

# LONG CANYON Gazette

July 2011

Volume 4, Issue 7

A Newsletter for the Residents of the Long Canyon



## JULY EVENTS *at the Wildflower Center*

*Thanks to H-E-B, Summer Nature Nights are Free!*

### *Thursdays in July*

Snakes, fossils, birds of prey and more-- our family evenings offer fun and education with talks, crafts, hikes and lots of action. Nature Nights are on Thursday evenings starting June 30 and continuing through August 4, from 6 to 9 p.m. Free gift at the store for each child under 12. H-E-B sponsorship also means that admission to the Wildflower Center is free all day on Nature Nights days.

Thursday, July 7 .....	Wildlife Tracking
Thursday, July 14 .....	Snakes
Thursday, July 21 .....	Fossils
Thursday, July 28 .....	Birds of Prey

### *Lady Bird Johnson Tribute Day*

**9 a.m. to 5:30 p.m. Sunday, July 24**

Our founder, Lady Bird Johnson, would have been 99 this year. Once again, we honor her with a free admission day and a special exhibit of her memorabilia. We are celebrating her contributions to the environment and to more than 50 laws related to conservation, landscape preservation and beautification. Children's music in the courtyard by Lucas Miller noon to 2 p.m. Meet artist Catherine Flowers from 1 to 4 p.m. in the McDermott Learning Center and from noon to 3 p.m., author Jeannette Larson in the store.

## 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](http://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.

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

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**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Long Canyon residents, limit 30 words, please e-mail longcanyon@peelinc.com

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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>*



## AUSTIN NEWCOMERS CLUB JULY LUNCHEON

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many varied fun Interest groups.

**TIME: 11:00 AM Social  
12 Noon Luncheon**  
**DATE: July 20, 2011**

(Reservations required by Thursday, July 14th) For Luncheon Reservations email: LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979 For other Newcomers information visit

[www.austinnewcomers.com](http://www.austinnewcomers.com)  
or call 512-314-5100

### All About the Classical Guitar!

The Austin Classical Guitar Society (ACGS) is the largest of its kind in the nation

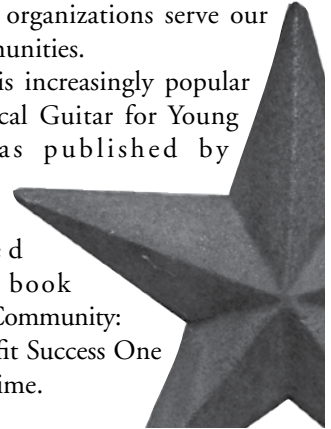
and presents a broad range of programming serving the Central Texas community.

ACGS programs include a seven-month International Concert Series, Summer Chamber Concert Series, Community Concert Series (30 free concerts), an Educational Outreach Program reaching nearly 800 students in 15 schools, free guitar lessons for low-income students, groundbreaking curriculum and teaching materials online at GuitarCurriculum.com. It also has a Community Guitarists program with amateur adult ensembles promoting life-long music education.

Executive Director, Dr. Matthew Hinsley, will present an engaging talk about the classical guitar in Austin. He will also perform a few selections. Hinsley will talk about the unique characteristics of the classical guitar that make it a powerful ambassador for the fine arts, discuss upcoming events, and entertain the group with music too.

Dr. Matthew Hinsley was trained as a classical guitarist and vocalist at the Interlochen Arts Academy, the Oberlin Conservatory of Music, and the University of Texas at Austin. Beyond performing and scholarly pursuits, Dr. Hinsley has cultivated two primary professional interests: to enhance the way young classical guitarists are trained in America, and to transform the way arts organizations serve our diverse communities.

In 2008 his increasingly popular book, *Classical Guitar for Young People*, was published by EnvisionArts. He recently published his second book *Creativity to Community: Arts Nonprofit Success One Coffee at a Time*.





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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 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.

*(Continued on Page 5)*

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Ryan Lundberg  
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## Get to Know Your Irrigation - (Continued from Page 4)

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](http://www.waterwiseaustin.org).

*Submitted by Jacob Johnson, Austin Water, LI#17528*

## 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!*

## The perfect church for people who aren't.

### Celebrate Recovery | Mondays @ 7:00 pm

Codependency Group (for those with loved ones struggling with addiction)

Sexual Addiction Group (male group)

Chemical Addiction Groups (male & female groups)

Women's Support Groups (eating disorders, sexual addiction)

### Health, Hope & Healing | Mondays @ 7:00 pm

Divorce Care

Safe People

### Specialty Classes | Sundays @ 8:30 & 11:30 am

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](http://www.ghbc.org)

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages)

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## TIPS FOR A HEALTHY SUMMER

### *Eat Smarter & Move More*

*Submitted by Sarah S. Jordan, MS*

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.

#### **Small Changes = Big Results**

*Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.*

#### **Traditional Summer Food**

#### **A More Healthy Alternative**

Hot dogs .....	Turkey dogs
Hamburger.....	Turkey burger
Potato salad .....	Fruit salad
Chips and high fat dip.....	Assorted vegetables and hummus
Fried chicken.....	Grilled chicken kabobs with veggies
Pie.....	Fresh pineapple
Soda and sweet tea.....	Iced tea with lemon
Using high-fat mayonnaise in dishes .....	.....
.....	Use low-fat mayo or the kind that has olive oil in it

#### **Healthy Recipe Swap**

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

#### **Get Movin’!**

Instead of a party revolving solely around the food involved, why not create a “buffet of games” and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the “active” theme ahead of time so they can dress accordingly and be prepared to move.

#### **Host a miniature version of the Olympics.**

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

#### **Create an art contest using chalk.**

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most “artfully challenged” piece of “art.”

#### **Play a classic game of “Kick the Can.”**

Make sure you have at least 3-4 people playing this game. One person is “it” and guards the “can.” (Can needs to be in an open space.) Other players hide while the “it” person counts to 20 and then goes to find the other players. Captured (tagged) players go to “jail.” Anyone not captured can kick the can, which sets all jailed players free. If the “it” person finds all players before the can is kicked, the “it” person wins the game.

#### **Have a Hula-Hoop contest.**

Crank up the fun music, and see who can twirl the longest!

#### **Create a canvas.**

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

#### **Send your guests on a scavenger hunt.**

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

#### **Slip and Slide!**

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here’s to a healthy and active summer ahead.  
Cheers!*



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## SUDOKU

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View answers online

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The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.



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**DROWNING ALERT!!!**

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

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

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

**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](http://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](http://www.colinshope.org).

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 scream, splash, or struggle.  
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 even with adults & lifeguards present.**

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