

ROCKY CREEK ANNUAL MEETING SAVE THE DATE:

The Rocky Creek HOA is holding it's Annual Meeting

Tuesday, January 16th at 6:30pm (sign-in begins at 6:00PM)

At the Lake Travis Public Library, 1938 Lohman's Crossing, Lakeway, Texas 78734

This is an especially exciting time as we are continuing our transition to a resident volunteer HOA Board. At the annual meeting, the number of board directors is increasing from 3 to 5 as our two declarant board members vacate their seats. An election will be held to elect 4 residents to our 5 member board. Resident board member, Sam Morrow, will continue to serve his two year term.

Candidates are requested to be familiar with the HOA's Bylaws and have availability to work 1-3 hours per month on community matters. Candidates must be willing to uphold their fiduciary responsibility to the community. Board meetings will be held on at least a quarterly basis at a time and location agreed upon by the Board.

Interested in volunteering for a Board of Directors Position?

If you have questions, please contact your

HOA Service Team Manager, Megan Maedgen,
Megan.Maedgen@fsresidential.com.

CLICK HERE TO COMPLETE THE VOLUNTEER INTEREST FORM!

DEADLINE TO ENTER FOR INCLUSION ON THE ABSENTEE BALLOT:

Tuesday, December 19, 2017



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Bee Cave Elementary.....	512-533-6250

UTILITIES

West Travis County PUA (Water).....	512-246-0498
Pedernales Electric.....	512-219-2602
Alliant Gas (Propane)	866-764-0283
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
IESI (Garbage & Recycling).....	512-282-3508
Travis County Hazardous Waste.....	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library.....	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	rockycreek@peelinc.com
Advertising.....	advertising@peelinc.com

HOA MANAGEMENT

FirstService Residential.....	512-266-6771
Christy Gross	christy.gross@fsresidential.com

ARTICLE INFO

The Rocky Creek Connection is mailed monthly to all Rocky Creek residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

If you have an article of interest to the community please submit to rockycreek@peelinc.com by the 15th of the month. The newsletter can also be viewed online at www.PEELinc.com.

Meet Jonathan Heart Gallery of Central Texas



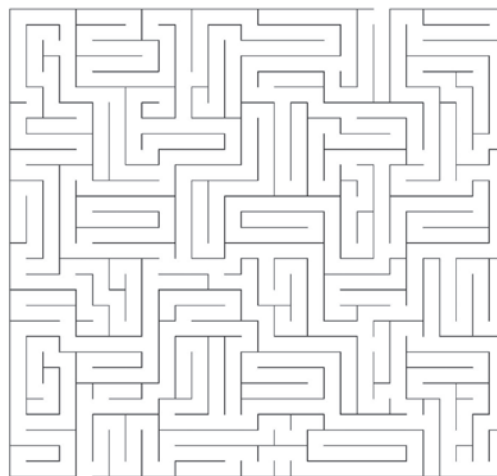
It's a new year and time for new beginnings! The children featured in the Heart Gallery of Central Texas are waiting for their own new beginning - a forever family! Meet 12 year old Jonathan! Jonathan loves sports, especially football. He enjoyed his summer football camp and was even named Most Valuable Player by his team! Jonathan does well with his schoolwork and enjoys making friends at school.

Learn more about Jonathan as well as foster care and adoption here in Central Texas by visiting our website: heartgallerytexas.com

Photo taken by Volunteer Heart Gallery Photographer Laura Acton

Kidz Maze Mania

Lisa can't finish the puzzle until she finds the missing piece. Help her get through the maze to find the puzzle piece.



© 2007. Feature Exchange

Rocky Creek HOA

TRASH DAY

Has been moved to
Tuesdays for the Rocky
Creek Community.

Please remember, your trash bins may not be brought to the curb before 5 p.m. on Monday's and must be returned to the appropriately screened area by 10 a.m. on Wednesday



It's time to take AIM at your fitness goals!

The Athletes In Motion (AIM) Training
Center at Hill Country Indoor is
open and ready for you!

- Experienced Coaches-
- New facility and equipment-
- Innovative evaluation technology-
- Challenging & supportive environment-

Private, Semi-Private and Small Group
Sessions are available

www.hillcountryindoor.com/aim-training

Rocky Creek Connection

Lake Travis Republican Club



Christi Craddick, Chairman of the Railroad Commission of Texas will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held at the Hills Club on Tuesday, January 16, 2018 at 11:30 am. A buffet lunch will be served.

Since her tenure on the Commission began in 2012, Craddick has pushed to maximize the effectiveness and efficiency of an energy industry that is driving the state's unparalleled economic success. She has repeatedly proven that sensible regulations, careful listening and plain talk can foster innovation that has solidified Texas leadership in the energy sector.

Making it a top priority, Christi has worked to educate the public about the oil and gas industry and its impact in Texas, and has continually fought against Washington's one-size-fit-all

environmental policies that would kill jobs and stifle energy production growth.

A native of Midland, Christi earned both her Bachelor's Degree and her Doctor of Jurisprudence from UT in Austin. She currently resides in Austin with her daughter, and is an active member of St. John Catholic Church.

Tickets for the meeting are \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-660-5208 or by email at lmchristianv@verizon.net.

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brouger
512.276.7476



Patrick Court
State Farm Agent
*Your Rocky Creek
Neighbor and
Insurance Agent*

5800 W SLAUGHTER LANE, SUITE 360 · AUSTIN, TX 78749

OFFICE 512-501-2837 · CELL 512-592-8001 · EMAIL PATRICK.COURT.UJL5@STATEFARM.COM

How can I get in Ski-Shape?

By Kelly Cunningham, MD, Sports Medicine specialist

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training, Stamina & Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate.

Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

DON'T LET ANOTHER YEAR GO BY!

2018 is the year to get your financial planning in order. Schedule your Complimentary Retirement Review today!



PLATINUM WEALTH
ADVISORY

Call 512.369.3817

or email RetireBetter@platinumwealthadvisory.com

Securities offered through Kalos Capital, Inc., Member FINRA/SIPC and investment advisory services through Kalos Management, Inc., both at 11525 Park Woods Circle, Alpharetta, Georgia 30005. Platinum Wealth Advisory is not an affiliate or subsidiary of Kalos Capital, Inc. or Kalos Management, Inc.

www.platinumwealthadvisory.com

2806 Flintrock Trace, Ste. A203 Lakeway, TX 78738

Winter Alert! Protect Your Plants and Irrigation Systems

PROTECT YOUR PLANTS:

Water your plants thoroughly ahead of time. You need to be sure the roots are wet, not just the leaves. Much of freeze damage is from dehydration. Watering before a freeze could make a big difference in your tropicals and tender perennials.

Cover your delicate plants. Remember, you want to be sure the roots are protected, covered, or mulched well. Even if you lose the top growth of these tender plants, if the roots are alive the plants will come back in the spring. Do not cover them with plastic touching the leaves of your plants. If possible, use woven frost protection sheets such as N-Sulate (which can be folded, stored, and reused for many years) or sheets and blankets. In a mild freeze or frost, one blanket will probably do for most plants. In a hard freeze (below 30 degrees for any period of time), use a heavy blanket or several layers of sheets. You can even add a plastic over that if you want, since it won't be touching the foliage. Also, don't forget to put rocks or something heavy on the edges of your N-Sulate or blanket to be sure the wind doesn't blow it away, exposing the roots of your plants.

Don't do any heavy pruning on freeze-damaged plants until late

winter, when you think all chance of frost is over.

Remove all protective covering if the sun comes out and the temperature goes up, because it can be 32 degrees today and 70 degrees tomorrow.

Along with protecting your tender plants during the winter, remember it's not a good idea to fertilize tender tropicals that are exposed to outside temperatures during these cold months. Fertilizing encourages new growth, and that new growth is more vulnerable to freezing and near-freezing conditions than old growth is. It's OK to fertilize and encourage growth with indoor or green-housed tropicals, although shorter days usually slow down growth no matter how much you fertilize.

PROTECT YOUR IRRIGATION SYSTEM:

Your backflow-prevention device is the most important part of your irrigation system. It's also the most vulnerable part of your system if there is a freeze. It may be located somewhere right outside the garage and next to the foundation. Cover the top by wrapping the part that is above ground with a towel. It is also best to turn off your valve.



Full Service Print Shop Large Run - Short Run

BOOKLETS • BROCHURES • BUSINESS CARDS
EDDM POSTCARDS • NOTEPADS • FOLDERS
DOORHANGERS • HANG TAGS • LETTERHEAD
CALENDARS • POCKET POSTCARDS • POSTERS
RACK CARDS • TABLE TENTS • & MORE

512.263.9181
QualityPrintingOfAustin.com

MENTION THIS AD AND RECEIVE 20% OFF
EXPIRES 1/31/2017



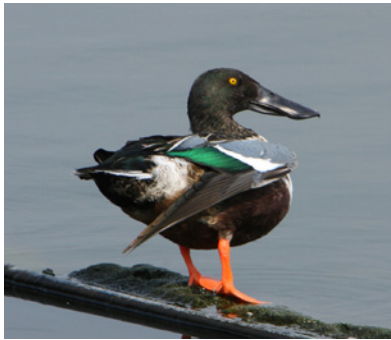
We are grateful to our many volunteers & supporters for an amazing 2017 & wish all a very Merry Christmas & a Happy & Healthy New Year!

NATURE WATCH

DABBLERS AND DIVERS

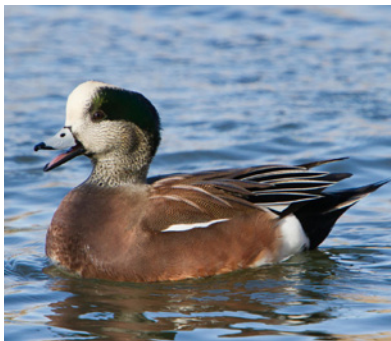
by Jim and Lynne Weber

Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.



Northern Shoveler

A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.



American Wigeon

resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much

The most distinctive dabbling duck is the Northern Shoveler (*Anas clypeada*). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its

Another common dabbler is the American Wigeon (*Anas americana*), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this duck was known as 'baldpate' due to the white crown

more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.



Lesser Scaup

grasped by a predator like a Gray Fox, an adult Lesser Scaup may play dead, rendering itself immobile with its head extended, eyes open, and wings folded close to its body. They are capable of diving underwater the day they are hatched, but are too buoyant to stay under for long, until maturity gives them the body composition and strength they need to stay underwater for longer periods of time.



Ring-necked Ducks

a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

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



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

RCC

Going Somewhere in 2018...

WWW.NICOLEPEEL.COM

I Can Help You Get There!

Contact me for a COMPLIMENTARY Home Analysis or to learn more about my flexible pricing strategies and a la carte services!

FOR MORE INFORMATION

Nicole Peel
Associate Broker
nicole@reillyrealtors.com

Check out my REVIEWS
online @ nicolepeel.com
512.740.2300

reilly
REALTORS®

