

LONG CANYON *Gazette*

JULY 2018

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

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Dine Well, Do Good

with Water to Thrive at Chef's Table Austin 2018

Chef's Table Austin is the signature fundraiser supporting the mission of local non-profit Water to Thrive, which has built more than 850 water projects in rural Africa in the last 10 years bringing clean, safe water to more than 450,000 people.

Chef's Table Austin brings its supporters together with some of Austin's top chefs in an exciting, fast-paced evening. The centerpiece of the event, to be held Thursday, September 27, at Brazos Hall, is a high-energy live auction of menus and dinner experiences created by our chefs, giving each winner a unique opportunity to have that chef cook specifically for them and their guests. The 2018 lineup is spearheaded by Austin's renowned and Chef's Table Founding Chef David Bull of Second Bar + Kitchen, with the full lineup to be announced by mid-August.

All proceeds for the event benefit Water to Thrive operations, making it possible for the charity to sustain its mission of bringing clean, safe water to rural African communities in need. Each dollar raised for operations allows the organization to bring in nearly \$6 for water, and to maintain its 100 Percent Promise that every dollar donated for water projects goes directly to fund water projects.

In addition to the live auction, to be conducted by Heath Hale and his Cowboy Auctioneers, and the opportunity to mix and mingle with some of Austin's top chefs, the evening features a VIP reception, open bar, heavy hors d'oeuvres, and an extensive silent auction including a Hamilton in NY experience.

Tickets for this year's fundraiser are on sale now. For just \$95, or \$175 per couple, you'll have access to the main event which features the silent and live auctions, food and drink, and chances to win prizes. Purchase VIP tickets for \$150 each or \$280 per couple, and your benefits include early entry to the event, exclusive silent auction

items, one-on-one time with our chefs, preferred seating for the live auction, specialty appetizers, and more.

For more information about Chef's Table Austin and to purchase tickets, go to chefstableaustin.org. Here you will also find photos, chef bios and menus, and sponsors from past years of this event. Check our website and Facebook event page for updates and promotions leading up to the event.

We hope you'll join us for Chef's Table Austin 2018, and help us continue to build wells and change lives!



Sundara Memory Care Hosts Lewy Body Dementia Caregiver Support Group

In Texas alone, roughly 1.3 million caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones with Alzheimer's or related dementia. Caregiving is a demanding undertaking and results in such high levels of stress that 65 percent of caregivers will have a major health crisis before their loved ones die of the disease.

Many people think that Alzheimer's is the only type of dementia and that one type of support group will suffice, but Sarah Hyde-Williams understands that is not the case, which is why she started the North Austin Lewy Body support group, for those struggling with caregiving for a loved one with this type of dementia.

"Our support group truly focuses on education and support," said Sarah Hyde-Williams, Support Group Leader. "Our participants can expect an understanding counselor's heart when coming to our group. I will truly focus on hearing the participant and validating their feelings whatever it may be on a given day."

Sarah has been leading support groups both in mental health and dementia worlds for 15 years and Kelly Hudson, co-

facilitator of the support group and owner of Sundara Memory Care has been in the dementia field for over 25 years. With their knowledge and compassion, they are able to provide valuable support for caregivers.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of the Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

Sarah Hyde-Williams hosts the group at Sundara Memory Care in Round Rock, TX the second Monday of every month at 6 p.m.

When: 2nd Monday of every month at 6:00 p.m.

Where: Sundara Memory Care
1000 Rusk Rd. Round Rock, TX 78665

Contact: Sarah Hyde-Williams (832) 794- 8810

For more information about support groups offered in Central Texas call (512) 241-0420 or visit www.txalz.org.

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The History of Fireworks



I can't imagine the Fourth of July without fireworks! Fireworks displays actually have a history. According to scholars, war rockets and explosives were first made in China during the 6th century. The first fireworks were probably firecrackers, also known as Chinese crackers. Firecrackers are still used in China - and

elsewhere - to celebrate weddings, births and Chinese New Year.

In the 14th century, Europeans began using gunpowder for weapons, as well as for pyrotechnics shows for entertainment; Italians and Germans were recognized as the masters of the fireworks game. Some medieval fireworks featured living people holding sky rockets and other fireworks. They were called "green men" because they placed leaves and greenery all over their bodies to ward off burns.

In England, a fireworks display helped celebrate the 1486 wedding of Henry VII, and by 1749 fireworks were such the rage that composer George Friedrich Handel created a symphony called Music for the Royal Fireworks. Fireworks finally made a big bang in the U.S. before the Revolutionary War and fireworks displays have been synonymous with the Fourth of July since the signing of the Declaration of Independence. The biggest U.S. fireworks display ever was staged for the centenary of the Statue of Liberty in 1986, which brought together Zambelli, Grucci and Souza, the biggest names in modern-day American pyrotechnics.

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 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

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Lime Sherbies

(to beat the heat!)



- 1/2 glass of crushed ice
- 2 scoops of lime sherbet
- 1/4 cup of undiluted canned frozen limeade
- Fill remainder of glass with club soda
- Squeeze of lime
- Stir and enjoy!

Partnerships for Children

Sometimes, the seemingly smallest items can make the biggest difference in a child's life. That's where the Rainbow Room comes in. It's our 24/7 resource center located in the CPS offices where caseworkers can come to gather essential items for children who are in crisis. We stock everything from toiletries to clothing to car seats. Thanks to the donations we receive, we're able to serve more than 650 children every month. But our need continues to grow. By donating to the Rainbow Room, you'll make an immediate and powerful difference in these children's safety, health, and comfort. Whether it's a teddy bear or a toothbrush, every item that you donate matters.

To schedule a time to drop off donations, contact Marcus at marcus@partnershipsforchildren.org or 512-834-4756.



The Rainbow Room is a 24/7 resource center located in the Child Protective Services office where caseworkers can gather new and essential items needed for the kids in their caseload whose lives are in crisis. The Rainbow Room is in constant need of brand new items for the more than 700 children it serves each month.

Click on *donate items* on our homepage www.partnershipsforchildren.org

- Items Needed:**
- diapers/pull ups (all sizes)
 - baby wipes
 - shampoo/body wash
 - rash cream
 - bottles
 - sippy cups
 - pacifiers
 - onesies
 - pack 'n' plays
 - car seats



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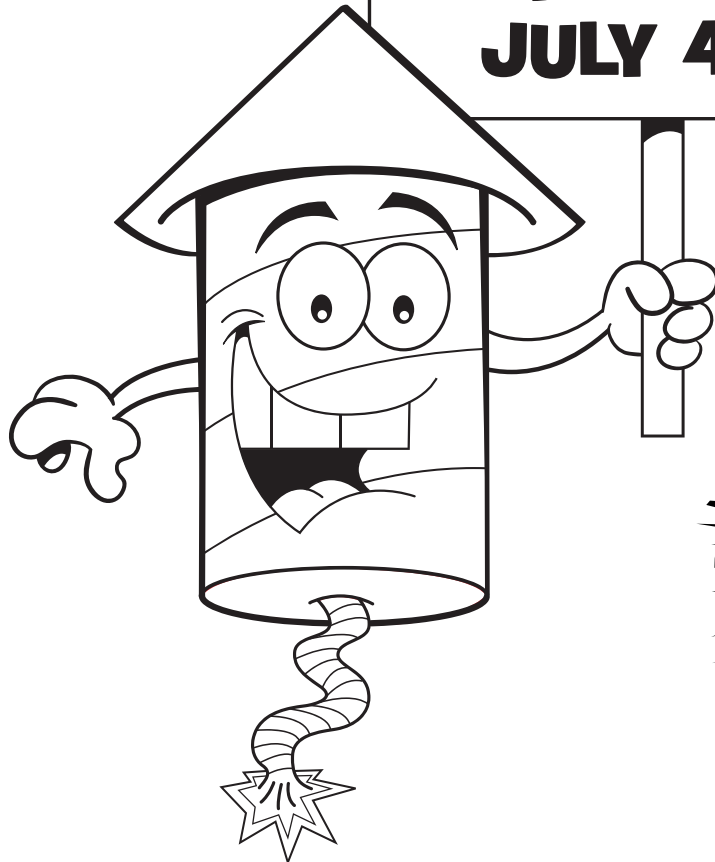
We will select the top few and post their artwork on our website at www.peelinc.com/index.php/kids-club

DUE: July 31st, 2018

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

Name (first name, last initial): _____ Age: _____

**CELEBRATE
INDEPENDENCE
DAY ON
JULY 4TH!**



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Guests in Your Attic

By Cheryl Conley, TWRC Wildlife Center



Who doesn't enjoy seeing squirrels scamper from tree to tree? Everyone loves seeing birds at their feeders. Who doesn't love seeing the does with their fawns? We live side by side with wildlife. Is it any wonder that conflicts arise between humans and the animals?

This is baby season for raccoons. You may find that a mama raccoon has taken up residence in your attic or garage. The best advice we can offer you is to leave her alone. Within a couple of weeks, she will lead her babies out of your attic or garage to live in the wild. If you just can't wait, here are a couple of things you can try. Put a bright light in the area at night and play some LOUD music. Some say talk radio is best. You can throw some moth balls in the area or ammonia-soaked cotton balls. She will probably choose to move the babies to a darker, quieter place outside. When she moves out, it's your responsibility to find out how she got in and block the entrance or your attic will always look like an apartment for rent to wildlife.

We often receive calls from homeowners asking for advice on how to stop raccoons that are getting into trash cans. Solution: try using some bungee cords to secure the top. Another issue we hear about is that raccoons are eating food that is being put out for feral cats. Since raccoons are nocturnal, simply removing the cat food at night will fix the problem except in the spring when mama raccoons can be seen looking for food during the day. No, they are not rabid! They are just hungry. Some homeowners ask about trapping and relocating. While removal may seem like a solution, it usually only creates an enticing vacancy for another animal in search of a meal. Remove raccoons from an area and it's only a matter of time before others move in to take their place. Additionally, the survival rate of relocated raccoons is very low. Raccoons are territorial and putting a lone raccoon into an area already populated with other raccoons can often result in death as the other raccoons will consider him/her as an intruder.

There are products available that may help not only with raccoons but other animals as well. One such product is the motion-activated sprinkler. When an animal gets close to the food source, the sprinkler goes off and scares them away. Just do an internet search and I'm certain you'll find other products that may work as well.

With urban sprawl and loss of habitats, we need to learn to live in harmony with wildlife. TWRC Wildlife Center can often help you find solutions to your issues. Check our website at www.twrcwildlifecenter.org or call us at 713-468-8972.



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"scoop the poop"**

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