

LONG CANYON

Gazette

October 2012

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A Newsletter for the Residents of the Long Canyon

Pruning Guidelines

for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. *Below is a brief description of how you can reduce the risk of fungal spread when pruning.*

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30).

Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References (available at <http://www.TexasOakWilt.org>):

Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the National Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p. Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p. Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service & International Society of Arboriculture Texas Chapter.

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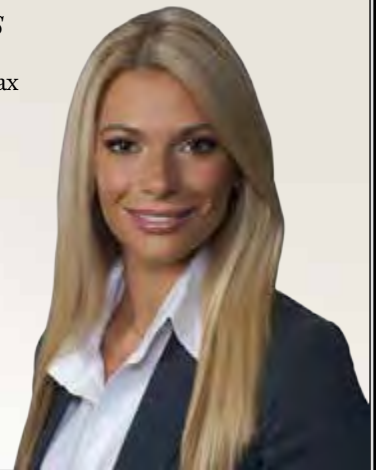


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LONG CANYON

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Austin Newcomers Club



Austin Newcomers is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups. Rosina Newton, the Horticulturist and Education Coordinator at The Natural Gardener, an award-winning Austin nursery, is the featured speaker. She will talk about Native and Xeric Landscaping, especially important in the present drought.

The monthly luncheon will be held on Wednesday, October 17 at Green Pastures Restaurant, 811 Live Oak St, Austin TX 78704. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, October 11.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.

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Home Athletics Schedule October 2012

Date	Sport	Opponent	Time
10/2	VB	Howard Payne	7 p.m.
10/12	WS	Ozarks!	1 p.m.
	MS	Ozarks!	3 p.m.
10/13	XC	Concordia Invitational%	2 p.m.
	WS	Texas-Dallas!	5 p.m.
	MS	Texas-Dallas!	7 p.m.
10/16	VB	Hardin-Simmons	7 p.m.
10/18	VB	Schreiner	7 p.m.
10/26	WS	Howard Payne\$	5 p.m.
	MS	Howard Payne\$	7 p.m.
10/27	VB	Hardin-Simmons\$	7 p.m.
	VB	Hardin-Simmons\$	7 p.m.

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MS (M. Soccer)
WS (W. Soccer)
% at Cedar Park High School
! at St. Stephen's
\$ at Town & Country (Field 26)

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Tennis Tips

By USPTA/PTR Master Professional **Fernando Velasco**
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX

HOW TO HIT A TWO-HANDED BACKHAND

In last month's newsletter, I gave tips on how to hit a Forehand. In this issue, I will offer you instructions on how to execute a two-handed backhand for a right hander.

STEP 1 - Ready position: The body is facing the net and both of the hands are on the handle of the racket. The left hand should not overlap the right hand and it should be gripping the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

STEP 2 - Back swing: Once the player makes the decision to hit on the left side, the body should start taking the racket back before the ball bounces. Notice the slight change of grip on the right hand toward the top of the handle (continental grip). Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

STEP 3 - Point of Contact: The eyes now shift toward the point of contact which should be in front of the right foot. The right hand is still slightly relaxed, but the left hand is doing most of the work at the point of impact. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

STEP 4 - Follow Through: Once the racket has made contact with the ball, let the arms extend out toward the target selected. The elbows now are bent and the head of the racket is wrapping around the left shoulder.

Look for next Issue: The One-Backhand Groundstroke



Grilled New York Strip

with
Sautéed Mushrooms & Beurre Blanc

by the Four Points Foodie

Was in the mood for a yummy sauce ... you know the kind you lick off your fingers? This Beurre Blanc really compliments the simplicity of a salt and peppered grilled steak along with some sauteed mushrooms. I paired it with a simple salad and this was our amazing dinner tonight.



Steak Ingredients:

- Your choice steaks, room temp and seasoned with salt and pepper only
- 1 lb sliced baby portobello mushrooms
- 1 T olive oil

Preheat your grill. In a medium sautee pan, add olive oil and sautee mushrooms on medium heat until dark and caramelized. Remove from heat and hold.

Grill your steaks the way you like them, then remove from heat and let them rest, covered with foil, for 10 minutes.

Beurre Blanc Ingredients:

- 1 medium shallot, minced
- 8 oz white wine
- 3 T heavy cream
- 12 T cold butter, cubed
- salt and pepper to taste

In a saute pan, reduce the shallots and wine until about 2 T remain. Add the heavy cream and cook until it bubbles, then remove from heat. Slowly whisk in the nobs of butter, a few at a time, until incorporated. As you whisk a few in, the sauce gets thicker and thicker. Once all the butter is whisked in, season to taste with salt and pepper.



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