



# THE HPWBANA NEWS

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December 2018

[www.hpwbana.org](http://www.hpwbana.org)

## 2019 Annual Meeting

At the October 22, 2018, HPWBANA Annual Meeting held at Chez Zee, three board members were elected to two year terms: Bill McMillan is a new member of the board while Dawn Lewis and Jason Lindenschmidt were re-elected. They join board members Rebecca Spratlin, Anne Stanford, George Zwicker, Wallis Goodman, and Pieter Sybesma who continue on the board for one more year.

The Austin Fire Department Wildfire Division set up a sim(ulation) table to demonstrate how a wildfire might spread in our neighborhood. Attendees were encouraged to do our part in cleaning brush from around our homes and keeping the rain gutters clear and clean so that floating fire embers would not easily catch a house on fire. Look for future newsletter articles on mitigating for wildfire.



## Lettuce Recycle

*by Dena Houston*

### HOLIDAY TIME - A BOUNTY OF SO MUCH STUFF!

Life during the holidays is filled with abundance. It is a time of getting together with family and friends to celebrate the season with lots of food, gift getting and giving, parties, and general merrymaking. All this celebrating generates STUFF. I would never suggest we give up all the wonderful things the holidays bring but, in this month's Lettuce Recycle, I hope to help my neighbors deal with some of the fallout of this glorious bounty because, in several months, this "so much stuff" becomes the focus of our de-cluttering mission for spring cleaning.

### HOW TO RECYCLE SOME OF THIS ABUNDANCE

**GIFT WRAP PAPER** – Wrapping paper (but not wrapping paper with glitter or made of foil) is recyclable and can be placed directly into the blue curbside cart. This can even include paper with tape still on it.

**STYROFOAM and BUBBLE WRAP** – Styrofoam peanuts and bubble wrap that are clean and in good condition will be accepted at mail box stores like Pak Mail located on Balcones Drive. They will happily reuse them. Chunks of Styrofoam that come in large item packing boxes are accepted only at the Recycling & Reuse Drop-Off Center. The recycling center no longer accepts Styrofoam peanuts.

**HOLIDAY PARTY WASTE** – With curbside composting, we can now put our party-generated paper plates, napkins, and food product into the green bin to be composted rather than going to the landfill. If you don't have curbside composting, consider using recyclable plasticware (cups, plates, bowls, and cutlery) for parties. These can be placed in your blue recycling bin after a quick rinse to remove food product. I put out a small bin at my holiday parties for easy collection for recycling.

**CURRENT HOUSEHOLD CLUTTER** - Holiday time is a great time to get rid of the toys and clothing everyone has outgrown to make room for new items coming in. There are many wonderful

*(Continued on Page 2)*

# Highland Park West Balcones Area

## IMPORTANT NUMBERS

Austin Citywide Information Center. 974-2000 or 311  
Emergency Police ..... 911  
Non-emergency Police (coyote sighting, etc.) ..... 311  
Social Services (during work hours) ..... 211  
Wildlife Rescue 24 Hour Hot Line ..... 210-698-1709  
APD REP. - Officer Darrell Grayson ..... 512-974-5242

## BOARD OF DIRECTORS

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[board@hpwbana.org](mailto:board@hpwbana.org)

The HPWBANA Board meets on the first Monday of each month except December. Please go to [HPWBANA.org](http://HPWBANA.org) for our current meeting location or contact [president@HPWBANA.org](mailto:president@HPWBANA.org).

HWPBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

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(Continued from Cover)

organizations in Austin that will happily accept these items. Please consider donating your gently used goods. Here is a link to the Austin Reuse directory to help find a home for your used items:

<https://austineconetwork.com/austin-reuse-directory/>

Simple Recycling will also collect used items at the curb on your recycling day.

### QUESTIONS FROM OUR READERS:

**WHY DO I NEED TO RINSE MY RECYCLABLES BEFORE THEY GO INTO THE BLUE BIN?** Since paper and food containers are collected in the same bin, rinsing keeps that paper recyclable by not having various food products contaminate it. **YOU ONLY NEED TO DO A VERY QUICK RINSE!** There is no need to use soap or have the container completely clean. Even a little peanut butter or mayo left in the bottom of the jar is fine.

**WHAT DO I DO WITH THE HUNDREDS OF PHOTO SLIDES I JUST DIGITIZED AND WITH THE SLIDE CAROUSELS?** The Austin Creative Reuse Center will take old slides. Please call them ahead of time to be sure they have room that week in their store. Here is the website: <http://austincreativereuse.org/>. You can take your slide carousels to your local charity.

**WHAT DO I DO WITH OLD BICYCLE TIRES?** Tires can be taken to the Recycling Reuse Drop-Off Center. As of October 2018, the City has waived all fees for tire collection and recycling at this center. Tires that are picked up during Bulk Item collection are taken to the Recycling Reuse Drop-Off Center.

**WHY CAN'T WET PAPER BE RECYCLED?** Because paper is organic, water will cause it to break down rapidly. This affects its recyclability. That is why there is a lid on the blue recycling cart – to keep stuff as dry as possible. Since we have single stream recycling, it is important to empty cans and bottle of all liquids to help keep the paper dry.

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: [recycling@hpwbana.org](mailto:recycling@hpwbana.org).

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# Community Comes Together for the 27th Annual Alzheimer's Texas Walk

On Saturday, October 6, 2018, members of the Travis County community gathered at Camp Mabry in Austin, Texas to support Alzheimer's Texas in its mission to raise funds for Alzheimer's disease education and research by participating in the 27th Annual Walk.

The Alzheimer's Texas Walk creates a community around this issue, a place for people to come together to celebrate loved ones affected by dementia, and to commemorate the many ways lives can be changed by this illness. This year's Walk was a huge success thanks to the help of the Travis County community members and sponsors.


Our gracious sponsors for the 2018 Walk were Westminster, ABC Home and Commercial Services, Silverado, Kindred, New Lifestyles, Senior Resource Guide, KLBJ Radio, Arden Courts, Querencia at Barton Creek, St. David's Health's Angels, Austin Regional Clinic, Austin Senior Resource Alliance, Autumn Leaves, Belmont Village Senior Living, Elan Southpark, Intrua Financial, Ledgestone, Legacy Oaks Austin and Lakeway, Live Oak Photo Booth, Peel Inc, Schlotsky's, Tech Ridge AL & MC, Texas Mobile Dentist, The Village at the Triangle, Valerian Home Health, University Village

MC, We Work for Health Texas, Austin American Statesman, JEC Legislative and Regulatory Consulting, United Heritage Credit Union, H-E-B, Slip Fixers, and the Rotary Club of Austin Centennial.

Westminster has helped us not only by being a sponsor, but they have had a dedicated Walk team that has raised the most money for the past three years and were also awarded largest team for this year's Walk. Westminster is Austin's premier Life Plan community and they are passionate about treating their residents with respect, love, and care. Their leader, Charles Borst has walked with us the past three years and has been awarded Top Individual Fundraiser for the past two years.

"I walk for my friends and family with Alzheimer's disease or affected by it, and all of the residents we serve here at Westminster, who have suffered through it, or have watched loved ones suffer through it," says Charles Borst, Executive Director of Westminster.

Charles has chosen to Walk with Alzheimer's Texas because he  
(Continued on Page 5)




## AGE of Central Texas Adult Day Health Center

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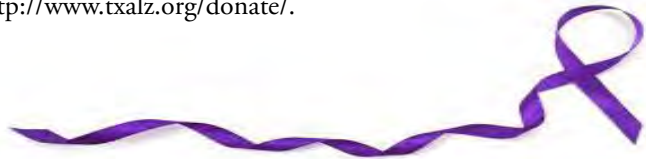
## Highland Park West Balcones Area

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believes Alzheimer's Texas wants to end Alzheimer's Disease as much as he does and will do everything they can to provide support and caring for those with Alzheimer's disease and help find a cure to end this disease.

"I hope that everyone that is stricken with Alzheimer's and every family member that must endure the long goodbye, has all of the support and resources they need to live the best life possible, and to know that they are not alone in this. We are all here for each of them and we will continue to fight the fight, and provide all the support and resources we can until we find a cure."

All Alzheimer's Texas services and programs are offered to community members free of charge, therefore we would not be possible without the generous donations from individuals and groups such as Westminster and we greatly appreciate their dedication to our cause. If you would like to support Alzheimer's Texas with an end of year donation keeping all of the funds local you can do so at <http://www.txalz.org/donate/>.



**Holiday Wishes** creates memories for children in the care of Child Protective Services who may not otherwise experience the joy of the season. Last year we served over 5,000 children in Central Texas.

**Join us today!**

**More Information:**

[holidaywishes@partnershipsforchildren.org](mailto:holidaywishes@partnershipsforchildren.org)  
[www.partnershipsforchildren.org](http://www.partnershipsforchildren.org)

**How You Can Help:**

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## FINISH STRONG

The holiday season is in full swing, and we know your calendar is packed. But with numerous exercise classes offered daily, state-of-the-art fitness equipment and facilities, the YMCA of Austin is here to help you finish the year strong. Keep the commitment to your health through the holidays and burn off your seasonal stress at a Y near you.

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## 4 Ways to Help Prepare Your Home for Winter

Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

### Invest in Weather Stripping

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

### Evaluate Your Roof to Prevent Ice Dams

Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage," said Chala Sampers, Top Dog Roofing. "The objective is to get as much of the water away from your house as possible."

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't

built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

### Buy a Roof Rake to Keep Snow from Building up

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

"Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs," added Chala Sampers, Top Dog Roofing (<https://www.topdogroof.com/>).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

### Protect Pipes from Freezing

A frozen water pipe can burst and flood your house or basement

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit <https://www.owenscorning.com/roofing>.



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