

Canyon Creek CHRONICLE

OCTOBER 2015

VOLUME 9 ISSUE 10

THE CANYON CREEK CHRONICLE

*A Newsletter
for the Canyon Creek
Community*

The Canyon Creek Chronicle is a monthly newsletter mailed to all Canyon Creek residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



Partnerships for Children

MEET MARQUES

Marques is a charming and quiet young man. He loves basketball and enjoys most all sports. He also enjoys riding his bike, playing video games and listening to music. He would enjoy being in a family that would provide activities for him to be active, especially sports. He would like to have a Mom that is caring and loving. He would also like to have a father that will do “guy things” like playing basketball and camping.

Adopting a child from the foster care system

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The Heart Gallery of Central Texas is a program of Partnerships for Children. To learn more about the adoption or fostering process, please call the Heart Gallery of Central Texas at (512) 834-4756, email heartgallery@partnershipsforchildren.org or visit our website at www.partnershipsforchildren.org



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Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080

OTHER NUMBERS

Balcones Postal Office	512-331-9802
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NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Article Submissions	canyoncreek@peelinc.com
Advertising.....	advertising@PEELinc.com

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View the current issue of *The Canyon Chronicle* on the 1st day of each month at www.peelinc.com



The Hill Country Education Foundation (HCEF) is committed to enhancing the exceptional learning experience your children receive in our local schools. Sparked by an idea among a few parents in 2009, HCEF has grown into an established partner with Four Points-area schools, funding more than \$400,000 to our teachers and students.

Our 2015 Fall Giving Campaign is in full swing. Your donation helps PREPARE your children for college, INSPIRE them to find their passion, and ENGAGE them in learning through tools, technology and programs for our local schools. Our goal is to raise \$25,000 from the community to support our teachers and students with advanced academic programs.

Can we count you in? Please visit our web site and donate today!
www.HillCountryEdFoundation.org



RIVER PLACE COUNTRY CLUB

RIVER PLACE COUNTRY CLUB CELEBRATES ANNIVERSARY OF RENOVATION COMPLETION

OCTOBER 4TH COMMUNITY EVENT WILL SHOWCASE THE CLUB'S MULTI-MILLION DOLLAR CLUBHOUSE AND GOLF COURSE RENOVATIONS

River Place Country Club is celebrating the anniversary of their \$2 million dollar renovation to their clubhouse, as well as the \$750,000 renovation of their golf course. "Our Membership and community as a whole has embraced and enjoyed all of the updates and upgrades we worked so hard to complete. It is great to see the excitement over the last year, as it has truly revitalized our Club," said Steven Held, President and CEO of The Dominion Golf Group. The Dominion Golf Group purchased River Place Country Club in 2003. The group has 3 owners in total, and six golf clubs including Onion Creek, Twin Creeks, The Dominion in San Antonio, with the Dallas area being served by the Lantana and Bridlewood Golf Clubs.

"Our staff, both inside the Clubhouse and out on the course, were fully dedicated and committed during the sometimes grueling process of renovations. Looking forward, we continue to focus on our Vision of being the Best Family Club in Austin," said Held.

The Grand Re-Opening Celebration will take place on Sunday, October 4th from 1 p.m. to 4 p.m., and will include both Golf and Tennis Clinics, Food and Drink, and family activities, ending with a 9-Hole Golf Scramble at 3pm.

The process of the physical changes at River Place started over two years ago, although plans for renovations began in 2008, but due to the recession, were put on hold. Years later, the parameters for renovations had changed, with the need much greater, especially due to growth in the community. River Place's vision is that the Club is an extension of the community's homes. Held's goal is for River Place Country Club Members and the surrounding community to be as proud and comfortable to entertain at the Club, as they would be in their own homes. Held said, "Anything short of a full renovation would not have serviced our needs and taken us closer to our vision." With the relocation of the fitness center and locker rooms, the newly expanded family dining room, pro-shop relocation and a new adults-only "19th Hole" Bar, the overall traffic flow and usability of the Club as vastly improved.

(Continued on Page 4)



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CANYON CHRONICLE

(Continued from Page 3)

“Having served the Four Points area for several years, we recognized the unparalleled growth, and understood the importance of growing along with the community. While assessing the Clubhouse upgrades in progress, the decision to further invest and renovate our golf course seemed exactly on the right track,” stated Held. “Our pride in this flourishing Club is evident and we are thrilled to have taken this course to the next level.”

The \$750,000 golf course renovation included replacement of turf on all 20 greens (18 on-course greens and 2 practice greens) with the ultra-dwarf hybrid, Tiff-Eagle, and expanding the size of each green. Included in the course renovation was rebuilding all sand bunkers featuring the same best-in-class sand used at their “Sister Properties”, Twin Creeks Country Club, Lantana Golf Club in Flower Mound and The Dominion Country Club in San Antonio, and included all new drainage work and new state-of-the-art liners to prevent future contamination of the bunkers.

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. Both Kite and Bechtol were consulted and worked closely with the River Place team on the recently completed improvements.

“Historically, the River Place course has had the stigma of a difficult course. The changes included increasing the overall green size by 20%; the bunkers have been modified to make the contours softer and some shallower. We have taken one of the most scenic courses in Central Texas and made it much more playable, more Member friendly which will significantly improve the Golfer’s experience overall,” Held said.

Now that River Place is celebrating the anniversary of renovation completion, the Club hopes to share their excitement and invite Members, Guests and the Four Points Community to their October 4th Open House Celebration. “This could not have been possible without the Members’ and the community’s support throughout the entire renovation process. We would like to thank them by including them in this fabulous event. We are thrilled to be showcasing and sharing the new amenities of our Club,” said Raquel Hebben, Membership Director at River Place Country Club.”

“If you haven’t visited River Place Country Club lately, we certainly think you will be impressed,” said Brad Roumaya, General Manager. “You can feel the pride and excitement of both our Membership and Staff. We hope the Four Points community will come out on October 4th to see all that we have to offer!”

(Continued on Page 5)

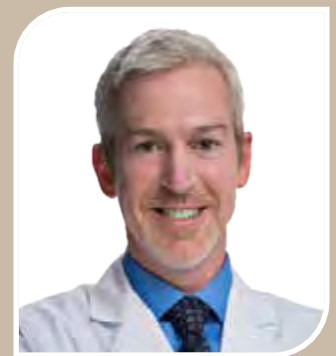


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(Continued from Page 4)

You're Invited! To Our Fall Open House

Sunday, October 4th from 1:00pm to 4:00pm

Be our Guests for Golf & Tennis Clinics, pumpkin painting, Children's Concert, and a 9-Hole Family Par-3 Scramble

1:00pm - 4:00pm

Face Painting, Balloon Artist, Pumpkin Painting

1:30pm - 2:15pm

A Special Performance by Stacy Gray "A Locally Recognized Children's Musical Artist for Ages 2yr to 8yrs Old"

1:00pm - 4:00pm

Adult & Junior 9-hole Putting Competition Course

2:00pm - 3:00pm

Complimentary Adult & Junior Golf Clinic on the Range

2:00pm - 3:00pm

Complimentary Adult Tennis Clinic & Junior Activities

3:00pm- 5:00pm

**Complimentary 9-hole Golf Scramble,
Awards and Buffet Following Play**

Be our Guest for the day and enjoy any or all of the fun-filled family activities listed above. To learn more about our Membership opportunities, please contact Raquel Hebben, Membership Director at 512.346.1114 (x3903) or raquel.hebben@riverplaceclub.com. Family, Corporate, and Junior Memberships are Available.

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 Capitol 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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AIR PLANTS

NATUREWATCH

by Jim and Lynne Weber

When the time of year arrives when leaves begin to fall and the landscape starts to appear a bit more barren, some things become more noticeable, even though they were present all along. One such thing is epiphytes, or plants that grow harmlessly upon another plant (such as a tree), and derive moisture and nutrients from the air. The word epiphyte comes from the Greek 'epi' meaning 'upon' and 'phyton' meaning 'plant.' Epiphytes differ from parasites in that they grow on other plants for physical support and do not necessarily negatively affect their host. They are also called 'air plants' since they do not root in soil. In central Texas, the most common epiphytes native to our area are Ball Moss (*Tillandsia recurvata*) and Spanish Moss (*Tillandsia usneoides*).

Members of the Bromeliad or Pineapple family, neither of these plants are real mosses, but true plants with flowers and seeds. Ball Moss is a scurfy herb with narrow leaves forming small, grayish ball-like clusters on the branches of deciduous trees. In North America, it is native from Florida to southern Georgia, Texas, New Mexico, and Arizona, with a disjunct population in central Louisiana. Slender, pale violet flowers appear on long bracts from June to August. Ball Moss grows well in areas with low light, little airflow, and high humidity, which is why it is often found on shade trees in the South. It photosynthesizes its own food by receiving water vapor from the air, nitrogen from bacteria, and other minerals from windblown dust. Wind is also the main method of Ball Moss seed dispersal, and its plentiful seeds are armed with fine, straight hairs that cling well to wet or rough surfaces such as bark.

Generally growing upon larger trees such as Southern Live Oak and Bald Cypress, Spanish Moss forms a cascading mass of slender, scaly gray leaves. These scales help the plant absorb water



Ball Moss



Spanish Moss

and nutrients, mostly from the minerals naturally leached from the foliage of its host tree. Its specific name 'usneoides' means 'resembling *Usnea*', which is also known as Beard Lichen, but this plant is not a lichen either. It grows in chain-like fashion to form hanging structures up to 20 feet in length, and bears tiny whitish-green flowers from April to June. Its primary range is the southeastern US, but is found as far north as Virginia, and it propagates both by seed and vegetatively with fragments carried by the wind to neighboring tree limbs. Spanish Moss has been used for various purposes, including building insulation, packing material, and mattress stuffing. It is still in use today for arts and crafts, and even in the manufacture of evaporative or swamp coolers. These coolers contain thick pads of Spanish Moss that are pumped with water, with the cooling effect of evaporation caused by a fan that pulls air through the pad and into the building.

There is a common misconception that these epiphytes are parasites, and that they harm the trees that serve as their hosts. While trees that are heavily infested with these plants can have increased wind resistance and result in fallen limbs, there is little evidence among the botanist community that a reasonable presence of these plants have a noticeable effect on the growth or health of the tree. In fact, the presence of these air plants serves as a benefit to many forms of wildlife by harboring small insects that provide food, supplying nesting material, and serving as shelter from the outside elements.

*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, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.*

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EDITION
FALL 2015



Photo by Chris Diaz,
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FEBRUARY

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DON'T LET THE FLU KEEP YOU DOWN

Reviewed by Danielle Fryer, RN,
ADC Practice Manager

FLU SEASON

It's that time of the year when hand sanitizer, tissues and "vampire sneezes" are the talk of the town. Influenza is a serious, potentially life-threatening disease that begins to show up between October through March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, each year on average 5% to 20% of the population get the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons are unpredictable and can be severe¹.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes or long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The *injection* you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days.

Some people may choose the flu vaccine *nasal mist*. The nasal mist is a live, weakened flu virus that is squirted in your nostrils. It cannot give you the flu. Side effects are minimal and include a runny nose, headache, sore throat, or fever lasting 1-2 days. It can only be given to people from 2 years of age up to the age of 50.

What is the High Dose Flu Vaccine or Fluzone High Dose?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$60 (will file insurance)

For additional hours and information please visit ADClinic.com/flu or call our **Flu Hotline at 512-901-7117**.

Sources:

1. <http://www.cdc.gov/flu/index.htm>
2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home

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- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance - ask us about high-dose flu shots for adults 65+
- ★ Available during regular business hours Monday- Friday (check adclinic.com)
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.



**DID YOU KNOW:
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MAKING MATH MAKE SENSE

At Mathnasium, we believe that every child has the ability to be successful in math – it's just a matter of teaching the way that makes sense to them. When math makes sense, kids leap way ahead – whether they started out far behind or already ahead in math.

The new school year will bring many challenges for children as they get used to more difficult work in all their classes, and few subjects build on the prior year's work as much as math does. Mathnasium provides students with customized programs that with two or three hours per week of study can prepare them for the rigors of their new math curriculum. Our students have shown significant increases in performance on standards-based tests in 20 sessions or fewer, the equivalent of a few months' work.

Additionally, Mathnasium offers kids who are already good at math the chance to accelerate even further, challenging them to work their math muscles and become all-stars.

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"Why isn't everyone doing math this way?" – Harry L.

"I never thought I could do math. Now I know better. Thanks." – Ariella, 5th gr

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