



# BEE CAVE *Messenger*

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA

# 2020

*Happy New Year*

VOLUME II, ISSUE I  
JANUARY 2020

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## Green Santa Once Again Exceeds Expectations!



Neighbors helping neighbors is the heart of LTlov's mission and this was evident over the last several weeks as together the residents and businesses of Lake Travis served over 222 families and 740 children. Green Santa is an annual event founded by the Hudson Bend Volunteer Fire Department Ladies Auxiliary in 1993 and is managed by LTlov since 2014. It is called Green Santa since the Hudson Bend Fire Department, now part of Lake Travis Fire Rescue, drove green fire trucks. This Lake Travis holiday tradition focuses on giving toys, books, stuffed animals and HEB gift cards to buy a holiday meal to qualifying children and families in the area. "Each year I am amazed at the outpour of love this community has for the children that may not receive any toys or very little this holiday season", Green Santa Chairwomen Sheryl Kelly said. Truckloads of toys were delivered to the Green Santa Headquarters from toy drives hosted by LTISD, Sing Along, Point of Origin, YouthtoSeniors, LTPals, and various local businesses and individual residents. Volunteers from Young Men Service League, Girl Scouts, Lake Travis Elementary School and LTlov members gave their time sorting and packing the family boxes and assisting during distribution days to ensure that everyone in the community can have a joyous holiday.

The space for the 2019 Green Santa Headquarters was donated by The Oaks of Lakeway. The Lake Travis Fire Rescue was at the distribution days greeting families and passing out fire hats and stickers.

"It is wonderful to see people in the area come together for such a great cause; helping families in Lake Travis enjoy a special holiday. We are blessed to be a part of this amazing community."

- Kim Kahle - LTlov President.

## The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

### **Here's a list of all the benefits of volunteering according to Non-Profit Hub:**

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
- Makes you feel good
- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
- Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
- Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.
- Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?
- Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn

*(Continued on Page 4)*



# 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
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School .....	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary .....	512-533-6350
Serene Hills Elementary .....	512-533-7400
Bee Cave Elementary.....	512-533-6250
West Cypress Elementary .....	512-533-7500

## UTILITIES

Travis County WCID # 17.....	512-263-0125
Lakeway MUD .....	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy .....	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies .....	512-370-8609
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Billing .....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs .....	512-485-5080
Austin/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
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave .....	www.beecavetexas.com

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not only to pick them up but to feed them. You can see the pride on their faces!

Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!





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## FRUIT FLIES - Wizzie Brown



Fruit flies can become a nuisance problem at any time of year. They can enter homes from ripe fruits or vegetables picked from the garden or purchased at the grocery store. Fruit fly adults may also fly into homes from outdoors.

Adult fruit flies are small (about 1/8 of an inch) and often have red eyes. The front portion of the body is tan while the back portion is dark brown to black. If given the opportunity, females can lay up to 500 eggs. Larvae are surface feeders on fermenting foods or other organic matter, which means that you can cut off the overripe parts of the fruit or vegetable and eat the rest.

To prevent bringing fruit flies into your home, do not purchase over ripened fruit and vegetables. Eat fresh produce in a timely manner and store items in the refrigerator or a paper bag that is clipped closed. All recyclables should be rinsed thoroughly before placing them into the recycling bin. Recycling and garbage bins should be cleaned on a regular basis with soapy water to eliminate any spilled material.

If your home already has fruit flies, locate all sources of infestation (where the larvae are living) and eliminate them. Insecticides only target adults and will not control the problem. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling paper and taping it closed. Place the funnel into a jar that has a small amount of apple cider vinegar in the bottom.

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](http://www.urban-ipm.blogspot.com)

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