



March 2014

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A Newsletter for the Residents of Legend Oaks

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.

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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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Questions about the event?

Contact Amy Domecq

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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

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FLYING CIGARS

by Jim and
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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.*

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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