

Canyon Creek CHRONICLE

APRIL 2012

VOLUME 6 ISSUE 4

Austin Newcomers Club APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus. Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN & WHERE

**Wednesday, April 18, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00.
*Reservations are required.***

TIME

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

For Luncheon Reservations Email:

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.

Fit and Fun:

Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about

(Continued on Page 7)



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OTHER NUMBERS

Balcones Postal Office	512-331-9802
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community newsletters



34Th Annual Pecan Street Festival Celebrates Austin This Spring

ENJOY LOCAL ARTISTRY AND MUSIC SATURDAY, MAY 5 AND SUNDAY, MAY 6

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items.



This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a “calorie counting” challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.

In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city’s artistic and diverse culture and commemorates everything “Austin.” From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a

doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have!

The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact. Visit www.oldpecanstreetfestival.com to learn more about the festival.

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FINANCIAL FOCUS

Complaints to the FTC: Identity Theft Tops the List

The Federal Trade Commission received more than a million consumer complaints last year, and identity theft topped the list for the 11th year in a row. The FTC reported more than 250,000 complaints about identity theft in 2010, representing 19% of the total complaints received. Identity theft scams are becoming more prevalent online. About 45% of consumers reporting fraud said the transaction was initiated by email and 11% claimed it was through a website. Here are four tips to help you protect against identity theft:

Check your accounts regularly. Kiplinger's suggests spending a few minutes online every day looking at your bank and credit card accounts. Make sure you can recognize every transaction. By making this a habit, you can detect suspicious activity before it's too late.

Watch your phone! If your phone gets lost or is stolen, someone could have access to more than just your email. According to AdaptiveMobile, security attacks on smart phones were at an all-time high in 2010. Keeping your phone locked is a start, but it won't prevent tech-savvy thieves from breaking in. Make sure you log out of any bank apps or sites where your financial information is stored as soon as you're finished. Many smart phones also offer remote wipe-out services that will automatically erase any information on



your phone if you claim it as lost or stolen.

Don't be fooled by an email. Many scams start with an email. You're probably aware of scams that claim to award money or transfer wealth from a foreign country, but identity thieves are getting smarter. It's becoming more and more common to get an email from a legitimate company asking you to log in to their website. Clicking the link takes you to a malicious copycat site that can steal your login credentials. If you ever doubt an email, call the company or open a new browser and go directly to the website.

Be smart on social networks. Be careful about what you post on social networking websites because this is one of the main sources of information for many

identity thieves. If your name, phone number, address and date of birth can all be found on Facebook, you're giving identity thieves a head start! Check your privacy settings on any website to ensure your personal information isn't open to the public. For financial peace of mind, work with your financial coach to make sure your family is taken care of. Source: Primerica, Kiplinger, CNNMoney.com, Yahoo Finance.

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Paul Workman is a thirty-eight-year businessman, having built from scratch Workman Commercial Construction Services, a family business that is now a respected statewide construction company.

Paul Workman is a strong supporter of Texas business, fighting for low taxes and a pro-growth regulatory environment. Education is a top priority for Paul because he knows that for Texas to continue to succeed we must have a well educated workforce.

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

Legacy We Leave For Our Children

Undoubtedly, as parents, we have thought about the money we will leave behind for our children. Have we ever thought about the part of our spirits that we want our children to inherit? Granted, our children are unique individuals. But, we can still leave footprints in the sands of time that will continue to connect us with our children, long after we die.

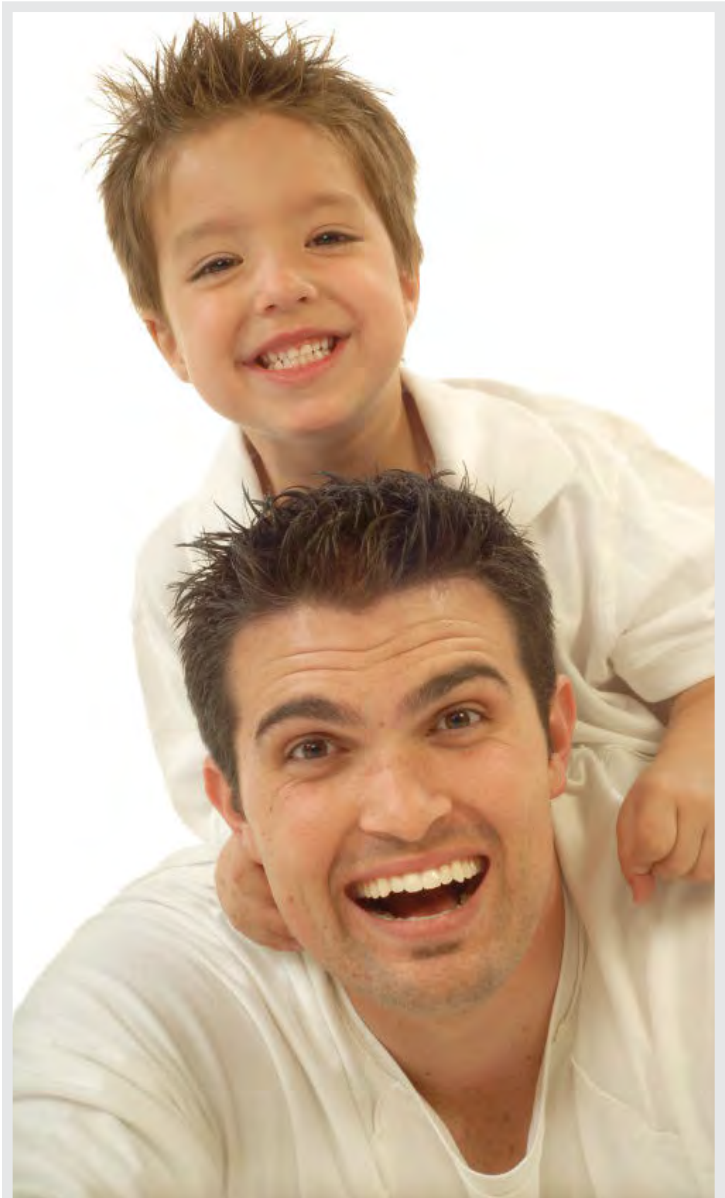
Our children will learn their own life lessons. But, that should not stop us from modeling survival skills to our children that have helped us handle the struggles of life. We can nurture resilient children by talking to them about our core values through sharing photographs, conversations and dining table games. Our children will learn from us, both consciously and sub-consciously, the skills that can help them weather the physical and mental storms of life. The time spent in reflecting on what really matters to us and communicating the same to our children can make our bonds with our children richer and more meaningful.

My parents actively reinforced the value of gratitude in me. Being mindful and expressing thankfulness for every experience has attracted many positive forces in my life. Gratitude is the legacy that my parents have left for me. Legacy is a priceless gift that we can pass down to the generations that come after us. Legacy unites us with our ancestors, children and grand-children. Legacy is thinking about what qualities our ancestors have blessed us with, that we will continually strive to transmit in our kin.

It is important to ask ourselves some questions. Which qualities do we value: Humor and Power of laughter; Faith and Spirituality; Forgiveness; Pride; Compassion or something else? Do our children know of our values? What effort am I making in leaving a physically, mentally, emotionally and spiritually strong legacy for my children? What difference can I make in the lives of my children in April 2012 through daily affirmations and encouragement?

We leave a legacy when we make a positive impact on our children's souls. This legacy is pure, powerful and long-lasting. Just like wood becomes stronger and harder when immersed in water, our legacy can preserve the resilience of our children.

Sugandha Jain is a Master Registered Texas Trainer. She is the Director of Accreditation at a local preschool.



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Fit and Fun - (Continued from Cover Page)

the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>

By: Concentra Urgent Care

Round Rock location **CLOSED**. Leander location **CLOSED**.

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TORNADOS

Home Athletic Events Schedule April 2012

DATE	OPPONENT	TIME
4/5 - Thu.	Schreiner	7 p.m.
4/6 - Fri.	Schreiner (DH)	1 p.m.
4/6 - Fri.	Sul Ross State (DH)	5 p.m.
4/7 - Sat.	Sul Ross State (DH)	12 p.m.
4/20 - Fri.	Schreiner (DH)	5 p.m.
4/20 - Fri.	Texas Lutheran	7 p.m.
4/21 - Sat.	Texas Lutheran (DH)	1 p.m.
4/21 - Sat.	Schreiner (DH)	1 p.m.

Baseball games are in white.

Softball games are in gold.

2012 Summer Camps

Boys Basketball June 4-8 contact: 512-313-4504	Girls Basketball June 25-29 contact: 512-313-4509
Baseball June 18-21 & July 9-12 contact: 512-313-4507	Softball June 11-15 contact: 512-313-4502
Boys & Girls Volleyball June 11-15 & July 16-20 contact: 512-313-4510	

For up to the date information
please check out our website at:

athletics.concordia.edu

NATUREWATCH *Beautiful Bunting*

by Jim and Lynne Weber

One of the most unmistakably colorful birds to return to Texas in the spring is the Painted Bunting (*Passerina ciris*), whose species name, *ciris*, thought to mean 'lord', comes from the Greek myth of Scylla, a sea monster who was changed into a bird. This species breeds in two different populations in the US, the eastern one along the coast of the southeastern states and the western one in the south-central states, which includes Central Texas.

The male Painted Bunting is a small, bright finch, with a red chest, blue head, and lime green back. It has a red ring around each eye, and dark gray wings and tail. In comparison, the female's overall greenish-yellow coloring is much less gaudy, but serves her well as she needs to remain hidden when rearing young. Highly territorial, males announce their territory by singing from a conspicuous perch and warn other male intruders by performing a fluttering flight display. They can be quite aggressive toward each other, often engaging in fights that include pecking, grappling, and beating with their wings which can sometimes end in injury or even death.

Preferring natural grasslands, open brush lands, thickets, and scattered woodlands, painted buntings usually form monogamous pairs, with the female constructing a deep, neatly woven cup-shaped nest of plant fibers, lined with hair or fine grass, and placed low in dense shrubbery. She lays 3 to 4 eggs, bluish-white with gray or brown speckles concentrated near the large end, and the young hatchlings emerge 11 to 12 days later, helpless at first and covered in sparse down.

During the breeding season of spring and summer, painted buntings eat

Painted Bunting (male)



Painted Bunting (female)

insects, insect larvae, and spiders, but switch to seeds in the fall and winter. Although painted buntings are mainly ground foragers, they can pick insects from spider webs and will fly up from the ground to grab the seed heads of tall grasses to pull them to the ground to extract the seeds.

One of the main differences between the eastern and western populations of painted buntings includes the timing of their fall molt in reference to the migration to their wintering grounds in southern Mexico and Central America. The western population begins their migration first, stopping to molt in staging areas in northern Mexico, and then continuing south. This type of migration-molt pattern is common among waterfowl but not among songbirds. The eastern population, on the other hand, follows the more typical pattern of molting on its breeding grounds first, before beginning its migration.

Sadly, the overall population of painted buntings has showed a slow, steady decline since 1965. Because of this, the conservation status of this beautiful bunting is listed as 'near threatened,' and is thought to be due to several

factors, including the rapid urbanization of its preferred habitat, increased nest parasitism by the Brown-headed Cowbird, and ongoing effects of climate change.

Fittingly, when seen in a group, painted buntings are collectively known as a 'mural' or a 'palette', and are a visually striking sight. One can only marvel at the wonderfully vivid feather colors that nature has produced, all on the same bird!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*

<p>CANYON CREEK MUSICAL THEATRE CAMP</p>	<p>Are We There Yet? The story of Moses and the Exodus</p> <p>Summer 2012</p>	<p>CAMP DATES: June 25-29th, 8:30am-3pm</p> <p>AUDITIONS DATES: June 3rd (2-5pm) June 9th (10am-12pm) *For acting roles ONLY, please attend ONLY one audition</p> <p>PERFORMANCES: Friday, June 29th - 7:30pm Sunday, July 1st - 11:00am</p> <p>WORKSHOPS: Prop Building, Costume Design, Recreation, Dancing, Indoor Games and "The Exodus according to the Bible"</p>	<p>A weeklong, fun-filled, and action-packed performing arts camp. Children will explore different aspects of theatrical production from acting and singing, to dancing and prop design, through the planning, practicing and performing of: <i>Are We There Yet?: The Story of Moses and the Exodus</i></p>	<p>AGES: Current 2nd-6th graders *A Preschool Fine Arts Camp is also available. See Website for Details</p> <p>COST: \$130 (price includes snack, but not lunch)</p> <p>REGISTRATION: Go online to Register at churchatcanyoncreek.com</p> <p>The Church at Canyon Creek 9001 FM 620 N Austin, Texas 78726 (512) 3331-7340 churchatcanyoncreek.com</p>
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Lakeway Regional Medical Center Community Open House

Please join us on April 1st, between 1:00 PM—4:00 PM, while LRMC hosts a community open house to give the Lake Travis community a chance to come on out and get a tour of the new hospital before it opens on April 16th.

LRMC staff will be sharing information on the services offered and answering any questions you may have. We'll have activities set up for children ranging from face painting to getting an up close look at one of Travis County Star Flight's helicopters.



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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to canyoncreek@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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