

LONG CANYON *Gazette*

MARCH 2014

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 7, ISSUE 3



The Young Men's Service League Four Points Chapter hit the ground running this year with its quest to bring young men and their mothers closer together while assisting, serving, and supporting the

community. Capital Area Food Bank, Armadillo RV Park, CTSPCA, Keep Austin Beautiful and Partnership for Children are a few of the philanthropies that benefit from this great organization.

NEWSLETTER INFO

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RIVER PLACE COUNTRY CLUB WELCOMES NEW MASSAGE THERAPISTS

Clubs' Renovation Includes Two New Massage Therapy Rooms

River Place Country Club has recently completed much of their \$2 million renovations, including two new massage therapy rooms along with the addition of two massage therapists to their staff.

"We are thrilled to have these very talented massage therapists onboard at our Club. We hope to supplement our Members' and guests' enjoyment of River Place Country Club by offering these services and by educating them as to the health benefits of massage," said Jackie Mohr, River Place Country Club's Fitness Director. "Massage can benefit any fitness regimen, as it works with fitness to increase overall wellness." Both massage therapists at RPCC have personal training certifications.

The most valuable fitness-related benefit of massage is improved circulation and general nutrition of muscles. After a muscle is exercised, vital nutrients must be supplied in order for it to increase in size. A massage can maximize the supply of nutrients and oxygen through increased blood flow, which helps the body rebuild itself. Massage also helps to shorten recovery time between workouts. Waste products, such as lactic and carbonic acid, build up in muscles after exercise. Increased circulation to these muscles helps to eliminate toxins and shorten recovery time.

Elise Lai has joined RPCC as a Certified Massage Therapist. Her background includes work as a certified personal trainer, a Chiropractic Assistant, as well as a physical therapy technician. When asked what inspired Lai to become a massage therapist, she noted, "I strongly believe that wellness isn't just one dimensional. Massage therapy as a tool, is great for improving range of motion, pain relief, flexibility for muscular fitness, as well as a means of stress

(Continued on Page 4)



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NO HASSLES, JUST INFORMATION

LONG CANYON

Massage Therapists (Continued from Page 2)

relief, mental escape and overall emotional wellness.” Lai’s background with chiropractic care offers therapeutic relief for people experiencing lower back pain, upper back and neck tension along with spinal and posture problems. Clinical modalities, along with Swedish massage, not only relieve pain and tension, but also bring tranquility to the body.

Cara Foster has also joined the staff at RPCC. She has been a massage therapist since 2005. With her background and experience in sports as a fitness trainer, Foster brings a wealth of knowledge to her clients and is able to provide tailored programs to meet the needs of customers who can benefit greatly from deep tissue work. “I’m a fitness trainer and massage therapist with a strong knowledge of anatomy.” What inspired Foster to become a massage therapist was her love of the human body, “And I wanted to expand my career and knowledge as a fitness trainer, while working in a health and wellness environment.” Foster specializes in deep tissue massage, prenatal massage, relaxation and trigger point therapy.

You do not need to be a Member at River Place Country Club to take advantage of their Massage Therapy services. For

more information or to book your massage today, please call River Place Country Club: (512) 346-1114 x3911 <http://www.riverplaceclub.com/massage>

About River Place Country Club

River Place Country Club (www.riverplaceclub.com) is set in the rolling hills of Northwest Austin and celebrates the cerebral and the physical challenges of golf for players of all skill levels. Its demanding layout features more than 6,600 yards golf on spectacular terrain, set around twisting creeks and secluded canyons, it possesses some of the most scenic views of any course in Texas.

The club has strong ties to the Texas capital city. Austin’s own Tom Kite, Champions Tour professional and World Golf Hall of Fame member, designed the course with help from local golf course architect, Roy Bechtol.

River Place Country Club, Austin’s premier family-oriented private club, is owned and operated by The Dominion Golf Group. With unforgettable golf, tennis, fitness, swimming, dining and social activities, River Place is a Hill Country haven.

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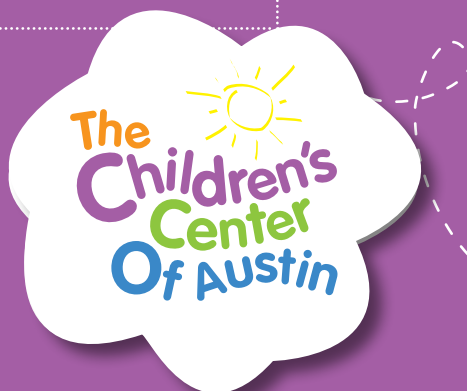
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VHS Band and Vision Dance Company MULCH SALE

*It's time for our 3rd annual
Mulch fundraiser!*

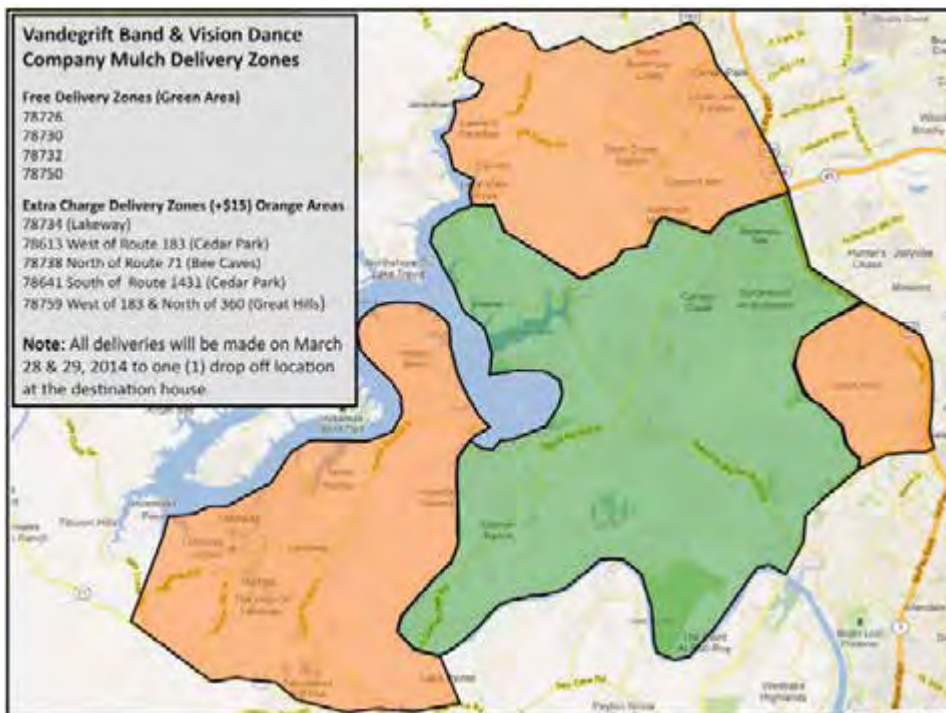
We are taking orders for mulch as a fundraiser. The mulch is a quality product from a company here in Texas. We are offering two of the most popular kinds of mulch. Bags are 2 cubic feet.

Black Velvet Mulch Hardwood Bark Mulch

Prices are \$3.75 per bag (5-19 bags) and \$3.50 per bag (20 bags or more). Prices include sales tax. We accept cash and checks. Credit cards accepted with online orders at vhsband.com. The prices listed here are discounted for cash / check. The minimum order is 5 bags.

Qty	Price	Qty	Price	Qty	Price
5	\$ 18.75	21	\$ 73.50	37	\$ 129.50
6	\$ 22.50	22	\$ 77.00	38	\$ 133.00
7	\$ 26.25	23	\$ 80.50	39	\$ 136.50
8	\$ 30.00	24	\$ 84.00	40	\$ 140.00
9	\$ 33.75	25	\$ 87.50	41	\$ 143.50
10	\$ 37.50	26	\$ 91.00	42	\$ 147.00
11	\$ 41.25	27	\$ 94.50	43	\$ 150.50
12	\$ 45.00	28	\$ 98.00	44	\$ 154.00
13	\$ 48.75	29	\$ 101.50	45	\$ 157.50
14	\$ 52.50	30	\$ 105.00	46	\$ 161.00
15	\$ 56.25	31	\$ 108.50	47	\$ 164.50
16	\$ 60.00	32	\$ 112.00	48	\$ 168.00
17	\$ 63.75	33	\$ 115.50	49	\$ 171.50
18	\$ 67.50	34	\$ 119.00	50	\$ 175.00
19	\$ 71.25	35	\$ 122.50	51	\$ 178.50
20	\$ 70.00	36	\$ 126.00	52	Pallet!

Pallet	Qty	Price
1	52	\$ 180.00
2	104	\$ 360.00
3	156	\$ 540.00
4	208	\$ 720.00
5	260	\$ 900.00
6	312	\$ 1,080.00
7	364	\$ 1,260.00
8	416	\$ 1,440.00
9	468	\$ 1,620.00
10	520	\$ 1,800.00
11	572	\$ 1,980.00
12	624	\$ 2,160.00
13	676	\$ 2,340.00
14	728	\$ 2,520.00
15	780	\$ 2,700.00
16	832	\$ 2,880.00



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Delivery date is Friday and Saturday 28-29 March 2014. You do not need to be home for delivery. You can specify where to stack the mulch in one location.

Deadline to order is March 7, 2014. If you have any questions, please contact mulch@vhsband.com. Thank you for your support to our band and vision program. Please tell your friends about our fundraiser as well.

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.*

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FORMAT: 4-person scramble

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