

Canyon Creek CHRONICLE

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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.

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Viper Band Member is First All-State at VHS

Submitted By Rich Keith

For the first time in the history of Vandegrift High School, a Viper Band member has achieved the distinction of reaching All-State with the TMEA (Texas Music Educators Association). Matt Szostak, who plays tuba and Sousaphone, advanced after the auditions in December 2011. Jeremy Spicer, VHS Band Director says, "This honor recognizes Matt as one of the top 21 tuba players in the entire state of Texas. This is the highest award a high school band student can receive. Great job Matt – we are very proud of you!"

All-State, as students call it, is the final step of a five-month journey that begins in September, when 55,000 students audition at regional tryouts; the 1,500 of them who descend on the River Walk for the four-day event represent the mere 2 percent "who survived," as TMEA folks like to say. At the convention, they audition once more, for

chairs in the thirteen All-State ensembles, and then plunge into rehearsals for the weekend's final concerts.

Matt's mother Teresa Szostak said, "Making the All State Band has been a goal of Matthew's since he started high school. Through hard work and focus, outstanding direction and instruction from the Vandegrift HS band staff, and the support of his fellow band members, it's no surprise that he's made it a reality. We're very proud of him for this and all of his accomplishments."

The All-State audition process for high school winds and percussion students leads ultimately to qualification in one of seven All-State Bands that perform at the annual TMEA Clinic/Convention: ATSSB Jazz Ensemble, ATSSB

Concert Band, ATSSB Symphonic Band, TMEA Jazz Ensemble, 4A Symphonic Band, 5A Concert Band, and 5A Symphonic Band. With this honored distinction, Matt will participate with other "All-State" musicians from across the state at the TMEA All-State Clinic and Convention to be held in San Antonio, February 8-11, 2012.




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Need Mulch? Get it Delivered Free

Submitted By Rich Keith

Love how your yard looks after it's mulched but hate picking up dozens of bags? Now residents of Four Points and the surrounding area can buy all the landscaping mulch they need at the same price as local home-improvement stores, and Vandegriff Viper band members will deliver it to your home free of charge. The mulch comes in 2 cubic foot bags. The price is \$3.50 a bag with discounts beginning with orders of 20 bags or more. Kirk Gravely, the coordinator of the annual fundraiser, indicated that most homeowners need between 20 and 80 bags of mulch for all their beds. Larger lots require more mulch. Delivery of mulch will be Saturday, February 18, 2012. Homeowners do not have to be home to take delivery.

Residents can choose between two types of premium quality mulch from Landscapers Pride, a company in New Waverly, Texas. The Black Velvet Hardwood Mulch is composted on site in New Waverly using a natural colorant, producing a rich



black colored mulch. Use it as you would any other top dressing. The Hardwood Bark Mulch is ideal for areas subject to wind or water erosion. Use on flower beds, walkways, play areas, or running tracts as a general ground cover. Not recommended, however, for tilling into the soil.

The band is taking orders now through February 9, 2012. Mr. Gravely suggests that residents get their orders in early, before the LISD winter break. To order mulch with free home delivery, call your friendly neighborhood VHS band student or visit www.vhsband.com/mulch.

The VHS Band Booster Club is a registered 501(c)3 non-profit organization and helps support the band program by providing funds to offset expenses and keep student fees as low as possible. They also offer "effortless giving" through shopping at Amazon and Randall's, and by getting haircuts and ordering pizza locally. Visit www.vhsband.com/fundraising/effortless-giving for details.

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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 (listed under "upcoming events") or contact Elliott Weir, Chairman NWA COF, at eweir@austin.rr.com or 922-2231.

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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
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Carribean 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.



Breast Cancer Awareness

Breast Cancer Awareness and Tennis Event, Rally For The Cure, benefiting Susan G Komen non-profit will take place on Saturday February 4 from 9-Noon at the Barton Creek Country Club. Andy Roddick and the University of Texas Girls Tennis Team will be providing exhibition matches and teaching clinics for the whole family. Light breakfast and prizes for all who attend!! 25\$. To RSVP, please call 512/329-4008 by February 3, 2012.



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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





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