

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.rrnewneighbors.org



The Forum

NEWSLETTER INFO

NEWSLETTER

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NEWSLETTER PUBLISHER

Peel, Inc.www.PEELinc.com, 512-263-9181

Advertising.....advertising@PEELinc.com, 512-263-9181

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Please support the businesses that advertise in The Forum. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

Congratulations Kaylie



Kylie Fulp is graduating from Cedar Ridge High School. She will be attending Baylor University in the fall. Sic em'!

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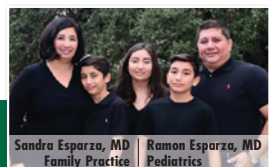
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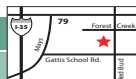
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INTRODUCING "GET TO KNOW YOUR NEIGHBORS"

We are all very fortunate to call Forest Creek home. But, Forest 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 Forest Creek a better place to live, please let us know. We would like to introduce them to your neighbors.

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Heart Gallery Texas



Meet Exzavyor (12)! He is a fun kiddo, who works hard in school and always strives to do his best. If you enjoy a quick pickup game or throwing the football around or kicking a soccer ball, Exzavyor just might be the perfect fit for your family. He would be waiting for a family to call his own!

Interested in adoption or foster care? There are no fees to adopt from the foster care system regardless of which agency you work with. 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.



Forest Creek Animal Hospital

Clifford H. Peck, D.V.M.

Amber Breclaw, D.V.M.

Cole Carter, D.V.M.

Megan Marek, D.V.M.

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Monday-Friday 7-7
Saturday 8-12

The Forum



THE AUSTIN CENTER FOR Grief&Loss *Hope > Healing > Transformation*

AUSTIN CENTER FOR GRIEF & LOSS OFFERS SUMMER CAMPS FOR CHILDREN EXPERIENCING LOSS

*Camp Red Bird provides a safe place for children to
face grief and have fun with peers*

The Austin Center for Grief & Loss is hosting Camp Red Bird, a summer day camp for kids ages 6 through 12 who that have experienced a loss. Campers participate in a week of therapeutic games and activities, arts and crafts, while also sharing with peers who have similar experiences.

What: Camp Red Bird, an Austin Center for Grief & Loss day camp for children going through loss. Crafts, activities and time to share.

Visuals and spokespeople:

- Children/parents from last year's camp
- Children interacting, participating in activities, crafts
- Counselors
- Center for Grief and Loss Executive Director

When: Monday-Friday, June 11-15, 9 a.m. – 3 p.m.
Monday-Friday, Aug. 6-10, 9 a.m. – 3 p.m.

Where: The Austin Center for Grief & Loss, 2413 Greenlawn Pkwy., Austin, TX 78757

Who: Children who are experiencing loss are attending Camp Red Bird, led by licensed therapists as well as camp counselors.

Why: The goal of the camp is to have these children address their grief and loss while also experiencing a sense of normalcy.

About The Austin Center for Grief & Loss *(formerly My Healing Place)*

Celebrating its 11th year in Austin, The Austin Center for Grief & Loss is a non-profit organization focused on grief and trauma, assisting children and adults. The Center offers therapy, support, education, training and consultation. The Center serves those who have experienced a loss due to the death of a loved one from illness, miscarriage, accident, suicide, or violence. There are also programs to assist those who have experienced loss due to divorce or separation. The Center specializes in trauma as well, and its therapists are trained in EMDR as well as other cognitive interventions. Note: Holders of Hope Annual Gala, Thursday, October 18 at The Umlauf Sculpture Garden. www.austingrief.org



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HISTORY OF AMERICAN FLAG.

For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It's been a source of pride and inspiration for millions of citizens. And the American Flag has been a prominent icon in our national history. Here are the highlights of its unique past.

On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner (the canton).

In May of 1776, Betsy Ross reported that she sewed the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

- Act of January 13, 1794 – provided for 15 stripes and 15 stars after May 1795.

- Act of April 4, 1818 – provided for 13 stripes and one star for each state, to be added to the flag on the 4th of July following the admission of each new state, signed by President Monroe.

- Executive Order of President Taft dated June 24, 1912 – established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward.

- Executive Order of President Eisenhower dated January 3, 1959 – provided for the arrangement of the stars in seven rows of seven stars each, staggered horizontally and vertically.

- Executive Order of President Eisenhower dated August 21, 1959 – provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. The stripes represent the original 13 colonies, the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.



CHICKEN ARTICHOKE DIP

Prep Time: 10 min
Cook Time: 5 min
Total Time: 15 min

Difficulty: 1 = easy
Serves: 8

INGREDIENTS:

1 can Kirkland Signature Chicken Breast in Water, drained
1 (15 oz.) can artichokes hearts, drained
1-cup mayonnaise
1-cup shredded parmesan
1 garlic clove, minced
2 green onions, chopped

DIRECTIONS:

Squeeze excess liquid from artichokes and chop. Shred chicken. Mix to combine all ingredients.

Place in an oven-safe glass pie plate and microwave on high for 5 minutes.

Serve with corn chips, nacho chips, or crackers.



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TEXAS A&M AGRI LIFE EXTENSION

MUD DAUBERS



Mud daubers are a great wasp to have around. They are solitary, generally docile, and can help to reduce various bugs in the landscape. Mud dauber wasps are $\frac{3}{4}$ - 1" in size and come in a variety of colors. They have a very thin, thread-like waist.

Mud daubers create a mud structure that they provision with insects and/or spiders; they lay an egg on each prey item within a cell in the nest, and then seal the nest off. When larvae hatch from eggs, they eat the items provisioned for them, pupate, and then emerge as adults to begin the process over.

Management is not usually needed for mud daubers as they do not guard their nest like other wasps. While they are capable of stinging, they are not considered to be aggressive. If you do not like the look of the mud nests, you can remove them with a putty knife.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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