

THE BULLETIN

Belterra Community News

March 2014 Volume 8, Issue 3

News for the Residents of Belterra

RONALD MCDONALD HOUSE CHARITIES

APPOINT NEW BOARD PRESIDENT AND ELECT SIX NEW BOARD MEMBERS

Ronald McDonald House Charities® of Austin and Central Texas (RMHC Austin) is pleased to announce the appointment of Royce Poinsett as board president and the election of six new members to the RMHC Austin Board of Directors. Rick Bluntzer, Jennifer Bowden, Deb Brown, Jordan Mullins, Kim Rose and Jeanne Trogan join 13 returning board members.

Royce Poinsett is a government relations attorney at the Austin office of Baker Botts L.L.P., representing businesses and industry associations at the Texas Capitol. Previously, Mr. Poinsett served as an advisor to the Texas Governor and the Texas House Speaker. Mr. Poinsett and his wife became acquainted with the Ronald McDonald House in 2006 when their first child was born prematurely with a rare syndrome of multiple birth defects. He has served on the RMHC Austin Board since 2010 and in 2012, he and his wife were co-chairs of the 2012 Bandana Ball, RMHC Austin's signature fundraiser.

Rick Bluntzer is the senior vice president of communications and public affairs at EZCORP. Prior to joining EZCORP, Rick was the senior vice president of regulatory and government affairs for NRG Energy and served as the assistant general manager and chief administrative officer for LCRA.

Jennifer Bowden is a native Texan and an avid volunteer. She has volunteered for a variety of school and community organizations and served as the teaching director of Community Bible Study of Central Austin. Ms. Bowden has been a member of Impact Austin, Hospice Austin and the Dell Children's Women's Trust.

Deb Brown is the interim vice president and chief operating officer for Dell Children's Medical Center. Prior to accepting this assignment, Ms. Brown was director of business development

and strategy and previously director of trauma services for Dell Children's Medical Center. She concurrently served as director to the Surgeon in Chief and Austin Pediatric Surgery at Dell Children's.

Jordan Mullins is an oil and gas associate at McGinnis Lochridge, a multi-practice law firm located in Austin. Mr. Mullins also serves as president of Friends of the House, an organization of young professionals dedicated to supporting RMHC Austin, and serves as a committee chair for RMHC Austin's Bandana Ball. He is an active board member with the Austin Symphony Orchestra BATS and is a 2012 graduate of Leadership Austin.

Kim Rose is a private banker with J.P. Morgan in Austin. Prior to joining J.P. Morgan, Kim served as the chief financial officer of a prominent Austin family's financial and philanthropic affairs for over seven years. She also served as a senior finance manager for Dell Inc. from 1998 to 2006. Kim began her career with the Dallas and then Austin offices of KPMG in the audit group.

Jeanne Trogan is the executive director of social, digital and internal communications for Dell Inc. Prior to joining Dell in 2009, Ms. Trogan was the corporate communications director at the McDonald's Corporation located in Illinois and was an account supervisor at the public relations agency, Edelman.

"I am pleased to welcome Rick, Jennifer, Deb, Jordan, Kim and Jeanne as new Board members and Royce as our new president. Their experience, leadership and guidance will be tremendous assets to Ronald McDonald House Charities as we continue to advance our mission and ensure families stay together while their children receive treatment in Austin-area hospitals," commented Carolyn Schwarz, executive director of RMHC Austin.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Ambulance / Fire..... 911

SCHOOLS

Dripping Springs ISD 512-858-3000
Dripping Springs Elementary..... 512-858-3700
Walnut Springs Elementary..... 512-858-3800
Rooster Springs Elementary..... 512-465-6200
Dripping Springs Middle School..... 512-858-3400
Dripping Springs High School..... 512-858-3100

UTILITIES

Water – WCID # 1 & 2..... 512-246-0498
Trash – Texas Disposal..... 512-246-0498
Gas – Texas Community Propane..... 512-272-5503
Electricity – Pedernales Electric..... 512-858-5611

OTHER

Oak Hill Post Office 512-892-2794
Animal Control..... 512-393-7896

NEWSLETTER PUBLISHER

Peel, Inc. 512-263-9181
Article Submissionsbelterra@peelinc.com
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NOT AVAILABLE ONLINE

GRIEFSHARE

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church, located at 1011 FM 1626, from 3-5 p.m. each Sunday beginning March 2nd, 2014. There is a \$15 charge for workbooks (scholarships available). GriefShare is a 13-week faith-based seminar and support group for people grieving the death of a loved one. It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Call 512-970-6130 for further information.



SUMMER STARTS HERE

22 SUMMER CAMP LOCATIONS
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WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



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Nature
Watch

FLYING CIGARS

by Jim and
Lynne Weber

While many birds are identified by their patterns, colors, and/or vocalizations, the Chimney Swift (*Chaetura pelagica*) is best identified by its silhouette – a smudge gray, streamlined bird, flying deftly overhead and looking a bit like a ‘cigar with wings.’ Its tiny body, curving wings, and stiff, shallow wing beats are as distinct as its high-pitched, chattering call.

Arriving back in central Texas in March after wintering in the upper Amazon Basin of South America, chimney swifts have round heads, short necks, tapered tails, and a wide bill so small it is often difficult to see. Slightly paler on the throat, they are dark gray-brown overall and when backlit against the sky, they can appear to be all black. Chimney swifts fly rapidly with nearly constant wing beats, often banking erratically and twisting from side to side. They frequent lakes, rivers, streams, and fields, where they forage for insects on the wing, often along with swallows.

Spending almost all of its life airborne, chimney swifts have short legs and very small feet and can't perch when they land, so they use their long claws to cling to vertical walls inside chimneys or in hollow trees or caves. Chimney swifts even bathe in flight, gliding down to the water, smacking the surface with their bodies, and bouncing up to shake water from their feathers as they fly away. As European settlers came and built chimneys in America, their numbers surged, but the recent shift to covered, narrow flues has contributed to a decline in their numbers, and they are now classified as a ‘near threatened’ species. As such, many conservation-minded groups are building free-standing towers to provide nesting and roosting locations.

During the non-breeding season, chimney swifts roost together in a single chimney. When breeding, each mating pair occupies any one given chimney, although they may tolerate other non-breeders in their chimney. Using a glue-like saliva from a gland under their tongues, they cement their nests, made of short, dry sticks, to a chimney wall or rock face. Occasionally, an unmated swift may help the breeding pair raise the young, which outgrow the nest after only a few weeks and cling to a nearby wall, often before their eyes are open.

The genus name or *Chaetura*, is a combination of two Greek words: *chaite*, which means ‘bristle’ or ‘spine’, and *oura*, which means ‘tail.’ This aptly describes its tail feathers as the shafts of all ten end in sharp, protruding points. The species name *pelagica* means ‘of the sea’, and is thought to refer to its nomadic lifestyle and migration over the water to and from its wintering grounds.

Like all swifts, these flying cigars consume large numbers of insects each day, including highly maneuverable dragonflies and airborne spiders drifting on silken threads, and they even predate on red imported fire ants. Researchers have estimated that a pair of adults with three nestlings can consume the equivalent of 5000 to 6000 housefly-sized insects per day!



*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.*

SWING NETWORKING GROUP

SWING is proud to announce and host a very special event. Please mark your calendar and RSVP now for a presentation & book signing by Scott Shickler. Scott is one of the world's leading experts on personal empowerment and is a thought leader in his field. Mr. Shickler, CEO, Author & Co-Creator of 7 Mindsets, will discuss strategies for applying the 7 Mindsets to create a mindset revolution resulting in a positive, long-term impact on individuals and organizations all over the world. Change the course of your life by joining us on Thursday, March 13th, 8AM sharp, at the Waterloo Ice House. Please RSVP to this event by calling Carl Mehlman at 512-954-1978 or email at carl@7mindsets.com.

Promote your business with local independent business owners. SWING (South West Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group and we enjoy competition. So, bring your business cards and a good mindset and let's get to know you.

For more information: contact Liz Jensen at 512-301-6966 or at lizleej@gmail.com or contact Peter Berardino (The King of SWING) at 512-695-2334 or at peterberardino@gmail.com.



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JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Wednesday, April 30th

11:00 am Registration - 1:00 pm Start

LOCATION: Flintrock Falls Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Register online at:

www.colinshope.org

Questions about the event?

Contact Amy Domecq

or Tracie Garvens

amy.domecq@colinshope.org

(512) 470-9470

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CANCER CARE

Please help B.I.G. Love collect toys for the cancer clinic at Dell Children's Medical Center. We are so excited to partner with Peel, Inc and Independent Title who have graciously opened their doors to help collect toys. Below are the addresses for the drop off locations and if you have any questions please email Sunshine at: sunshinecitko@biglovecancercare.org

Peel Inc- 308 Meadowlark St, Lakeway Tx, 78734

Independent Title Onion Creek- 11215 S. IH 35 Suite 102, Austin, TX 78747

Pflugerville- 203 West Main Street, Suite A, Pflugerville, TX 78660

Balcones- 5503 Balcones Drive, Austin, TX 78731

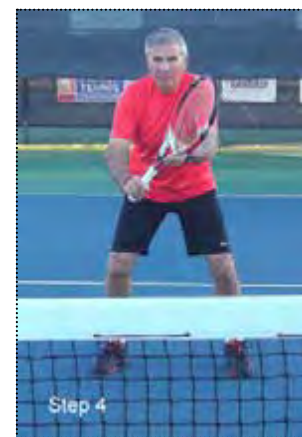
Barton Oaks- 901 S. Mopac Plaza II, Suite 150 Austin, TX 78746

Lakeway- 1913 RR 620, South, #101, Austin, TX 78734

Buda- 251 N. FM 1626 Ste. 1A Buda, TX 78610

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



HOW TO EXECUTE THE FOREHAND DROP

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.



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