

Canyon Creek CHRONICLE

JULY 2011

VOLUME 5 ISSUE 7

Four Points Chamber of Commerce

Four Points Chamber of Commerce hosts Erin Hickok representing Go Local Austin, a grassroots marketing company representing the value of local business to the community. Hickok will talk about the impact of the local brand on sales and business traffic including:

- carbon reduction value
- local community economic value
- building business loyalty

Four Points Chamber luncheons provide stimulating discussions for local individuals, businesses and organizations to gain new insights and foster business growth. Membership is not a requirement to come to the luncheon but you'll want to register online to ensure your seat and receive early-bird discount pricing!

- Thursday, July 21, 2011
- Time: 11:30 a.m. to 1p.m.
- At River Place Country Club, 4207 River Place Boulevard.

You can find all the details and register on the Four Points Chamber of Commerce Web site www.fourpointschamber.com. While you are at the Chamber's Web site be sure to check out the other networking activities offered by the chamber, including the bi-monthly Connectors networking meetings at Concordia University and monthly Happy Hour. On Thursday, July 28th join us at Sobani located at 1700 North FM 620 Suite 110 in Lakeway, where we'll be celebrating our monthly Happy Hour.

Camp Canyon Creek:

*Big Apple Adventure, July 25th-29th (9:00 a.m.-12:15 p.m.)
Church at Canyon Creek, 9001 North FM 620, Austin, Texas*

Join us at Camp Canyon Creek: Big Apple Adventure VBS, July 25th-29th from 9:00 a.m.-12:15 p.m. In this one-week adventure, we will drive home answers about some of life's biggest questions through Bible stories, crafts, music, & games. Camp Canyon Creek is available for free to kids who are going into 1st-6th grade. Registration is available at www.churchatcanyoncreek.com

Recipe of the Month BROCCOLI CHEESE SOUP

Ingredients

- 3 T oil
- 1 C chopped onion
- 6 C water
- 6 cubes chicken bouillon cubes
- 8 ozs. fine egg noodles
- 2 - 10 oz. pkg. chopped broccoli
- garlic powder
- 6 C milk
- 1 lb. shredded Velveeta cheese
- opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!

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Sheriff – Non-Emergency.....	512-974-5556
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OTHER NUMBERS

Balcones Postal Office	512-331-9802
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ADVERTISING INFO

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 9th of each month for the following month's newsletter.

Canyon Creek Residents

I have lived in the Canyon Creek subdivision since 1994. When I moved in the neighborhood I had a five year old daughter and had another daughter soon after. The neighborhood at that time was fairly new with a lot of young families with small children. I was seemingly unaware of the dangers of sleeping with my children in an adult bed or the dangers of my child sleeping in a crib with beautiful bedding, stuffed animals, plush blankets and toys that we all purchase when our children are born. I wanted to write this article for the residents to help and educate in hopes of preventing tragedies that I have investigated over the last seven years as my job as an Investigator for the Travis County Medical Examiner's Office. I want mothers and fathers as well as siblings, grandparents and babysitters to be aware of the dangers of unsafe sleep environments with babies and young children. One of the most pleasurable experiences is cuddling and bonding with an infant. This article is in no way discouraging breast feeding, bonding or cuddling with your child. Babies should be placed alone on their back in a safety approved crib or bassinet for sleeping. This is the safest way for a baby to sleep to prevent accidental deaths by suffocation. Many times babies are placed in adult beds with thick comforters, pillow top bedding and many pillows. It is also not advisable to prop an infant on a couch with pillows. The infants can fall into crevices of the couch and also spaces between a headboard/sideboard.

Below are facts and figures depicting the harsh reality of what is happening in Texas and in Travis County and recommendations from the American Academy of Pediatrics to eliminate the risk factors and create a safe place for your baby to sleep.

Every year babies die from suffocation while they sleep. In Texas, on average, a baby dies every other day while bed-sharing with an adult or another child. These figures, researched by the Texas Department of Family and Protective Services, are alarming and the trend is increasing. According to the Texas State Child Fatality Review Team's 2009 Annual Report, 86% of accidental infant suffocation deaths were sleep-related, with 81% of these deaths occurring in an adult bed. Right here in Travis County, between 2008 and 2010, 43 babies suffocated in an unsafe sleep environment -- 74% died in an adult bed with 63% dying while bed-sharing. Last year 17 babies, the size of a kindergarten classroom, died of suffocation in an unsafe sleep environment.

Bed-sharing is a controversial topic and some groups promote the practice for the purposes of bonding, and more frequent and extended breast feeding. Research completed by the American Academy of Pediatrics Sudden Infant Death Task Force leads to their position that "there is growing evidence that bed-sharing, as practiced in the United States and other Western countries, is more hazardous than the infant sleeping on a separate sleep surface and, therefore, recommends that infants not bed-share during sleep. Infants may be brought into bed for nursing or comforting but should be returned to their own crib or bassinet when the parent is ready to return to sleep. The infant should not be brought into bed when the parent

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Canyon Creek Residents - (Continued from Page 2)

is excessively tired or using medications or substances that could impair his or her alertness.”

A few American Academy of Pediatrics recommendations:

- Babies should sleep in a separate safety approved crib or bassinet in the same room as the parent or caregiver. Bed-sharing is not recommended.
- Infants be placed on their back for every sleep (for naps and at night)
- Use a firm crib mattress made for the crib (there should not be greater than 2 fingers width or 1 inch between the mattress and the crib railing). If the baby leaves an indentation, then the mattress is not firm enough.
- The mattress should be covered by a fitted sheet leaving no wrinkles.
- Soft objects and loose bedding, such as pillows, quilts, stuffed toys, pillow-like bumper pads, sheep skins and blankets be kept out of the crib.
- Continue the “Back to Sleep” campaign. Parents should tell others who care for their baby of these risk factors and how they want their baby to be placed to sleep.

This information is extremely important and everyone who

takes care of a baby should know the difference between a safe and unsafe sleep environment and what to do to make it safe for a baby to sleep.

Keeping babies safe during sleep is as easy as your ABC's. Your baby should sleep.....

A - Alone, on his or her B - Back, in a safety approved

C - Crib (or bassinet), with the D - Dangers (soft bedding materials, stuffed toys, pillow, blankets, comforters, sheepskins, bumper pads, cords) E - Eliminated.

A good night's sleep is a safe night's sleep!

Useful websites:

- <http://www.aap.org> (American Academy of Pediatrics)
- <http://www.cdc.gov/SIDS> (Centers of Disease Control)
- <http://www.nichd.nih.gov/SIDS> (National Institute of Child Health and Human Development)
- <http://www.cpsc.gov> (Consumer Product Safety Commission)
- <http://cribsafety.jpma.org> (Juvenile Products Manufacturers Association)

Please check out the Safe Sleep section in the Safe Living section on the Travis County Medical Examiner's Website at www.co.travis.tx.us/medical_examiner for additional information and posters.

Robin Dwyer RN, Leanne Courtney RN

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GET TO KNOW YOUR IRRIGATION CONTROLLER

Many residents put a lot of effort into maintaining their irrigation system, which is a necessary step towards efficient watering. However, people then often overlook an equally important aspect of irrigation—scheduling. An essential element of proper scheduling is knowing how to operate the controller. Not knowing that can cost you.

A normal flow rate for a residential irrigation system is around 14 gallons per minute. Compare that with your shower of 2 to 3 gallons per minute or a dishwasher that uses less than 10 gallons per load and you can see just how quickly minutes on the irrigation controller can add up. So if you see your usage dramatically rise in the summer months, check your irrigation settings before chastising your teenagers for their long showers. Well, I guess doing both would work.

COMMON FEATURES ON AN IRRIGATION CONTROLLER

1) Multiple Program Capability: Controllers give you the option of setting multiple programs, usually labeled A, B, C, etc. These

programs let you fine tune your watering. For example, you could set up your turf stations to water twice per week in the summer while keeping shrubs on a once per week schedule. The important thing to remember is that no matter what program you leave the controller on, it will run all programs that are present! Even if two programs coincide with each other, the controller finishes the first program and stacks the next program to run directly afterwards.

2) Multiple Start Times: You can also set multiple start times for your program(s). Start times represent what time the program will begin and most controllers offer the option between 3 and 16 start times. There are very few controllers that require start times for each individual zone. The benefit of using multiple start times is to allow for absorption in the landscape because many sprinkler heads can apply water faster than our soils can absorb it. Find the stations times you are happy with and then cut them in half. Instead of the program coming on at only 4:00 a.m., you could have the program (now with reduced station times) come on at 3:30 a.m. and 4:30 a.m. Remember, if using multiple start

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Re-married/Blended Families
Ladies Only and Men's Only Classes

Starting Soon: Men's Anger Management,
Boundaries, Women's Wounded Heart
(survivors of sexual abuse)



WATCH LIVE services Sunday mornings

or view any time at www.ghbc.org

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages)
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Get to Know Your Irrigation - (Continued from Page 4)

times, every minute you add or delete really equals 2 or 3 minutes depending on the number of start times present.

3) Seasonal Percentage Adjustment: Another handy feature, the seasonal adjust, allows you to increase or decrease all of your stations times in 5 to 10 percent increments. This is useful if your entire landscape needs more water, but often stress will only occur in certain areas. It's a good idea at that point to only add time to the stations that need more water and an even better idea to inspect those stations to make sure the stressed area isn't getting water due to a clogged nozzle or misaligned head. When setting station times, it's recommended to have the seasonal adjust at 100% because the seasonal adjust button uses 100% as the reference point and makes changes relative to what that number is. Some controllers will show the increased or decreased times while others will continue to show the original times, but are actually running something different.

4) Memory Back Up: Most controllers now come with a non-volatile memory built into the control panel. This helps retain your settings during brief power outages, but will usually clear itself out after long periods with no power. Other controllers will revert to a default program to run everyday for ten minutes per station after a loss of power. If you have a controller that does this, remember to change out the 9 volt battery every spring when you turn your controller back on and just to be safe, check the settings after thunderstorms.

Plant material, watering components, sun exposure, soil health, and how important each area of your landscape is to you all goes into the decision of how long you should run each station. An irrigation program with the same time on every station is usually a signal that there is room for improvement. This may involve taking time from some stations that are doing well and adding them to others that are showing signs of stress. Monitor your landscape and make changes as needed. Remember, automatic irrigation systems are great for carrying landscapes from one rain event to another, but a lack of rain will highlight deficiencies in the irrigation system.

If you need help with programming your controller and use over 25,000 gallons of water in the summer months, you may schedule a free irrigation evaluation from Austin Water either by calling 974-2199 or visiting our website: www.waterwiseaustin.org.

Submitted by Jacob Johnson, Austin Water, LI#17528

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to Celebrate?*

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READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is

immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter,

at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive

family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>



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DROWNING ALERT!!!

In recent years, more Central Texas children have drowned in JULY than in any other month!

July						
mon	tue	wed	thu	fri	sat	sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!

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-  **MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS**
-  **KEEP BACKYARDS & BATHROOMS SAFE**
-  **ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD**
-  **LEARN CPR**

July – August 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in June, July and August benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope.



August 28th 3rd Annual Colin's Hope Kids Triathlon
 Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at www.colinshope.org.

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