

# THE BULLETIN

## *Belterra Community News*

February 2012 Volume 6, Issue 2

News for the Residents of Belterra

## AMERICAN DIABETES ASSOCIATION

### ANNOUNCES INAUGURAL AUSTIN-BASED CENTRAL TEXAS TOUR DE CURE CYCLING EVENT IN 2012

#### *Planning committee seeks sponsors, riders and volunteers*

Now in its eleventh year, the American Diabetes Association Tour de Cure has been a fundraising cycling ride from San Antonio to Austin, Texas. For the first time, in 2012, the event's fundraising efforts will be focused on twenty-six (26) Central Texas counties, and the ride will start and end in Austin at the Travis County Expo Center on May 5, 2012.

"The ADA has decided that it needs to turn up the volume on its efforts to heighten our nation's sense of urgency about the disease, and to move beyond just awareness to encourage people to engaging with the Association in meaningful ways and become a part of the movement to Stop Diabetes®. The Tour de Cure takes place in 43 cities nationwide, and the Central Texas one has been so successful that the national organization encouraged Austin-area leaders to forge its own ride and focus on getting local word out about the cause," says Mercedes Feris, Tour Manager of the Austin-based chapter.

The new one-day, family-focused event, sponsored by lead sponsors Austin Energy and Seton Healthcare Family, will feature various cycling routes for all skill levels (from 15 to 100 miles in length). No matter which distance riders choose, they will be fully supported with route marshals, SAG vehicles, mechanical support, and rest stops stocked with hydration and a variety of snacks. At the finish, there will be an Austin-style celebratory theme at the Travis County Expo



Center with cheering volunteers, live music, great food and much more.

"Though we have made substantial progress in combating diabetes, the number of Americans burdened by this disease continues to grow at a rapid pace," says Jane Koble, Executive Director of the association's Central Texas chapter. "Approximately 8.3 percent of Americans have diabetes. In Central Texas, we're looking at 10% of our population. It's an urgent health issue that touches Texans at a much higher percentage than the general population of the United States and the number of adult Texans with diabetes is expected to quadruple over the next three decades if the current trend continues."

Diabetes can have a devastating impact on the health and well-being of those it affects. People with diabetes are more likely to suffer from complications such as heart attacks, strokes, high blood pressure, or kidney failure.

Type 1 diabetes inhibits the body's ability to produce insulin and can be managed with insulin injections, diet, and exercise.

Type 2 diabetes accounts for 90 percent of diabetes cases in the U.S. and for those with this type, either their body does not produce enough insulin or the cells ignore the insulin. Individuals can reduce their risk of developing Type 2 by adopting a healthy diet, exercising regularly, and consulting a medical professional about their individual needs and risk factors. The increase in Type 2 diabetes among the Nation's children is linked to the rise of childhood obesity.

Traditionally, Tour de Cure has been the Central Texas chapter's largest annual fundraiser. The planning committee for the 2012 Austin Central Texas Tour de Cure hopes to attract 550 riders to the inaugural event, who will each raise a minimum of \$200 to help prevent, treat, and manage the disease.

For more information, to volunteer or to sign up, go to <http://www.diabetes.org/austintourdecure> or call 1-888-DIABETES. Ongoing updates are also available on Twitter at @DiabetesAustin or the event's Facebook page: "Austin Central Texas Tour de Cure."

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

## IMPORTANT NUMBERS

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Dripping Springs Elementary ..... 512-858-3700  
Walnut Springs Elementary ..... 512-858-3800  
Rooster Springs Elementary..... 512-465-6200  
Dripping Springs Middle School ..... 512-858-3400  
Dripping Springs High School ..... 512-858-3100

### UTILITIES

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Trash – Texas Disposal..... 512-246-0498  
Gas – Texas Community Propane..... 512-272-5503  
Electricity – Pedernales Electric ..... 512-858-5611

### OTHER

Oak Hill Post Office ..... 512-892-2794  
Animal Control..... 512-393-7896

### NEWSLETTER PUBLISHER

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## Girl Scouts Celebrate their Centennial *With the Year of the Girl*

Juliette "Daisy" Gordon Low assembled 18 girls from Savannah, Georgia, on March 12, 1912, for a local Girl Scout meeting. She believed that all girls should be given the opportunity to develop physically, mentally, and spiritually. With the goal of bringing girls out of isolated home environments and into community service and the open air, Girl Scouts hiked, played basketball, went on camping trips, learned how to tell time by the stars, and studied first aid.

Within a few years, Daisy's dream for a girl-centered organization was realized. Today, Girl Scouts marks its 100 year Anniversary and has declared 2012 the Year of the Girl: a celebration of girls, recognition of their leadership potential, and a commitment to creating a coalition of like-minded organizations and individuals in support of balanced leadership in the workplace and in communities across the country. For the past century, Girl Scouts has been the premier leadership organization for girls. With more than 50 million alumnae, the impact and role of Girl Scouts in this country and Texas is undeniable and far reaching.

### DID YOU KNOW?

- 80% of women business owners were Girl Scouts
- 68% of female U.S. Members of Congress are Girl Scouts
- Virtually every female astronaut who has ever flown in space was a Girl Scout
- 80% of volunteerism in America comes from the efforts & inspiration of 50 million Grown-up Girl Scouts

Imagine a new generation of leaders who lead in an innovative way, stepping across barriers of class



and ethnicity, guiding out of principle rather than pride, actively seeking out the work that needs to be done in the world and bringing boundless energy and enthusiasm to each challenge.

Girl Scouts of Central Texas strives to create an environment where girls can discover themselves and their values; a place where they can connect with others, push boundaries and test limits; a place where they can develop their leadership potential and take action; a place that will serve as the launch pad for a successful life.

Girl Scouts of Central Texas provides girls a myriad of programs— from Science, Technology, Engineering, and Math (STEM) based learning experiences to educational travel programs (Destinations) for teen girls who might not otherwise experience life in other cultures. These opportunities are available to all girls, from all socio-economic backgrounds, including girls living in shelters, in housing projects, girls who have been incarcerated and girls whose mothers are incarcerated.

During the centennial year there will be a myriad of activities. Beginning with Cookie sales in January, these activities include a Capitol Sing-along (March 12th ), a Camporee (April), a Leadership Conference (August), an interactive exhibit at the Texas State Fair (September-October) and culminates in a candlelit vigil in December to mark the beginning of the next 100 years. All present and former Girls Scouts are invited to attend.

The Girl Scout mission continues to be: build girls of courage, confidence and character, who make the world a better place. It is a movement that has been developing leaders for 100 years and will continue for 100 more. *For more information visit [www.gsctx.org](http://www.gsctx.org)*

## Hear what clients have been saying about their massage with Karen Moss, LMT



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## Austin Newcomers Club February Luncheon

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating its 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends.

The February luncheon speaker will be Daris Word Hale, who was a lecturer and researcher in Tanzania as a Fulbright Scholar from the United States for the 2010-2011 academic year. She taught music at Makumira University in Arusha, and collaborated with East African composers to create new music for western orchestral instruments. Just freshly repatriated, Daris teaches music at Texas State University, and is a bassoonist in the Austin Symphony Orchestra and Austin Lyric Opera Orchestra. She is a founding member of the international touring groups Wild Basin Winds and Trio 488 which have released four albums.

- **When and Where:** Wednesday, February 22, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.
- **Time:** 11 a.m. Social Hour, Luncheon begins at noon.
- For Luncheon Reservations Email: [LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com)
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Caribbean Cruise in January.
- **MARK YOUR CALENDAR** for our March Luncheon Speaker, Austin Police Chief Art Asavado

To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: [www.AustinNewcomers.com](http://www.AustinNewcomers.com).



# CHEERS for Children

*Mardi Gras Style*

## WINE, SCOTCH AND FOOD TASTING

- February 23, 2012 6:30 – 9:00pm
- Twin Creeks Country Club
- Benefits Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 13th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, scotch, and food tasting, will be held Thursday, February 23, 2012, 6:30 to 9:00 pm at Twin Creeks Country Club (3201 Twin Creeks Club Drive, Cedar Park, 78613), nestled in the lovely hill country setting between northwest Austin and Cedar Park.

Your are invited to join us for a fun and exciting Mardi Gras celebration filled with premier wines, single



malt scotches, delicious cuisine from local restaurants, funky jazz music on the veranda and complimentary Mardi Gras beads - all included in the ticket price - as well as live and silent auctions with unique and tempting items. Don your masks and costumes (if you dare), and join the fun – all for a good cause!

Tickets are \$55 in advance (\$65 at the door). 100% of funds raised benefit Dell Children's Medical Center and are directed to The Texas Child Study Center, the mental health program at DCMC.

For more information or to purchase tickets online go to [DellChildrensCircleofFriends.org](http://DellChildrensCircleofFriends.org) (listed under "upcoming events") or contact Elliott Weir, Chairman NWA COF, at [eweir@austin.rr.com](mailto:eweir@austin.rr.com) or 922-2231.

**Want to make your  
new year's resolution stick?**

## CELEBRATE RECOVERY | Mondays @ 7:00 pm

- Codependency Group  
(for those with loved ones struggling with addiction)
- Sexual Addiction Group (men's group)
- Anger Open Share Group (men's group)
- Chemical Addiction Groups (men's & woman's groups)
- Women's Support Groups (eating disorders, sexual addiction)

## HOPE, HEALTH, HEALING | Wednesdays @ 7:00 pm

- Divorce Care
- Safe People
- Boundaries

SUNDAY WORSHIP @ 11 AM  
BIBLE LIFE (all ages) @ 9:30 AM

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## New Year and Resolutions

*By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI*

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be rigid or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule to completing your goals, in this case your resolutions.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; **1.** Firm determination. **2.** The act of resolving to do something. **3.** A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions. What are yours?

With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12

things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees. Also take time to reflect on positive changes; those that come from

our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well be blessed.



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## FEBRUARY EVENTS

*at the Wildflower Center*

### SIGN UP FOR GO NATIVE U

Spring is just around the corner and this is the year you should learn about gardening with native plants adapted to our crazy Texas climate. Classes start March 17 with discounts for Wildflower Center members and those who take all six classes. Registration information at [www.wildflower.org](http://www.wildflower.org)

### LIVING WITNESS: OUTSTANDING TREES OF TEXAS

*Through March 11*

Ralph Yznaga's photographic odyssey in search of great historic Texas trees is on display in the McDermott Learning Center.



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### Upcoming Events

#### Salsa Night

with Professional  
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Cesar 'Magico'

February 11th  
7-9pm

Childcare available \$5/child  
Admission: \$15/person  
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