

# Canyon Creek CHRONICLE

MAY 2012

VOLUME 6 ISSUE 5

## BAND TO HELP WITH GARAGE SALE ITEMS

Cleaning out your unused items? The Vandegrift High School band will help: Any items you have to give, or any items which did not sell in the Steiner Ranch garage sale on April 28, will be picked up by the VHS band to be sold at their annual garage sale on May 5, 2012 at River Place Elementary School. This is an easy way for you to make a donation to the band's non-profit booster club which exists to benefit the band students. Just send email to [vhsbandgaragesale@gmail.com](mailto:vhsbandgaragesale@gmail.com) with your questions and offerings at your convenience. Band members will come to your home and pick up your items, or you can deliver them yourself. Whatever is not sold in the band's garage sale is donated to charity.



## Austin Newcomers Club May Luncheon

Folks who have been in Austin for a while are familiar with Sue Patrick's clothing emporium. She has been in the clothing business in Austin for 37 years and at her current location, 5222 Burnet Road, for the past 13 years. The store is not like any other in Austin. The merchandise includes everything from UT T-shirts to formal wear. Sue specializes in Vera Bradley and Brighton Collection handbags and carries some wonderful clothing lines including FDJ Jeans, Not Your Daughter's Jeans, Foxcroft shirts and Joseph Ribkoff. In addition to great clothing lines, you will find special candles and home fragrances and University of Texas clothing and memorabilia. This is a very popular event, so be sure to make your reservations early.

### WHEN & WHERE

**Wednesday, May 16, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, Pre-payment \$20.00 Reservations are required. 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)



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY ..... 911  
 Fire..... 911  
 Ambulance ..... 911  
 Sheriff – Non-Emergency ..... 512-974-5556  
 Hudson Bend Fire and EMS

### SCHOOLS

Canyon Creek Elementary..... 512-428-2800  
 Grisham Middle School..... 512-428-2650  
 Westwood High School ..... 512-464-4000

### UTILITIES

Pedernales Electric..... 512-219-2602  
 Texas Gas Service  
     Custom Service..... 1-800-700-2443  
     Emergencies..... 512-370-8609  
     Call Before You Dig..... 512-472-2822  
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     New Service..... 1-800-464-7928  
     Repair..... 1-800-246-8464  
     Billing..... 1-800-858-7928  
 Time Warner Cable  
     Customer Service..... 512-485-5555  
     Repairs..... 512-485-5080

### OTHER NUMBERS

Balcones Postal Office ..... 512-331-9802

### NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
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Please support the businesses that advertise in the Canyon Chronicle. Their advertising dollars make it possible for all Canyon Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 9th of each month for the following month's newsletter.

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<p style="font-size: 2em; color: red; margin: 0;">CANYON CREEK MUSICAL THEATRE CAMP</p>	<p style="font-size: 3em; margin: 0;">Are We There Yet?</p> <p style="font-size: 1.2em; color: red; margin: 0;">The story of Moses and the Exodus</p> <p style="font-size: 2em; color: red; background-color: red; padding: 5px; margin: 0;">Summer 2012</p>	<p><b>CAMP DATES:</b> June 25-29<sup>th</sup>, 8:30am-3pm</p> <p><b>AUDITIONS DATES:</b> June 3<sup>rd</sup> (2-5pm) June 9<sup>th</sup> (10am-12pm) <small>*For acting roles ONLY, please attend ONLY one audition</small></p> <p><b>PERFORMANCES:</b> Friday, June 29<sup>th</sup> - 7:30pm Sunday, July 1<sup>st</sup> - 11:00am</p> <p><b>WORKSHOPS:</b> Prop Building, Costume Design, Recreation, Dancing, Indoor Games and "The Exodus according to the Bible"</p>	<p style="text-align: center;"><i>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></p> <p style="text-align: center;"><b>Are We There Yet?: The Story of Moses and the Exodus</b></p>	<p><b>AGES:</b> Current 2<sup>nd</sup>-6<sup>th</sup> graders <small>*A Preschool Fine Arts Camp is also available. See Website for Details</small></p> <p><b>COST:</b> \$130 <small>(price includes snack, but not lunch)</small></p> <p><b>REGISTRATION:</b> Go online to Register at <a href="http://churchatcanyoncreek.com">churchatcanyoncreek.com</a></p> <p style="text-align: center;"><b>The Church at Canyon Creek</b> 9001 FM 620 N Austin, Texas 78726 <b>(512) 3331-7340</b> <a href="http://churchatcanyoncreek.com">churchatcanyoncreek.com</a></p>
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## Recipe of the Month

### Potato Cake Stacked Salmon

By *The Four Points Foodie*

This recipe has it all; delicious salmon, watercress, tangy aioli all stacked onto a crisp potato pancake. My problem with this recipe is that I didn't make enough (or rather we ate it all).

#### INGREDIENTS

- Salmon filet
- juice of 1 lime
- cedar plank
- 4 potatoes
- 1 egg
- 1/4 C flour
- Lawry's Season Salt
- 2 T olive oil
- 2 bunches watercress
- 4 T mayonnaise
- 1 1/2 T capers
- 1 T Durkee Sauce
- juice of 1 lemon
- salt and pepper
- zest of 1 lemon

#### DIRECTIONS

Preheat your grill and soak the cedar plank for about 30 minutes in water. Squeeze lime juice over salmon filet and season with salt and pepper. Place on cedar plank and grill until done and flaky. Peel potatoes and parboil whole for about 10 minutes, starting with potatoes covered with room temperature water and heat from there. Immerse in cold water. Remove from water, dry and let cool. Meanwhile, in a small bowl mash capers with a spoon. Then add mayonnaise, Durkee Sauce (or a brown mustard with a hint of horseradish), lemon juice and Lawry's Season Salt.

Once the potatoes are cool enough to touch, grate with a box grater into a medium bowl. Add a bit of Lawry's Season Salt. In a small bowl combine egg and flour and whisk well and add to potatoes. In a large fry pan, heat the olive oil over medium high heat. Make 4 large potato patties and place in hot oil. Leave it alone for 4-5 minutes until it crisps then flip to the other side and cook an additional 5 minutes. Drain on paper towels. To assemble, start with a potato cake, then a handful of watercress, then a piece of cedar plank salmon, topped with the aioli sauce. Garnish with zest of lemon and serve.

*Enjoy!*



## TORNADOS

### 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](http://athletics.concordia.edu)

## The 4<sup>th</sup> Annual Colin's Hope Classic Golf Tournament

The 4th Annual Colin's Hope Classic golf tournament was held on April 18th at the beautiful Flintrock Falls golf course in Lakeway. This event is always a special one for the Austin-based, non-profit foundation, as it was the very first event that Colin's Hope hosted after setting out on its mission to raise water safety awareness to prevent childhood drownings. This year as every year since its inception many loyal golfers teed up to spend their day in support of the charity's mission, kicking off swim season with a great reminder of how to swim safely and enjoy the water this summer!

Today, nearly four years after the founding of Colin's Hope, many ask about the "success" or "impact" of the foundation. Defining "success" with a vision like that of Colin's Hope: a world where children do not drown, can be a challenge...when the loss of even one child's life is too many. However, the impact on our community that Colin's Hope has had is something that can begin to be measured now, and its accomplishments are many!

Colin's Hope has become the face of drowning prevention in the Austin-area and has made a name for itself in Central Texas, statewide and even nationally. This year the foundation received the Member Agency of the Year award and the Innovative Program of the Year award from Safe Kids Austin for its drowning prevention work. Colin's Hope also co-chairs the Central Texas Water Safety

Coalition Board and holds a place on the Safe Kids Austin Board. The charity's message that "drowning is preventable" can be found all over our community during swim season, including Reagan billboards, more than 80 Peel, Inc. community newsletters, radio spots and numerous local TV interviews. Colin's Hope hosts several events that are now well-known and much anticipated, including the Kids' Triathlon and the Got2Swim open water swim in Lake Austin. These events draw lots of publicity and connect the foundation with its target audience: children, their parents and the swimming community. Olympic swimmers Brendan Hansen, Garrett Weber-Gale and Kathleen Hersey continue to support Colin's Hope and, together with Nitro Swimming, hosted a Colin's Hope Got2Swim clinic in January to both raise funds and teach children better ways to swim safely. The foundation's list of community, statewide and national partners has grown exponentially. Colin's Hope grows stronger, smarter and more influential through its partnerships with organizations like Schlitterbahn, Pool Safely, Safe Kids, the YMCA, The Expedition School, World Water Park Association and the City of Austin, just to name a few.

But there is no better way to see the impact of Colin's Hope than through its annual Water Safety Walk. In its first year in 2010, Colin's Hope distributed 5,000 water safety packets containing information on water

safety and drowning prevention, including its 7 key water safety tips and a Water Guardian badge. In 2010, 50,000 packets were distributed, and the 2012 Water Safety Walk will reach 75,000 homes! Distribution of the packets has been focused in the zip codes identified as having the highest incidence of drownings in the Austin area, and, since the information was delivered, the number of drowning deaths in many of these areas has DROPPED TO ZERO! Now THAT feels like success...because if even one child is safe and alive today because of its efforts and the impact that Colin's Hope has made, isn't that exactly what the foundation set out to do?

Fortunately, they get to keep on doing just that...protecting children and keeping them safer in the water...through the support of the golfers, sponsors, prize donors and volunteers who generously donated time, energy and money to make the 4th Annual Colin's Hope Classic another tremendous success. Prizes were awarded for the top 3 scoring teams, as well as for longest drive, longest putt and closest to the pin, however, the real winners on this day were the children and families Colin's Hope works to protect!

The founders' son, Colin Holst, drowned in an Austin-area public pool in 2008 at the age of 4. Colin's Hope was started in his honor and, on tournament day, he was remembered time and again... as everyone agreed it was, as Colin used to say, "the best day ever!" -Submitted by Carrie Wilkin

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# DANCE INSTITUTE

## SUMMER CLASSES

BALLET, JAZZ, HIP HOP, TAP, CREATIVE MOVEMENT  
JUNE 4 - JULY 28

## DIPA/DISH COMPANY AUDITIONS

JUNE 23

## BROADWAY BOUND

TRIPLE THREAT WORKSHOPS  
JUNE 11 - 15 & JULY 9 - 13

## BURN IT UP

HIP HOP

featuring BARRY LATHER, SHEPHERD ALLEN & WILL WALKER  
JUNE 11 - 13

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JILL MARLOW, CERVILIO AMADOR & JESS HENDRICKS  
JUNE 18 - 29

## THE WORKS

JAZZ, CONTEMPORARY, HIP HOP  
JULY 16 - 27

featuring BAD BOYS OF DANCE

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**BAD BOYS**  
**OF DANCE**  
**JULY 28**



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## A Focus on Physical Activity - Pathway to Improved Health

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

*Any physical activity is better than no physical activity*

- Includes people with disabilities & far outweighs the possibility of risk of injury or illness

*Most health benefits occur with at least 150 minutes a week*

- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial
- For most people, additional benefits occur when*
- You increase the intensity, the frequency, and or the duration of your Physical activity.

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

*For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.*

# DROWNING IS PREVENTABLE

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WWW.COLINSHOPE.ORG

## LAYERS OF PROTECTION

<b>CONSTANT VISUAL SUPERVISION</b>	<b>LEARN TO SWIM</b>	<b>WEAR LIFE JACKETS</b>	<b>MULTIPLE BARRIERS ON ALL POOLS &amp; HOTTUBS</b>
<b>KEEP BACKYARDS &amp; BATHROOMS SAFE</b>	<b>LEARN CPR</b>	<b>CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN</b>	<b>VISIT US ONLINE</b>

2012  
COLIN'S HOPE  
**May**

**VOLUNTEER & SIGNUP**  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)

**Colin's Hope Events Calendar**

- May-June:** Water Safety Walk - Packet Stuffing & Distribution
- June 14:** World's Largest Swim Lesson at Schlitterbahn
- June 16:** Colin's Hope Got2Swim the Pure Austin Quarry
- July 21:** UltiFit Challenge #2 at Reveille Peak Ranch
- August 30:** Colin's Hope Got2Swim Lake Austin
- September 16:** Colin's Hope Kids Triathlon



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