



The HPWBANA News

Volume 7, Number 12

December 2011

www.hpwbana.org

CALL FOR VOLUNTEERS

Are you interested in getting more involved with what goes on in your neighborhood? Highland Park West Balcones Neighborhood Association is looking for prospective board members and volunteers.

Our neighborhood association, HPWBANA, works in a number of interesting areas that are important to the safety, integrity and beauty of our neighborhood. These include: safety concerns and programs, children's events, communication, zoning issues, oak wilt, representation on the city-wide council of neighborhood associations, and neighborhood beautification. In addition, there are ad hoc activities that come up, such as supporting the work being done on Mount Bonnell and the wildfire prevention group.

The board meets once a month on the third Monday at the Yarbrough Library.

If you are interested in joining the board, drop an email to Trey McWhorter at tmcwhorter3@yahoo.com.

Unable to attend monthly board meetings?

The board is also looking for volunteers! You can work on an area of your choice, and as much or as little as your schedule can handle.



Neighborhood Wildfire Defense

As this drought continues various areas of the neighborhood are organizing to discuss wildfire defense issues. The main topic is what we can all do to help prevent the destruction of our homes by wildfire. Austin Fire Department is available to explain what measures we can take to make our own property defensible against fire, as well as how to make our community as a whole safer by planning for fuel mitigation, maintenance of fire prevention methods, education, and planning for evacuation should it become necessary.

By forming **Firewise Committees** in the neighborhood we put the neighborhood in a position to collaboratively work with each other, with other neighbors, with the natural parks and preserve managers in our area and with the fire department. We also make the neighborhood eligible for inspection by AFD personnel, which includes recommendations for actions to mitigate fire. If we are organized, we can qualify for outside funding for fire defense.

AFD can provide information about how fire spreads, how to prevent it from spreading, and how the fire department is forced to do triage in a wildfire situation where it is impossible to defend all properties. In addition, there are well-established techniques to **lessen fire risk**, and a growing infrastructure to help individuals and neighborhoods handle the risks.

We will keep people informed about these ongoing discussions on the HPWBANA website.

If you are interested in learning more or would like to organize a Firewise Committee and have AFD present information please contact AFD Lt John Portie, josh.portie@austintexas.gov



Happy Holidays!

IMPORTANT NUMBERS

Austin Citywide Information Center 974-2000 or 311
Emergency Police 911
Non-emergency Police (coyote sighting, etc.) 311
Social Services (during work hours) 211
SPO David J. Knutson
Central West District APD Rep..... 974-5917
Wildlife Rescue 24 Hour Hot Line 210-698-1709

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BOARD MEMBER

David Obermann humbug@texas.net

The HPWBANA Board meets on the 3rd Monday of each month except December at the Yarbrough Library on Hancock. Meetings are held from 7:00 – 8:45 p.m. All neighbors are invited to attend. www.hpwbana.org

HWPBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

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Native Christmas Trees!

Are you a tree lover interested in doing something unique for your holiday decorating? For a few decades now I have had the tradition of buying a native Texas tree in a pot, decorating it for the holidays, and then planting it in the yard and watching it grow. In fact, the planting is just as much a part of the holiday as the decorating. I can walk around my yard and literally see memories of past holidays.

Although any tree can be used, some trees work better than others. My favorite is actually a medium sized Mountain Laurel because they are evergreen and hold lights and decorations well. Evergreen sumac is another good choice, as they are doing well even in this year's drought. Cherry Laurels are also nice in that they have more of a tree form. And while Burr and Red Oak trees do look a bit odd in the living room because they lose their leaves in the winter, they grow more beautiful every year in my back yard.

If you just can't part with the traditional tree, try decorating a native tree also. Years from now it will remain a special tree full of memories.

*Nadene Morning
Treehugger*

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News Update from Mount Bonnell

The West Point Society has had a steady stream of projects this fall at Mount Bonnell. Here are just a few brief highlights:

- A new kiosk up at the summit is planned and is getting closer to installation every day. This will be a great way to keep visitors informed about the park, its history, and planned events.
- Workdays occurred in October and November. These involved trash pickup and even included repelling down the cliff where trash collects in large amounts. Painting the metal railing was the big workday project in November.
- The granite marker replacement and pavilion changes have been presented to the City Historic Landmark Commission to ensure what changes are made have the official stamp of "Certificate of Appropriateness". Information about this project can be found at http://www.west-point.org/joseph_bonnell/pavilion.

Those who wish to make a contribution toward planned Mount Bonnell improvements such as the new kiosk, pavilion enhancements, and additional view restoration, may make a tax-deductible donation to the Friends of Mount Bonnell by going to the Austin Parks Foundation web site at <http://connect.austinparks.org/specialfunds> and selecting "West" under "Choose a Type" then "Mount Bonnell Covert Park" under "Choose a Program". Or they can write a personal check made out to Austin Parks Foundation with "Friends of Mt. Bonnell" indicated on the memo line, and sent to Austin Parks Foundation, 816 Congress Ave., Ste. 1680, Austin, TX 78701.

We greatly appreciate all the determination and hard work of members of the West Point Society in the stewardship of Mount Bonnell. Questions are welcomed by Stan Bacon at sbacon58@sbcglobal.net

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Highland Park West Balcones Area

Step Back In Time for an Experience of Historical Proportions

Waddell & Reed invites you to tour the Honoring Our History World War I traveling gallery, a yearlong national tour honoring the men and women who served in World War I.

Developed in partnership with the National World War I Museum, and in celebration of Waddell & Reed's 75th anniversary, Honoring Our History commemorates the Great War from within a customized "big rig" truck. This extraordinary traveling gallery features myriad artifacts including weapons, tools, equipment and uniforms; a walk-through trench simulating the war environment; videos and audio tracks; news headlines and historical descriptors.

- Admission is free*
- Donations gladly accepted
- Receive a special Honoring Our History
- T-shirt with minimum \$25 donation

Half of all contributions will benefit the National World War I Museum in Kansas City, the other half to benefit Texas Military Forces Museum.

* Your visits to the WWI traveling gallery and the Texas Military Forces Museum are free of charge.

Thursday, December 15

10 am to 5 pm

Texas Military Forces Museum at Camp Mabry

Admission is free. Photo ID required for adults.

2200 W. 35th Street Austin, TX

Inquiries? Contact Waddell & Reed at: 512.453.1555 ext. 113

For more information, visit HONORINGOURHISTORY.COM



The Honoring Our History traveling gallery commemorates the Great War from within a customized "big rig" truck.

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*Wishing everyone a
Happy Holiday
Season!*



The Holidays are Here!

Submitted by Karen Shopoff Rooff

It's that time of year— we're in the thick of holiday parties. Like anyone else, I look forward to these parties (and the bounty of yummy treats that go with them). But how can you still make merry without sabotaging your fitness plan?

1. Have a fitness plan! Schedule your workouts for the week each weekend. If you're an outdoor exerciser, take a look at the weather forecast so you can plan accordingly. Study your calendar for all of those school performances, parent nights, and all of the other special events that have inserted themselves into your regular routine. Then block out the time for your workouts, so that you know you'll have positive energy going for you.
2. Have an idea of what your favorite treats will 'cost' you. Using a calorie counter, you'll give yourself a good idea of how many calories you'll eat by noshing on all those party treats. Go one step further and figure out what kind of exercise you'll need to do to burn those calories by using an activity calculator. Visit www.caloriesperhour.com for these tools.
3. Eat before you party. After doing your calculations, you're likely motivated to limit your party food intake. The best way to make

sure you don't overdo it is to fill up on high fiber, healthy food (carrots, celery, brown rice and beans) before you head to the party. Not only will you not eat as many calories, but you'll have more time to focus on chatting with friends— which is the real focus of the party anyway.

4. Set a One Drink limit. Once you know how many calories are in your favorite lovely beverage, suddenly sparkling water with a twist of citrus (or festive pomegranate or cranberry juice) may seem quite appealing. Also, by setting a one drink limit you're creating a greater likelihood of sticking with your fitness plan and not getting sidetracked thanks to a hangover or dehydration.
 5. Focus on the Positives. By turning the focus of the party to your friends and socializing (and away from food and drink), you can share your wellness triumphs with those who care about you. They will likely want to know about your positive life changes, so feel the pride and confidently tell them about the healthy, happy new you. That kind of feeling can't be recreated, not even from the best magnum of champagne and sweetest treat in the world.
- Now go on out there and enjoy yourself!***



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Highland Park West Balcones Area

Home Composting Rebate Challenge

According to the City of Austin, "Food scraps and organic materials make up more than 40 percent of the City's waste stream. Composting these resources instead of sending them to the landfill reduces costs and helps Austin get closer to its Zero Waste goal to reduce the amount of trash sent to area landfills by 90 percent by the year 2040."

To encourage residents to start composting at home, the City of Austin is offering a rebate to Solid Waste Services (SWS) residential customers who:

- Downsize to a 32-gallon green garbage cart
- Take a free basic home composting class
- Purchase a home composting system and start composting!

SWS customers who do these three things are eligible for a rebate on a home composting system. The rebates are for 75 percent of the total cost of the composting system (taxes excluded, up to \$75 in value).

Classes are offered by request through Dec. 15, 2011, and will be scheduled on a first-come, first-served basis. Alternatively, an online class is available and also meets the requirements of the rebate program.

For more information about the City of Austin's Home Composting Program, visit

http://www.cityofaustin.org/sws/green30_challenge.htm

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Pet Leash Law

This is a reminder that City of Austin Code (Chapter 3-4) requires you to have your pets on a leash when you are out and about in the neighborhood, including non-fenced areas of your own yard.

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Coats for Kids

As a recipient of a gift, have you ever immediately turned around and paid it forward and given of your time, talent, and treasure to help someone else? Many who have received coats for their children and grandchildren at the annual Coats For Kids distribution day have come to the volunteer check-in and stayed for the rest of the day to help others just as they were helped moments earlier. They gave their gifts right back to the community... a circle of service truly indicative of a successful program.

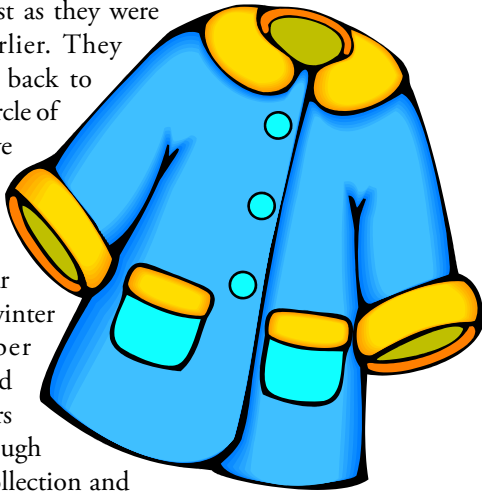
Coats for Kids is a program in its 25th year that provides warm winter coats each December to disadvantaged children and teenagers in Central Texas through a community-wide collection and distribution process. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner with the community to ensure the children of Central Texas stay warm. On average, 30,000 coats are distributed per year with the help of over 2,600 community volunteers.

So how can you participate? Donate a new or gently-used coat to your nearest Jack Brown Cleaners, organize a coat drive through many outlets in your community (schools, places of worship, offices, neighborhoods), volunteer during sorting days or distribution days or spread the word.

FACTS:

- Distribution Day: Saturday, December 10th from 8:00 AM - 3:00 PM
- Distribution Site: Palmer Events Center, 900 Barton Springs Road
- Community Coat Drive: Monday, November 14th through Wednesday, December 7th. Please drop your coats off at any local Jack Brown Cleaners.
- School & Business Coat Drive Competition: Monday, November 14th through Friday, November 30th. Please drop your coats off at any local Jack Brown Cleaners. To register your business or school, go to the JLA website: www.jlaustin.org/coats.
- Volunteer: Please join us to help sort coats December 6 – December 9 and/or to distribute coats to children on December 10. Register at www.jlaustin.org/coats.

Find all details about Coats For Kids at <http://www.jlaustin.org/coats>



ORIGAMI AUSTIN

Origami Austin meets once a month at the Yarborough Public Library at 2200 Hancock Dr. The next meeting will be on Saturday, December 17th at 2pm.

For more information, visit <http://www.origamiaustin.org/>

Lamar Middle School and Fine Arts Academy Open House

Lamar Middle School and Fine Arts Academy invites prospective parents and students to their Open House on Dec. 15th from 8:30 - 11:00 am. While the Open House is geared toward incoming 5th grade parents and students, it is open to all interested persons. It is a come and go affair, meeting in the library, and will involve parent-led tours every half hour. These tours allow families to see Lamar in action, during the school day, in the actual classroom setting.



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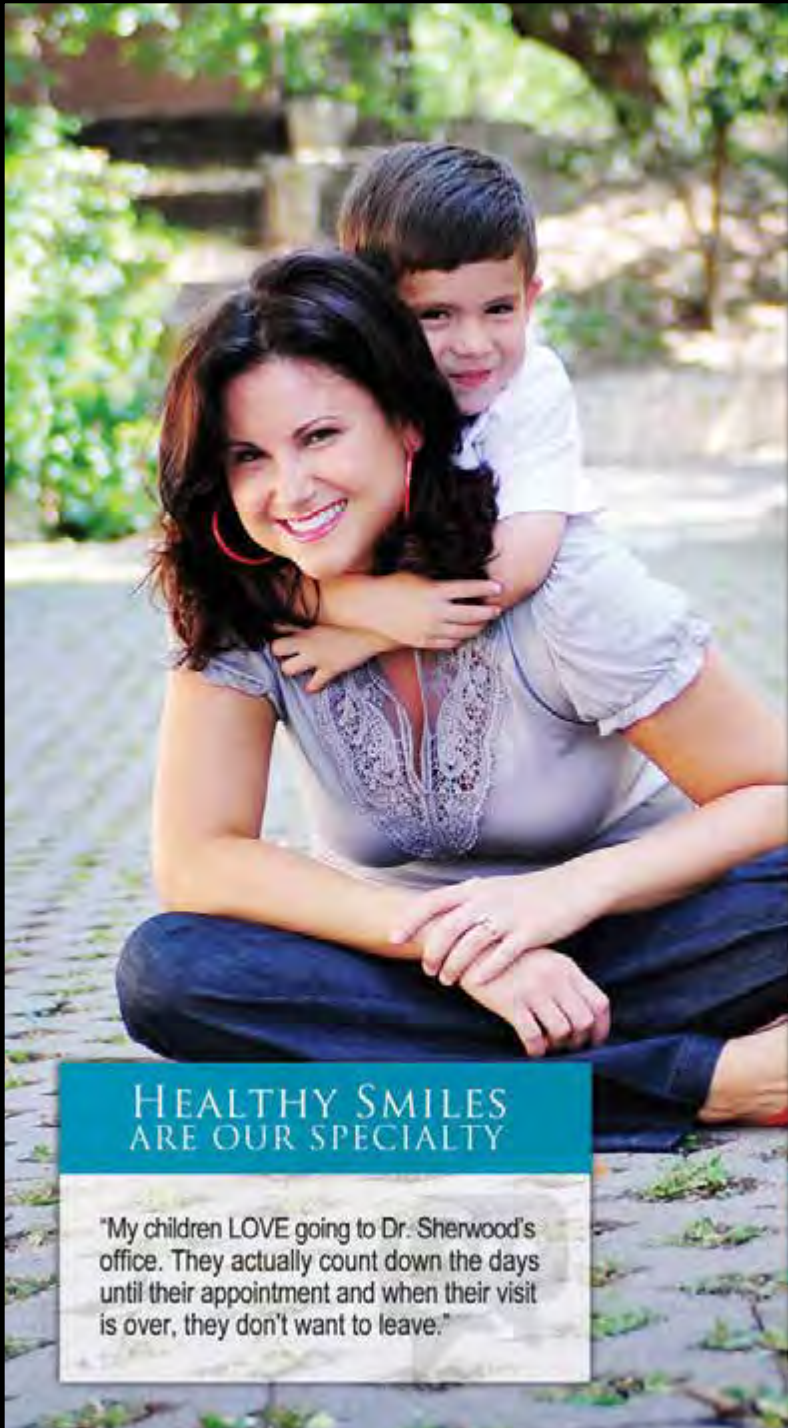


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