

# Happy Holidays Forest Creek



# The Forum

## NEWSLETTER INFO

### NEWSLETTER

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## ROUND ROCK NEW NEIGHBORS

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

You are cordially invited to attend one of our monthly luncheons and coffees.

To find out more about these events and who to contact, please visit our website at [www.rnewneighbors.org](http://www.rnewneighbors.org)

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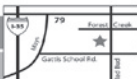
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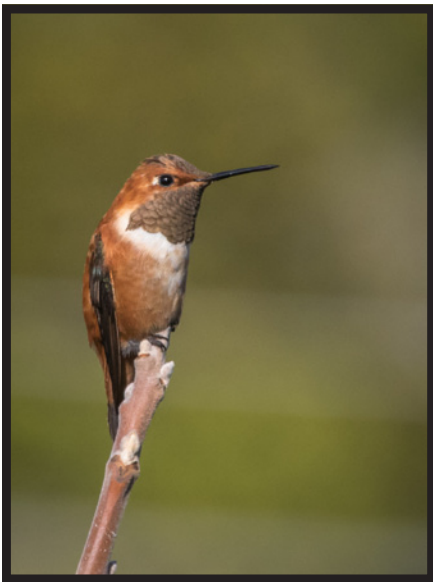


## NATURE WATCH

### OVERWINTERING TEXAN

by Jim and Lynne Weber

Late August into September typically marks migration season for hummingbirds, when most individuals move from their northern breeding grounds to their southern wintering grounds. Several factors affect this seasonal movement including amount of daylight, the angle of the sun relative to the bird's location, availability (or lack of) food resources, and local weather patterns. Mature birds often start their migration earlier than juveniles, and males typically migrate a few days before females. But the longest migration of any hummingbird species belongs to the Rufous Hummingbird (*Selasphorus rufus*), a species that can typically travel from as far away as Alaska to spend the winter in Mexico.



*Rufous Hummingbird*

They are the feistiest hummingbird with a gift for fast, darting flight and exceptional maneuverability, tirelessly chasing away other hummingbirds wherever they feed. Males court females with elaborate flight displays, including J-shaped dives and nearly horizontal figure 8s.

In recent years, the Rufous has become the most common overwintering hummingbird in the southeastern United States, particularly along the Gulf Coast. For the last several years we have kept a small hummingbird feeder on our back porch filled throughout the fall and winter, and have been regularly rewarded with an overwintering Rufous. This species seems particularly able to handle the colder temperatures, perhaps because they go into 'torpor' overnight, a reduced physiological state where their body temperature and metabolic rate are reduced.

While it has been proven that this species has an excellent memory for location, which may explain why they find our feeder year after year, it remains a mystery to scientists as to why these birds don't complete their traditional fall migration to the Pacific coast of Mexico. While providing a nectar feeder does not delay a

hummingbird's migration, scientists are investigating the theory that established shifts in climate and flower-blooming times are affecting their typical patterns. Not only do these shifts appear to affect where these birds overwinter, but they also affect the timing of the clockwise circuit they make each year as they move northward up the Pacific coast in late winter and early spring, and travel southward along the chain of the Rocky Mountains in late summer. There is still much to learn about these migration patterns, and why these hummingbirds show up in places we don't expect them to stay in winter.

Regardless of reason, we feel fortunate to have our yard brightened during the colder months with this colorful visitor. Why not keep a hummingbird feeder filled in your yard this season, and you just might find you have an overwintering Texan, too!

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



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## Share Your America

What if you didn't have chocolate chip cookies, Dr. Pepper, corndogs or \*gasp\* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.



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# The Forum

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## PUMPKIN CAKE ROLL

3 eggs	1 C granulated sugar
2/3 C pumpkin	1 tsp. lemon juice
3/4 C flour	1 tsp. baking powder
2 tsp. cinnamon	1 tsp. ginger
1/2 tsp. nutmeg 1/2 tsp. salt	1 C finely chopped nuts
Powdered sugar	

Beat eggs on high speed for 5 min.; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold in pumpkin. Spread in greased and floured 15x10x1" pan. Top with nuts. Bake at 375° for 15 min. Turn out on towel sprinkled with powdered sugar. Starting at narrow end. roll towel and cake together. Cool. Unroll.

### Filling:

1 C powdered sugar  
2 - 3 oz. pkg. cream cheese  
4 T margarine  
1/2 tsp. vanilla.

Beat until smooth. Spread over cake. Roll and chill.

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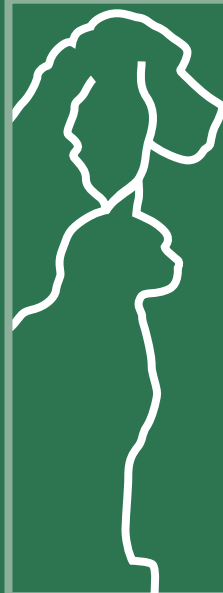
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# Kids' Club

## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

308 Meadowlark St

Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: December 31<sup>st</sup>

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

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

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



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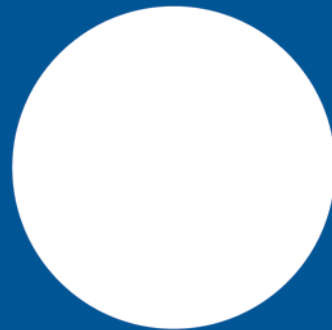
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