

Canyon Creek CHRONICLE

JUNE 2012

VOLUME 6 ISSUE 6

Austin Newcomers Club

June Luncheon

*Addie Broyles – Food Editor for the
Austin American-Statesman is the guest speaker.*

Hailing from the Missouri Ozarks, Addie Broyles expanded her cooking (and eating) skills on the West Coast and Spain before settling in Austin, where she is the food writer for the Austin American-Statesman. Addie, who was named the top food writer in Austin by the Austin Chronicle in 2011, is a founder of the Austin Food Blogger Alliance and has spoken at conferences around the country, including here at South by Southwest Interactive. Her speaking topics include, How Technology Is Changing The Food World. When she's not wrangling her two young sons or her three backyard chickens, she also writes about women and food on her blog, The Feminist Kitchen. Addie's will be describing the details of her position at the Austin American Statesman.

WHEN & WHERE

Wednesday, June 20, 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



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Camp Canyon Creek 2012

Son Surf Beach Bash!

July 23rd-27th (9:00 a.m.-12:15 p.m.)

Join us at Camp Canyon Creek: Son Surf Beach Bash VBS, July 23rd-27th from 9:00 a.m.-12:15 p.m. In this one-week adventure, we will drive home answers about some of life's biggest questions through Bible stories, crafts, music, & games. Camp Canyon Creek is available for free to kids who are going into 1st-6th grade. Registration is available at www.churchatcanyoncreek.com

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Tennis Tips



Q: I have taken some beginner lessons and I am ready to start practicing. What is the best way?

A: Starting to play tennis, is like learning to swim or riding a bike. You need to start slowly and gain confidence over time. I suggest acquiring some used tennis balls from a club (we have plenty at our club), and start hitting them back and forth from the service line to service line. New balls are much too lively and if you only use three balls, you will end up spending more time chasing them than hitting them.

Q: What about playing with my children?

A: If your child is between ages 4-11 and has taken some tennis lessons in an organized program, more than likely they were accustomed to playing with softer "QuickStart" balls and transitional rackets. Children need to learn to execute the stroke properly without thinking about the court and the net. I usually begin with of children of these ages, stroking a ball against a fence or windscreen. Later on once they learn to make contact with the ball, I bring them close to the net onto the actual tennis court, and I have them hit the balls being fed.

Q: If I am the feeder of the balls, where should I stand?

A: Most tennis coaches now, spend a great deal of teaching standing next to the players feeding them balls from both behind and from the side, next to the player. This way, the player hitting the ball, learns to adjust to the ball without having to do a great deal of running. When I see a player becoming more confident with making contact with the ball and clearing the net, I will begin feeding the balls to them from the other side of the net. The player should start hitting the balls from the service line, and move further towards the baseline as he succeeds hitting the balls with more control.

Q: When is time to rally back and forth?

A: Once the player is adept to hit both forehands and backhands with consistency, when the ball is being fed from the opposite side near the service line, I then will move back to the baseline and start to rally back and forth. I normally let the student start the rally, making sure that he is executing the stroke properly. Also, safety calls for the basket or extra balls to be clear his path on his side of the court.

Q: How should I practice the serve?

A: One of the most difficult shots of tennis to master is the serve. Also, it is the easiest one to practice, because a player can practice it alone. I suggest using many tennis balls and begin by first serving from the service line and proceed to move back toward the base line until success is achieved with getting the ball in the proper service box. If practicing with a partner, one can be serving, while the other practices returning serve.

Q: How about playing points?

A: If players are familiar with the traditional scoring system, I suggest playing regular games. For practice purpose, I encourage my students to play using the table tennis scoring system. Serve five balls, and then allow the opponent to serve five. Change sides every 10 points. This way, a player learns to play the point, rather than the game. First to achieve 21 points wins.

Make sure you wear light clothes, drink lots of fluid and have a great time learning and practicing the "game of a lifetime!"

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Nature Watch

Dancing Damselflies

by Jim and Lynne Weber

Often overlooked but in the same Order (Odonata) as dragonflies, damselflies are a group of insects that differ from dragonflies by wing shape, wing position, and eye separation. Damselflies have similarly shaped fore and hind wings, typically hold their wings together over their abdomen when perched, and their eyes are widely separated but never touching. In comparison, the hind wings of dragonflies are broader basally than their fore wings, they hold their wings spread out and away from their body, and their eyes are much larger and usually touch at least at a single point.

While damselflies are less robust fliers than dragonflies, they are still quite agile in flight. They can move each of their four wings independently, and can not only beat them up and down, but also rotate them on their own axes. Most damselflies fly by alternating the two pairs of wings, and while one is moving down to propel them forward, the other is moving up. In spite of their fast wing beats, damselflies have relatively short, narrow wings that don't allow them fast flight, and they move at an average speed of about 2 meters per second.

Over 75 species of damselflies occur in Texas, more than half of the known species in North America. These species represent members of all families of damselflies, which include broad-winged damsels (jewelwings and rubyspots), spreadwings, threadtails, and pond damsels (dancers, bluets, yellowfaces, wedgetails, damsels, forketails, swampdamsels, sprites, and firetails). Like most dragonflies, the males are usually the most colorful and the easiest to identify.

Usually inhabiting small seepages and springs, the Springwater Dancer (*Argia plana*) is one of the most common pond damsels in our area, and has a blue head, face, and eyes, and a blue thorax with a black dorsal (top) and shoulder stripe. Its abdomen is also predominately blue, with black rings on most middle segments. It can often be found along roadsides, away from water. The Great Spreadwing (*Archilestes grandis*) is the largest damselfly in Texas and the US, and is recognized by its blue eyes, the metallic green stripes on the top of its thorax, and bright yellow stripes on its sides. Its wings are clear to slightly smoky, often with darker tips. Found around bodies of standing water, it perches in a distinct manner on vertical stems with its body hanging downward and its wings partly spread. Common around open streams and rivers, the American Rubyspot (*Hetaerina americana*) is a broad-winged damsel that has a metallic red thorax, a metallic green abdomen, and a vivid red patch at the base of its wings that grows larger with age.

Observed throughout the summer at almost any body of freshwater, damselflies are slender and delicate. They seem to dance around and about the water, marked with colors of the rainbow, delighting all those who take the time to get to know and admire them!

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.



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Colin's Hope Upcoming Events Calendar

June: Water Safety Walk - Packet Stuffing and Distribution

June 7: Eat, Drink & Shop for Colin's Hope at Point of Origin Gift Boutique in Lakeway, 5-7pm

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

September 16: Colin's Hope Kids Triathlon - registration opens June 1st

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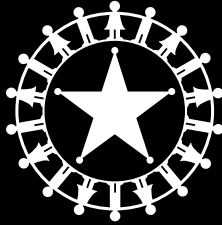


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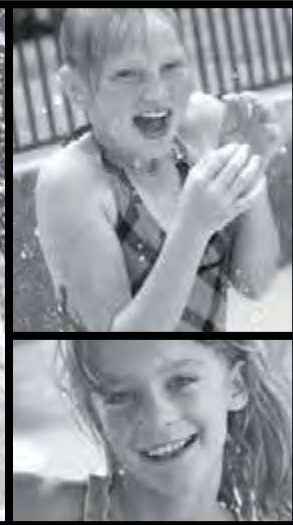
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Call 512-331-9009—or visit: www.bluebonnetschool.com

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