.txdps.state.tx.us or the City of Round Rock link at www.roundrocktexas.gov/docs/publicsexof.pdf.

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The Caddie

Tips for Mastering the Farmers' Market

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.
2. Bring Your Own Containers – While some

vendors have bags and boxes available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.
4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.
5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

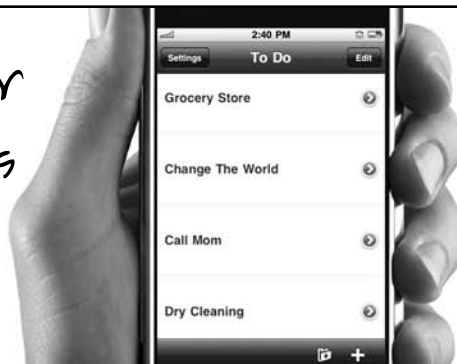
Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount

of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries (domestic)
6. Nectarines
7. Sweet Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.

What's on your
to-do list this
month?



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sundays @ 10 am

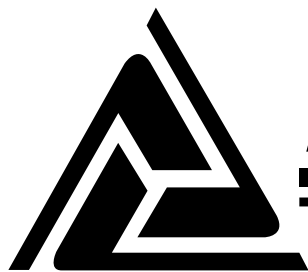
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to \$124,999

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\$125,000
and Above



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Artists & Artisans Festival

- Saturday, March 19, 9 a.m. to 5 p.m.
- Sunday, March 20, noon to 5 p.m.

Outstanding work in watercolors, wood, metal, ceramics. Artist Stefanie Distefano will lead tours of her outdoor exhibit at noon and 1 p.m. Saturday while bluebonnet artist Ken Moore and paper sculptress Shou Ping show their work at 1 and 4 p.m. Sunday. 9 a.m. to 5 p.m. Saturday and noon to 5 p.m. Sunday.

Learn to Garden

Registration for the very popular Go Native U classes will soon be open at www.wildflower.org/gontativeu. Six classes in designing, selecting, installing and maintaining native plants and one on pest control taught by experienced horticulturists. Discount for all six classes plus certificate.

MARCH EVENTS *at the Wildflower Center*

Flowers in Art - Through March 13

Stella Alesi's beautiful exhibit, "Still Life," and Richard Reynolds' "High Resolution Composite Floral Photographs" in the McDermott Learning Center.

Nature Nights - Astronomy

- 6 to 9 p.m. Friday, March 4
- \$1 admission, Sponsored by KVUE.

Wildflower Days™ Begin

*Center open every day
March 14 through May 31*

Spring Art Exhibits open

- March 19 through May 22
- Paper sculptures by Shou Ping in the McDermott Learning Center. Mosaics by Stefanie Distefano in the gardens.

Karen Halsema

Preferred Relocation Expert

My 2009 Forest Creek listings have sold for an average of 97% of asking price, some in as little as 5 to 27 days! I sold two of my 2010 listings before they went into the MLS!

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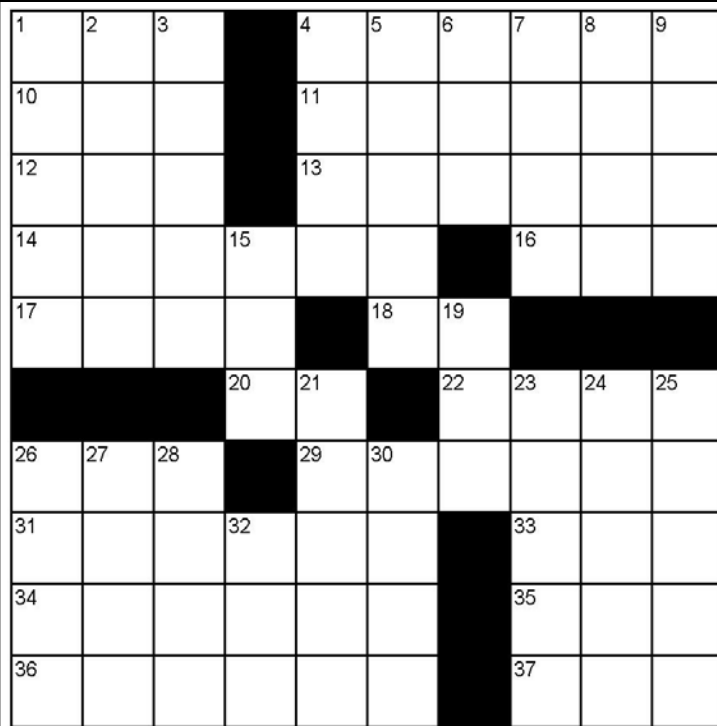
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Crossword Puzzle



- | | |
|------------------------|--|
| 1. Extremity | 1. Reference book |
| 4. Nun's headwear | 2. Swanky |
| 10. Men's neckwear | 3. Award |
| 11. Asian nation | 4. Marry |
| 12. Limited (abbr.) | 5. Abraham's son |
| 13. Serf | 6. Mr.'s wife |
| 14. Flower | 7. El __ (Texas city) |
| 16. Poem | 8. Precede |
| 17. Monetary unit | 9. Women's magazine |
| 18. Atomic number | 15. Brim |
| 20. Paid (abbr.) | 19. American Football Conference (abbr.) |
| 22. Package label | 21. Coffee shop order |
| 26. Punching tool | 23. Ballroom dancing |
| 29. Esc | 24. Aromas |
| 31. Fine | 25. Particular style |
| 33. Modern | 26. American Civil Liberties Union (abbr.) |
| 34. Cat mystery writer | 27. Lash |
| Braun | 28. Lounge |
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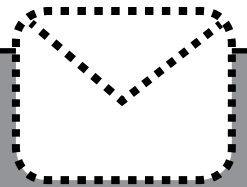


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