

# HOME *on the* RANCH

VOLUME 9 ISSUE 7

JULY 2015



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## SOCIAL COMMITTEE OF AVERY RANCH

APRIL 2015

# HOME ON THE RANCH

## Connect With Your HOA!

Did you know there are several ways you can connect with Avery Ranch residents and board members? Want to know where the best place is to get information regarding activities, concerns, assistance, or just want to know what the community has to offer? Have a question for a board member or need to contact the property management company? We have many online sources that can get you on the path to communicating with Avery Ranch folks from our website, to Facebook, and Twitter are just a few.

### Avery Ranch Official Website:

[www.averyranchhoa.com](http://www.averyranchhoa.com)

### Avery Ranch Owners Association Official Facebook Group:

[www.facebook.com/averyranchhao.com](http://www.facebook.com/averyranchhao.com) (not a newsletter typo - it is hao)

### Avery Ranch Neighborhood Events Official Facebook Page:

<https://www.facebook.com/ARNeighborhoodEvents>

### Avery Ranch Twitter:

@AveryRanchHOA

### Avery Ranch YouTube Channel:

AveryRanchHOA

### Need help, information, or guidance? Send an email to:

[gethelp@averyranchhoa.com](mailto:gethelp@averyranchhoa.com)

You can also find all board members contact info on both the AR website and the newsletter.

## AROA BOARD OF DIRECTOR'S MONTHLY MEETINGS

JULY 13  
AUGUST 10  
SEPTEMBER 14

.....  
7 PM, MAC MEETING ROOM  
10121 MORGAN CREEK DRIVE, AUSTIN TX 78717

Topics may include general association business, including old business and new business, covenant enforcement and budgeting/assessment. Executive session matters may include contract negotiations, enforcement actions, confidential attorney communications, matters involving the invasion of owners' privacy, personnel matters, litigation or matters involving parties who have requested confidentiality and the board has agreed to honor that request. For a detailed Agenda of the meeting, please visit [www.averyranchhoa.com](http://www.averyranchhoa.com). Agenda is posted 72 hours before the meeting date.

## 2015 AVERY RANCH *Event Calendar*

07/03 Independence Day  
Celebration

08/TBD Meet & Greet

09/19 Garage Sale - Fall

10/06 National Night Out

10/24 Harvest Hayride

11/TBD Concert in the  
Park(TGIFT)

11/TBD Meet & Greet

12/19 Holiday Sleigh Ride

**\*\*All Food Truck events are cancelled until  
further notice.\*\***



# HOME ON THE RANCH

## BOARD MEMBERS

### PRESIDENT

Pat Wimberly.....PatWimberly@gmail.com

### VICE PRESIDENT

Khris Mire .....khrismire@averyranchhoa.com

### SECRETARY

Rebecca Harrison .....RebeccaHarrison@AveryRanchHOA.com

### TREASURER

Phillip Rear..... Phillip.Rear@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Christopher Martin.....  
..... Christopher.Martin@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

April Aguren ..... april.aguren@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Naveed Mahmood.....  
.....Naveed.Mahmood@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Bala Goenka ..... bala@AveryRanchHOA.com

## AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at [AveryRanchHOA.com](http://AveryRanchHOA.com)

## FOR QUESTIONS OR CONCERNS

For questions or concerns in your neighborhood contact  
our Property Manager and HOA Board at [GetHelp@AveryRanchHOA.com](mailto:GetHelp@AveryRanchHOA.com).

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....911  
Fire.....911  
Ambulance.....911  
Sheriff – Non-Emergency ..... 512-943-1300

### SCHOOLS

#### ROUND ROCK ISD

Patsy Sommer Elementary ..... 704-0600  
..... 16200 Avery Ranch Blvd.  
Elsa England Elementary School ..... 704-1200  
.....8801 Pearson Ranch Road  
Cedar Valley Middle School..... 428-2300  
..... 8139 Racine Trail  
McNeil High School..... 464-6300  
.....5720 McNeil Dr.

#### LEANDER ISD

Rutledge Elementary..... 570-6500  
..... 11501 Staked Plains Dr.  
Stiles Middle School ..... 570-0000  
..... 3250 Barley Rd.  
Vista Ridge High School..... 570-1800  
.....200 S. Vista Ridge Dr.

### UTILITIES

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#### TEXAS GAS SERVICE

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Billing.....1-800-858-7928

#### TIME WARNER CABLE

Customer Service ..... 512-485-5555  
Repairs..... 512-485-5080  
Solid Waste Servies..... 512-494-9400

## NEWSLETTER INFO

### EDITOR

Falana Thomas ..... ARNEWS@AveryRanchHOA.com

### PUBLISHER

Peel, Inc. .... 512-263-9181  
Advertising..... advertising@peelinc.com





## Avery Ranch Annual Independence Day Celebration

JULY 3<sup>RD</sup>

The Social Committee of Avery Ranch invites the Avery Ranch community to celebrate our Independence Day on Friday, July 3rd from 5:30 – 9:00 pm at the Morningside Park.

Start the holiday weekend enjoying music along with surprise patriotic handouts for Avery Ranch residents (limited supply). Entrances to all Avery Ranch subdivisions will be decorated with American flags. There is no need to cook as there will be an assortment of food trailers so, be sure to bring some cash and credit cards. Best of all (conditions permitting), the day's festivities will conclude with our annual fireworks display between 9:00 – 9:30 pm. You can watch the fireworks from the Morningside Park or from the swimming pool while you stay cool. Stay tuned for more details to be posted on Facebook as the event date draws near.

Mark your calendars and save the date to join the holiday activities at the Morningside Park and celebrate our Nation's birthday with your family, neighbors and friends!

Volunteers are needed for this event. If you would like to have fun while getting involved with your community, please send an email to [ARSC@averyranchhoa.com](mailto:ARSC@averyranchhoa.com) to volunteer. Without volunteers, the community cannot continue the fun activities. It takes just a small commitment to volunteer to help at an event and support your community. Come get involved with your neighbors for a couple of hours and help us setup for the thousands who will enjoy our big annual event!

## AVERY RANCH OWNERS ASSOCIATION

### *Annual Elections*

Interested in becoming a member of the AROA Board of Directors? Election details will be coming soon. More information can be found on the Avery Ranch Owners Association Facebook page, or email [arnominee@averyranchhoa.com](mailto:arnominee@averyranchhoa.com) to request more information!



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# HOME ON THE RANCH

## GOT FOBS?

As part of our on-going efforts to keep Avery Ranch at the forefront of service and technology, we recently made upgrades to our access systems at all Avery Ranch Amenity Centers. Our gates now operate using RFID Key Fobs. This system will hopefully allow for an increase of ease and reliability for our residents to enjoy all that our community has to offer. Each of our pools has been upgraded to this system, and new electronic access points were added at the Tennis Courts and the back gate of the MAC Pool. The addition of these electronic entry systems came as a response to Resident requests and we are happy to be able to meet this need. In addition to the system upgrade, each household is now provided TWO fobs for their use. Additional fobs for resident use may be purchased at a cost of \$25.00.

Every household in Avery Ranch should already have received

TWO fobs for their household in the mail. In the event that you have NOT received your fobs, please send an email to: [gethelp@averyranchhoa.com](mailto:gethelp@averyranchhoa.com) and include in this email your NAME and ADDRESS. Replacement fobs will be issued to you free of charge.

All requests for courtesy replacements must be received by JULY 30, 2015. After July 30, 2015, a \$25 fee will be charged for EACH requested replacement.

(Please note, if you are a renter, the fobs were sent to the address on record for the homeowner. The homeowner will need to provide fobs to you, or authorize you to purchase a fob yourself at the cost of \$25.00. In the event that the homeowner did not receive the fobs, the homeowner or their identified agent will need to follow the instructions above to request replacements.)

*As a member of the Avery Ranch HOA,  
you and your family are eligible for membership.*

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# KEEP CALM and Play On

*By Coach Jayne, Certified USPTR Professional and  
Director / Head Pro of Avery Ranch Tennis Club*

Even the best players in the world lose their mental focus. They, too, make mistakes, miss easy shots, and become upset when they are underperforming.

It doesn't matter if you are number one in the world or just a beginner, we all go through the same inner frustrations. Here are three ways to help you work through those struggles during a match.

## **Be Present**

During a match, top athletes in the world don't think about the end result. It is already a given in their mind - they want to win. They don't allow themselves to get bogged down in the mistakes made in the last game or worry about what will happen in the next. Their focus is on what is taking place in the present moment.

Several things that will help a player remain present is; when serving, think about where you want to serve and how it will set you up for the next shot. When returning, anticipate where the server might be serving and where you want to place the return. During the point, think about moving your opponent around so as to open up the court for an easy put away. Regardless of what it is, make sure you are focusing on what is currently happening in the present moment.

## **Watch Your Body Language**

It has been scientifically proven that physiology changes psychology. In other words, you can have a great positive attitude and have poor body language. But you cannot have both at the same time.

One of the hardest things for a tennis player to do is change their negative emotion(s), i.e. frustration, anger, disappointment by talking themselves out of those emotions. With only 20 seconds in between points you must be able to effectively shift those emotions from negative to positive quickly.

The moment you dump an easy volley into the net, resist the temptation to dropping your shoulders and becoming critical of the mistake. Instead, quickly throw your shoulders back and walk with positive energy back to the baseline.

If you remember Chris Evert Lloyd, her nickname was "ice." You never knew if she was winning or losing. Her facial expression, body language, and attitude stayed the same whether she was winning or losing.

*(Continued on Page 9)*



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(Continued from page 8)

Take great care not to give off signs that you have lost or are losing confidence in your play. The moment you give into those negative feelings, you begin working against yourself and now have two opponents – the one across the net and the one inside your head.

### Give Up the Excuses

On any given match on any given day, both players are playing under the same conditions. It is counterproductive to blame the wind, the sun, your racquet, the strings, your opponent, the tournament site, tournament director, coaches, your parents, your spouse, etc.

Excuses erode your clarity and ability to make quick decisions. When you aren't playing well or can't seem to find your way into the match, you have to be patient with yourself and not give into the external circumstances that you have absolutely no control over.

If you are too busy making excuses you will miss capitalizing on the smallest of opportunities that could potentially make the biggest impact in turning the match around.

If you would like to learn more about the USTA and recreational competitive opportunities provided by Avery Ranch Tennis Club for both youth and adults, please log onto [www.averyranchtennisclub.com](http://www.averyranchtennisclub.com)

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## YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us for consideration in the next issue. Email your document to [ARNEWS@AveryRanchHOA.com](mailto:ARNEWS@AveryRanchHOA.com).

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## Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for

life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



### Keep the Fun in Summer

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## CICADAS



Cicadas are fairly large insects but can vary in size with some growing over 1 ½ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor

(egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their “song”. They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not “sing”. Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

*The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied. Extension programs serve people of all ages regardless of race, color, religion, sex, national origin, age, disability, genetic information or veteran status.*

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# RED FISH SWIM

As I write this newsletter our season is coming to a close and by the time this article hits your mailbox, the Redfish Season of 2015 will be over. I would like to take a moment and thank all of Avery Ranch for supporting our Redfish Swim Team, the HOA for working with us to roll out the red carpet to all of our guests, and the Redfish Swim Team Parents for rolling up their sleeves and pitching in with a smile on their face. As they say it takes a village and our swim team is a true example of that.

The Redfish Swim Team 2015 Season cumulates with a CHAMPS meet that includes all teams in our North Austin Aquatic League. Hosting a two day championship meet with the Great Hills Gators, Westover Wild Orcas, Balcones Blue Wave, Twin Creeks Twister, Forest Area Swim Team "FAST" Frogs, and the Jewish Community Center Piranhas. What a wonderful opportunity to show off our Avery Hospitality!

We could not have done this without the support of the entire community, thank you from the bottom of our pond!

"Alone we are but a drop, together we are the Ocean"

GooOOO REDFISH!! SWIM FAST!!

Looking forward to 2016!!

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## Health and Aging Tips

### DO:

- Stay physically active. Being able to complete Activities of Daily Living (ADLs) can reduce your dependence on others.
- Eat a balanced diet. Focus on fiber-rich, low-fat, and low-cholesterol foods.
- Stay hydrated. As we get older, our thirst response mechanism diminishes and we may be dehydrated without feeling thirsty.
- Take steps to lower stress. Stress results in our bodies releasing hormones that have a multitude of negative health impacts.
- Get a good night's sleep. Although changes to sleep patterns are a normal part of aging, it is a common misconception that sleep needs decline with age.
- Moderate alcohol intake. As you age, you can become more sensitive to the effect of alcohol, and alcohol exacerbates many health conditions.
- Avoid tobacco and second-hand smoke. The numerous negative impacts of tobacco are well-documented. Just quit!
- See your doctor, dentist, optometrist, and other necessary

specialists regularly. These visits are especially important for early detection as we age.

- Take all medications as directed by your doctor. Have someone assist you with remembering, or sort your medications in a pill organizer if need be.

### DON'T:

- Think that aging means you can't do new things. Try a new class or hobby, or go travel!
- Assume that memory loss is inevitable. Try fun brain training games to keep your mind sharp! (Check your smart phone or other device for free apps.)
- Think that aging means you're destined for poor health. You likely have more time now than ever before to focus on YOU!
- Neglect emotional health. Your mind has powerful effects on your body!

We send our wishes that you may stay well and focused while improving your health.



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We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.  
DUE: July 30th

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ (first name, last  
initial)

Age: \_\_\_\_\_



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