

# Canyon Creek CHRONICLE

JULY 2017

VOLUME 11 ISSUE 7

## FEATURED FAMILY:

# Meet the Bookers



*Myra and Stephen Booker*

**Q: How long have you lived in Canyon Creek?**

We have lived in Canyon Creek five months – we brought the New Year living in Canyon Creek.

**Q: What brought you to the area and where did you live before?**

Job relocation, from the San Francisco Bay Area (Emeryville, CA)

**Q: What do you like most about Canyon Creek?**

Canyon Creek is a real community, meaning residents have access to just about anything you need within a 1 to 5-mile radius.

**Q: How and where did you meet?**

My husband and I met while on an IT contract assignment, 23 years ago at Kaiser Permanente Walnut Creek, California. While working late one evening on this project, he asked if I was a fan of Yanni, I replied yes, and he asked me out on a date. Well, the Yanni tickets did not materialize; however, we did go on a date, and it was magical. We have been together ever since that date.

**Q: What are some of your hobbies?**

I love planning events, especially events in the home (i.e. official Oscar Parties, and private wine tastings). I like batting tennis balls around on the courts for exercise (not competing in a match), arts and crafts, and going to the movies.

**Q: Where do you work and what do you do for a living?**

I am a retired IT Professional, and recently received my Sommelier

certification (wine expert). I am starting an online wine business called “The Rooster Sommelier,” and we will launch mid to late September 2017. On this unique website, people can order wine, book a private wine tasting, ask questions, and attend Meetup events scheduled in the surrounding areas. The Boisset Collection of wines are from the California Wine Country and are my favorite so far. However, I am finding some incredible wines right here in Texas. I look forward to tasting more of Texas wines.

**Q: What is your favorite thing to do as a family?**

It is just the two of us here in Austin, but whenever possible we go to the movies, exercise, but family BBQ are the best of all.

**Q: What is one of your favorite family memories?**

Organizing and celebrating my husband’s 50th birthday, with family and friends.

**Q: Do you have any pets? What kind?**

Yes, we have a dog (Beagle), a cat (Egyptian Maw), and a parrot (Yellow-napped Amazon).

**Q: What does family mean to you?**

My family is my mental, spiritual, and emotional support system; people I can count on for love and support when contemplating extraordinary life decisions.

**Q: How would your friends and neighbors describe you?**

Well, we have met two neighbors since the first of the year, and both are very friendly and generous with their time. I hope they would say or describe us in the same way.

**Q: What is something you would like to share with your neighbors and community members?**

I am an Ambassador for The Boisset Collection of wines and would love to share them with all of you. Have a private wine tasting of 12 or fewer people in your home, and I will showcase one of my favorites from Raymond Vineyards, called “LVE.” This wine has one white (chardonnay), and one red (Cabernet Sauvignon) are both are wonderful in appearance, aroma, and taste. For more information, please contact me at [Myra@TheRoosterSommelier.com](mailto:Myra@TheRoosterSommelier.com).

**Q: What are some of your family traditions?**

*(Continued on Page 2)*

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### DON'T WANT TO WAIT FOR THE MAIL?

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(Continued from Cover)

Our annual Oscar Party was a family tradition in California; however, moving to Texas has changed things slightly. Originally, it was a fundraiser for a charity selected by the Oscar committee. The game Oscar Mania was the incentive for people to purchase raffle tickets which funded the Foundation and the Oscar Mania game. Every year we had approximately 30 individuals who attended by invitation only. So, until we build a group of friends and acquaintances who love the Academy Awards, an Oscar Party here in Texas is on hold.

**Q: What is something you would like to do or are looking forward to doing in the next year?**

With the launch of “The Rooster Sommelier,” occurring in September, I would love to see wine sales, in-home private wine tasting, and individuals interested in becoming a Boisset Ambassador will increase exponentially.

**Q: What is your favorite piece of advice or quote?**

“Love is the perfect gift, created by God, and shared by those who love Him.” –M. Booker

**Q: If you could travel anywhere with your family, where would it be and why?**

There are two that are the highest on the bucket list of places to visit, but if I had to choose one, it would be the Holy Land, I want to see the towns visited by Jesus.

**Q: Who has inspired you in life and why?**

Although there have been many people who have touched my life invoking inspiration; when I think about it, there is only one who is and has been consistent, and that person is my husband, Stephen. He supports me in all that I do, he loves me unconditionally, and he is a Christian Man. God gave me all that I asked for in a man.

## “Get To Know Your Neighbors”

We are all very fortunate to call Canyon Creek home. But, Canyon Creek is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we’ve become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, “Get to Know Your Neighbors” which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Canyon Creek a better place to live, please let us know. We would like to introduce them to your neighbors.

# 26TH ANNUAL ALZHEIMER'S TEXAS WALK, OCTOBER 7, CAMP MABRY

“WHAT’S RAISED HERE, STAYS HERE! 100% LOCAL!”

This year marks the 26th Annual Alzheimer’s Walk for support, care, and research hosted by Alzheimer’s Texas. The walk will be held on the morning of October 7 at Camp Mabry in Austin, Texas. Alzheimer’s Texas, a local nonprofit organization serving Central Texas for 35 years, separated from the National Alzheimer’s Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas. Along with the new logo, Alzheimer’s Texas changed its signature colors to blue and gold.

“We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs,” says Christian Wells, President of Alzheimer’s Texas. “When people walk with us on October 7th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer’s in Central Texas.”

The 2017 Honorary Family is The Amos Family. The Amos Family Team has participated in the event for several years and is led by family member, Sharhonda Broaders. “The Walk has always been a fun local event, but now more than ever it is an opportunity for Central Texans to get together to celebrate the difference we’re

making on a local level, for those affected by Alzheimer’s, like the Amos Family,” says Wells.

The Alzheimer’s Texas Walk will be held Saturday, October 7 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic routes for Walkers to enjoy, a 1 mile course and a 2.5 mile course. In addition to the Walk, the event will feature food, music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt. Teams who raise the most money and have the most members are recognized along with top fundraisers. To learn more and register for the 2017 Alzheimer’s Texas Walk and keep your fundraising dollars for Alzheimer’s local, visit [www.txalz.org/walk](http://www.txalz.org/walk).

### About Alzheimer’s Texas

*Alzheimer’s Texas is dedicated to eliminating Alzheimer’s disease through the advancement of research and to enhancing care and support for individuals with Alzheimer’s disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer’s Texas was founded in 1982 and serves Central Texas. For more information, visit [www.txalz.org](http://www.txalz.org).*

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#### HOW IT WORKS:

Go to [carryinghope.com](http://carryinghope.com), click "Make a Hope Pack," select the age and gender of a child you would like to help and go shopping to create a Hope Pack — a backpack stuffed with new items geared to help meet the needs of a foster child during their first 48 hours in a new home. Hope Packs contain everything from essentials (diapers and pajamas) to comfort items (stuffed animals and story books) designed to provide immediate comfort for an overwhelmed, frightened child while allowing foster parents to spend those first crucial hours bonding rather than rushing to the store. Each Hope Pack always belongs to the child, even if he or she is later placed in another home.

#### WHO CAN HELP:

Everyone — especially kids! Carrying Hope welcomes and encourages kids to be part of the entire volunteer process. After all, no one is a better expert at picking out things for kids than other kids!

#### ADDITIONAL INFO:

Drop off your completed Hope Pack and stick around as long as you can for some family-friendly fun and to learn about additional ways to help foster children in the area.

**Find out more: [www.carryinghope.com](http://www.carryinghope.com)**

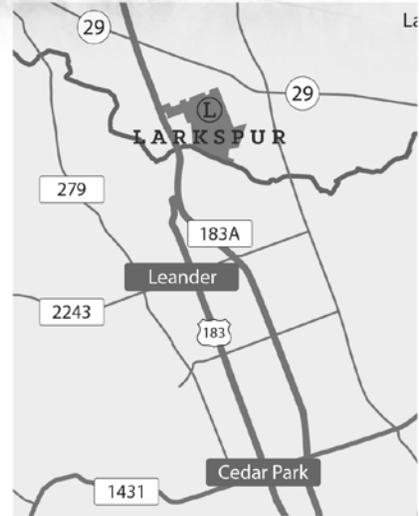
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## NATURE WATCH

## COMMON CENTAURIES

by Jim and Lynne Weber

As members of the Gentian Family, there are many species of Centaurium worldwide, and three of them are native right here in Central Texas. The genus was named after the centaur Chiron, famed in Greek mythology for being a great healer through his skill in using medicinal herbs. Herbalists today still use the

*Mountain Pink Bouquets*

extract from certain species in this genus, commercially often called 'stomach bitter', to aid in the process of digestion. More recently, molecular studies have reclassified the genus, and the species that belong to the 'Texas group' have been renamed Zeltnera.

hillsides, limestone outcrops, and along gravelly roadways. Its leaves are threadlike and are held below the multiple 0.5 to 1.0 inch wide showy pink five-petaled blooms that provide nectar for moths, butterflies, bees, and other insects. Pioneers used this plant as a medicinal plant to help reduce fevers, which is the origin for one of its common names.

Lady Bird's Centaury (*Z. texensis*) is named in honor of Lady Bird Johnson, and is a delicate plant 3 to 7 inches tall with an open, branched habit. Found in dry, grassy areas of the Edwards Plateau and Blackland Prairies, its leaves are linear and shorten in length on the upper part of the plant. Smaller than the other Centaurium species, its light pink five-petaled flowers bloom June to August, and are only about 0.25 inches wide.

Rosita (*Z. calycosum*), also called Shortflower Centaury, Buckley Centaury, or Arizona Centaury, prefers moist, open

Mountain Pink (*Zeltnera beyrichii*), also called Meadow Pink, Catchfly, or Quinine weed, is an annual herb less than a foot tall and best described as a neat bouquet of small, pink flowers. Blooming May through July, Mountain Pink sprouts up like an inverted cone 8 to 12 inches high, on rocky

areas in otherwise dry habitat, along streams, on hillsides, and in prairies and meadows with intermittent drainages. An erect, branching plant up to 18 inches tall, it has larger, oblong leaves at the base and smaller linear leaves on the uppermost stems. Blooming May to July, the rose-pink five-petaled flowers are 0.5 to 1.5 inches wide, occur in an open array along the stalks, and have distinct, spirally curved, yellow pollen-producing anthers.

Of all three species in our area, this one is a bit less common.

Long used in herbal medicine, today's science has discovered another interesting pharmacological feature of plants such as Centaurium in the Gentian family. They naturally produce organic substances called xanthones that exhibit antioxidant properties, which are thought to inhibit microbial infection, inflammation, proliferation of cancer cells, and the aggregation of platelets, among other benefits. Not a bad resume for these common centauries!

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 two books, Nature Watch Austin & Nature Watch Big Bend, both published by Texas A&M University Press, and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).

*Rosita**Lady Bird's Centaury*



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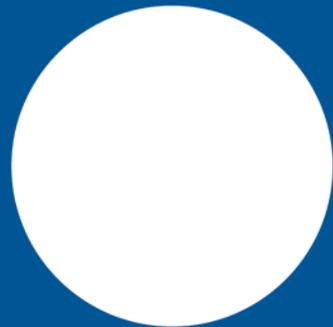
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