



# POST

The Official Newsletter of the  
Plum Creek Homeowner Association

May 2012

Volume 3, Issue 5



## Event Update

The 11th Annual Front Porch Days is almost here. Front Porch Days is a huge gathering each year in May and includes music (Including the BISCUIT BROTHERS), a pie baking contest, petting zoo, pony rides, inflatables, barrel train, Texas Skate Team demo, local organizations, vendors, crafts, food, and more.

All of the entertainment and many of the events are FREE. Money is needed to purchase food, drinks, and products from vendors and community groups or to participate in the washers tournament, golf tournament, 10K, 5K, or fun run. This year, the majority of events, including the Music Festival, will occur on Sunday, May 20th and take place at Fergus Park.

### SCHEDULE OF TIMED EVENTS

#### Saturday, May 19th:

8AM: 7th Annual Golf Tournament, PC Golf Course.

Register online [www.frontporchdays.com](http://www.frontporchdays.com) and [www.active.com](http://www.active.com)

10AM: 4th Annual Plum Creek Garden Tour, Fergus Park

#### Sunday, May 20th:

7AM: 7th Annual Plum Creek 10K, 5K and Kids' Fun Run, Negley Elem. Register online @ [www.frontporchdays.com](http://www.frontporchdays.com)

11th Annual Front Porch Days from Noon to 3PM

7th Annual Plum Creek Music Festival from Noon to 3PM

Pie Baking Contest @ 1PM, PC Community Center

Kyle United Methodist Church Kids Washers Tournament @ 1PM

Visit [www.frontporchdays.com](http://www.frontporchdays.com) for details and event updates!

## 2012 APRIL *Yard Of The Month*

The first winners of the 2012 YARD OF THE MONTH are:

**1st Place 225 Witte**

**2nd Place 280 Skinner**

**3rd Place 132 Horton**

Yards were judged on curb appeal, landscape design, color/texture, grass condition, trees/shrubs trimmed, and neat edging /borders. Each winner will receive a gift card and a yard sign to be displayed until May 15th.

The following yards were also in the competition for April: 326 Witte, 6158 Negley, 4605 Mather, 247 Strawn,

601 Hogan, 410 Caraway, 125 Polk, 677 Sampson, 136 Chessier, 2330 Hertzog, 169 Campos. Thanks to all of you; you had beautiful yards also. Please continue to garden.

The landscape committee searches all over Plum Creek for gorgeous yards. Residences can nominate themselves or others by contacting [landscape@plumcreektxhoa.com](mailto:landscape@plumcreektxhoa.com).

The landscape committee will be judging for the May Yard of the Month between May 1-5. HAPPY GARDENING !!!



## Committee Contacts

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### POOL COMMITTEE

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### RECREATION COMMITTEE

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## Newsletter Info

### PUBLISHER

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**EARTH WISDOM NATURAL MEDICINE:** Marianne Calvanese, ND, Plum Creek's Naturopathic Physician, addresses a wide range of health concerns for all ages. Her personalized, holistic approach utilizes safe and effective therapies. Dr. Marianne is offering residents a 10% discount on first office visits. 512-262-7897, [www.drmarianne.net](http://www.drmarianne.net).

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

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Let's Get Social, Plum Creek

**CALLING ALL SCRAPBOOKERS ON MAY 4TH!**

The Scrapbooker Club will meet on Friday, May 4th at 7PM for a night of cutting, sorting, gluing, and creating! Feel free to bring a friend, or some snacks to share. Come share ideas and enjoy the fellowship with like minded crafters! There is no charge for this event. For more information or to get on the monthly email reminder list, please contact Jeannie Willis at 512.268.4130 or jeanniemn@yahoo.com.

### **SIP AND SEW ON MAY 8TH**

Jump into Spring and join a neat group that is willing to share their talents! Sewing, needlepoint, crochet, knitting, rug hooking, quilting. We have an accomplished needlepoint instructor...would you like to learn to needlepoint? Every month it seems a new "talent" emerges. What next? Always the second Tuesday of the month. This month is May 8th from 6:30 to 9:00 at the Plum Creek Community Center. For additional information, please contact: Iris Sandle 512.405.0054, Pam Chapman 512.504.9331 or Sandra Sigler 512.405.0187.

## At the Fence

### **ATTENTION ALL OF PLUM CREEK: TRIM THOSE TREES.**

We really are in need of trimming of the trees in the planting strips. They need to be clear of the street and walk ways at least 7 to 8ft or higher. We need to think of our neighborhood and keep from hanging over the sidewalks and in the street and blocking stop signs for safety purposes. So please look at your trees in the planting strips and if you can touch them with a vehicle please take the time and cut them back.

### **POOL IS NOW OPEN**

Don't forget to get those pool keys and Rec Tags ready for swim season, as the pools opened for the summer on Saturday, April 7th!

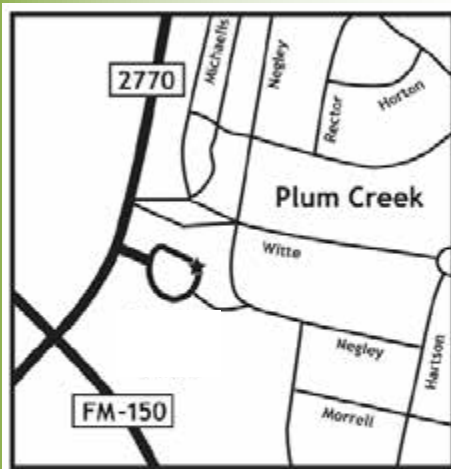
### **COMMUNITY WIDE GARAGE SALE ON MAY 12TH**

Don't forget to start cleaning out those closets for the neighborhood garage sale!

### **SNAKE SEASON IS HERE...**

As our gardens awaken, so do the critters, including snakes. As always, please be very careful gardening, playing in the yard, or using the trails and lake, especially in the evenings. Check your porch and backyard before letting your kids or dogs outside. Examine your yard, porch, garage, and driveway, especially near the golf course, a drainage channel, natural area, or construction area. In addition, you may want to discuss the rattlesnake venom vaccine for your dog with your vet. If you spot a snake, leave the area immediately. Please don't kill snakes other than rattlers, as many of them are non poisonous and keep the rat and rattlesnake population under control. It is always better to retreat from any snake than engage it.

## Today's healthcare has a new name.



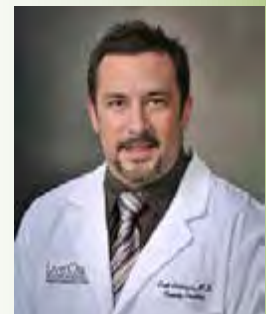
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## POOL SEASON IS HERE

### *Activities to Choose From*

*D. Scott Brown,*

*PC Pool Committee Co-Chair*

As more residents head to the pools this month, I would like to make residents aware of all the activities available to them at the pools this summer:

#### **SWIM LESSONS**

The YMCA will again be offering swim lessons in the mornings at Plum Creek once their lifeguards come on duty in late May. Information about scheduling, class information, and cost is provided by the YMCA Aquatic Staff. You can contact Billy Warren, Aquatics Director, at (512) 523-0099 for more information.

#### **YMCA HOT DOG COOKOUT**

As part of their reintroduction to the neighborhood when the lifeguards come on duty, the YMCA will be hosting a hot dog cookout at the Haupt pool on May 25th.

#### **SWIM CLINICS**

The Hays Swim Club is tentatively sponsoring two swim clinics on April 25th and May 2nd at the McNaughton pool (pending completion of repairs). These clinics will be free of charge for any residents, ages 5-95, looking to learn a little bit more about swimming as a fitness tool. We will split each clinic into three sessions to accommodate various age groups.

Those interested in swim team or triathlons can pick up a few pointers for doing better in competition, and those looking to utilize the lap pool for personal fitness goals can also pick up some pointers. Volunteers will also be on hand to answer questions about the summer league swim team.

More details to follow; keep an eye on the PC E-news and/or the Hays Swim Club and PC HOA Facebook pages.

#### **SWIM TEAM**

The Hays Swim Club will be offering Summer League Swim Team for children, ages 5-18 during the months of May and June. A parent meeting will be held in conjunction with the swim clinics on April 25 and May 2nd, with practices starting up on May 7th at the McNaughton Pool.

Please note, two lanes will be reserved for recreational swim during all swim team practices. On Wednesdays, because no lifeguards are on duty, the "no lifeguard" pool rules apply for any residents that visit during swim team practice times, and the pool will be closed the remainder of the day. To

be eligible for the swim team, a swimmer must be able to swim the length of the pool (25yds) without stopping. Hays Swim Club also offers a year-round USA Swimming sanctioned club team that practices at the Plum Creek McNaughton pool once school is out, and at the Buda YMCA during the school year. For more information, please visit [www.haysswim.org](http://www.haysswim.org).

#### **ADULT SWIM**

The McNaughton Pool offers Adult Swim 5-6am in the morning and from 9-11pm at night. This time is reserved for lap swim and quiet pool use for residents 18 & older.

There is also the Hill Country Tri Club that hosts a swim clinic once a

week at the McNaughton Pool, which gives adults, youths, and youths-at-heart a great practice and work on swimming stroke technique. The HCTC encourages individual and family participation in the sport of Triathlon. For more information, please visit [www.hillcountrytri.org](http://www.hillcountrytri.org).

#### **LARGE EVENTS**

This summer, the Hays Swim Club will host two Capital City Summer League swim meets, which bring a number of families from South Austin and Dripping Springs to the neighborhood. The two scheduled meets this season are June 2nd and June 16th. The HCTC also hosts a Kids/Family Triathlon event, scheduled for July 21st, 2012 that brings in participants from all over Central Texas.

If you are a business owner/vendor that would like to learn about opportunities to market at these events or possibly sponsor, please contact Coach Scott ([coachs@haysswim.org](mailto:coachs@haysswim.org)), regarding the swim meets, and Bobby Seibert through [hillcountrytri.org](http://hillcountrytri.org) for the Kids Triathlon.



## Early Pool Season Reminders

*D. Scott Brown, PC Pool Committee Co-Chair*

The pools are open!! The Haupt Pool opened April 7 with quite a bit of attendance, thanks to warm weather and a long Easter weekend. As temperatures continue to climb and the end of school approaches, we want to make sure this season is safe and enjoyable for all PC Residents and their guests.

Included in last month's article was information on rec tags, and times/costs to procure them. Rec Tags and pool keys are required for use of the pool, including stopping to rest, get a drink or cool off in the shade at the pools. So, if there is a chance you might head to the pool, please remember to bring your Rec Tag and pool key along. If you need more information on Rec Tags, please visit [www.plumcreektxhoa.com](http://www.plumcreektxhoa.com) to view past editions of the PC Post, or just stop by the HOA office on Kohler's Crossing next to PlumFit to obtain one.

Another important note about the early pool season is that lifeguards will not be coming on duty until late May. During that time, residents 15 & under must be accompanied by a responsible Plum Creek HOA member, or appointed guardian, 16yrs or older. Guests are limited to one guest per Rec Tag holder and four per family.

Also, during this early season, per the pool rules, it is the responsibility of all residents to abide by and enforce the rules fairly when lifeguards are not present. If you see an individual in violation of the rules, politely ask them to discontinue the violating action or they will be asked to leave. If an unsupervised child under the age of 16 is at the pool, please ask them to leave and return with proper supervision. If at any time you feel threatened by another resident or their accompanied guest or their behavior may cause harm to themselves or others, please report it immediately to the management company, Goodwin at 512-262-1140.

Finally, the pool committee and safety committee are looking for volunteers to help monitor the pools until the lifeguards do come on duty. Please send a note to [safety@plumcreektxhoa.com](mailto:safety@plumcreektxhoa.com) or [pool@plumcreektxhoa.com](mailto:pool@plumcreektxhoa.com), if you are interested in helping out.

Let's have a fun and safe summer at the pools!

*For complete pool rules, please login to [www.plumcreektxhoa.com](http://www.plumcreektxhoa.com), and look at the Documents section under Resources.*

## Safety Committee Chair has changed

Please welcome Pam Chapman as the Safety Committee Chair for 2012. She takes the place of Wyana Eddleman who had held the position for the last year and a half. Pam has a long history of law enforcement experience and will be working with local authorities to find ways Plum Creek can stay safe. Welcome, Pam!

## Bake a Pie for Front Porch Days!



If you've got the best pie baking skills in Plum Creek, Kyle, or Hays County, compete in the Front Porch Days Pie Baking Contest. Simply, drop off your baked pies between Noon and 1PM on Sunday, May 20th at the Plum Creek Community Center.

Label the bottom of your pie dish with your name, address, email, phone number, and name of pie. Judging begins at 1PM, and the empty pie plates and prizes will be ready for pick-up about 3:00PM, as the event ends.

The pies will be sampled, judged, and thoroughly enjoyed! Prizes awarded for appearance, taste, and originality. Thanks for participating! HAPPY BAKING!

## Garden Tour Set for May 19 at 10 a.m.

Please join us on Saturday, May 19th at Fergus Park at 10 a.m. for a tour of 6 to 8 gardens in Plum Creek. Questions are encouraged at each and every garden. Learn from your neighbors and see what you can grow in your own backyard. The whole family is welcome to attend and learn. We'll have freebies for the parents and kids and some refreshments along the way. If you have any questions, please email the Suzanne Parr at [landscape@plumcreektxhoa.com](mailto:landscape@plumcreektxhoa.com).

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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 of your physical activity
- You increase the frequency of your physical activity
- You increase 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>.*

## Join Us For The 4th Annual Front Porch Days Washers Tournament

*By Sean Claes*

The Fourth Annual Kyle United Methodist Church Washers Tournament is going to be held during Front Porch Days on May 20, 2012.

We're looking for up to 24 teams of two (\$30 per team), and you could win some serious cash for having some serious fun. First place is 35% of the entry fees, second is 15%, and third place will win a fantastic yet-to-be announced non-monetary prize.

For official rules and regulations please visit [www.frontporchdays.com](http://www.frontporchdays.com) and follow the link to the Washers Tournament.

Please contact Sean Claes (KUMC Communications Chair) via email at [seanclaes@seanclaes.com](mailto:seanclaes@seanclaes.com) or call 512-787-0308 with any questions.

Early registration is appreciated. Please submit payment and completed form to Kyle United Methodist Church, 408 W. Lockhart Street, Kyle, Texas 78640. Registration payment on day of tournament is cash only.

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## Golden Egg Winners for the 2012 Easter Egg Hunt!



Caleb Titus ages 0-3  
Jace Thomas & Harper Claes Ages 4-6  
Cameron Conner & Alessandra Grijalva Ages 7-9  
Jake Foster Ages 10 and up

*spring fever rates*

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### Colin's Hope Upcoming Events Calendar

- May-June: Water Safety Walk - Packet Stuffing and 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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