

## 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.

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.

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

### NEWSLETTER

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## SAGE TIPS FOR SOWING CENIZO

By Brad Wier, Courtesy [www.gardenstylesanantonio.com](http://www.gardenstylesanantonio.com)



Cenizo is a stalwart in the natural Texas landscape. On a rocky western outcrop on a scorching August day, its blooms cover hillsides and valleys with pom-poms of pink flowers, all the way to the horizon — and it

can do this with no help from sprinklers or hedge trimmers. Even on a winter day, it retains the silvery leaves that earned it the name Texas sage.

So if you're adding a watersaver garden to the home landscape cenizo is one of the easiest plants to use in an unwatered setting. (For fastest growth, though, give it some extra water in spring.)

Since it became commercially available, the ever-popular cenizo may have been overused a bit in San Antonio landscapes, especially in shade — it is frequently found fully irrigated under live oaks, looking weird and leggy. (Leggy plants can always be cut back and restarted.) But over-use doesn't detract from cenizo's essential advantages: it needs no water or trimming, and it's one of the very few evergreen

native hedges for south central Texas.

For long-lasting shrubs and other architectural plants, why would you use something that needed to be trimmed and watered? For a scorching inferno strip on a big lot, cenizo provides year-round screening — so you can save your water for something, or someone, that needs it.

For my watersaver gardens, I always try to find a way to include cenizo, whether as a single specimen (in a 200-square-foot watersaver coupon, a single cenizo can fill 16 to 25 square feet!) or as an entire hedgerow — a drought-hardy native substitute for Burford holly, xylosma, and red-tipped photinia. Pair it with a couple of mountain laurels, silver sotol and a scattering of bluebonnets, and you've got a watersaver landscape worthy of a Texas patriot.

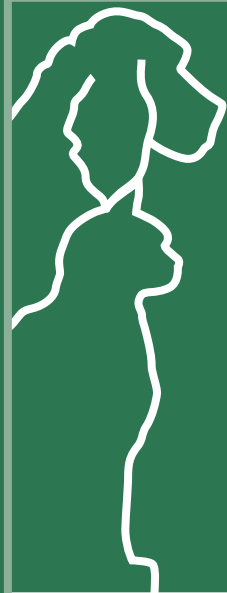
Many varieties are available; all are native to the Chihuahuan desert, and none require irrigation to thrive. 'Compacta' grows to about 5' in height and width, with that perfect 'evergreen meatball' shape so loved by landscape architects and homeowners alike. As its name suggests, 'Green Cloud' is well-loved for its large and richly colored leaves.



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### *Forest Creek Animal Hospital*

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## Neighborhood Compassion Watch!

Compassion is action. Discover acts that show caring for others and the Earth in your own Neighborhood! Send your photos, discoveries, and stories to [compassionateaustin@gmail.com](mailto:compassionateaustin@gmail.com). Be sure to identify your neighborhood in your email.

We want to recognize and honor the good being done in our community.

Tell us something good happening in your family, a neighborhood business or school or library.

Here's a great quote from an August, 2015 article in the Huffington Post, entitled "Compassion: Universally Misunderstood" by Dr. Paul Gilbert, Professor of Clinical Psychology: "Compassion is not just about kindness or 'softness' and it is certainly not a weakness - it is one of the most important declarations of strength and courage known to humanity. It is difficult and powerful, infectious and influential. And, crucially, it is perhaps the only universally recognized language with the ability to change the world."



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## NATURE WATCH

### *Mysterious Migration*

*by Jim and Lynne Weber*

Fall migration season is upon us, and that usually conjures up thoughts of songbirds and hawks using the central flyway through Texas to make their way south to the subtropics and tropics for the winter. However, birds are not the only ones who migrate, and while much has been said about the complex, annual migration made by Monarch butterflies, the record for the longest insect migration (twice the distance of the Monarch) belongs to a dragonfly species, the Wandering Glider (*Pantala flavescens*). In fact, dragonfly migration has been suspected for over 100 years, and up to 50 of the world's 5,200 dragonfly species are thought to migrate (about 16 out of 326 in North America), but not much is known about where they are coming from or where they are going.

In Texas, there are several species of dragonflies that migrate in addition to the Wandering Glider. They include the Common Green Darner (*Anax junius*), Black Saddlebags (*Tramea lacerata*), Variegated Meadowhawk (*Sympetrum corruptum*), and Spot-winged Glider (*Pantala hymenaea*). Cooler nights seem to trigger the dragonflies' journey south, and like birds, they build up their fat reserves before setting out. They may use the lay of the land as a navigation guide, and some scientists speculate that they have an internal magnetic compass, as those that fly off course and out to sea appear to realize their mistake and reorient themselves.

Dragonflies migrate during daylight hours, and green darners have been found to break their journeys every three days to rest and feed, using oak and juniper trees as stopover sites. Like monarchs, the full migration circuit takes multiple generations to complete, as it is the offspring of the generation that traveled south in the fall that is migrating north again in the spring.

Swarms of dragonflies can create one of nature's most impressive spectacles, with tens to hundreds of thousands of individuals streaming southward along lakeshores, mountain ridges, and coastlines. Even with the origins and destinations poorly known, the migration in the fall is more noticeable than that in the spring, presumably because the spring event occurs over a wider front and a longer period of time. However, migration is the only explanation for how dragonfly adults appear in early spring in places where their nymphs or larvae from the previous year or years have not yet emerged.

The ecological role of migrating dragonflies is another facet of the mystery yet to be resolved. Since several species use the same migration strategies and timing as migratory birds, traveling at the same times and concentrating in the same places, it is likely that

certain bird species are exploiting the abundance of dragonflies as a source of fuel for their own migration. More research is being done to solve these mysteries, most notably the Xerces Society's Migratory Dragonfly Partnership initiative, which uses "research, citizen science, education, and outreach to understand North American dragonfly migration and promote conservation."

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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](http://naturewatchaustin.blogspot.com).



*Wandering Glider*



*Spot-winged Glider*



*Common Green Darner*



*Black Saddlebags*



*Variegated Meadowhawk*

## TENNIS TIPS

*By USPTA/PTR Master Professional  
Polo Tennis and Athletic Club, Austin, TX*



### How to execute The Forehand High Volley Approach Shot

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”, the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Kathy Noble, a player at the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position and Split Step:** When Kathy realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

**Step 2: The Back Swing:** Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly 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 right foot and will be ready to step forward to meet the ball.

**Step 3: The Point of Contact:** Kathy 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 left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

**Step 4: The Follow Through:** Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

**Step 5: The Move for the Kill Volley:** As the ball is headed toward her opponent and Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One Hand Backhand Volley Approach Shot







## Partnership For Children

*Submitted by Megan Ransom*

Meet 10 year old Jamarrian, he is an energetic, friendly and outgoing child. He enjoys doing puzzles, playing video games and being outdoors. Jamarrian is a very intelligent young boy and does well academically. The ideal forever family would provide him with ample love and support, as well as consistent rules, boundaries and expectations. Learn more about Jamarrian on the Heart Gallery of Central Texas Website- [www.heartgallerytexas.com](http://www.heartgallerytexas.com).

There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey. Learn more about starting the adoption process and the children waiting for forever families at [www.heartgallerytexas.com](http://www.heartgallerytexas.com).



## WATER CONSERVATION TIPS OF THE MONTH

- Listen for dripping faucets and running toilets. Fixing a leak can save 300 gallons a month or more.
- Upgrade older toilets with water efficient models. If your toilet flapper doesn't close after flushing, replace it.
- Next time you add or replace a flower or shrub, choose a low water use plant for year-round landscape color and save up to 550 gallons each year.

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