

# RANCH RECORD

*Official Newsletter for the Steiner Ranch HOA*

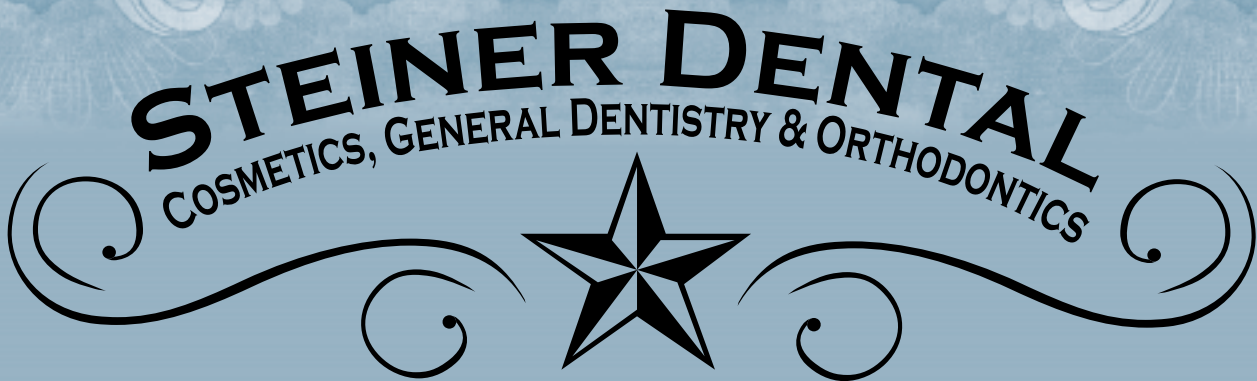
VOLUME 6 ISSUE 3

MARCH 2012





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## COMMUNITY INFO

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### STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

12550 Country Trails Lane  
Austin, Texas 78732  
512-266-7553 – Telephone  
512-266-9312 – Facsimile  
[www.steinerranchhoa.org](http://www.steinerranchhoa.org)

### REGULAR OFFICE HOURS

Monday - Thursday ..... 1:00 – 5:00pm  
Friday ..... 10:00am – 5:00pm  
Saturday & Sunday ..... CLOSED

### STAFF

#### CMCA, AMS, PCAM, Executive Director

Scott Selman ..... [scott@steinerranchhoa.org](mailto:scott@steinerranchhoa.org)

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#### Amenity Coordinator

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#### Maintenance Technician

Angel Alvarado  
Macedonio Salazar  
Josue Gutierrez

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## MISSION STATEMENT

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### Peel, Inc. Community Newsletters

Our goal is to provide the Steiner Ranch community with one source of local news content that is provided by Steiner Ranch residents. Our goal is to help build Steiner Ranch by connecting local businesses with residents and residents with relevant neighborhood information.

*"Be the Community."*

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## IMPORTANT NUMBERS

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### EMERGENCY NUMBERS

EMERGENCY ..... 911  
Fire ..... 911  
Ambulance ..... 911  
Sheriff – Non-Emergency ..... 512-974-0845  
Travis County ESD No.6/Lake Travis Fire Rescue  
Administration Office ..... 512-266-2533  
Travis County Animal Control ..... 512-972-6060

### STEINER RANCH CONTACTS

Steiner Ranch Community Association Office ..... 512-266-7553  
Development Office ..... 512-266-5833

### SCHOOLS

Leander ISD ..... 512-570-0000  
Vandegrift High School ..... 512-570-2300  
Canyon Ridge Middle School ..... 512-570-3500  
Laura Welch Bush Elementary ..... 512-570-6100  
Steiner Ranch Elementary ..... 512-570-5700  
River Ridge Elementary ..... 512-570-7300

### UTILITIES

Travis County WCID # 17 ..... 512-266-1111  
City of Austin Electric ..... 512-494-9400  
Texas Gas Service  
Custom Service ..... 1-800-700-2443  
Emergencies ..... 512-370-8609  
Call Before You Dig ..... 1-800-344-8377  
AT&T  
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Repair ..... 1-800-246-8464  
Billing ..... 1-800-858-7928  
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Customer Service ..... 512-485-5555  
Repairs ..... 512-485-5080  
TDS (Trash & Recycle) ..... 512-421-1300  
Austin/Travis County Hazardous Waste ..... 512-974-4343

### OTHER NUMBERS

Lake Travis Postal Office ..... 512-263-2458

### NEWSLETTER PUBLISHER

Peel, Inc. ..... 512-263-9181  
Advertising ..... [advertising@peelinc.com](mailto:advertising@peelinc.com)

## GO GREEN! GO PAPERLESS!

Sign up to receive the Ranch Record  
directly to your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.

## COVER PHOTO

*Do you take great photos?*

This month's cover photo was taken by Maria Hughes of her daughter playing in the bluebonnets back in 2010 near the Valley of Eastridge. Bluebonnet photos are always a fun tradition for many Steiner Ranch families, and this year we are expecting a great showing!

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming April issue of the Ranch Record.

Requirements for submission:

- Must have been taken in Steiner Ranch
- Be of High Resolution (240 dpi or higher)
- Prefer "portrait" orientation

We'd love to have something that pertains to this time of the year in some way, such as a great Egg Hunting photo. Our April 2012 issue submittal deadline is March 7th and photos should be submitted electronically by the deadline date to Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

By submitting your photo you agree to allow your photo to be published in future issues of the Ranch Record or other Steiner Ranch publications.

## ADVERTISING INFO

Please support the advertisers that make The Ranch Record possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The Ranch Record is mailed monthly to all Steiner Ranch residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com). The deadline is the 8th of the month prior to the issue.

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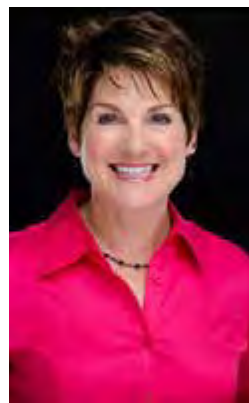
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## 7th Annual Run the Ranch 5k, Kids K & Health Fair

Join your friends and neighbors for a fun-filled family event. Steiner Ranch's 7th Annual Run the Ranch 5k, Kids K, & Health Fair is almost here.

Come walk, jog, or run with us through the neighborhood and after you cross the finish line, don't run off! Plan on hanging around for music, food, health fair freebies, Rudy's tacos and fun bounce houses for the kids. Register at [www.runtheranch.org](http://www.runtheranch.org).

Advertising sponsors will receive valuable exposure along with their logo on all race materials including the official race t-shirt. Run the Ranch 2012 is made possible by the generosity of Hill Country Bible Church and local businesses. For more information on being a Run the Ranch Sponsor email your questions to [runtheranch@austin.rr.com](mailto:runtheranch@austin.rr.com).

For Health Fair information, contact Suzanne Buchner [suzannebuchner@yahoo.com](mailto:suzannebuchner@yahoo.com)

For Race & Sponsorship information, contact Heather Van Stavern [runtheranch@austin.rr.com](mailto:runtheranch@austin.rr.com)

**WHEN:** 9:00am Saturday, March 3, 2012

**WHERE:** Start/Finish- Towne Square  
Community Center

**WHAT:** Kids K (>1 mile), 5K race (3.2 miles),  
& Health Fair

(all kids k participants receive medals)



### PIANO INSTRUCTION

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— Source: PBS, Public School Review

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## Steiner Birthdays

March 1st – Kate Knaus

March 3rd – Ethan Ho

March 25th – Claire Towne

March 25th – Kyle Towne

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## MARK YOUR CALENDARS NOW!

### 2012 Steiner Ranch Social Events

*(Dates are Tentative)*

Mar 3 – Run the Ranch 9:00am TS

Apr 7 – Easter Egg Hunt 9:30am JS

Apr 14 – Spring Garage Sale 8:00am

May 5 – Cinco De Mayo

July 4 – Parade

Aug 18 – Concert in the Park

Sept 22 – Garage Sale

Sept 29 – Ladies Night Out

October – Pumpkin Patch – Benefiting Dell Children's  
Hospital

Oct 31 – Halloween Event

Nov 3 – Camping on the Ranch

Nov 10 – Holiday Sales Event and Santa Pictures

*All Events are tentative and subject to change or cancel, so  
please check monthly issues of the Ranch Record, the Steiner  
Ranch website at [www.steinerranchhoa.org](http://www.steinerranchhoa.org) and Facebook  
(Steiner Ranch Social Committee) for updates.*

## NEWCOMER ORIENTATION

*Welcome Newcomers!*

Welcome new residents of Steiner Ranch! If you have recently purchased a home here, you will receive an invitation to the Newcomer Orientation held on Thursday, March 1st at 7:00pm in the Towne Square Community Center at 12550 Country Trails Lane. You will have the opportunity to become better acquainted with your new community, as well as with other new homeowners. A brief presentation will be given on the history of Steiner Ranch, the organization of the homeowners associations, the homeowner committees, the assessment rates community rules and regulations and future development plans for Steiner Ranch. Light refreshments will be served.

Not able to attend? The next Newcomer Orientation is scheduled for June 7, 2012.

Have you lived here a while and never attended an orientation? Do you want to know more about Steiner Ranch? We would love to have you come and join us.

Please RSVP to 266-7553 or to Donan Grant at [donan@steinerranchhoa.org](mailto:donan@steinerranchhoa.org).



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## Young at Heart EVENTS

*steinerranchyoungatheart@gmail.com*

Young at Heart is an informal group of Steiner Ranch residents that plans various activities for those in the 50+ age group to provide opportunities for them meet others with common interests. We have parties, informal wine socials, impromptu get-togethers and one Special Event each year. From these social occasions, friendships have developed and other groups have formed.

### **BOOK CLUB**

Monday, March 19th

The Book Club meets on the third Monday of every month at 1:30. In March we'll be discussing *The Kitchen House* by Kathleen Grissom. On April 16th the book being discussed will be *The Devil in the White City* by Erik Larson. Please contact Maureen Michel (mmichel17@att.net) for the meeting location. Our discussions are quite spirited and most interesting.

### **BRIDGE CLUB**

The Ladies Daytime Party Bridge Group plays on the second and fourth Wednesdays of each month at members' homes. Those who are interested in playing or subbing, please contact Nancy Harger (n\_harger@yahoo.com) or Ellen Kendrick (ellenken@sbcglobal.net) for details.

### **LADIES LUNCHING OUT**

Once a month a group of the Young at Heart women meet for lunch at a local restaurant. On Tuesday, March 20th we will be celebrating the first day of Spring by having lunch at a local restaurant. If you would like to come, please contact Dottie Thoms at [dottie.thoms@gmail.com](mailto:dottie.thoms@gmail.com) or 531-9360 for more information.

### **LADIES GOLF**

A Ladies Golf Group is being formed. If you are interested in getting more information or joining, please send an email to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) and put Ladies Golf in the subject line.

### **MEXICAN TRAIN**

Wednesday, March 7th

Enjoy a lighthearted game of Mexican Train (Dominos) on the first Wednesday of every month at 1:00 PM. We play in the homes of our members and can usually only accommodate eight players. Experience isn't necessary; we'll teach you. Our next game will be on Wednesday, March 7th at the home of Pat Narsete. Since there is limited space, please RSVP to [dottie.thoms@gmail.com](mailto:dottie.thoms@gmail.com) to be sure to be included.

### **TECHNOLOGY GROUP**

Thursday, March 8th at 1:00 PM

Town Square Meeting Room

***Note: Date & Location Changed to  
accommodate larger groups***

Topic: New Facebook and Google Policies

At our March meeting, Laurie Scott will be discussing issues dealing with Facebook and will particularly focus on both Facebook and Google privacy issues. Items that were once marked for "Friends" or for my eyes only, are now marked for "Everyone". Laurie will walk you through the necessary steps to help you set up the proper "Privacy Settings". She will also talk about the 45,000 Facebook users that were recently hit with the "Ramnit Virus". This virus is a worm that steals your login credentials, then transmits malicious links, and if clicked on, will continue to infect your friends' computers.

Join us and learn how easy it is to let technology open up a world that perhaps you thought was lost forever.

The Technology Group is meeting monthly and is for men and women who want to update their knowledge and skills. The sessions are geared to beginner and intermediate skill levels although everyone interested in the subject is welcome. We are fortunate to have Steiner Ranch's resident Geek, Laurie Scott, teaching and answering questions. She plans to talk about an hour on the topic and then will answer questions for up to another hour. Take home materials will be provided. For more information, please contact Beverly France at [Bevfrance@aol.com](mailto:Bevfrance@aol.com) or 266-2960. RSVPs are not required but would be appreciated for planning purposes.

### **WALKING GROUP**

The Walking Group is looking for a new chairperson to coordinate and schedule activities. If you are interested in walking or willing to help planning and organize, please email [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) with Walking in the subject line.

The Young at Heart website is being developed and should be operating soon. Current information about activities will be available on the website. Everyone on the Young at Heart email list will be notified when it is operational.

To make it easier for people to connect with others with similar interests, a roster of all Young at Heart members is being prepared.

*(Continued on Page 11)*



### *Young at Heart Events- (Continued from Page 10)*

It will include names, addresses, contact information and interests (bridge, golf, book club, hiking, boating, dining out, etc) and will be available to all Young at Heart members. If you want your information included, please email [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) with the word Roster in the subject line.

More events and activities are being planned. If you have an interest that isn't mentioned above, please contact either Cheryl Burnaw or Dottie Thoms. And if you are interested in learning more about Young at Heart activities and about our informal social events, add your name to our email list. Just send your name, phone number and email address to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com). Everyone on the email list will be sent information about upcoming events, locations, etc.

Please contact Cheryl Burnaw at [cherylburnaw@aol.com](mailto:cherylburnaw@aol.com) or Dottie Thoms at [dottie.thoms@gmail.com](mailto:dottie.thoms@gmail.com) or at 531-9360 if you have questions or want more information.

## Soccer Coaches Clinic

To enhance the development of soccer in the Steiner Ranch area, Lonestar soccer club will host a coaching clinic for new and seasoned U5 – U10 volunteer soccer coaches on **Sunday, March 4th from 12:30 – 2:30pm** at the Bella Mar Community Center and Fields. The free clinic will focus on practice sessions that all coaches can use to teach the players basic fundamentals of soccer such as:

- Passing and receiving
- Dribbling and turning
- Ball familiarity
- Shooting
- Heading
- 1v1 attacking and defending
- Small sided games



The clinic will be run by Maca Teale (USFF A License & USSF Youth License Coach) & Robert Lopez (NSCAA Coach).

Registration is required. Please email Robert Lopez at [im-fit@texas.net](mailto:im-fit@texas.net).

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## **FIREWISE CHAT #3** *Ranch Record - March 2012*

Spring is here! It's a great time to be outdoors enjoying the beautiful weather and getting some work done in the yard. While you are out there, look around and see if you see any fuel laying around. Last month we started examining the Home Ignition Zone by looking at the structure of your home from the top down. This time we are looking at the area within a 30 foot perimeter of your home.

Firewise principles recommend a 3-5 foot "fire-free" area, using non-flammable landscaping materials and/or high-moisture-content annuals and perennials. This can be as simple as creating a walkway around your home and using low flammability plants in beds adjacent to the house. Avoid plants which have resins, oils, and wax that burn easily - when handling foliage if it has a strong odor or is sticky or oily it is likely more flammable (the master gardeners association is working on a plant flammability listing for Central Texas). Store firewood away from the house. Remove piles of dead leaves (think fuel) from around your home - in Central Texas we get to do this in the fall AND spring when the live oaks drop their leaves.

Landscaping should be Lean, Clean, and Green. If you haven't already, now is the time to trim back all perennials and grasses to the ground - this allows the new spring growth and flowers to show quickly and gets rid of the leggy, dry stalks. Mow grass regularly - you may want to start the season with a scalping (very short cut) so that new growth shows quickly. Even under typical summer conditions, lawns will dry and go dormant becoming highly flammable. Keeping it trimmed will keep a fire low to the ground. If it then spreads to your flower beds next to your home, under extreme conditions, mulch will burn so any plants in the beds will be exposed. Shrubs should be trimmed up at least 1 foot off the ground and other plants should be of high moisture content so flames cannot climb and then catch the house on fire. Consider adding

rock, brick, or other flame resistant borders to beds adjacent to your home.

Unless we get a ton of rain this spring, we will NOT be getting relief from the drought and will be on continued water restrictions which will make keeping our landscapes Green very difficult. It is a good time to consider xeriscaping (please do not read this as Zeroscaping). Xeriscaping simply means using a mix of low water usage native plants and rocks to minimize water use. This can result in a beautiful yard that will survive year after year. Changing out high water usage plants to Central Texas natives that have adapted to our cycles of drought and flood can save a ton of water and money over time. Even these may need some attention during an exceptional drought but should fare better than non-natives. Trees should be pruned 6-10 feet from the ground and any dead limbs removed. Also, any limbs overhanging the house should be removed to break the "fire bridge" to your home. Again, in an exceptional drought trees will go dormant but they can suffer damage or die. Take care to water your trees as they are expensive to replace! Texas Forest Service has a great YouTube Video called Tree Watering Tips on how to water your trees in a drought.

This next item is probably the biggest fire exposure area for the entire neighborhood and the most costly to correct...wood fences and decks. Maintaining our privacy comes at a heavy price when those dry, brittle wood fences can lead a fire right to your home just like a fuse. Ideally we would all go out and have an iron or stone fence installed but this can be pricey and most homeowners do not want to give up their privacy. I just replaced mine and it is a very different feel in my backyard now. On the plus side though, the space feels bigger and allows the breezes to pass through and it is much nicer to look at than the warped, weathered boards. Admittedly, I will be adding some vines along the fence line to restore a little privacy. The quickest and cheapest fix for fences is to just break the fire's path by using a stone column

at the front corner or change the fence return (the part that connects the side fence to the house) to iron or stone. Even simply leaving your gates open or removing a panel or 2, during a fire event can save your home.

Wood decks pose a similar risk - a nice dry chunk of fuel attached to your house. They are pricey to replace with a fire resistant material like stone decking or other plastic or composite decking material. At a minimum, you should remove any vegetation or other fuels from under any decks or other attachments and enclose this space so that firebrands (flying embers) cannot collect under them. Also, consider using fire-resistant patio furniture. If there is a fire event in the area, remove any furniture cushions and store them inside or away from the house.

I hope you are finding this information informative and are thinking about what you can do to "harden" your home and property against fire. Next month we will look closer at Firewise Landscaping with guest columnist, Maggie Tate. Maggie is a former Steiner resident and is a certified Master Gardener and has attended the Firewise Landscaping Training.

The Firewise Committee is meeting monthly and any/all Steiner residents are welcome to join us. Please watch the marquis or contact me or the HOA to find out when and where our next meeting is.

Thanks! Nathasha Collmann [ncollmann@gmail.com](mailto:ncollmann@gmail.com)



# Retha Realty Steiner Ranch Real Estate

**Retha Realty**  
 (512) 740-7166  
 www.RethaRealty.com

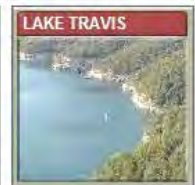
WELCOME to the Retha Realty web site. The information provided is kept up to date, so visit often, whether you are buying or selling real estate in Austin neighborhoods like Spicewood, Sunset Valley, Westlake, Lakeway, Horseshoe Bend, Austin, Cedar Park, Round Rock, Leander, Georgetown, Spicewood, Austin, Northwest Austin or Lake Travis. We serve the entire Austin Real Estate Market area, North, South, East or West. Call Retha today: (512) 740-7166

Visit the website today for up to date neighborhood information, local links, stats per sections and ALL Steiner Ranch listings: [www.RethaRealty.com](http://www.RethaRealty.com)

## Steiner Ranch Real Estate Market

Section	Sold 12 Months	Price Range	\$/sqft	Days
Canyon Glen	10	\$208,000 - \$262,500	101	74
Plateau, Rocky Rdg	14	\$243,000 - \$336,500	96	80
Westridge	8	\$399,900 - \$799,000	128	50
Headlands, Hancock	25	\$210,000 - \$469,000	116	49
River H. / Shire Rdg	12	\$395,000 - \$725,000	128	63
Summer Vista	10	\$332,000 - \$570,000	132	48
Lakewood Hills	8	\$520,000 - \$912,500	151	137
Savannah	27	\$250,000 - \$650,000	126	41
Rio Mesa, Las Brisas	18	\$340,000 - \$615,000	125	56
UT Golf Club	47	\$259,000 - \$955,000	154	79
Eastridge	7	\$385,000 - \$590,000	123	49
Palisades, Azure, Medterra	22	\$363,000 - \$670,000	129	62
Santa Luz, Bluffs	7	\$610,000 - \$860,000	164	93

SEARCH ALL of AUSTIN Listings or use favorite searches



## What Clients are saying:

"Retha was wonderful to work with! So much in fact, we have worked with her on 3 real estate transactions and have recommended her to friends. She has been in the Austin area for a long time and knows the city well. "

"Retha managed to pull the rabbit out of the hat and we closed on time, excellent agent!"

"Retha is very enthusiastic and fun to work with. She helped us get a foreclosure home that had many buyers lined up... Retha negotiated very effectively and made it possible for us to live in our dream house."

**5-Star Rating:** ★★★★★  
**Highly likely to Recommend!!...**



**Retha Isaksen**  
 REALTOR®



(512) 740 7166  
[Retha@RethaRealty.com](mailto:Retha@RethaRealty.com)

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**Steiner Ranch Resident for 18 years!**

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[www.RethaRealty.com](http://www.RethaRealty.com)



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## Nesting Season Approaches for Endangered Birds

Two endangered species of birds, the Black-Capped Vireo (BCV) and the Golden-Cheeked Warbler (GCW), will again be making their home in Steiner Ranch this spring. These songbirds are native to this area and their nesting seasons begin soon. Why is this important to know? Several of the trails established in Steiner Ranch make their way through the Balcones Canyonland Preserve (Powerline Hill and Eastridge trails) where many of the birds reside. The birds are especially sensitive to environmental changes during nesting season. The established trail rules were designed to minimize the effect humans have on the birds during this period. Though the Steiner Ranch Master Association (SRMA) has the right to install and maintain trails in the Preserve, violations of these rules could force closure of the trails through the end of the nesting season.

GCW Nesting Season – March 1st through July 31st

BCV Nesting Season – March 15th through August 31st

Please review the following trail rules before your next hike:

1. The trails are for Steiner Ranch residents, their guests, and persons with written authorization from Taylor Woodrow Communities/Steiner Ranch, Ltd. ONLY.
2. Trail hours will be from dawn until dusk. There will be no access of the trails allowed after dark.
3. Use of the trails is at your own risk.
4. Only use of designated trails is allowed. Leaving designated trails is prohibited.
5. No motorized vehicles are allowed.
6. No horses are allowed.
7. No feeding animals.
8. Bikes are allowed only on Hike-and-Bike Trails. Bikes must yield to pedestrians.
9. No loitering.
10. No hunting.
11. No cooking, fires, or smoking.
12. No camping.
13. All pets must be on a leash at all times.
14. No littering or dumping is allowed.
15. Do not disturb natural landscapes. Be cautious of plants and wildlife in their native habitat.

In addition to the rules above, the following apply only to the Permitted Trails in the Conservation Easement (Powerline Hill and Eastridge trails):

16. No picnicking.
17. No tape recordings of birdcalls or other wildlife.
18. Access permitted at trailhead access points only.



## Preserve Guided Hike

Come join Travis County Staff for a guided hike on Sunday, March 4, 2012 from 9:00 a.m. -12:00 p.m. (weather permitting). This will be a moderate-level hike, descending into a steep canyon, and will include exploring areas not normally open to the public. Don't forget water, hiking boots, and please bring binoculars, as winter birds will be the focus. The hike will begin at the neighborhood trailhead of the Rio Mesa neighborhood (located at the Southeast intersection of Salida del Sol Pass and Rio Mesa Drive). Due to the sensitive area, this tour will be limited to 15 people. Please call William Burch, at 219-6190 x3 or [william.burch@co.travis.tx.us](mailto:william.burch@co.travis.tx.us) for questions and to make reservations.



## Saturday Morning Group Trail Run

Please join us for a fun but challenging group trail run each Saturday morning starting at 7:30 am. We meet at the trailhead located at Majestic Oaks Drive and Grimes Ranch Road. The usual run is about five miles with some people occasionally sticking around afterwards to tack-on a few additional miles. All abilities are welcome and those looking to learn the Steiner Ranch trail system are encouraged to attend. If you have any questions about the run please contact Steve at [steve@capitalcityrunning.com](mailto:steve@capitalcityrunning.com) or call 266-1000. We hope to see you this Saturday morning!

## Vista Ridge Dental

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## 18TH ANNUAL STEINER RANCH Easter Egg Hunt

Come visit the Easter Bunny!  
Enjoy the Face Painter, Balloon Twister, Pony Rides,  
Petting Zoo, & much more!

April 7, 2012 🥚 9:30am

9:30am - 11:00 am • Rain or Shine • John Simpson Park

Hunt Starts at 10:00am (sharp) - Don't be late or you'll miss the hunt!

Thousands of Easter eggs will be placed on the grounds of John Simpson Park and all children ages 10 and under are invited to gather for this "eggstra" special event. Bring your camera for special photo opportunities with the Easter Bunny!

Participants should start lining up along the sidewalk next to their dedicated age group at 9:55am. Please wait for the Fire Truck or Air Horn to sound their horn for the big start. To ensure all children leave with eggs, we ask each child to limit their eggs to ONE DOZEN. Please keep this in mind when your child is on the HUNT. All children will be divided by age group and there will be two "special eggs" in each age group for a special prize.

### Age Groups:

2 Years and under (accompanied by parent) –  
Open area between the two mailbox kiosks

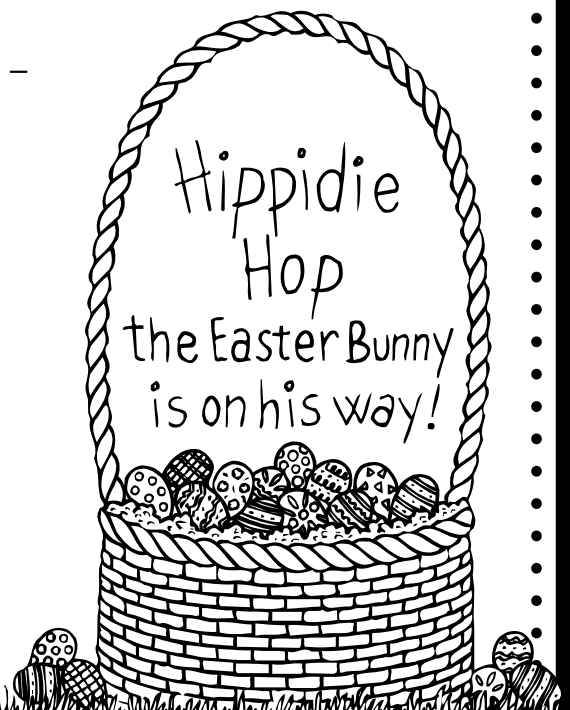
3-4 Yr Olds – In the area to the left of the  
Volleyball Court

5-6 Yr Olds – In the area to the right of the  
Volleyball Court

7-10 Yr Olds – In the Playground

### How to Register:

View More Information on how to register  
and more information on the  
Easter Egg Hunt on page 18.



# DISCOVERY

..... IN THE HILLS .....

**Join the Quest! All children ages 3 years old through 4th grade are welcome.** School in the Hills will spend the summer observing, investigating and experimenting in a fun environment. Enroll your child in Discovery in the Hills for a single camp, several weeks or all summer.

Primary Camps for children ages 3 – 6.

Leadership Camps for children currently in 1st – 4th grade.

Visit [schoolinthehills.com/summer](http://schoolinthehills.com/summer) for more information.

**Call 512-266-6160 to schedule a tour  
or to reserve a spot for this summer.**



## Join Us for an Open House

Saturday, April 21<sup>st</sup> from 10 a.m. to 1 p.m.



2900 N. Quinlan Park  
Austin, TX 78732

Phone 512.266.6160  
Fax 512.266.6150

[schoolinthehills.com](http://schoolinthehills.com)

# Around Steiner

*Easter Egg Hunt- (Continued from Page 16)*



Please Register so the Easter Bunny know how many eggs to hide:

To register on-line go to <http://steineregghunt2012.eventbrite.com/>

Please help!

WE NEED Egg Wranglers – With over 6000 eggs to hide, we need your help the morning of the event! Please come to the John Simpson Park on Saturday, April 7th by 8:00am. Coffee will be provided for all the early morning helpers! This is a great way for the older kids to be involved and earn Community service points too!

Please email Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org) if you can help.



**SHANNONKRAMER**

**[www.Shannon-Kramer.com](http://www.Shannon-Kramer.com)**

**512.658.0720**

**[ShanKramer@hotmail.com](mailto:ShanKramer@hotmail.com)**

I live, play & work in Steiner Ranch.  
It is my neighborhood.  
It is my passion.

Follow me on  
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@KramerTweets

*See My Passion in Action:*

**HOME of  
The MONTH**



**3807 John Simpson Tr.**



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## MightyMiniMarch



### Please join us Sunday, April 22nd for a “Mighty Mini March”

*a charity walk for Minis and Friends, a 501c3  
miniature equine guided interactive therapy group serving  
the special needs community of the greater Austin Area.*

#### **MARK THE CALENDAR: SUNDAY, APRIL 22, 2012**

Place in Steiner Ranch: John Simpson Community Center

Time: 12:00 until 3:00 p.m. (walk at 1)

Miniature Horses, a Pet parade, silent auction, vendors...

All registrations will receive a Mighty Mini March t-shirt  
Sign-up today and registration details at [minisandfriends.org](http://minisandfriends.org) website.

Questions or want to sponsor a mini in the march contact: [melindapyle@att.net](mailto:melindapyle@att.net) or [mightyminimarch@gmail.com](mailto:mightyminimarch@gmail.com)

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# Around Steiner

## Steiner Stars Summer League Swimming

The Steiner Stars Swim Team is gearing up again for registration for the upcoming summer swim season. Last summer, over 500 swimmers participated in these competitive teams. Families who are interested in joining this summer should go to the Steiner Stars website to get all the important information about the upcoming season at [www.steinerstars.org](http://www.steinerstars.org).

There are two competitive summer league teams in Steiner Ranch for swimmers ages 5 – 17, and this season will run from May 7th through July 8th as part of the Northwest Swim Circuit. Starting May 7th, both teams will practice in the afternoons until schools out. After schools out, Stars Red Team will practice in the morning, and Stars Blue will practice in the afternoon by age group. Swim meets are scheduled primarily on Saturday mornings from May 26th through July 7th, with an Invitational Swim meet on Sunday, July 8th at the University of Texas for swimmers with qualifying times. Residents in good standing with the Steiner Ranch HOA have primary access to these teams, and there are volunteer requirements for participation in the league. Space is limited in by age group, and most of the younger age groups fill up every year.

### REGISTRATION DETAILS:

- **Returning Families** may register online from March 8th through March 24th.
- **New Family Registration** will be conducted at 10am on Saturday, March 31st on a first come, first served basis at a location to be determined. To avoid the overnight queuing from recent years, the registration location will be posted on the Steiner Stars website ([www.steinerstars.org](http://www.steinerstars.org)) by 6:00am on Saturday, March 31st.

### NEW SWIMMER EVALUATIONS:

The Steiner Stars Swim Teams are intended to be recreational, but minimum swimming requirements apply. This year, Steiner Stars coaches will be conducting new swimmer evaluations to help parents assess whether or not their child appears ready to participate in this program. Any new swimmer may attend either one of the following two free sessions at the Bella Mar competition pool to receive feedback.

Wednesday, March 21st from 3:30pm to 4:30pm

Sunday, March 25th from 3:30pm to 4:30pm

See you at the pool. Go Stars!

Stewart Pickard, Steiner Stars Board President

# Make your neighbors green with envy.

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- Line Trimming
- Edging
- Blowing off Walks and driveway

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All services are conveniently billed to your debit or credit card + sales tax monthly. Prices are valid on lots up to 11,000 square feet before improvements. Add \$5 for lots up to 16,000 square feet. We do not service lots over 16k.



## Year Round Swimming Program for Adults

Come join the Masters Swim Program! The workouts are adjusted for everyone from beginners all the way to advanced -- no swim experience needed!! No intimidation allowed!! If you can swim one length of the pool, then you are ready to join in on the fun. Currently, we have "newbies" who haven't ever participated in organized adult swim classes, new and experienced triathletes who want to improve the swim part of their triathlons, and experienced master's swimmers looking to enjoy an organized swim workout. Regardless of your skill level, you will find a lane with swimmers who match your ability and enthusiasm.

For more information visit [www.redgiantsmasters.org](http://www.redgiantsmasters.org).

### OUR SWIM SCHEDULE IS AS FOLLOWS:

- Wednesdays and Fridays at 5:30 a.m. until 6:45 a.m.
- Sundays at 6:30 a.m. until 7:45 a.m.
- \$30 per month for Residents

### COME ON AND GIVE IT A TRY! IT'S EASY TO SIGN UP:

1. You must be 18 yrs. and older.
2. Join U. S. Masters Swimming! To be eligible to compete in masters' meets, to get a great magazine, and for HOA insurance purposes, go to the United States Masters swimming website, [www.usms.org/reg](http://www.usms.org/reg) and join our team Red Giants Masters swimming. You can print your card immediately and take a copy to the HOA office.
3. Fill out the Program Registration form at the HOA office, provide a copy your USMS card and submit payment!

As this is a Year Round Program, it's a great way to meet new friends and be a part of a fun community of swimmers and neighbors!

## SPRING POOL HOURS



It's getting warmer outside, but while the heater is on at Bella Mar, there will still be limited hours. Due to the limited resources of Association Staff, it is necessary to cover the pool when staff is not on site. Homeowners are NOT ALLOWED to uncover the pool at any time. The following hours will apply:

### BELLA MAR (HEATED)

Splash Pool & Baby Pool Closed for season

#### Lap Pool:

Mon 2:00pm – 6:30pm

Tue-Fri 7:00am – 6:30pm

Sat & Sun 7:00am – 2:00pm

### The following programs will be using the lap pool:

Master's Swim Program –

Wednesday & Friday 5:30am – 6:45am;

Sunday 6:30am – 7:45am

VHS Swimming –

Monday & Wednesday 6:30am – 9:00am

Tuesday, Thursday & Friday 7:10am – 9:15am

Austin Elite Swimming –

Monday - Friday 4:30pm – 6:30pm

*Lap lanes will be available to lap swimmers during these sessions.*

### TOWNE SQUARE (UNHEATED)

Closed Monday until 12:00pm

Tuesday – Sunday 8:00am – 10:00pm

### JOHN SIMPSON (UNHEATED)

Closes Monday at 2:00pm

Tuesday – Sunday 8:00am – 10:00pm

*Please note\*\*Lifeguard are no longer on duty. Swim at your own risk.*

## Steiner Ranch Yoga

*Come learn what yoga practitioners have known for over 5,000 years in improving their Health & Physical Fitness.*



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[info@steinerranchyoga.com](mailto:info@steinerranchyoga.com)

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- Increased Heart Function
- Improved Relaxation & Well-Being
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- Decreased Anxiety & Depression
- Reduced Symptoms of Insomnia

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- Hatha Yoga
- Restorative/Gentle
- Private Instruction

**"Quieting the Monkey Mind"**

**[steinerranchyoga.com](http://steinerranchyoga.com)**



# Around Steiner

## Steiner Scrapers Scrap-A-Thon

Steiner Scrapers will be dedicating hours of hard work and exceptional creativity at the Steiner Scrapers Scrapbooking Marathon!

**WHEN:** Friday, April 20th at 6:30pm to  
Sunday, April 22nd at 4:30pm

**COST:** \$75 for the entire weekend!

**WHERE:** Towne Square Community Center

**WHAT CAN I EXPECT?:**

- No distraction from kids, spouse, or home
- One six foot long table of your very own for scrappin' (leave it set up the entire weekend)
- A Creative Memories Consultant with inventory for sale & supplies
- Meals & snacks
- Fabulous gifts
- Meet old & new friends

*Hurry! Space is limited to the first 25 reservations! First Come, First Served! Registration is available on-line at [www.steinerranchboa.org](http://www.steinerranchboa.org)*



## PERSONAL CLASSIFIED

**FOR SALE:** Girls Jeans - Abercrombie Kids - 1 pair size 14 slim; 3 pairs size 14. LIKE NEW. \$10 each. (512) 658-7819

**FREE SNAKE/REPTILE/CREEPY-CRAWLER REMOVAL** for Steiner Ranch Residents. I will come to your house, capture, remove and relocate any/all snakes, lizards, spiders, scorpions, etc. for no charge, and with a smile. Call anytime. Snake specialist! 512-944-0633

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— Joseph's Mom, Primrose Parent

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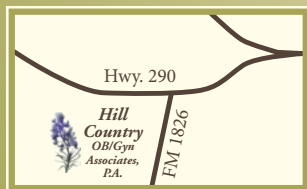
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Austin, Texas 78737



9805 Brodie Lane  
Austin, Texas 78748



1008 Ranch Road 620 South, Suite 250  
Lakeway, Texas 78734  
Moving to the Lakeway Regional  
Medical Center Campus in April 2012



Connect with us online at



[www.facebook.com/  
hillcountryobgyn](http://www.facebook.com/hillcountryobgyn)



Twitter  
[@AHCOBGYN](https://twitter.com/AHCOBGYN)



# Around Steiner

## Workshop Series

We are always looking for more unique and different workshops to offer residents so if you or someone you know can provide education opportunities that are not already being offered for Steiner Ranch residents, please contact Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org) or 512-266-7553.

### MARCH 20TH – WOMEN'S SOCIAL AND PAMPERING NIGHT -

Come meet new girlfriends! Enjoy a night of fellowship with your Steiner Ranch neighbors while zipping a glass of wine and receiving a complimentary beauty treatment.

7:00pm TSCC • Please RSVP 512-914-7711 Patty Rovano and Catherine Slezak

### MARCH 27TH - ADVANCED NUTRITION - EAT RIGHT OR DIE YOUNG.

Join Dr. Ross Coccimiglio, Dr. Rachel, & Dr. Bolden Harris from Four Points Family Chiropractic as they will give you the best and latest information on healthy nutrition. They will be discussing foods that boost your energy, increase your immune system, cause you to have headaches, allow you to focus and concentrate better, relieve stress and anxiety, and will be discussing the true facts and research about organic foods. Is it as good as that the experts tell us it is?

6:00pm TSCC • Seats are limited, so call Four Points Family Chiropractic to reserve your seat @ 512-345-9355.

For additional information go to [www.steinerranchhoa.org](http://www.steinerranchhoa.org) or contact Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

## Summer Camps in Steiner

Registration for Summer Camps is now in full swing! Look for registration forms and current information on-line at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).

Here are some of the summer camps we will be offering:

Dallas Cowboys Football Camp  
Lonestar Soccer Camp  
Brown's Gymnastics Camp  
Tap-N-Toe Hip Hop Camp  
Sportball Multi-sport Camp  
Steiner Tennis Camp  
JW Tumbles Camp  
LZM Art Camp  
Abrakadoodle Art Camp  
Kidventure Camp  
Mad Science Camp  
Lego Camp  
Culinary Cooking Camp  
Abrakadoodle



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- 12 years in Austin area
- Joint Replacement
- Subspecialty Certified in Orthopedic Sports Medicine

[www.sworthogroup.com](http://www.sworthogroup.com)  
512-451-1969

I am very pleased to announce the affiliation of Dr. Michael Albrecht with Pinnacle Sports Performance and Rehabilitation!



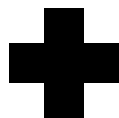


# American Red Cross Babysitter Training Course

9:00am – 4:00pm

\$50 per person

This is a very popular class, so sign up early for any of the dates below!



## Classes for 2012

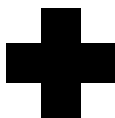
Apr 14th

May 12th

Aug 4th

Oct 27th

Dec. 8th



Towne Square Community Center  
12550 Country Trails Lane

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. Combining video, a participant's handbook, activities, hands on skills training and discussion for a complete learning experience, this course shows you how to—

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

*Bring a sack lunch!*

*Space is limited. Prior registration is **REQUIRED** and the 2011 Program Registration form is available at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).*

# Spring Break Camps

Steiner Ranch will be offering two different camps over the Spring Break Holiday!

## **MARCH 12TH – 16TH • SPORTBALL CAMP**

Join the Sportball team for a spring break camp experience that your child will never forget! Children participate in the skills and games of seven different ball sports. Sports include soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camp will also incorporate arts-and-crafts, music, co-operative games, snack time, and theme days. Please bring a NUT-FREE snack and juice or water. Camps are run indoors with some outdoor activities depending on the weather.

Ages 3 - 7

½ day 9:30am – 12:00pm or 12:30pm \$32 per day or \$150 weekly  
Towne Square Community Center

Registration on-line at [www.sportball.us](http://www.sportball.us).

## **MARCH 12TH – 14TH • LONESTAR SOCCER CAMP**

For boys and girls ages 4 – 14 (divided in age groups), from beginner level, designed as an introduction to soccer, to the more advanced player, designed to enhance the player's technical development.

½ day 9:00am - 12:00pm \$150 • Westridge Fields

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## COMMUNITY GROUPS

### WAYS TO BECOME INVOLVED IN STEINER RANCH

#### Girl Scout Registration is Open

*Submitted by Carmen Tucker*

Girl Scouts of Central Texas registration is open year-round to girls in grades K-12. Now is the perfect time to register in order to take advantage of experiences like overnight camp, robotics day camp, backpacking trips and more. Registration is \$10 per year and girls can choose to join a troop or participate as individuals.

Girl Scouting builds girls of courage, confidence and character. Through fun, informal and educational experiences, girls can discover their potential, connect with others and take action to make the world a better place. Girl Scouts provides a wide variety of experiences for interests such as the arts, science, technology, nature, athletics, community service, health, leadership and more. To learn more or to register, please contact your local Girl Scout Council at [membership@gstcx.org](mailto:membership@gstcx.org) or (512) 453-7391.. Discover Girl Scouts online at [www.gstcx.org](http://www.gstcx.org).



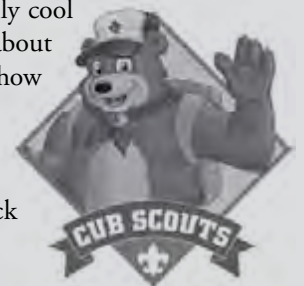
#### Pack 203 and Pack 205

*Welcome all Steiner Ranch Boys!!*

*Grades 1st-5th*

Do you know what Cub Scouts and Scouting is all about? Pack 203 at LWBE and Pack 205 at RRE do fun things with fellow scouting friends every month! We get together as a Pack to wear our cool uniforms, show off our scout spirit, and participate in exciting scouting activities. As a Cub Scout, you will get to go camping and fishing with your family, shoot BB guns, sleep over on real U.S. Naval ships and do archery! We play all kinds of sports and build cool race cars and spaceships to race. Do you want to learn the secret scouting code and earn really cool patches? Do you want to learn more about nature and your community? Find out how enriching being a Cub Scout can be!

Contact Kay Kirby at [ktkirby@austin.rr.com](mailto:ktkirby@austin.rr.com) (Pack 203) or Tina Millard at [csn388@yahoo.com](mailto:csn388@yahoo.com) (Pack 205) for more information."



#### Steiner Ranch Cycling

Steiner Ranch Cycling is a loosely organized group of cyclist, Mountain or Road, who enjoy rides between the lakes. We welcome cyclists of all abilities and not just those who live in Steiner Ranch. Most of our weekend rides start and finish in the Steiner Ranch area, allowing us to tackle some of the more challenging climbs in the hills of Austin. Our rides are typically "no drop" especially for new riders and average anywhere from 15 to 45 miles in distance. We organize our rides through email whenever someone feels like going for a ride they just send out an email: ex. "Saturday morning 8 am ride anyone?" or "Anyone up for a mountain bike ride after work, 7pm?". There are no costs or club fees, just your desire to have fun riding with your neighbors. Come Join Us! [www.SteinerRanchCycling.com](http://www.SteinerRanchCycling.com)

#### GEAUX!

Love Steiner but miss Louisiana, mon cher? Rather than going all the way home when you miss the culture, the food, and the football-watching traditions, join fellow Steiner residents for monthly get-togethers!

For details on upcoming gatherings, please join our Yahoo group by going to <http://groups.yahoo.com/group/steinerranchlouisiana/> and select "Join This Group" or contact me directly. We look forward to passing a good time with our new friends! Taylor Alexander ([tayloralexander44@hotmail.com](mailto:tayloralexander44@hotmail.com); 225-229-6041)

### Steiner Ranch Community Groups & Organizations

*Are you a member of a community group or organization here in Steiner?  
Email the information about your group to [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com) and it will  
be included in each issue. Feel free to submit post event write-ups and photos.*

# COMMUNITY GROUPS

## WAYS TO BECOME INVOLVED IN STEINER RANCH

### Steiner Ranch Moms & Tots

This is a group for all of you moms looking to find friendship, fun, support & sanity close to home!

Steiner Moms & Tots Meetup Group offers kid-friendly and mom-focused events at different times and locations in and around Steiner Ranch. From playdates to potlucks, fundraisers and family outings to mom's night out--we offer a range of activities that allow you to meet your neighbors, make new friends and have some fun.

While a large portion of the events are focused on moms and children ages 5 and under, we offer events and opportunities for any interested moms to join and enjoy. If you are ready for a little fun with your fellow Steiner moms and kiddos, please join us! To do so, request membership and complete a profile on our Meetup.com website: [www.meetup.com/Steiner-Moms-Meetup](http://www.meetup.com/Steiner-Moms-Meetup)

Any questions? Contact Morgan Briscoe at [morgan.briscoe@gmail.com](mailto:morgan.briscoe@gmail.com) or (512)551-8036.

### Toastmasters International -

Are you ready to take your public speaking and leadership skills to the next level in a fun and friendly environment? Toastmasters can help you achieve your goals. Several clubs meet in the area with convenient times and locations. See [www.atxtoastmasters.org/area-clubs](http://www.atxtoastmasters.org/area-clubs) for a details, or call Rob Carruthers at 512-422-1688. Guests are always welcome.

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# MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00pm – New Homeowner Orientation (TSCC)	2 5:00pm – Run The Ranch Packet Pick up (TS Pav)	3 8:00am – Run The Ranch 5K, Kids K and Health Fair (TSCC)
4 9:00am – 12:00pm – BCP Guided Hike 12:30pm – 3:30pm – Soccer Coaches Clinic (BMCC & Field)	5 6:30pm – FREE Yoga (TSCC)	6	7 1:00pm – YAH Mexican Train	8 1:00pm – YAH Technology Group (TSCC) Steiner Stars Red/Blue Teams Returning Family Registration begins	9	10
 11	12 LISD Spring Break Spring Break Camps Lonestar-Sportball 6:30pm – FREE Yoga (TSCC)	13 LISD Spring Break Spring Break Camps Lonestar-Sportball 9:30am – Social Committee Meeting (Cups & Cones)	14 LISD Spring Break YAH Bridge Club Spring Break Camps Lonestar-Sportball	15 LISD Spring Break Spring Break Camps Sportball	16 LISD Spring Break Spring Break Camps Sportball	17
18	19 1:30pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	20 7:00pm – Women's Social & Pampering Night (TSCC)	21 3:30pm – 4:30pm – Stars New Swimmer Evaluations (BM Lap Pool)	22	23	24 Steiner Stars Red/Blue Teams Returning Family Registration ends
 25 3:30pm – 4:30pm – Stars New Swimmer Evaluations (BM Lap Pool)	26 6:30pm – FREE Yoga (TSCC)	27 3:30pm – SRMA Board of Directors Meeting 6:00pm – Advanced Nutrition -Eat Right or Die Young (TSCC)	28 YAH Bridge Club	29 6:00pm – SRROA Board of Directors Meeting (TSCC)	30	31 0:00am – Steiner Stars NEW Family Registration (Location TBA)



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# APRIL 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30pm – FREE Yoga (TSCC)	3 6:30pm – Facilities Committee Meeting (TSCC)	4	5	6 LISD School Holiday Association Office Closed	7 10:00am – Easter Egg Hunt (JS Park)
8 	9 6:30pm – FREE Yoga (TSCC)	10 9:30am – Social Committee Meeting (Cups & Cones)	11 1:00pm – YAH Mexican Train	12 1:00pm – YAH Technology Group (TSCC)	13	14 8:00am – 12:00pm – Spring Neighborhood Garage Sale 9:00am – 4:00pm – Babysitting Class (TSCC)
15	16 6:30pm – FREE Yoga (TSCC)	17 6:30pm – SRROA Annual Meeting (TSCC) 7:00pm – Women's Social & Pampering Night (BMCC)	18	19	20 Scrap-a-Thon (TSCC)	21 Scrap-a-Thon (TSCC)
22 	23 1:30pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	24 3:30pm – SRMA Board of Directors Meeting 6:00pm – Wellness Workshop-Healthy Mental Attitude (TSCC)	25	26 6:00pm – SRROA Board of Directors Meeting (TSCC)	27 Steiner Stars Red & Blue Team Kick-Off Party (TS Fields)	28
29	30 6:30pm – FREE Yoga (TSCC)					



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# From the Association Office

## Where Am I?

Do you know the addresses for the Towne Square Pool or the Lake Club? If you have an emergency while you are at a Steiner Ranch facility and you call for help from your cellular telephone, the emergency dispatcher will not receive a display identifying your location. (For address identification, a call must originate from a landline telephone.) In the event of an emergency, the following names and addresses of Steiner Ranch facilities will help the dispatcher locate you:

### **BELLA MAR COMMUNITY CENTER**

(Pools, park, tennis courts, multi-purpose fields, etc.)

12401 Bella Mar Trail

### **TOWNE SQUARE COMMUNITY CENTER**

(Pools, park, tennis courts, soccer fields, etc.)

12550 Country Trails Lane

### **JOHN SIMPSON COMMUNITY CENTER**

(Pools, park, tennis courts, etc.)

3506 John Simpson Trail

### **THE LAKE CLUB**

12300 River Bend Road

### **FLAT TOP PARK AND ATHLETIC FIELDS**

13200 Flat Top Ranch Road

### **SAVANNAH/LAS BRISAS PARK**

12317 Capella Trail

### **CANYON GLEN PARK**

4114 Hughes Ranch Road

### **MAJESTIC OAKS PARK**

2836 Lantana Ridge Drive

## Worried about Crime in Your Neighborhood?

Have you ever been curious about what goes on, in and around Steiner Ranch? There is a free online service that you can sign up for to get email alerts with all the activity that Travis County Sheriff's Officers respond to. To sign up, go to [www.spotcrime.com](http://www.spotcrime.com). You can receive updates via email or text messages.

## Pruning

During the months of January, February and March the landscape maintenance company, Landscape Resources, will be pruning and/or removing any vegetation which is obstructing the view of street marker signs, traffic control signs or impeding areas of pedestrian travel.



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## Homeowners to be elected to SRMA Board of Directors

The Steiner Ranch Master Association (SRMA) will elect two homeowners to serve on the Board of Directors. The election will be held during the April annual meeting of the members and be elected by a vote of homeowners only. Directors serve a term of two years, and the Board meets once a month on the last Tuesday or Wednesday of the month in the afternoon for approximately two hours. Between meetings, there may be additional input necessary through telephone or email.

Board meetings help the association develop a concrete plan to meet community needs that involve:

- Finances – budget, cash flow, and assessment collection
- Contracts – building maintenance, grounds management, reserve study, facilities usage
- Management – upkeep and repair of the property, staff supervision and services to homeowners
- Legal Responsibilities – rules, regulations, policy enforcement, meetings and elections

The Board gets the authority to perform these duties from association documents and State statutes. Directors, having control and responsibility for the property of others, are expected to act with scrupulous good faith and candor, and avoid even the perception of conflicts of interest, favoritism, and acting out of self-interest.

Those interested should submit their contact information with a brief bio, or questions, to Scott Selman, Executive Director at [scott@steinerranchhoa.org](mailto:scott@steinerranchhoa.org).

## Come Serve on the SRROA Board of Directors

The Steiner Ranch Residential Owners Associations (SRROA) is currently seeking nominations for two (2) open seats on the Board of Directors. Nominees must live in one of the SRROA neighborhoods (The Valley at Eastridge, The Summit at Eastridge, Mesa North, Chaparral, Rocky Ridge, Hancock Hill, and Plateau). The term length is two (2) years. Elections will be held at the SRROA Annual Meeting on Tuesday, April 17, 2012 at 6:30pm.

The SRROA is a resident-controlled homeowners association. Board members represent all members of the SRROA and are responsible for governance of the SRROA. Time commitment is variable. Board meetings are held one evening per month at the Towne Square Community Center. Regular attendance is expected. In addition, Board members may occasionally be called upon during the workweek to provide opinions and feedback via telephone or email to the Property Manager. Board members serve as liaisons to Steiner Ranch Committees (Social, Facilities, etc.) and should plan on attending the committee's monthly meeting.

If you are interested in serving on the SRROA Board of Directors, please email your name, address, telephone number, and a brief autobiography to Scott Selman, Steiner Ranch Community Executive Director at [scott@steinerranchhoa.org](mailto:scott@steinerranchhoa.org).

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# From the Association Office

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## Sidestepping Solicitors

Annoyed by the persistence of solicitors' unwelcome knocks on the door? It seems like no matter what they do, they always manage to show up on your front porch. They come with fliers, door hangers, a rehearsed speech and the distinct ability to ignore the polite decline of the products they're peddling—cleaning supplies, appliances, cosmetics, magazine subscriptions, home-improvement products, coupons for local businesses and other unwanted items—sometimes even making you feel trapped in your own home.

Steiner Ranch is a particularly attractive and frequent target of commercial, religious and political solicitors; part of the appeal is that population density makes our community is an easy environment for them to canvas. Because of this, finding a way to keep solicitors away can be invaluable.

The simplest way to deter solicitors is by posting a "No Solicitors" sign on your door or in your front window. If you get knocks on the door anyway, you also can ask solicitors for their license, permit or company identification; many don't have it and will leave.

While a visit from a solicitor is often annoying, they can sometimes be more than just a nuisance; some might have ulterior motives, such as fraud, canvassing a home to commit a crime or other unseemly behavior. If you believe a solicitor is acting suspiciously or you feel threatened, call the Travis County Sheriff's Office immediately at 974-0845.

So stay safe, keep your sanity and do your part in discouraging solicitors from trolling our community. You'll soon hear just how sweet an un-rung doorbell sounds.

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 8th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Ranch Record. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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### ***Classified Ads***

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## New Court Reservation System for Steiner Ranch Tennis Players

We are excited to announce the introduction of a new court reservation system for Steiner Ranch tennis players. The existing website that tennis players used to reserve tennis courts at Bella Mar or Towne Square is no longer functioning, and has been replaced with a new site ([www.srcourts.com](http://www.srcourts.com)) for making your court reservations. What does this mean for you? In order to reserve a tennis court with the new reservation system, you must register with the HOA and receive a username and password, which will give you access to the reservation site. This is true for everyone, even if you were already registered and using the old system. So if you haven't done it already, please go to [www.srcourts.com](http://www.srcourts.com) and click on the "Create an Account" button. Please allow 5 business days for user account creation. Additional registration info is provided on the home page. Once you log in to the new reservation website, you may make your court reservations. There is a demonstration video to assist you. If you need have any questions about the site, send an email to the Steiner Ranch Tennis Association ([srtennisboard@yahoogroups.com](mailto:srtennisboard@yahoogroups.com)).

The SRTA would like to give a huge thanks to Tonya and Jim Frederic, who used their own personal resources and skills to create and maintain the court reservation system that we have all used here in Steiner Ranch for the last 10 years. It is amazing to think that Jim and Tonya programmed, set up, and managed a system that served hundreds of people and supported thousands of transactions relatively flawlessly. They have impressively performed a wonderful service for tennis players in Steiner Ranch for many years, and have been underappreciated for maintaining the site that always worked and that many of us just took for granted. We certainly hope that the new system works as well as the old, and ask that if you see Tonya or Jim around, buy them a beer or a glass of wine and say thanks. We look forward to the smooth transition to the new system, and welcome your feedback as you start using it.

Steiner Ranch Tennis Association

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## Planning a Pool Party?

The Steiner Ranch pools are a great place to have a party! They are fun, clean and safe for you and your guest. The main goal for the HOA and Lifeline Aquatics is to keep it that way.

If you are renting a facility (Pavilion, Community Room, etc.) and plan on using the pool with more than 50 guests, you will be required to hire additional lifeguards, at your expense, to help protect all of the patrons at the pools.

To hire lifeguards, please contact the Lifeguard Company directly at 1-877-354-1313 or [admin@lifelineaquatics.com](mailto:admin@lifelineaquatics.com).



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# From the Association Office

## Architectural Modification Requirements

So you've decided to do some improvements or make changes to the outside of your home..... what do you do now?

1. Complete the Architectural Modification form (owner only)
2. Include any addendum forms such as for a pool or deck
3. Include a scaled drawing showing plan and elevation views of the proposed improvements, modifications or alterations. Submittals must include samples depicting the proposed materials and colors to be used.
4. A lot survey (which the owner receives at closing) indicating the location of proposed improvements, and any applicable easements, setbacks, and elevation differences on lot.
5. Deposit check in the amount of \$500

All of these forms can be found on-line at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).

Please feel free to contact the Associations Architectural Coordinator, Brandi Moegelin if you have any questions at 266-7553 or [brandi@steinerranchhoa.org](mailto:brandi@steinerranchhoa.org).

## Facilities Available for Rent

Do you have a holiday party or wedding reception to plan? Baby shower too big for the backyard? Birthday party coming up? How about a school/office party? Is your living room too small for a large celebration? We can accommodate a gathering of any size for a very reasonable price!

Being a resident of Steiner Ranch has many advantages. One of them is the variety of facilities available to rent. Many of you do not even realize that we have two indoor clubhouses with full kitchens! Another benefit is our electronic key tags that long ago replaced the "old-fashioned" keys that give you access to all indoor and outdoor facilities. If you do not have a facility tag or if you have lost\* yours, please visit the HOA office to pick one up!

To rent any one (or more) of our facilities just follow these easy steps:

1. When and Where? Go to our website at [www.steinerranchhoa.org](http://www.steinerranchhoa.org) and click on Facility Reservations (on the left). The available areas have a hyperlink that you can click on to check availability. Once you have the date and time in mind, call the Associations Management Office to place your name on the calendar.
2. First come, first served. Your "hold" is only good for TWO days until you turn in your completed reservation form and make full payment (including deposit, if required). We will not make calls to remind you to pay. If you have not made a payment for your reservation after the two days, your reservation will be relinquished.
3. What now? Once you have turned in your payment and paperwork, you need not do anything else. The HOA office will activate your facility tag and post a sign at each

designated facility letting all visitors know you have it rented.

4. What do you get for your money? All reservations are set and priced for 6 hour blocks. Even if you plan to use it for only 2 hours you must pay the minimum price. All of our outdoor covered pavilions and uncovered areas and parks are \$25. You do not have to rent out the parks unless you want a guaranteed spot. Towne Square is our larger indoor facility that can hold 80 seated persons and costs \$100. Bella Mar is our newer facility that can hold 40 seated persons and is \$75. Both indoor facilities require a \$300 deposit.
5. Cleaning Up. Please remember that there may be a reservation coming in right after you. You are required to clean up after your event. We have a maintenance staff on-site that checks in and takes pictures of damage and/or untidiness of the facilities. You may opt for our staff to clean up after you for an additional \$100. (You are still required to dispose of your trash.)
6. Cancelling. If you need to cancel your reservation please call the Association Management Office at least 3 days prior to your reservation for a full refund.

Please call (512) 266-7553 if you have additional questions.

*\*If you have lost your facility tag, it needs to be reported as LOST immediately to prevent it from getting into the wrong hands. There is a \$20 replacement fee required to obtain a new tag.*

*Please note: The Steiner Ranch HOA provides each facility "as is" with tables and chairs. Outdoor heaters, fire pits, set-up/break-down and ashtrays are not provided.*

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Spring is around the corner! With the increasing daylight, warming temperatures, and budding flora comes the 10th annual Laura Welch Bush Elementary School Spring Carnival! Mark your calendars for Friday, April 20, 2012, and join us from 5 - 8 P.M. for an evening of food and fun for the entire family! For more information, please contact Jeanene Steinberg at [carnivalLWBEPTA@gmail.com](mailto:carnivalLWBEPTA@gmail.com).

## *The River Ridge Elementary PTA Presents* **RATTLER ROUNDUP 2012**

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## AUSTIN NEWCOMERS CLUB MARCH LUNCHEON



***The March luncheon speaker will be Austin Police Chief Art Acevedo.***

Art Acevedo serves as the eighth Police Chief in the 84-year history of the Austin Police Department and is the first Hispanic to lead the City's police force. With more than

two decades of law enforcement experience, he oversees a department that employs approximately 2,100 sworn officers and civilian personnel. With the consolidation of the Austin Police Department and the Austin Public Safety and Emergency Management Department in January 2009, Acevedo is now responsible for all municipal law enforcement in the City of Austin, including Austin-Bergstrom International Airport, parks, and municipal courts.

Chief Acevedo began his professional career in law enforcement with the California Highway Patrol in 1986,

bringing a well-established commitment to community outreach and coalition building to Austin. He strives to establish strong community relationships throughout the city with the goal of strengthening the relationship between the people of Austin and their Police Department. Chief Acevedo leads by example with a strong sense of community involvement through his own personal time and resources.

Born in Havana, Cuba, Acevedo migrated to the United States with his family in 1968 in search of freedom and the opportunities to be found in America. He grew up in California, and earned

his Bachelor of Science degree, with departmental honors, in Public Administration from the University of La Verne. He is married to Tanya and is the father of three children, Melissa, Matthew and Jake.

Appointed Austin Police Chief in July 2007, Chief Acevedo believes in the spirit of our community and the commitment to excellence demonstrated by the men and women he leads.

**WHEN AND WHERE:** Wednesday, March 21, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.

*(Continued on Page 43)*



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Convenient location with easy access



**Austin Newcomers Club-** (Continued from Page 42)

**TIME:** 11:30 a.m. socializing, Luncheon begins at noon.

**FOR LUNCHEON RESERVATIONS:** Email: [LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com)

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. 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).

## Toastmasters Speech Contest

The Lake Travis Toastmasters (LTTM) will host the Toastmasters Area J61 International Speech and Evaluation Contest on March 19 at the Lakeway Activity Center, 105 Cross Creek in Lakeway at 6:30 p.m.

Join the Area J61 Toastmaster Clubs: Cirrus Logic Toastmasters, Intel Austin Toastmasters, Dripping Springs Toastmasters, Westlake Toastmasters and Lake Travis Toastmasters with Area Governor Marben Bland. The evenings program will present an array of interesting and entertaining speeches, plus the evaluation of a guest speaker's speech by one member of each club, great food and meeting new friends.

Please pass this information to your colleagues and friends.

Visit the Lake Travis Toastmasters website «<http://laketravis.toastmastersclubs.org>» to learn more about our club and our regular meetings held on the 1st, 3rd and 5th Monday of every month at the Lakeway Activity Center at 6:30pm. (except on holiday Mondays), or contact Kay at 512-431-8069 for more information.

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**DATE:** Wednesday, April 18th

11:00 am Registration - 1:00 pm Start

**LOCATION:** Flintrock Falls Golf Course

**FORMAT:** 4-person scramble

**COST:** \$165 per golfer\*

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# School News

## Eight Business Networking Groups in the Area

Are you looking to grow your business in 2012? If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

### STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested please contact Elicia Rudberg at [eliciarudberg@gmail.com](mailto:eliciarudberg@gmail.com) for more information or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at the River Place Country Club. Visitors are welcome! If you are interested please contact Kelly Troy at [kelly@troyinsgroup.com](mailto:kelly@troyinsgroup.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership

goals and continues to grow! For information about participating in upcoming events or membership benefits visit [www.fourpointschamber.com](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto:membership@FourPointsChamber.com).

### A BUSINESS REFERRAL GROUP MADE FUN!

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Red Robin on 183. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

### YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

(Continued on Page 45)



**STEINER RANCH PRIMARY CARE IS PROUD TO ANNOUNCE THE ADDITION OF Dr. Li-Tai Chuo**



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### **LAKEWAY NETWORKING, INC.**

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at [Kellyconnor@austin.rr.com](mailto:Kellyconnor@austin.rr.com) or 512-736-2495.5.

### **STEINER RANCH MARKETERS**

Your boss thinks what you do is voodoo, your spouse thinks your work reflects the latest Mad Men episode, and your kids fear following in your footsteps; growing up to work a cube (unless you are lucky and work from home - then you work on the computer). Fear not! We can find solace in one another. We're a friendly bunch by trade and we excel at networking by nature so why aren't we?! Join us for a respite from the daily grind and a chance to get to know other marketers in Steiner Ranch: [meetup.com/Steiner-Ranch-Marketers](http://meetup.com/Steiner-Ranch-Marketers) Questions? [paul@seobrien.com](mailto:paul@seobrien.com).

### **A+ REFERRALS BY THE LAKE BNI (LAKEWAY)**

BNI is a professional business networking group that helps you build a team of partners to market your business.

Come join us on Wednesday mornings from 9:00-10:30 at Hill Country Pasta House. Breakfast is \$10 and visitors are welcome.

Please feel free to contact Sheryl Baker at [sherylssendoutcards@gmail.com](mailto:sherylssendoutcards@gmail.com) or visit [www.BNIaustin.com](http://www.BNIaustin.com) for more information.

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**GRANNYSAS NANNYS** Babysitters Extraordinaire. Steiner Ranch Residents. Excellent local references. We come to your home. Last minute, Daytime, Nighttime, Weekends. Local excursions. Call Granny Ruthi or Grandpa Bob at 818-535-3188 or email us at ruthibob@austin.rr.com

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Paul is a family man who has been married to Sherry for forty years and they have six beautiful grandchildren.

## Multiple Austin Energy Rate Increases Will Impact Homeowners and HOAs

All Austin Energy customers, both inside and outside the City of Austin, are impacted by the utility's ongoing rate increases. Customers' bills have already increased by 15% (3% every year) since five years ago, and now Austin Energy intends to impose two more increases.

The first new increase--"Phase 1"--will take place this year; the second increase--"Phase 2"--will occur in 2014. This year's increase will be implemented prior to June 1, when the utility's summer rates go into effect. (Summer rates are 30% higher than October-May rates.)

The chart below shows the effect of the Phase 1 increase on the monthly bills of residential ratepayers. The amount of the Phase 2 increase is unknown, but is likely to be 8 to 10%.

Importantly, Austin Energy's proposed 2012 rate plan features a new "progressive" rate structure. Higher-consumption homeowners will be immediately impacted by this change.

AE currently has two rate tiers: a bottom tier that charges a low monthly rate for consumption of less than 500 kilowatt hours (kWhs) per month, and a second tier that charges a slightly higher rate for additional consumption. In the second tier, the rate per kWh is the same, regardless of consumption.

The new progressive rate structure has five rate tiers, and the rate

per kWh increases as consumption increases up the tiers. In the top tier, the rate per kWh is almost twice the rate in the bottom tier, and is twice Austin Energy's cost of providing electric service.

The rate structure is unfair and punitive. It would force high-consumption customers to subsidize the electric bills of other customers. If approved by the Austin city council, the structure will be the only one of its kind in Texas.

Moreover, the new rate structure will force AE's residential customers to pay marginal rates that are the highest in Central Texas. See, for example, the following graph, which compares Austin Energy's proposed rates to the rates charged by investor-owned electric utilities in nearby Round Rock. Notice that the marginal rates charged in Round Rock are 20 to 30% lower than AE's proposed summer rates.

### IMPACT ON HOAS

HOAs will be directly affected by the rate increase. So will MUDs and WCIDs, since commercial rates will be raised on a "progressive" basis. If their operating expenses are significantly increased by the rate change, the districts may have no choice except to pass their higher costs through to their HOA customers. This could result in increased HOA assessments.

*(Continued on Page 49)*



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### **OUT-OF-CITY RATEPAYERS ARE CAPTIVES OF AUSTIN ENERGY**

Ratepayers who live outside the City of Austin are captive customers of Austin Energy, which is a monopoly. Outside ratepayers cannot vote on the City council members who set their rates. Nor are they allowed to choose another service provider that offers lower rates and better service.

### **BUT STATE LAW PROVIDES OUTSIDE CUSTOMERS WITH A LEGAL REMEDY**

Under state law, Austin Energy's out-of-city homeowners can petition the Texas Public Utility Commission to review the rate

increase after it is approved. The petition must be signed by 5% (about 2,500) of the 45,000 residential customers outside the City. After the petition is submitted, the commission will evaluate the business operations of AE, and determine whether the rate increase is justified and reasonable.

### **OUTSIDE RATEPAYERS ALREADY ARE ENGAGED**

Outside ratepayers, including HOAs, MUDs and neighborhood groups, have formed Homeowners United for Rate Fairness (HURF) to represent their interests in the pending rate case. It is HURF's position that (1) the proposed increase is excessive, because

it is based on inflated financial estimates; (2) the proposed "progressive" rate structure is discriminatory and arbitrary; and (3) it is unjust for outside Austin Energy customers to be forced to pay high rates in order to subsidize the city government of Austin.

If the major concerns of outside ratepayers are not addressed, HURF members will lead a petition drive to appeal the rate increase to the Public Utility Commission.

To view HURF's website, enter: [www.hurf.org](http://www.hurf.org). To volunteer to help with the petition drive and/or join HURF's mailing list, email: [info@hurf.org](mailto:info@hurf.org).

### **Austin Energy Residential Customer Costs at Current Summer Rates vs. Proposed Phase I Summer Rates**

Monthly Consumption (kWh)	Current Monthly Cost (Dollars)	Proposed Phase I Monthly Cost (Dollars)
500	\$41	52
1000	\$98	100
1500	\$155	161
2000	\$211	225
2500	\$268	289
3000	\$325	357
3500	\$381	426

*(Continued on Page 50)*

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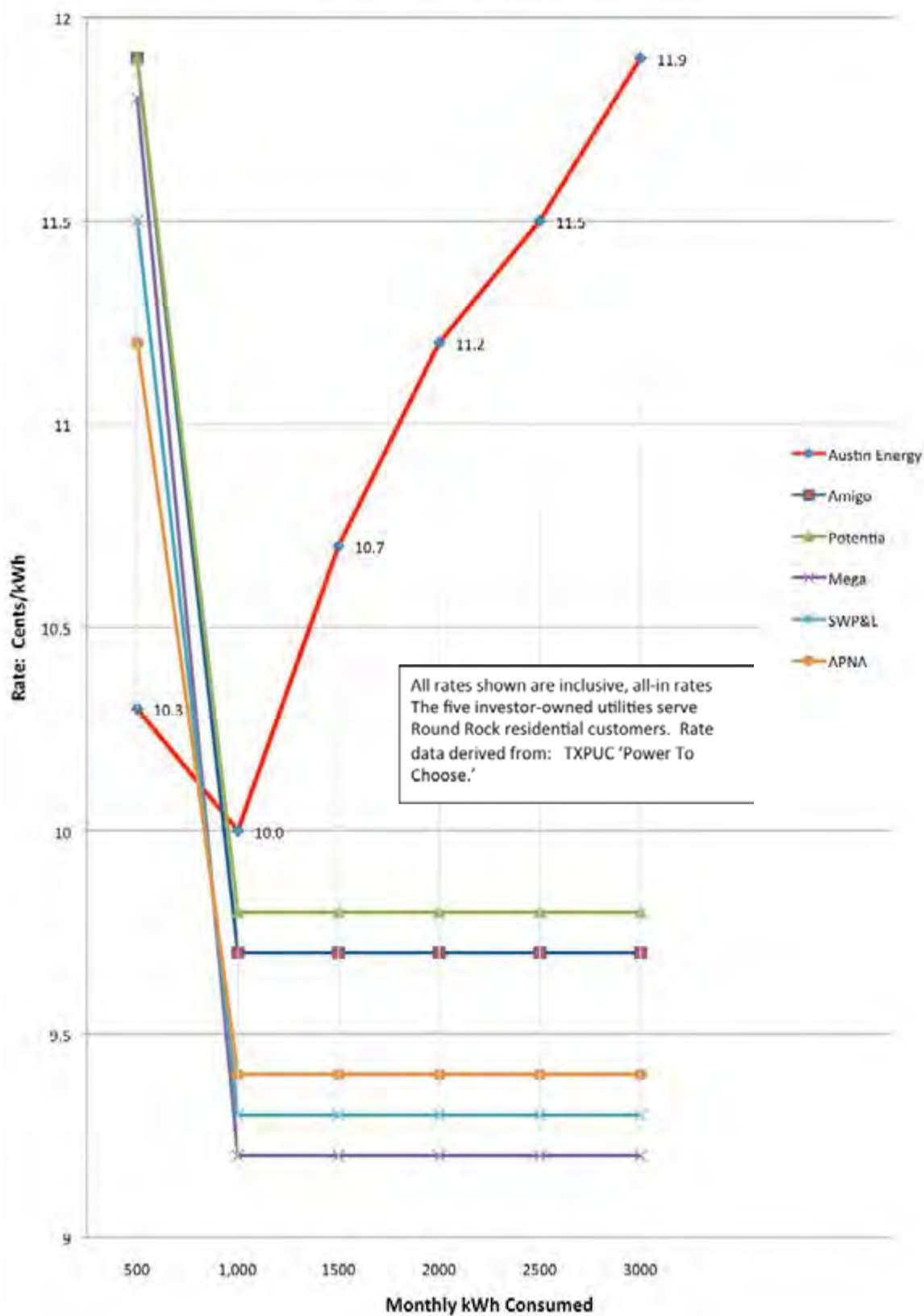
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# News You Can Use

*Multiple Austin Energy Rate Increase- (Continued from Page 49)*

**Proposed Austin Energy Summer Rates Vs. Current Rates of Adjacent Competitive Utilities**



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**6:30 - 9:00 PM**

**Rib Eating Contest 7:30 - 7:45 PM**

- ★ **Round Rock I-35: Round Rock High School**
- ★ **620 Four Points: Vandegrift High School**
- ★ **360 South: Westlake High School**
- ★ **183 North: *Defending Champions* Anderson High School**
- ★ **Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"**
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- ★ **High school contest 7:30- 7:45 PM.**

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## EMPOWERING CHILDREN THROUGH MEDITATION

### *Learning Mindful Awareness Can Benefit Your Children For A Lifetime*

All twenty-two children lay quietly with their eyes closed, their yoga mats arranged in a circle like the petals of a giant, multi-colored flower. Some are restless, distracted by the flickering candles in the center of the circle, but even the 3-year-old is participating.

The teacher gives instructions in a soothing voice, and the children imagine themselves going through a door that leads to the ocean. They listen for the sound of the waves, slow and rhythmic, like the sound of their breathing. After they have fully relaxed, the teacher tells them to come back through the door, and they start awakening by wiggling their toes. They sit up straight, place their hands over their hearts and bow to one another.

These young students in Avery Ranch are not the only kids spending time in meditation. Meditation can take different forms, but is basically a state of mindful awareness or attention to the present moment. Though commonly associated with Eastern religious practices, meditation itself is not religious in nature and is used by people of all walks of life.

Parents, teachers and researchers are discovering how meditation can relax children and help them thrive in life and academics. Studies

abound on the benefits of meditation for adults, and recent research is beginning to confirm that benefits extend to children as well.

### STRESS REDUCTION AND MORE

Psychotherapist Gina Biegel has studied the impact of meditation on teenagers and found that it does in fact decrease anxiety and depression. Her eight-week study of over 100 teenagers even found improvements in sleep patterns and changes in medication use. "We tend to be going-going-going all the time," says Biegel, who practices at Kaiser Santa Teresa Hospital in San Jose. "We need to take a moment and not feel the need to do-do-do all the time."

The benefits of meditation go beyond stress-reduction. Meditation can help kids understand that feelings are okay, build confidence and establish closer relationships.

Nancy Brady has taught meditation to kids for the past seven years. She was able to use meditation to enable 8-year-old Joey to handle his grief after his grandmother passed away. Brady helped Joey "visit" his grandmother, and he was able to tell her that he missed her and loved her. Afterwards, he was no longer sad.

*(Continued on Page 53)*



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[www.childrenscenterofaustin.com](http://www.childrenscenterofaustin.com)

**Empowering Children Through Meditation-** (Cont. from Page 52)

"It enriches my life to watch a child establish strong inner connections that strengthen his or her abilities in school and will continue to grow through life," says Brady. "I like knowing that children have a more complete set of tools—beyond anger and frustration—to live the best life they can."

**SHARING MEDITATION TOGETHER**

When a parent and child experience meditation together, they can enjoy the benefits while also creating a special bond with one another.

Moms-to-be can even use yoga and meditation to bond with their unborn babies.

"You are connecting with the soul of your baby in utero. It's a feeling of connection, of oneness with your child inside of you," says Mallika Chopra, author of two inspirational books for moms, and daughter of spiritual guru Deepak Chopra. For her, meditating during pregnancy was a beautiful and magical experience.

Whether children experience meditation with a parent or on their own, the benefits can last a lifetime.

"Meditation is a precious gift that your child(ren) will have for their entire lives," says Chopra. "It's something they will always have at moments of stress and frustration, and when they want to be at a (more balanced) place."

**TRY IT! THE FROZEN POPSICLE MEDITATION**

Have your child lie down in a comfortable position and lead her through this simple meditation: Imagine that you are a frozen popsicle. Even if you wanted to, you couldn't move your fingers or toes. Be as still as possible. Think about being cold, and see if you can make yourself feel cold. Tense all of your muscles as if you are really frozen. Now, defrost yourself little bit by little bit, becoming more and more floppy until you feel like a melted Popsicle puddle on the floor.

**FOR OLDER KIDS & ADULTS**

Count your breaths as you slowly inhale and exhale. Count one to ten, and start over whenever you find yourself distracted. This will help you stay calm and focused. It's also a great way to fall asleep!

*Sugandha Jain is the Director of Accreditation at Kids 'R' Kids Learning Academy in Avery Ranch*

**BY SUGANDHA JAIN**

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## Irish Cheddar Cheese Ball



*In homage to St. Patrick's Day – here is an appetizer that is sure to please!*

### INGREDIENTS:

- 1 block cream cheese, softened
- 1 1/2 C. Irish Cheddar Cheese, cubed
- 1 1/2 C. white Cheddar Cheese, grated
- 1 small shallot, chopped
- 1/4 C Jameson Irish Whiskey
- salt and pepper
- fresh chives, minced

### DIRECTIONS:

In a large food processor, mix cream cheese, cubed cheddar, and shallots together until incorporated. Add whiskey and salt and pepper and continue to mix until semi smooth. Transfer to a large bowl. Add additional grated cheddar cheese to whiskey cheese mix, stirring well and taste, adding more whiskey or salt and pepper if needed. Cover with Saran Wrap and chill for at least an hour. Roll cheese mixture into a ball and then roll through minced chives, so that the ball is coated. Serve with toast or crackers. Store left overs in the refrigerator, wrapped in Saran Wrap.

**SUBMITTED BY STACEY RIDER**

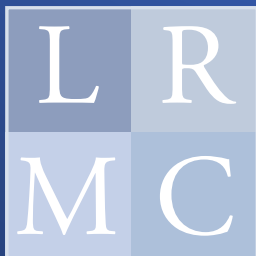


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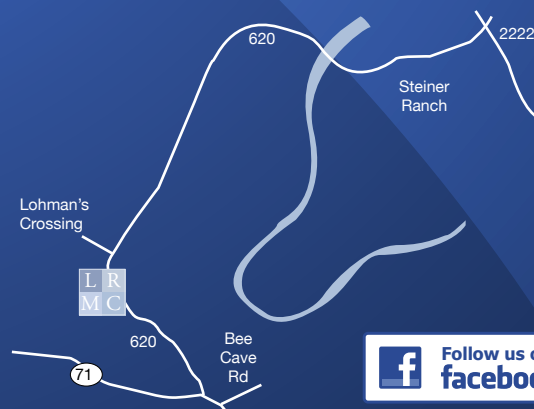
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## EDUCATING AUSTIN KIDS SPRING SOCIAL

ABLE and Rising Stars preschool are thrilled to announce our upcoming fundraiser, "EDUCATING AUSTIN KIDS SPRING SOCIAL" which will take place on Friday, March 30, 2012 from 7:00 – 10:00 pm at Twin Lakes Country Club. This special event is being sponsored jointly by ABLE, Assisting Better Living Everywhere, and Rising Stars Preschool to benefit underprivileged students in Austin.

Research shows that children who attend quality preschool programs benefit substantially in cognitive development. It is our joint goal to enhance preschool opportunities for less privileged kids in Austin. Rising Stars Preschool "RSP" has a long standing history of providing young children in Austin with a superior, safe and caring environment that promotes an enthusiasm for learning. Similar to past years, as a result of this fundraising effort, Rising Stars Preschool plans to offer scholarships to families who do not have the means to send their children to preschool and to provide specialized development opportunities for teachers.

Partnering with Rising Stars Preschool in this Spring Gala event is ABLE, Assisting Better Living Everywhere, a 501(c)(3) non-profit organization. ABLE, who also strongly supports high quality education, will be orchestrating an Allison Elementary Playground Project with the funds raised to renovate and beautify the preschool playground at Allison Elementary in East Austin.

### *How you can help:*

1. The "EDUCATING AUSTIN KIDS SPRING SOCIAL" will involve a raffle, live and silent auctions. As described above, the proceeds will fund RSP scholarships, teacher education programs and ABLE's playground project. BY MARCH 1ST, we are asking local businesses to donate products and/or services to be offered at the event. Of course monetary donations are also always welcome. In return, we will advertise your business at this event, on the community bulletin board at RSP and ABLE website.

2. Come join us at this exciting event! Tickets are \$35 if ordered ahead of time or \$40 at the door!

***To donate a product or service or purchase a ticket please contact either:***

Jennifer Venticinque, buffy\_t\_77@yahoo.com with RSP

Brenda Becker, brenda@beckerworld.net with ABLE

***For more information, please contact:***

Kelly Zermeno and Mafel Masuno, Owners of Rising Stars Preschool at 512-331-4550.

Erin Newman, Austin chapter president, austin@ablemission.org



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