



STONE CANYON

Neighborhood Newsletter

www.stonecanyonoa.org

May 2011

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GREETINGS FROM THE POOL COMMITTEE...& NOW THE BOARD

Hi All - yes it's all true. Somehow many of you have made the same terrible choice and elected me to the Stone Canyon Owner's Association Board of Directors. All kidding aside, I humbly thank you all for the trust. My goals in running for the board are few and simple:

- continue to help the Board and the neighborhood in any way I can
- continue keeping the pool area as nice as possible
- help keep up our property values
- help keep the neighborhood safe
- be as frugal as possible with association spending
- help make Board meetings run as efficiently as possible
- have a good time taking care of board duties

The last one is most important I think. If we aren't having fun with this, we won't do our best work. So with fun in mind, let's chat about the pool for a minute.

Our pool opened again on April 1. We have already been by to swim. It's a bit cool, but very nice. The only complaint I have gotten about the pool so far is, "Why can't we stay longer?" As we have mentioned before, we have replaced our pool security system, therefore, we all need new cards. You will also notice that if you are one of those early morning swimmers, your key card will also unlock the bathroom doors before the lifeguards get there. YAY!! No more trying figure out who might have keys to unlock those doors. There is also now an EXIT button so you won't have to find your key card to leave the pool. Once again - YAY!! We also have some new LED lighting under the big arbor, near the lifeguard room, and outside the storage room. It's a big improvement, especially after dark or in the early a.m. hours. Thanks to all responsible for getting this work done! Help our neighborhood recycle by using our new recycling container to toss your empty cans and bottles.

Speaking of dogs (were we?) - We need to all be sure to clean up after our pooches. Regardless of where they "go" we need to clean up after them. Remember, it may be your dog's favorite potty stop, but my kids may like to play there. Our local HEB sells these plastic bag carrier thingies that clip to your dog's leash and contain a roll of plastic bags. They also sell refill rolls of plastic bags that go in the plastic bag carrier thingy. Both together were less than \$5. VERY HANDY - it's always on the dog's leash, so there is no excuse for not cleaning up after your dog - even in the greenbelt or the park. Thank you from the bottom of my shoes!

Well folks, that's about all the rambling I want to do right now. If you need anything, have any suggestions or complaints, or just want to say "HI" - feel free to drop me a line anytime. Be warned - if you have suggestions or complaints, I'll probably draft you to help us implement your suggestion. We're all volunteers (the board, and committees), so the more the merrier.

See you poolside...or out walking my dog!

Greg Martinez, SCOA Pool Committee, Board, other duties as assigned

LETTER FROM THE PRESIDENT

On Wednesday, April 6th the Stone Canyon OA held their annual meeting. If you were able to join us or submit your proxy, thank you for your participation. During the meeting we presented an overview of 2010 accomplishments, goals for 2011, and financial updates. We had a very productive year in 2010 and look forward to many improvements to the community in 2011.

An election was held to elect three directors to open seats. Two incumbents, Vicky Lockwood and Jessica Stempko accepted nominations to remain on the board and 3 residents in attendance were also nominated to serve. Al Maus, Ron Kellam and Greg Martinez were nominated from the floor. The voting of those in attendance and by proxy resulted in Greg Martinez receiving the most votes followed by Vicky Lockwood and Jessica Stempko. Greg and Vicky will be seated to three year terms and Jessica will fill the two years of a remaining term. Our thanks to Ron Kellam and Al Maus for their interest in serving on the Board and also for their regular attendance and participation at the monthly Board Meetings.

We are grateful to all residents who are willing to participate and contribute to our community. A community thrives when its members are actively involved. We encourage you to attend monthly meetings and visit our website to stay informed. Find us at: www.stonecanyonoa.org

The Board met the day after the annual meeting to assign officer roles. Our new officers are Jessica Stempko, President; Dwip Shah, Vice President; Richard Horton, Secretary; Vicky Lockwood, Parliamentarian;

(Continued on Page 3)

STONE CANYON Owners & Association Management Teams

www.stonecanyonhoa.org

STONE CANYON OWNERS ASSOCIATION

BOARD OF DIRECTORS:

President/Recreation/Landscape

Jessica Stempko board@stonecanyonhoa.org

Vice President/Capital Improvement/Maintenance

Dwip Shah board@stonecanyonhoa.org

Treasurer/ACC/Publicity Director

Greg Martinez board@stonecanyonhoa.org

Parliamentarian/Neighborhood Watch/YOM/Website

Vicky Lockwood board@stonecanyonhoa.org

Secretary/Pool/Newsletter

Rich Horton board@stonecanyonhoa.org

COMMITTEE CHAIRS

ACC OPEN
Recreation

..... OPEN

Swimming Pool

Greg Martinez pool@stonecanyonhoa.org

Yard of the Month

..... OPEN

Maintenance

Al Maus maintenance@stonecanyonhoa.org

Landscape

Cathy Soukup csoukup@austin.rr.com

Neighborhood Watch Joanie Brown

Newsletter

Judith Horton judy@richandjudy.com

Good Neighbor

Laura Kouns rlkouns@sbcglobal.net

Website

Ron Kellam webmaster@stonecanyonhoa.org

KEY CONTACTS

In an attempt to make things easier to find, we have provided some key contact information for various organizations that you might need to contact. If you have a suggestion for information to add, please contact the web committee.

HOME OWNERS ASSOCIATION:

Bob Nardo - Goodwin Management 512-852-7965
..... 11149 Research Blvd Suite 100, Austin, TX 78759
<http://stc.goodwintx.com/>

Payment Address:

Stone Canyon c/o Goodwin Management
PO Box 4785
Houston, TX 77210-4785

Governmental Agencies:

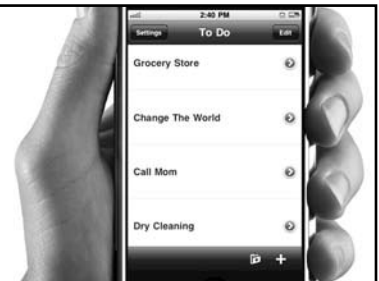
Fern Bluff Mud 512-238-0606
..... 7320 Wyoming Springs, Round Rock, TX 78681
City of Round Rock 512-218-5400
..... 221 East Main Street, Round Rock, TX
Williamson County Commissioners Office... 512-248-3238
..... 400 W. Main St., Ste. 216, Round Rock, TX 78664
Williamson County Constable (Robert Chody) 512-248-3239
..... 211 Commerce Cove, Round Rock, TX 78664
Williamson County Sheriff's Office
(Non-Emergency) 512-943-1300
Williamson County EMS
(Non-Emergency) 512-943-1264
Round Rock ISD (512) 464-5000 ext 1311
..... Round Rock Avenue, Round Rock, TX 78681

Misc. Services:

Gas Line Malfunction... (Business Hours) 1-800-460-3030
..... (After Hours) 1-800-817-8090
Street Light Repair - TU Electric 1-800-242-9113
Texas Utilities (TXU) 1-800-368-1398
Southwestern Bell 1-888-294-8433
Time Warner Cable 512-485-5555
Williamson County Road and Bridge 512-943-3330

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**NOT AVAILABLE
ONLINE**

Hi Neighbors, - (Continued from Cover Page)

and Greg Martinez, Treasurer.

On behalf of all of the Stone Canyon OA Board of Directors I'd like to thank you for your support and confidence. All of us have volunteered in this community for several years and have a strong wish to help keep Stone Canyon a safe and desirable community to live in.

Our next monthly meeting will be held at the Fern Bluff Community Center, on Tuesday, May 3rd starting at 6:30pm.

I hope you'll join us.

-Jessica Stempko, president@stonecanyonoa.org

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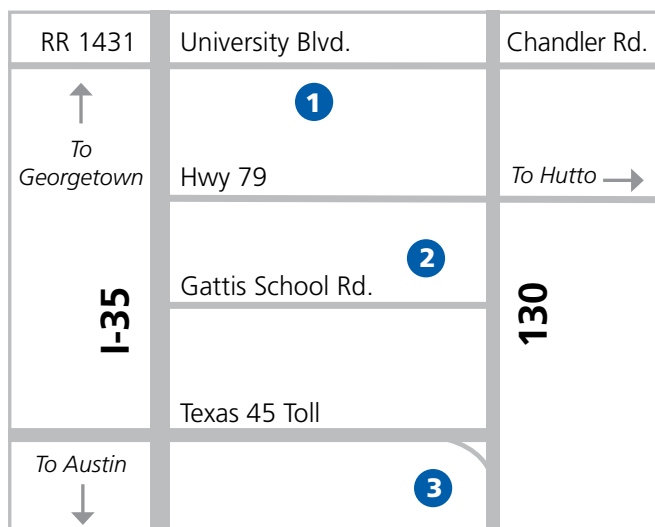


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I'M BORED!

How often have you heard that phrase from your family?

When one lives in the greater Austin area long enough it is easy to forget that there are some neat things to do around town & surrounding areas.

Have you ever been to Mt. Bonnell? It is off of FM 2222 on Mt Bonnell rd. It offers a beautiful view of Lake Austin & the Pennybacker Bridge. What about the Austin Duck adventure tour? This is a fun, land & water tour of Austin on an amphibious vehicle. You even get a duck bill whistle! Have you ever been to the top of the University of Texas Tower? Take the tour if you have not done so already- fabulous views of Austin, plus UT students will give you the history of the tower with a sense of humor thrown in.

View the bat flights at sunset either here in Round Rock at the McNeil underpass of I35 or downtown at the Congress Ave. Bridge. Head further out of town for a day trip to the Enchanted Rock in Fredericksburg. Check out Wimberley for shopping & eating. If you go, do stop at Wimberley Glass works they have beautiful glass pieces that are blown on the premises & you can watch the artists at work.

Go to the Dell Diamond for a Friday night game & catch some great fireworks after the game. For a really hot day what about Space Cavern right here in Round Rock?

Try the IMAX theatre at the Texas State History museum (yes even the museum is interesting)! Or head for Amy's ice cream & pick up a quart of your favorite flavor & hang out at the Stone Canyon pool Have a great summer!

Below are a couple of websites to get you going. The Roadside America website will suggest places ranging from historical to wacky.

<http://www.roadsideamerica.com/location/tx>

<http://www.austincityguide.com/index.html>

<http://studentorgs.utexas.edu/acccf/section/nstudent/todo101.htm>

-Cathy Soukup

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Stone Canyon

OVERCOMING BARRIERS TO EXERCISE

Enjoyment, Time, & Know How -By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

1st Barrier

I don't enjoy exercise.

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

2nd Barrier

I just can't find the time.

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy day kicks off ensures that they happen, and the entire day will be so much better because of it!
- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- 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.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we

step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

3rd Barrier

I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at www.acefitness.org.
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.

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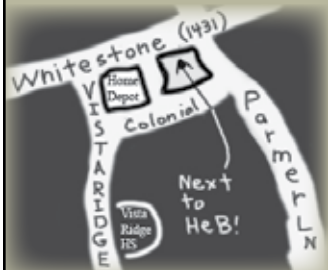
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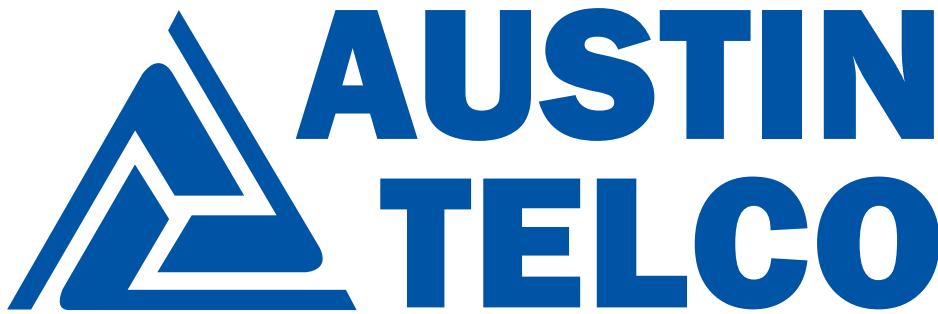


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 Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels
 Saturday, May 21st**

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email alissa.magrum@colinshope.org for more information.

For more information, visit our website at www.colinshope.org

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 & HAVE THE
 BEST SUMMER EVER!**