While historians aren't sure what the Pilgrims ate at the very first Thanksgiving back in 1621, they do know that they weren't sitting down to a meal of cranberry sauce, mashed potatoes or pumpkin pie. Many of the foods that we eat are reminiscent of those indigenous

at the time, but not the actual dishes served. Case in point: Cranberries were available, but since sugar had not yet traveled to the New World, no doubt cranberry sauce didn't make an appearance until years later.

Still, the Thanksgiving meal is replete with symbolism, providing a wonderful occasion for sharing the American story of determination, survival, freedom and celebration.

So, what could have been on that 17th-century menu? While wild turkey may have been the main course, it was probably accompanied by venison and fish, such as herring, shad, cod, sea bass, and eel. A glazed ham wouldn't have made an appearance, however, because the Pilgrims most likely had no pigs back then. And then scratch potatoes, yams, and sweet potatoes off the earliest holiday menu; they had not yet been introduced to New England.

Native to America, corn- or maize- came in wide variety, including red, yellow, white and blue. It was a new addition to the Pilgrim diet, and these early settlers might not have survived the long winter without it. Another side dish may have included peas, squashes and beans.

Pumpkins, easy to grow and able to last in the cellar during the long winter, was a favorite of the early settlers. Forget about baking it in a pie with whipped cream! The all-American apple pie wouldn't have been served up for dessert either. Apples aren't indigenous to the United States, first coming to this country years later. But nuts-such as walnuts, chestnuts, acorns and hickory nuts- may have made for a fine

Plum Creek Homeowner Association November 2013 Volume 4, Issue 11

The Official Newsletter of the

dessert, along with fruits such as raspberries, strawberries, grapes, plums, cherries and blueberries (although these would have been dried, as none would have been in season).

Regardless of early dishes, today's turkey day is creating a tradition all its own. The turkey is still the culinary symbol of the November feast- 91% of Americans eat the fowl on Thanksgiving. Of the 300 million turkeys raised annually, 45 million are consumed on the fourth Thursday every year.

If you decide to reenact the feast, your kids may be thrilled: Pilgrims dined with spoons, knives and their fingers- but no forks. Also, interestingly, at that time, social status helped determine what would be on an individual's menu. Since diners tended to what was placed in front of them, the choicest foods were placed in front of the most important people.

Whether the first Thanksgiving feast featured roast turkey or baked eels, there's one thing for certain: Thanksgiving has an important place on our calendars and in American culture. Just as the Pilgrims rejoiced over a fine harvest after a cold, hard winter, we celebrate what we have reaped over the past year. On this day, we remember that what's on the table takes second place to who is around it.



he Historical Menu





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Important Numbers

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Negley Elementary	
Barton Middle School	512.268.1472
Hays High School	512.268.2911

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Plum Creek Post on the 1st day of each month at www.PEELinc.com Plum Creek Homeowners:

For the past few months, the Plum Creek Home Owner's Association (HOA) has been asking for residents to cut back their trees that hang over the roads in the Plum Creek



Subdivision. Yesterday, a Kyle Fire Department fire engine was damaged and subsequently had to be removed from service until repairs can be made. This damage was caused by a tree limb hanging over the roadway without the required fourteen (14) foot clearance. The tree limb

broke the front windshield of the engine and tore one of the mirrors off, which includes damage to the backup and turning cameras incorporated into the mirror. Taking a front line truck out of service directly impacts the emergency services that we provide in this community. Please take the time to trim the trees and make sure that we have the fourteen (14) foot clearance required. In doing so, you will help us to be able to continue to provide as efficient and timely emergency services as possible to you, your neighbors, and your community.

Thank you,

Kyle Taylor Fire Chief, Kyle Fire Department

Newsletter Info

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You can help families throughout Hays County enjoy the comfort and tradition of a Thanksgiving meal by taking a few hours this holiday season to help spread the word about Turkeys Tackling Hunger. Share your good fortune and help others by putting up posters, coordinating a fund drive at your office, or even donning a turkey suit for special events. For every \$20 that you raise, a family enjoys a home-cooked Thanksgiving dinner! Call 512-392-8300 or email Lisa Henggler at lhenggeler@haysfoodbank.org to get started!

> October 4th – November 30th at Hays County Food Bank 220 Herndon St. San Marcos http://turkeystacklinghunger.org/

Kick The Can Try Real Cranberry Sauce

By Melissa Housman

Don't get me wrong, I have no qualms about canned cranberry sauce. It is tart, tangy, sweet, has a cool canned shaped appearance, and such a wonderful squishy texture in your mouth. I'll admit its pretty good, but I love the real deal so much better.



So, for those of you who are part of the canned coalition, I urge you to take 15 minutes out of your busy holiday schedule and make real cranberry sauce. It may become a holiday staple once you find out how simple it is.

Ingredients:

- 1 (12 ounce) bag of fresh cranberries, cleaned
- 1 3/4 cups sugar
- 1 orange, zest grated and juiced
- 1 lemon, zest grated and juiced
- 3/4 cup chopped walnuts or pecans (optional)

Directions:

Cook the cranberries, sugar, and 1 cup of water in a saucepan over low heat for about 5 minutes or until the skins pop open. Add the zests and juices and cook for 15 more minutes. Remove from the heat, let cool, and serve chilled.

Lemon-Roasted Green Beans with Marcona Almonds

Courtesy of Molly Stevens, Bon Appetit

This is a fresh twist on green beans amandine. Marcona almonds, from Spain, are more tender than California almonds and are usually sold roasted and salted. Look for them at specialty food stores and on line at tienda.com.

Servings: Makes 8 servings



Ingredients:

- Nonstick vegetable oil spray
- 2 pounds green beans, trimmed
- 1 onion, peeled, cut into 8 wedges
- 6 large fresh marjoram sprigs
- 2 tablespoons extra virgin olive oil

- Coarse kosher salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon (packed) finely grated lemon peel
- ¹/₂ cup coarsely chopped Marcona almonds or roasted regular almonds

Directions:

Position 1 rack in top third of oven and preheat to 450°F. Spray 2 large rimmed baking sheets with nonstick spray. Combine green beans, onions wedges, and marjoram in large bowl. Drizzle with oil, then sprinkle with coarse kosher salt and pepper. Toss; divide between prepared sheets.

Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer.

Transfer vegetables to bowl. Add lemon juice, grated lemon peel, and half of chopped almonds. Toss to coat; season with salt and pepper. Sprinkle with remaining almonds.

Santa Claus is Coming to Plum Creek

Saturday, December 14th, 9 am-1pm

Don't fight the lines at the mall for Santa pictures. Come by the Haupt Community Center on Saturday, December 14th to get your picture taken with Santa. Families are welcome or just kiddos. While you are waiting, do some Christmas shopping from local vendors. The event runs from 9am to 1pm.

Digital photos will be taken by the Recreation Committee and printed for you to pick up. You are welcome to snap some photos on your own, too Since this is the season of giving, we ask that everyone bring a donation of canned foods to give to the Hays County Area Food Bank. Check donations made out to the Hays County Area Food Bank will be accepted, as well.

If you would like to decorate our community Christmas tree, please bring one ornament per family to place on the tree. Feel free to have a family picture or your names on the ornament. We will continue to add to the tree each year as we watch our community family grow.

If you would like to have a table at the event that day, the table fee is \$10. Checks should be made payable to the Hays County Area Food Bank. Space is limited and first come, first serve.

For questions or to reserve a vendor space, please call Brandee Otto at 512-557-2728 or email questions to recreation@plumcreektxhoa.com. See you and Santa on December 14th from 9AM to 1PM!!!



Hays County Brown Santa

Brown Santa is an annual event hosted by the Hays County Sheriff's Office to collect toys, food, and funds for families of Hays County that are in need. With the assistance of deputies, correction officers, dispatchers, and the community typically reaches out to touch the lives of hundreds of families. The program is similar to the city police department Blue Santa programs. The brown color is the historical uniform color of most Texas sheriff's offices. Brown Santa operations begin in November, and culminate in the delivery of Christmas presents and food just prior to Christmas. If you wish to volunteer or for more information, call 512-393-7877 or email Lt. Dennis Gutierrez at dg1203@co.hays.tx.us.

Judging for the Lights Contest Begins the Second Week of December

The PC Landscape Committee will judge the holiday lights of Plum Creek. With **three categories**, everyone can get into the spirit of the season.

Our first category is **Traditional**, which includes the simpler designs of house trimming and lots of greenery. It's the classic winter wonderland and Christmas of old with 1st, 2nd, or 3rd awarded!

Next, we encounter the **Religious** category, which embraces all major religious holidays. These holidays include Christmas, Hanukkah, Kwanzaa, and more. We award 1st place only.

In the **Novelty** category, you can run amuck! This category accepts all of the rest! Once again, you can receive 1st, 2nd, or 3rd.

Judging begins the night of Saturday, December 7th at 6 pm and runs through the second week of December. Only houses that are nominated will be judged. Winners receive a gift card and sign in their yard through the holidays and will be announced in the Plum Creek eNews in December and the February PC Post.

Feel free to nominate your own home or your neighbor! Just email: landscape@plumcreektxhoa.com.

Remember, have your decorations up and lights shining by Saturday, December 7th at 6PM and every night through the second week of December.



PLEASE TRIM THOSE TREES! WINTER IS THE PERFECT TIME!

Due to safety concerns, the HOA is evaluating street and yard trees that encroach on the sidewalk and streets. Since these trees belong to the homeowner, we want to provide residents with the opportunity to prune their own trees. The HOA requests that you prune your trees seven (7) feet above the sidewalk to prevent injury and fourteen (14) feet to prevent damage to emergency vehicles.

We have a short window to prune in winter, but this time of year is best for pruning!

When raising your tree's canopy, follow proper pruning techniques, including cleaning tools between trees and wound spraying any cuts on all OAK trees to prevent Oak Wilt.

For information and diagrams about pruning visit:

www.treesaregood.org

http://texastreeplanting.tamu.edu/PruneYoungTree.html www.plumcreektxhoa.com

For information about contacting local certified arborists or for questions or concerns about pruning, feel free to contact the Landscape Committee at **landscape@ plumcreektxhoa.com**

So, get out there with your clippers this winter and let's clear those sidewalks and streets!

HAVE A DIRT CIRCLE UNDER YOUR TREE?

By Christina Baese, PC Landscape Committee

In some of our gardens, our trees have grown so big and full that our grass has thinned or just disappeared completely. If that's the case in your garden, here are a few ideas:

1. Just mulch it. Mulch introduces organic material into the soil, providing valuable nutrients to your tree's roots. It helps stabilize soil temperature during summer and winter, too. Spread it about two to four inches deep and don't let it touch the actual trunk.

2. Let there be light! Thin the canopy of your tree and let the sun shine! Grass and many plants need plenty of sun to survive and thrive, so some selective pruning of your tree limbs may be a simple solution to thicken your grass.

3. Get planting. One can always create a flowerbed or plant groundcover. Several groundcovers can be planted in shade, such as pigeonberry, purple heart, or monkey grass. Cedar Sage, heartleaf skullcap, or columbine (reseeds when happy) are some great shady perennials, and American beautyberry is a lovely, shade tolerant shrub. When planting anything under a tree, be very careful with the roots, as not to stress the tree or expose it to disease. If possible, consider using seeds.

4. Rocks rock. River rocks and other natural stones can create a lovely, non-traditional garden.

When all else fails, Google it! There are many creative solutions on the web about how to deal with bare spots under trees. So, hit that keyboard.



Screen Your Trash Cans

In section 3.13 of the Declaration it states that trash cans have to be screened from view. Trash service is on Tuesdays and the Plum Creek property drive occurs every other Thursday. If you have received a notice in the past that indicates that you need to screen your trash cans from public view here are some options to consider:

- Behind bushes
- Behind your perimeter fence
- Behind the garage
- Behind screening

Each lot is different depending upon the amount of landscaping installed or even if there is a perimeter fence. Residents will have to review their own lot to determine how to screen the trash cans from public view. If you want to add a permanently installed feature like a perimeter fence or bushes then you will need approval from the Architectural Review Committee prior to installation.

This is an example of a screen which has stakes at the bottom. Since it can be inserted into the ground, and is not a permanent installation, it does not require approval from the architectural review committee to be installed. These can be installed side by side. It can be found on the Lowe's website and it comes in light tan and a white color. Feel free to research this option to see if it will work for you.





AT THE FENCE

Pool Closed in October

This is just a reminder that the pools closed in October. The pools will reopen next April.

NOVEMBER CENTRAL TEXAS EVENTS

Wurstfest in New Braunfels - November 1st - November 10th www.wurstfest.com

Austin Celtic Festival - Fiesta Gardens on Lady Bird Lake Nov 2nd - 3rd www.austincelticfestival.com

Chuy's Children Giving to Children Parade - Downtown Austin November 30th at 11 am www.chuysparade.com

Gracy Title provides information about more central Texas events: http://www.gracytitle.com/annual-festivals-a-events



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Orchard Park of Kyle & Memory

Volume I

Number 6

Assisted Living

November, 2013

Care



Orchard Park of Kyle Assisted Living

Orchard Park of Kyle Assisted Living is a special combination of housing, personalized support services and health care designed to meet the individual needs of persons who need help with activities of daily living. Services include assistance with medication administration, dressing, grooming, bathing, toileting, shopping,

laundry, and housekeeping. Each resident requires varying degrees of assistance. Our dedicated, knowledgeable staff is available 24 hours a day to meet the needs of each resident, offering:

<i>"assistance when required, freedom when desired."



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Everyone Deserves a Great Life!

There is something new in Alzheimer's and Dementia Care coming for seniors in Hays County with the opening of Orchard Park Assisted Living and Memory Care in Kyle Texas. At Orchard Park they will be unveiling the "Memories in the Making" Memory Care program. This program is based on a resident centered approach of validation. While there are many good programs that deal with Alzheimer's and Dementia the Memories in the Making program is focused on training our staff members and family members around Validation Therapy.

The best way to describe "Validation Therapy" is to say that with Validation the caregiver allows the person with dementia to be heard. To validate someone is to say that his or her feelings are genuine, powerful and deserve to be heard, understood and accepted. To validate someone is also to show that his or her thoughts, opinions and special memories are important and deserve attention and respect.

To validate a disoriented older person, is to do these things with empathy while using specific learned principles and techniques. It also employs assisting that person to relieve pent up emotions, express their inner needs and resolve unfinished life tasks. We at Orchard Park believe it to be a powerful philosophy of care for our residents with dementia

New Care For Seniors with Alzheimer's and Dementia in Hays County

Naomi Feil, M.S.W., A.C.S.W., is the Executive Director of the Validation Training Institute, in Cleveland, Ohio. She is the creator of Validation Therapy, which is currently recognized as a state-of-theart method for treatment of older people diagnosed with having dementia or related disorders. She is internationally recognized for her work with older people and is a sought after trainer in the field of dementia care. Mrs. Feil continues to conduct work shops in North America, Japan, Europe and Australia.

Steve Catoe the with Meridian Senior Living will be training

caregivers and family members on how to use this new approach. Currently Steve has advance training in Validation Therapy. He will then begin actual hands on training with caregivers at Orchard Park before the Memory Care opens at the end of October 2013. He feels the name "Memories in the Making" best describes the approach our trained staff will use in helping our residents.

"One of our core values at Orchard Park is respect for our residents that call our communities their home." says Steve Catoe. He also states "Respect can be shown in many ways but we believe that the older person with dementia deserves special attention in regards to retaining their dignity. Our priority is on-going training for our staff of loving care givers and assisting them in employing Validation techniques on a daily basis when working with our Memory Care residents. Call Orchard Park for more information 512-920-6400.

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DOWN

View answers online at www.peelinc.com



Plum Creek Post - November 2013 10



As a reminder, please keep those speed limits to under 30 (or 20 in some spots) when driving through Plum Creek. Alleys are typically 5 MPH. Please be extremely careful on streets with lots of parked cars, as you never know when a jogger, child, or pet might dart out from behind one. THANK YOU! :)



Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to <u>Announcements@</u> <u>plumcreektxhoa.com</u>. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www. PEELinc.com.





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