

One Egg-cellent Egg Hunt!

This year's Perry Park Egg Hunt was a huge success, thanks to the amazing work of Chereen Fisher and all of the wonderful volunteers that helped stuff and hide eggs. Kids of all ages came out to hunt for eggs, meet the Easter Bunny, and visit with friends. Miller Stephens had the closest guess for the Jelly Bean count and the lucky winners of the golden eggs were:

**0-2 KENDALL BIXBY | 3-4 GEORGIA FINK
5-7 ABBY MARTIN | 8 & UP JACOB MITCHELL**

Thank you to all of the wonderful neighbors that came out to this fun event. See you next year!



Welcome New Board Members!

**HPWBANA IS PLEASED TO WELCOME
TWO NEW MEMBERS TO OUR BOARD:
DAWN LEWIS, & CHEREEN FISHER.**

Both Dawn and Chereen are previous HPWBANA board members and will be helping out with various neighborhood projects and events. In addition, Dawn has also taken on the role of Treasurer and will be assisting with our Crime and Safety efforts. We are excited to have both Dawn and Chereen join the board and happy to see our number of committed volunteers growing!

Welcome Dawn & Chereen!

Mother Goose on the Loose!

YARBOROUGH LIBRARY | MAY 3RD, 3:30PM

Long, long ago, Mother Goose flew into our lives, bringing a world of imagination, songs, and stories so dear that it seems they've always been with us. Enjoy the ride as we lift off into the wild blue yonder of words that rhyme and ring with tradition! This performance by Literature LIVE! includes puppetry, storytelling, and dramatization with lively dialogue, beautiful sets, and a ready invitation to audiences to immerse themselves in story.



Highland Park West Balcones Area

IMPORTANT NUMBERS

Austin Citywide Information Center..... 974-2000 or 311
Emergency Police 911
Non-emergency Police (coyote sighting, etc.) 311
Social Services (during work hours) 211
SPO David J. Knutson
Central West District APD Rep..... 974-5917
Wildlife Rescue 24 Hour Hot Line 210-698-1709
APD REP. - Officer Darrell Grayson 512-974-5242

'12 BOARD OF DIRECTORS

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BOARD MEMBER

David Obermann humbug@texas.net

Chereen Fisher chereen@austin.rr.com

The HPWBANA Board meets on the third Monday of each month except December. Please go to HPWBANA.org for our current meeting location or contact president@HPWBANA.org.

HPWBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

ADVERTISING INFO

Please support the businesses that advertise in the HPWBANA Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No neighborhood association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

Join The HPWBANA Yahoo Group

The HPWBANA Yahoo Group is a neighborhood listserv intended for discussion and announcements of interest.

It is also the best place to find out about activities in the neighborhood, lost or found pets, crime, & recommendations.

Membership is free...to join, go to
<http://groups.yahoo.com/group/HPWBANA/>

Bright Leaf Hikes

MAY 13TH & 14TH | 9:00AM

The Friends of Bright Leaf volunteers are happy to provide guided hikes to the public on the second Saturday and Sunday of each month at 9:00am. Hikes are usually 4 miles long and last about 2 hours. Wear sturdy shoes and bring your own water.

Please arrive on time – there is only one hike per day.

Call or email in advance if...

- You have a group of 10 or more.
- You would like a shorter hike.
- You would like to schedule a hike for another day or time.

Call 512-459-7269 or email
FriendsOfBrightLeaf@gmail.com



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SAT & SUN

MAY 26-27

SHOWTIMES: 11 a.m. and 2 p.m. Rain or Shine

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- See a Sherman Tank and M3 Halftrack in action
- Learn about uniforms and equipment
- Discover the realities of the front lines of WWII
- Tour the Texas Military Forces Museum
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Highland Park West Balcones Area

It's Bambi!

He's tiny, he's cuddly, he's cute, and he seems so alone. He's probably an orphan, like Bambi! You just have to pick him up and take care of him – or at least get a closer look...

But he's not alone. Bambi's mother is not far away, and a deer that would otherwise run from a human or a dog will defend her baby if she senses danger. Now is the time to remind your children and neighbors to be deer-smart for the deer's safety and your own.

If you find a fawn, leave it alone. Most white-tail deer fawns are born in May and June in central Texas, but they start to appear as soon as late April. For the first three to four weeks of their lives, the fawns are too small to follow their mothers, and it is normal for a doe to leave a fawn alone for several hours at a time. If you find a fawn, do move it or try to rescue it. Most fawns are not orphaned or abandoned. Unless the fawn is obviously cold, sick or in an unsafe area, it should be left alone. If you think the fawn is in danger, call Austin Wildlife Rescue at 472-9453 (472-WILD).

Remind your children to stay away from the deer. Baby animals naturally draw the attention of curious children. Fawning season in central Texas provides a unique opportunity to teach your children about cycles of life and kindness to animals. Educate your children about the fawning season. Explain to them that the fawns are not abandoned. Teach them that they should stay away from the fawns because the mother is nearby, she will take

care of the baby, and the fawn's best chance of survival depends on its being left alone.

Restrain your dogs. Fawns also draw the attention of curious dogs. Walk your dogs on leash. Standard leashes are better than retractable leashes at this time of year in deer country. Off-leash and unrestrained dogs are a primary cause of conflicts with deer. Use your deer deterrents. If you do not want fawns around your property, now is the time to refresh or activate your deer repellents. Does will not leave fawns in an obviously hostile environment. Mend your fences if you do not like deer.

The fawning season provides an opportunity to experience first-hand the miracle of the cycles of wildlife and appreciate the wildlife we have living among us. DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin's urban deer herds. Visit us at www.deeraustin.org.

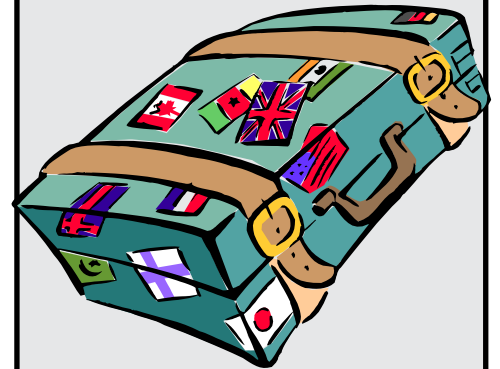
Austin Wildlife Rescue, Inc. is a registered 501(c)(3) charitable organization that rehabilitates and releases orphaned, sick or injured animals and educates the public how to co-exist with wildlife. Learn more or volunteer at www.austinwildliferescue.org. Austin is a city that values its urban wildlife. The opportunity to interact with deer is a part of what makes Austin a special place to live.

Please be deer-smart this spring, enjoy the wildlife, and Keep Austin Deered!

LOOKING FOR VOLUNTEERS!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now.

For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 jennifer4cci@aol.com



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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.

TIME
11:30 a.m. socializing,
Luncheon begins at noon.
For Luncheon Reservations:
Email: [LuncheonDirector@](mailto:LuncheonDirector@AustinNewcomers.com)
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



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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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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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 KEEP BACKYARDS & BATHROOMS SAFE	 LEARN CPR	 CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN	 VISIT US ONLINE



VOLUNTEER & SIGNUP
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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: UtiFit Challenge #2 at Reveille Peak Ranch
August 30: Colin's Hope Got2Swim Lake Austin
September 16: Colin's Hope Kids Triathlon

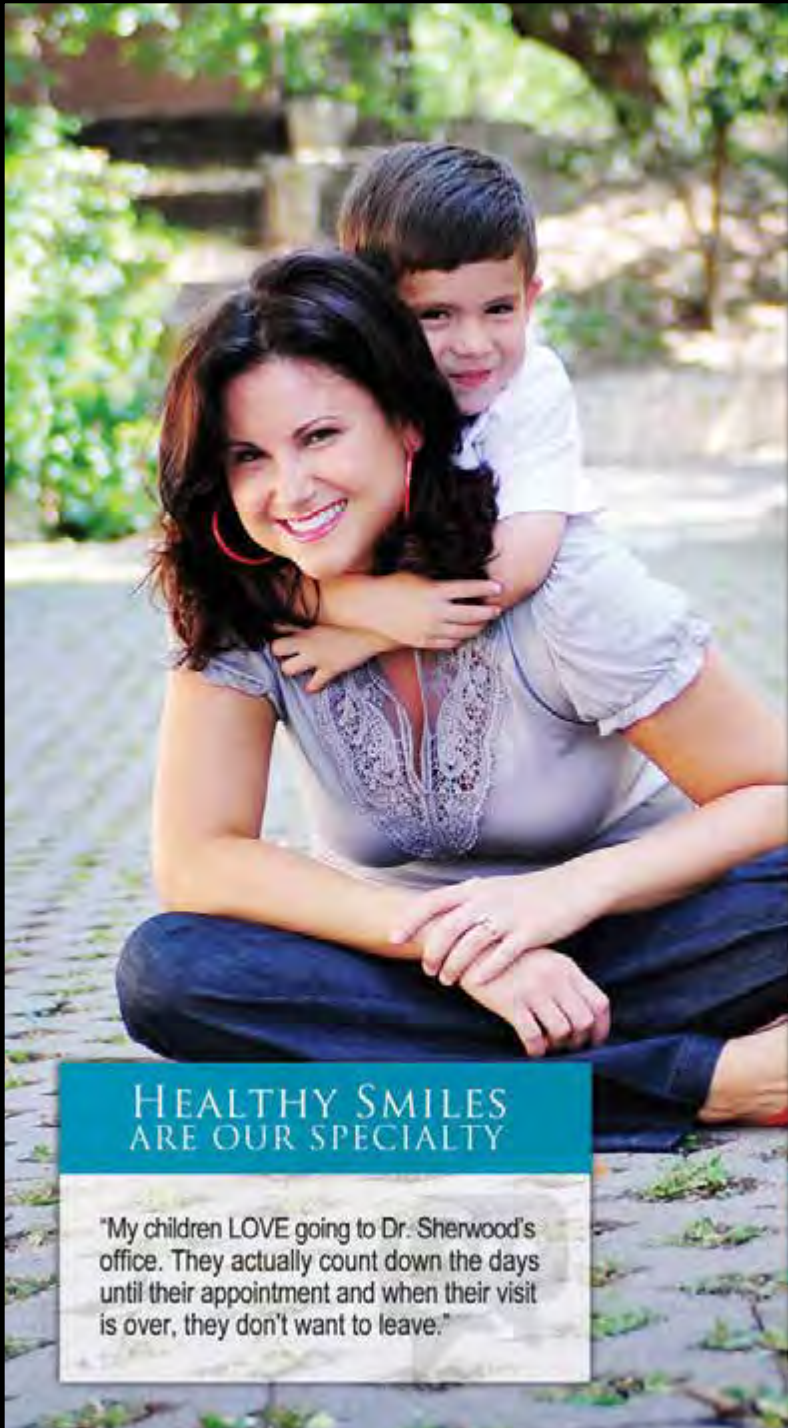


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