



SPICEWOOD

APRIL 2018

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD, TX

VOLUME 2, ISSUE 4

PFD AUXILIARY SERVE UP THE FOURTH ANNUAL CRAWFISH AND SHRIMP BOIL FUNDRAISER



Jump in the fun at the Pedernales Fire Department Auxiliary's Fourth Annual Crawfish and Shrimp Boil fundraiser on Saturday, April 28, at Station #1, at 801 Bee Creek Rd., from noon until 6 pm, or until the delicious seafood is gone. Moon River Cajun Cookers will be preparing the incredible seafood fare, while volunteers grill burgers and hot dogs and serve drinks and snacks. For food to go, area residents may bring their food coolers and fill up.

While enjoying the seasonal crawfish and shrimp, prepared Cajun style with fresh veggies and enjoyed on area picnic tables, the crowd will enjoy music from a talented deejay. Children will have fun at the special kid's area where volunteers will apply tattoos and paint faces. PFD Auxiliary will sell "Cooking with Fire" cookbooks, File of Life magnets that protect important medical information, t-shirts, and take orders for green address signs, which assists emergency vehicles in finding a home. An ice cream truck will have tasty treats and snow cones for sale.

This year the Auxiliary will again be taking orders for fresh Freestone Peaches, delivered to the fire station and ready for pick-up in mid-June. Order the 20-pound case for \$50, \$30 for half a case, and a couple of pounds in a bag for \$10. You can make preserves, pies, smoothies and eat them straight out of the container, while supporting the Auxiliary. These peaches are of the best quality, and will sell fast.

A lively 50-50 raffle will also be part of the event with tickets costing just \$2 each, or six for \$10. The winner receives 50% of the

total dollar amount of tickets purchased, and two or more drawings will be held, with separate tickets sold for each drawing.

The PFD Auxiliary organizes events to encourage community participation and to raise funds for the fire department. Last year, funds raised purchased much needed, new radios, MCD's and comfy recliners for the firefighters. At present, the Auxiliary provides two major fundraising events each year, with an annual event and silent auction in the fall and the crawfish boil in the spring. The Auxiliary also welcomes outright contributions. To find out more go to <http://www.pfdauxiliary.org/>.



IMPORTANT NUMBERS

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Ambulance.....	911
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Burnet County Sheriff.....	512-756-8080

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Marble Falls High School	830-693-4375
Marble Falls Middle School.....	830-693-4439
Spicewood Elementary School.....	830-798-3675
Highland Lakes Elementary School.....	830-798-3650
Colt Elementary School	830-693-3474
Lake Travis ISD	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary	512-533-7500

UTILITIES

Hill Country Web	512-264-8440
TStar Internet	830-693-6967
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Pedernales Electric.....	888-554-4732

OTHER NUMBERS

Spicewood Library.....	830-693-7892
Spicewood Community Center	512-755-3119
Helping Hands Crisis Ministry	512-808-6092
Spicewood & Highland Lakes Lions Club..	830-693-3645
Spicewood Post Office.....	830-693-2377

NEWSLETTER PUBLISHER

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Wildland Fire Precautions

With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.
2. Store gasoline in an approved safety can away from occupied buildings.
3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.
4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.
5. Remove branches from trees to a height of 15 feet or more.
6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.
7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.
8. Place connected garden hoses at all sides of your home for emergency use.
9. Assure that you and your family know all emergency exits from your home.
10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

A wealth of information to help you is available at:

<http://www.ready.gov/wildfires>

<http://txforestservice.tamu.edu/main/article.aspx?id=8512>



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Balance Your Body

by Dianne Laird, CPT, Fitness to Function, LLC

Balance plays an important role in our lives. What needs to be balanced? What does it take to be in balance? So many different parts of our lives require some type of balance and most likely a little different for everyone.

There are many definitions for the word “balance” as it relates to some sort of equity. As a Personal Trainer, I can address balance as it pertains to Physical Fitness. The Oxford English Dictionary lists one definition as, “An even distribution of weight enabling someone or something to remain upright and steady.” “Upright and Steady” is a great way to think of balance when it comes to your body.

I often hear, “I used to be able to ‘keep’ my balance” or “I’ve ‘lost’ my balance.” Where has it gone? Can it be found? Loss of one’s balance may be due to muscle weaknesses and muscle imbalances. Research shows as you age, muscles atrophy and weaken. The skeletal muscles simply become too weak to hold your skeleton “upright and steady.” Gravity can then begin to pull the body forward toward the ground rounding the back, making it even more difficult to balance.

There’s such a thing call “balanced muscle development” which means muscles need to be trained and strengthened equally. It’s important to strengthen both the large and small muscle groups in

the upper and lower body to achieve balanced muscle development. Stronger muscles mean less impact on your joints because now they are being supported. Moving now becomes a little easier.

Building more muscle may help restore your balance, reduce your fall risk, and as an added bonus your posture may improve because your back muscles are now strong enough to pull your upper body away from gravity to a more “upright and steady” position.

As you begin to get stronger you may be able to “find” or “keep” your balance once again. The goal is to “maintain” your balance – for the rest of your life. Contact a fitness professional for safe exercise programming.



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SPICEWOOD ARTS SOCIETY

Butch Miles heads Lineup for 9th Annual
Toast To Tony



Legendary drummer and Austin resident Butch Miles heads an impressive lineup of jazz musicians for the ninth annual Toast To Tony tribute concert at the Spicewood Vineyards Event Center Friday evening, May 4. The concert begins at 7 p.m.

Back by popular demand, the Real New Orleans Restaurant food truck will be available for dinner starting at 5:30 p.m. for those that would like to eat before the performance.

The concert is a celebration of the life of Tony Campise, a mainstay at Austin's Elephant Room and a mentor and inspiration to a generation of young musicians. Under the leadership of Michael Mordecai, musicians who knew and admired Tony will present an evening of inspired jazz.

Mordecai (trombone) will be playing with Jeff Helmer (piano), Director of Jazz Studies at UT, John Fremgen (bass) played with the Christopher Cross Band, Dennis Dotson (trumpet), Stan Kenton Band, Doug Lawrence (tenor sax), Count Basie Band, with Abra Moore, vocals.

Butch Miles has performed with most of the jazz and pop music's world of outstanding musicians. As a drummer for the Count Basie Orchestra, he became renowned for his swinging big band style and techniques. He's a veteran of the Newport Jazz Festival and the Grand Parade de Jazz in Nice, France, and has performed at many other jazz festivals.

After a long career that included playing lead alto sax with the Stan Kenton band, Tony Campise settled in Austin where he led his own band, backed many music legends, and gathered an impressive list of awards. His album "Once in a Blue Moon" was nominated for a Grammy in 1992, reaching top ratings on national charts.

Campise died in 2010 after a fall, but his musical heritage lived on. The Paul Motheral family, local Spicewood residents, sponsor the concerts, always closing the regular season.

The concert is included in season tickets. Additional tickets (\$50) are available at www.spicewoodarts.org. The Spicewood Vineyards Event Center is located at 1419 Co. Rd. 409, Spicewood.

Hot Texas Swing Band Plays Spicewood Vineyards April 6

For just one night, the Spicewood Vineyards Event Center will be turned into a Texas honky-tonk when the Hot Texas Swing Band swings into town April 6. The fun starts at 7 p.m.

Dress code is jeans, boots and other Western gear. Get ready for a "crazy-good" band where they'll be playing tight but hanging loose and having just as much fun as the dancers who'll be crowding the floor.

Out of his own love for Western swing, bandleader Alex Dormont launched HTSB in 2011. It's quickly grown into one of Austin's hottest bands, recording, performing and touring, reaping a shelf-full of awards and accolades along the way.

The HTSB's latest release, *Off the Beaten Trail*, offering a generous helping of Dormont's original songs, was recently named an Academy of Western Artists Top 5 Finalist for 2017 Western Swing Album of the Year. *Ain't Dead Yet*, from the previous album of the same name, is a finalist for 2017 Western Swing Song of the Year.

Dormont said he's "loved Western Swing since I first heard Bob Wills and Asleep at the Wheel music. Texas is at a musical crossroads between north, east, south and west: the fiddle tunes of the Appalachians, the jazz from New Orleans, the Latin music from Mexico and the cowboy music from the West."

That rich heritage can be heard in *Off the Beaten Trail*, which includes a Western take of *Cow-Cow Boogie* and a bluesy version of *Cry Me a River*, wrote Kristin Brown in *Cowboys and Indian Magazine*.

"Western Swing was created in Texas in the 1930's and is now the official state music. What appeals to me most about Western Swing is the positive energy in the music and the surprises that come with all the individual improvising and group synergy," Dormont said.

Reviewers have taken note. "HTSB's horn-laced western swing knows from whence it came but takes some fresh sounding side trips as well," said *Roots Music Report*, one of many glowing reviews cited on the HTSB website.

Playing on concert night will be Alex Dormont- upright bass and vocals; Liz Morphis and Selena Rosanbalm- vocals; Ileana Nina- fiddle; Cat Clemons- guitar; Stephen Bidwell- drums.

All the HTSB albums, *Off the Beaten trail*, *Ain't Dead Yet*, *Bout Time*, and *Hot Texas Swing Band*, are on sale through the website, www.hottexaswingband.com, and the night of the concert.

Included in season tickets, the single ticket price for the show is \$35. Parking is free. Light refreshments will be available at intermission. Spicewood Vineyards' award-winning wine will be available for purchase.

The Spicewood Vineyards Event Center is located at 1419 Co. Rd. 409, Spicewood. For more information or to purchase tickets, see www.spicewoodarts.org or call 512-264-2820.

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11th Annual Lake Travis SpringFest Returns to the Hill Country Galleria in Bee Cave on Saturday, April 28th

The Lake Travis Chamber of Commerce will bring SpringFest back to the Hill Country Galleria. Presented by St. David's Emergency Center, SpringFest will be bigger and better than ever. The full day community festival filled with shopping, food, music and fun for the whole family is always "The Biggest Time in the Smallest Town".

SpringFest kicks off at 11AM on Saturday, April 28th with unique shopping, a KidZone the size of a football field, kiddo performances and LIVE music in the NEW Central Plaza area (former amphitheater), the latest in watercraft at the Boat Expo and tasty craft beers and Texas wines in the BrewHaus and WineStomp.

Back by popular demand are the Educate & Engage vendors at the event. Participating vendors will educate and engage our attendees at a higher level. "We have created a unique experience that we think will appeal to all of our festival attendees," says Will Mitchell, festival chair. "Everything from how to create authentic Louisiana Gumbo to keeping your kids safe on the water; we feel like there is something for everyone." Check out the Educate & Engage page on the SpringFest website. www.LakeTravisSpringFest.com.

Stroll through 100+ local and regional artisan vendor booths for

an experience that is only found in South Lake Travis. Everyone is welcome and admission and parking are FREE! Bring the kiddos; they will have hours of fun playing in the KidZone with loads of rides and attractions. ALL DAY PLAY PASSES will soon be available online at a discounted rate or may be purchased onsite. A HUGE thank you to the Church at Lake Travis for sponsoring and running the KidZone with volunteers!

"We look forward to another electrifying event in Bee Cave," says Mitchell. This amazing festival is a fun event for all ages filled with great music, a huge KidZone and unique shopping."

SpringFest anticipates welcoming 9,000-10,000 attendees to this year's event. The phenomenal line up of performing arts and live music includes TexARTS, barre 3, Champions Gymnastics, 620 Dance Centre, Echo's Edge, the Lucas Johnson Band and the ever popular cover band SUEDE closing out the event. Performances begin at 11:00am and the last band ends at 7:00pm. See the SpringFest site for the full line-up. LakeTravisSpringFest.com.

Lake Travis is FULL! Be sure to visit the Boat Expo with superior

(Continued on Page 7)

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(Continued from Page 6)

watercraft from Sail & Ski Center along with other boat related vendors.

Now in its 6th year, the wildly popular Craft BrewHaus and WineStomp brought to you by The Ginger Man will be in the Central Plaza area and open from 12:00pm – 7:00pm. Sip, taste and savor local and regional craft beers and wine. Tickets may be purchased at the event.

“The partnership with the Hill Country Galleria provides us with an opportunity to create a strong, positive economic impact on the local economy not just for the day, but throughout the year.” says Laura Mitchell, President of the Lake Travis Chamber of Commerce.

“SpringFest would not be possible without generous partners and dedicated support of our sponsors.” “We would like to thank our presenting sponsor St. David’s Emergency Center along with other dedicated supporters; Central Texas Water Coalition, the Church at Lake Travis, Community Impact Newspaper, Frost Bank, LT Plumbing, Sail & Ski Center, The Ginger Man, and Vibra Rehabilitation Hospital for their contributions to this community festival,” says Will Mitchell.

Some areas of SpringFest are cash only. ATM machines are available onsite.

For more information on live music show times, vendor and sponsor information for SpringFest, visit LakeTravisSpringFest.com. For additional information, please contact the Lake Travis Chamber of Commerce office via email at SpringFest@LakeTravisChamber.com or (512) 263-5833.



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NATURE WATCH

LITTLE ARMORED ONE

by Jim and Lynne Weber



Nine-banded Armadillo

Spanish for 'little armored one', the armadillo is one of the most interesting mammals in North America. All but one of the 20 different species of armadillo live in Latin America, but the Nine-banded Armadillo (*Dasypus novemcinctus*) makes its home as far north as Texas (except for the western Trans-Pecos), Oklahoma, and Louisiana. In fact, this armadillo is the official state small mammal of Texas!

A cat-sized, insect-eating mammal, armadillos have bony plates that cover their back, head, legs, and tail, protecting them from predators. No other living mammal wears such a shell, but contrary to popular belief, the Nine-banded Armadillo cannot roll into a ball and encase itself with its shell. Only the Three-banded Armadillo can accomplish this, by curling its head and back feet inward and contorting its shell as protection. No amount of armor can protect them from the cold, however, and because of their low metabolic rate and lack of fur and body fat stores, cold weather can wipe out whole populations of these little creatures.

Armadillos have a pointy snout and small eyes, and are prolific diggers. They dig for food and dig many burrows, mostly along creekbeds in Central Texas, and they do not survive in areas where the soil is too hard to dig. Armadillos spend up to 16 hours a day digging, mainly active in the dawn and dusk hours, looking for beetles, ants, termites, and other insects. Their eyesight is quite poor, but they use

(Continued on Page 9)

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their keen sense of smell to locate food, and utilize their long, sticky tongues to grasp berries, caterpillars, grubs, fungi, and sometimes even carrion.

Armadillos are quite fond of water, visiting water holes and streams to drink, feed, and even take mud baths. Their specific gravity is high, which means they normally ride low in the water when swimming. For short water crossings, they often just walk underwater across the bottom, but for deeper and longer crossings they voluntarily ingest air to inflate themselves and increase their buoyancy by retaining the air in their digestive tract!

Armadillos are thought to be a pair during the breeding season, sharing the same burrow. Due to their bony shells and the underside location of their genitalia, copulation occurs with the female lying on her back. While breeding occurs in July, the embryo remains in a dormant state until November. Always of the same sex, identical quadruplets develop from the single egg, and four young are born in a grass-lined burrow in March.

While the Nine-banded Armadillo is a unique mammal whose range is expanding northward, there is reason to be concerned about their conservation status in Texas. Encroaching human civilization, overgrazing, and progressive climatic change may be keeping them

on the move, and many mammalogists agree that armadillos are rare at best when compared to populations of a few years ago. This decline also appears to be correlated with increasing populations of feral hogs, as well as the propensity for people to make trinkets from armadillo shells. Perhaps our state motto should read 'Don't Mess with Texas Armadillos!'

*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* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.*

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and set aside 50 boxes of Girl Scout cookies to donate to LTlov. In turn, LTlov "paid it forward" with a donation to the Lake Travis Lunch Truck, a ministry of Lake Hills Church. Families on the lunch truck run will receive a special treat on the spring break runs thanks to Layla and her mom, Carleen. LTlov is a co-founder of the LT Lunch Truck which launched over spring break in 2009. Pictured, from left, Carleen Rubio, Layla Rubio and Ally Smith from the Lake Hills Church.

April is Parkinson's Awareness Month

If you or a loved one has recently been diagnosed with Parkinson's Disease, please check out our free, daily exercise classes. From South Austin to Central Austin and Round Rock to Lakeway, we offer a wide variety of exercise classes that are designed to help you manage the effects of Parkinson's. Studies show that daily exercise helps waylay the effects of this disease. Care partners welcome (also for free!). For more information visit www.powerforparkinsons.org.



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