

## Round Rock New Neighbors

An organization of Women welcoming  
Women for Fun and Friendship

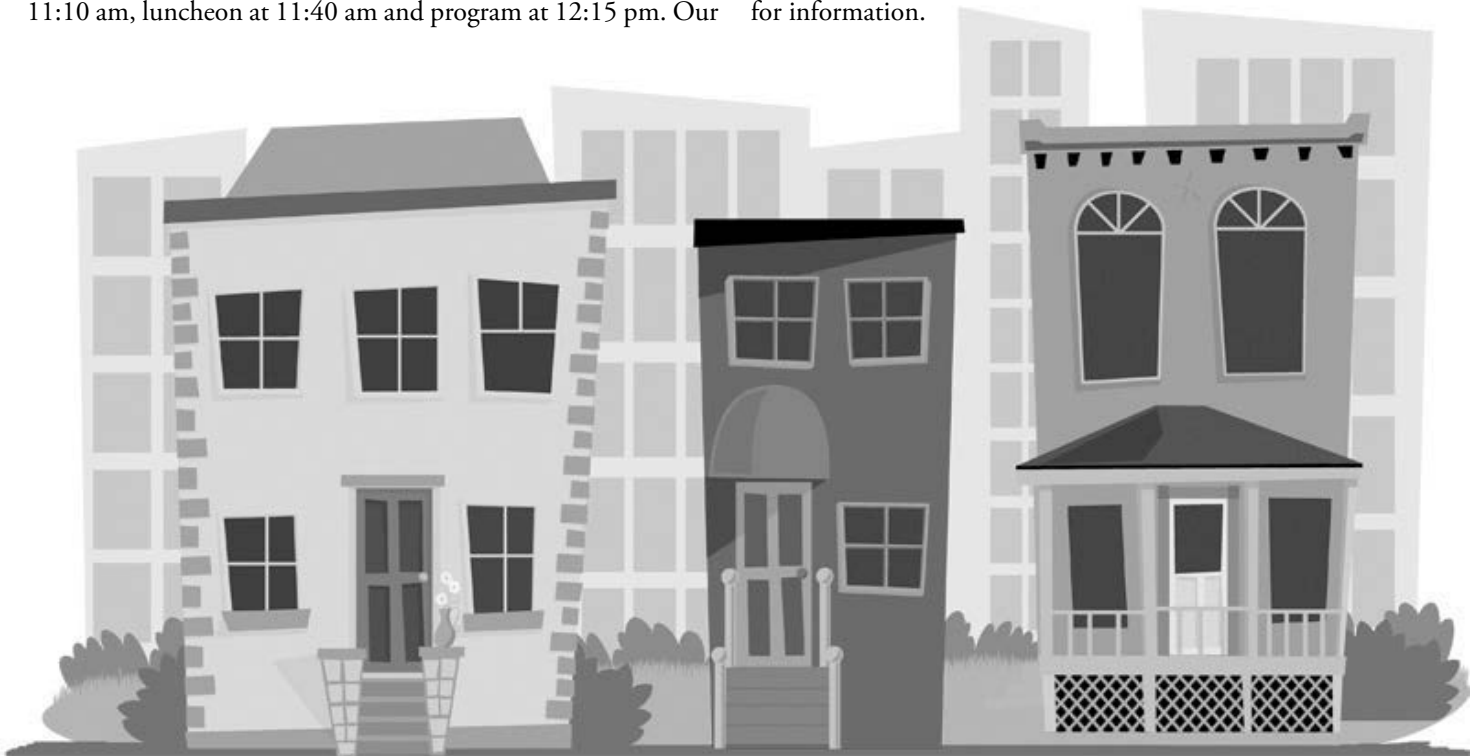
*Join us for Our 2016-2017 Season*

Whether you are a newcomer or have lived here for years WE WELCOME YOU! We are of all ages!! Ideal for empty nesters or women who have left the work place and are looking to get back to a social life. We enjoy monthly luncheons with a speaker or program of interest.

Our first luncheon – meeting of this season is on Wednesday, September 14, 2016. We will be returning to our regular meeting venue at Fern Bluff Community Center, 7320 Wyoming Springs Drive, and Round Rock. Doors open at 10:30 am, meeting at 11:10 am, luncheon at 11:40 am and program at 12:15 pm. Our

program this month will be a speaker from the Texas Historical Commission.

We have many groups: Card and game groups, gardening, Wine Tasting, Foodies, Antiquing, Hiking, Movie, Photo, Potluck, Safari, Walking and Caring Hands. There is something for everyone. Many activities take place during the day and some activities include couples. Please visit our website at [www.rrnewneighbors.org](http://www.rrnewneighbors.org) for more information and to see our newsletter. Or call Jan Percy, 512-810-3214, Membership Chair for information.



# The Forum

## NEWSLETTER INFO

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## National Night Out 2016



POLICE • COMMUNITY PARTNERSHIPS

National Night Out is a great opportunity for citizens and law enforcement to partner up against crime.

This year, National Night Out is Tuesday, Oct. 4, 2016, from 7 to 9 p.m.

National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support and participation in crime efforts
- Strengthen neighborhood spirit and police community relations
- Let criminals know that neighborhoods are organized and fighting back

During the event, residents in neighborhoods throughout Austin and across the nation are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the city and nationwide.



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### *Forest Creek Animal Hospital*

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*Monday-Friday 7-7  
Saturday 8-12*

## Nature Watch: Sun Trackers

by Jim and Lynne Weber

*Common Sunflower*



*Maximillian Sunflower*



This time of year, the most notable family of plants are the Helianthus, or sunflowers. From the Greek 'helios' or sun and 'anthos' or flower, these plants are usually tall annuals or perennials that during their growth phase exhibit a subtle behavior in the daylight hours. This behavior, called heliotropism, is the ability for the young flower buds and leaves to gently tilt toward the sun, tracking it as it moves across the sky. By the time the flower heads mature, they are stationary but generally facing east to greet the rising sun.

Sunflowers are typically tall plants with one to multiple flower heads, consisting of bright yellow ray florets or flowers, surrounding yellow or maroon disc florets. In wild or native species, the rough and hairy stems are normally branched, and the leaves are often sticky and lance or heart-shaped. Sunflowers also exhibit phyllotaxis, or the arrangement of leaves on a stem that forms a distinct pattern, in this case a repeating spiral. Additionally, the disc florets also display a phyllotactic pattern, one that creates the optical effect of criss-crossing spirals in the flower's center.

In our area, the two most abundant sunflowers are the Common Sunflower (*Helianthus annuus*) and the Maximilian Sunflower (*Helianthus maximiliani*). Blooming from May to October, the Common Sunflower grows on dry soils, especially in disturbed areas. It can reach 1.5 to 8 feet tall, and various parts of the branched stems can be either green or dark purple. The heart-shaped leaves are coarse and covered in rough hairs, and grow from 2.5 to 10 inches long. Up to 4 inches across, the flower heads have yellow ray flowers and reddish brown disc flowers. As their scientific name suggests, these plants are annuals.

Maximilian Sunflowers, on the other hand, are perennials that bloom in September and October. They grow 1 to 6 feet tall in colonies on both the dry ground of prairies and the moist ground of roadside ditches and other low places. Shorter, rough hairs cover the narrow lance-shaped leaves, which average 2 to 4 inches long. The 1.5 to 3 inch wide flower heads have yellow ray flowers surrounding

yellow disc flowers, with numerous flower heads growing along the unbranched stems.

Aside from their aesthetic value to humans, sunflowers are generally palatable to deer and numerous species of birds eat their seeds. Their flower heads support nectaring bees, and they are the food plants for several butterfly species such as the Bordered Patch and Silvery Checkerspot. When mixed with other native annuals, these sun trackers provide good cover for many species of wildlife, and would be a great addition to your native wildscape.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our book, *Nature Watch Austin*, published by Texas A&M University Press, and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!

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THE HEART GALLERY  
OF CENTRAL TEXAS



The Heart Gallery of Central Texas is a portrait exhibit and community education/outreach initiative featuring children who are waiting for adoption right here in our community. More than 50 professional photographers in our community are donating their time and talents to this project. We are always looking for professional

photographers to join our team of volunteers. Donate as much or as little time as you'd like, we have photography needs all throughout Central Texas. Learn more about becoming a Heart Gallery of Central Texas Volunteer here: <http://www.heartgallerytexas.com/>.



## NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



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82 Texas children have already fatally drowned in 2016

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## The Neighborhood Compassion Watch

Alert! The Tarrytown and the Ranch at Brushy Creek Neighborhoods have reported an upward trend in compassionate action. What's happening in our neighborhood? Let's all join in the Neighborhood Compassion Watch!

What do you see happening in our neighborhood that shows caring for others, self, and the Earth ("3D" compassion)?! Let's identify actions and events that are helping our neighborhood thrive. Be on the lookout! Recognize friends, family, schools, businesses, etc. Involve youth in a treasure hunt for compassionate action!

Send in your "compassion sightings" to [compassionateaustin@gmail.com](mailto:compassionateaustin@gmail.com). Learn more about Compassionate Austin and the Neighborhood Compassion Watch at [www.compassionateaustin.org](http://www.compassionateaustin.org).

### IMPORTANT ANNOUNCEMENT!

NOW's the time to sign up for the Global Unity Games! <http://compassiongames.org/global-unity-games/>. The Games are September 11 through September 21st! You can join in any time during this period. It's simple to do, free, and online. During the Games, pay extra attention to discover and appreciate acts that show caring for others, self, and the Earth (either those you do yourself or those being done by others). Use the Neighborhood Compassion Watch to inspire you! Then post about your experience on the global Compassion Report Map to motivate people around the world. Be an "Agent of Compassion"! Participate as an individual or sign up as a team with your family, neighbors, and community. It's especially important to engage our youth. We grow stronger in what we practice. Let's strengthen compassion in ourselves and our neighborhood!



## RECIPE OF THE MONTH

### *The Wrap Of Kahn*

#### Ingredients:

1 bottle Peanut sauce- (the best I have found is made by Archer farms and sold at Target stores that have bigger grocery sections. I've made my own but prefer theirs)  
1 to 1 1/2 lbs chicken breast cut in small to medium cubes  
1 to 2 limes  
some cilantro chopped  
1 cup white rice (jasmine is best)  
1 or 2 cups- raw- shredded red cabbage ( you will want to figure out how to use up the rest of the cabbage-though it keeps quite a while)  
Some bamboo shoots- drained and cut skinny  
1 jar spicy black bean or spicy brown bean sauce  
Good Gorgonzola cheese- crumbled up  
Thin flour tortillas (the thick ones don't work well for this)

#### Procedure:

Rice- cook it according to the directions- when done fluff with fork and mix in some cilantro and lime juice to taste. Set aside.

Chicken- I usually cook it in large sauté pan with olive oil, lime juice, garlic (powered or fresh depending on what I have) salt and some pepper- If I'm feeling real energetic I cook some finally chopped sweet onion in there as well. When it is just about done I add the peanut sauce and cook till chicken is done and sauce is heated through. Sometimes I throw cilantro in this part of the dish also. Be mindful that you want some looseness to the chicken mixture some the excess peanut sauce seeps into the rice- yum!

#### The put together:

Heat up tortilla over gas if you can (don't microwave it) schmear on a thin layer of the spicy bean sauce  
put on decent layers of bamboo shoots and cabbage  
add rice layer  
add some of the chicken mixture  
top with Gorgonzola ( I put healthy portion because I love the stuff, but you will want to play around till it tastes right to you.)

Roll it up like a burrito,

***Enjoy!***

# TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and  
Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



STEP 1

STEP 2

STEP 3

STEP 4

## How to execute The Backhand Service Return

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

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Susan Herb, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position:** When Susan is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

**Step 2: The Back Swing:** Once Susan realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

**Step 3: The Point of Contact:** Susan now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

**Step 5: The Follow Through:** Once Susan has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.







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