



TCW NEIGHBORHOOD NEWS

Official Publication of Travis Country West Community

Annual HOA Meeting on May 3rd

Neighbors, mark your calendars now for May 3rd and join us for the Annual TCW Homeowners Association Meeting. Our Board members and Committee members are all your neighbors who give their time. We will be electing 3 new Board members and sign-ups will be taken for Committees. Contact President Cindy Gangstad at cindygangstad@Austin.tx.com if you have questions about serving or would like to be nominated.

Happy Springtime!

*Where flowers bloom,
so does hope.*

-- Lady Bird Johnson

ANNUAL TRAVIS COUNTRY WEST *Easter Egg Hunt*

Dear Neighbors,

It's time once again for the Annual Travis Country West Easter Egg Hunt! Please join us at the community pool at 10:00 am on Saturday, April 7th to participate. Just like last year, we will have two separate hunts, one for the preschoolers in the playscape area and another hunt for children ages 5 and up in the large grassy area.

If you wish to participate in the hunt or if you wish to donate eggs, please drop off a dozen eggs (filled with age appropriate prizes such as stickers, tattoos, plastic rings/toys, age appropriate candy, etcetera) for each child who will participate. We will use pastel colored eggs for the preschoolers and brightly colored eggs for the older kids. We'll even have coffee and donuts for the grown-ups!

As always, our association is entirely volunteer driven and relies on your help to make our neighborhood events successful. For those who are willing and able, please stop by the pool at 9:00 am to help us hide the eggs and set up for the event. You can drop off the eggs at either 7905 Cobblestone or 5800 Sunset Ridge anytime between Saturday, March 31st and Friday, April 6th.

See you there!

TCW Social Committee

*Kristy Tarsha
Kate Shelhamer
Kristi Webber*



Travis Country West

COMMITTEE MEMBERS

BOARD OF DIRECTORS

Cindy Gangstad President
Dave Ruback..... Vice President
Dustin Williamson..... Treasurer
Julie Saft..... Secretary
Tim Shelhamer..... Director

For information email: board@traviscountrywest.org

TCW COMMITTEES

The neighborhood has started the following committees and we are always looking for new volunteers. Please use the contact email for questions and volunteer opportunities.

Social Committee.....social@traviscountrywest.org
Pool Committee..... pool@traviscountrywest.org
Landscape Committee..... landscape@traviscountrywest.org
Newsletter Committeenewsletter@traviscountrywest.org
Architectural Committee..... architectural@traviscountrywest.org

IMPORTANT NUMBERS

CITY OF AUSTIN CONTACT NUMBERS

Dead Animal Pick up 947-9400
Abandoned Vehicle..... 280-0075
Pothole Repair..... 974-8750
Street Light Outage 505-7617

NEWSLETTER PUBLISHER

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Travis Country West

It's Bambi!

He's tiny, he's cuddly, he's cute, and he seems so alone. He's probably an orphan, like Bambi! You just have to pick him up and take care of him – or at least get a closer look.

But he's not alone. Bambi's mother is not far away, and a deer that would otherwise run from a human or a dog will defend her baby if she senses danger. Now is the time to remind your children and neighbors to be deer-smart for the deer's safety and your own.

If you find a fawn, leave it alone. Most white-tail deer fawns are born in May and June in central Texas, but they start to appear as soon as late April. For the first three to four weeks of their lives, the fawns are too small to follow their mothers, and it is normal for a doe to leave a fawn alone for several hours at a time. If you find a fawn, do move it or try to rescue it. Most fawns are not orphaned or abandoned. Unless the fawn is obviously cold, sick or in an unsafe area, it should be left alone. If you think the fawn is in danger, call Austin Wildlife Rescue at 472-9453 (472-WILD).

Remind your children to stay away from the deer. Baby animals naturally draw the attention of curious children. Fawning season in central Texas provides a unique opportunity to teach your children about cycles of life and kindness to animals. Educate your children about the fawning season. Explain to them that the fawns are not abandoned. Teach them that they should stay away from the fawns because the mother is nearby, she will take care of the baby, and the

fawn's best chance of survival depends on its being left alone.

Restrain your dogs. Fawns also draw the attention of curious dogs. Walk your dogs on leash. Standard leashes are better than retractable leashes at this time of year in deer country. Off-leash and unrestrained dogs are a primary cause of conflicts with deer.

Use your deer deterrents. If you do not want fawns around your property, now is the time to refresh or activate your deer repellents. Does will not leave fawns in an obviously hostile environment. Mend your fences if you do not like deer.

The fawning season provides an opportunity to experience first-hand the miracle of the cycles of wildlife and appreciate the wildlife we have living among us. DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin's urban deer herds. Visit us at www.deeraustin.org.

Austin is a city that values its urban wildlife. The opportunity to interact with deer is a part of what makes Austin a special place to live. Please be deer-smart this spring, enjoy the wildlife, and Keep Austin Deered!

Austin Wildlife Rescue, Inc. is a registered 501(c)(3) charitable organization that rehabilitates and releases orphaned, sick or injured animals and educates the public how to co-exist with wildlife. Learn more or volunteer at www.austinwildliferescue.org.



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Travis Country West

Spicewood Arts Society Calls for Artists

The Spicewood Arts Society is sponsoring its ninth Arts Round-Up Festival of Fine Arts on October 20 & 21, 2012. We encourage applications from central Texas artists who wish to join us in this wonderful fall art festival in the fast growing Spicewood area. The art show will be held on the beautiful grounds surrounding the La Cabana Grill in a grove of live oak trees at 21103 Hwy 71 West in Spicewood.

Guest admission is free. Spicewood is an affluent and rapidly growing community with sophisticated art buyers. In addition, Spicewood is just a short drive from Austin, Marble Falls, Horseshoe Bay, Johnson City, Lakeway, Bee Caves, and Oak Hill, providing participating artists the opportunity to exhibit their work to a variety of art patrons. We encourage all artists living or working in Texas to apply.

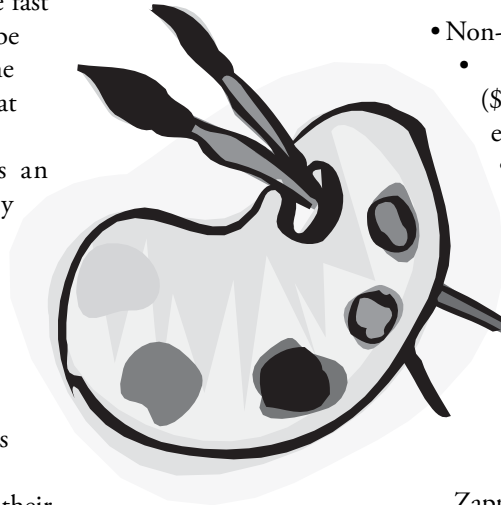
Artists in all 2-D and 3-D media will display their works in their own tents. All artwork must be original work by the artist. A jury of artists and members of the SAS Board of Directors will select applicants for invitation to participate.

APPLICATION DEADLINE:

Tuesday, June 26, 2012. Apply via Zapplication.org

FEES:

- Non-Refundable Application Fee: \$25.00
- Booth Fee for Weekend: Single \$140.00 (\$145 with electricity); Double \$275 (includes electricity)
- Electricity: Add \$5.00



The goals for this show are to provide a cost effective venue for artists to display and sell their art and to provide fun for the whole family.

Further information about the show and application forms are available at www.SpicewoodArts.org.

All applications will be processed through Zapplication.org After logging on to Zapp, search for "Arts Round-Up."

A white paper cup with black text and a logo. The text on the cup reads: "We believe the best way to get to know our neighbors is to have them over for coffee." At the bottom of the cup is the Frost logo, which consists of a sunburst icon followed by the word "Frost" and "BANKING INVESTMENTS INSURANCE" in smaller text below it.

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Colin's Hope Upcoming Events Calendar

- April - May: Water Safety Walk - Packet Stuffing Distribution
- April 18: Colin's Hope Classic Golf Tournament at Flintrock Falls
- June 14: World's Largest Swim Lesson at Schlitterbahn
- June 16: Colin's Hope Got2Swim the Pure Austin Quarry

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Travis Country West

AUSTIN NEWCOMERS CLUB APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus.

Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN AND WHERE:

Wednesday, April 18, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.

TIME:

11:30 a.m. socializing, Luncheon begins at noon.

FOR LUNCHEON RESERVATIONS:

Email: LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends.

TO JOIN AUSTIN NEWCOMERS CLUB:

Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.

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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international

health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

Travis Country West

Fit and Fun:

Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about

the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>

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34th ANNUAL PECAN STREET FESTIVAL CELEBRATES AUSTIN THIS SPRING

Enjoy Local Artistry and Music Saturday, May 5 and Sunday, May 6

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items.

This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a “calorie counting” challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.



In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city’s artistic and diverse culture and commemorates everything “Austin.” From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have!

The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact.

Visit www.oldpecanstreetfestival.com to learn more about the festival.

CROSSWORD PUZZLE

ACROSS

- 1. Abbreviate (abbr.)
- 5. Mom
- 9. Rubber cement, for example
- 10. Confuse
- 11. Snaky fish
- 12. To that time
- 13. Residential district
- 15. East southeast
- 16. Freedom
- 18. Firearms
- 21. Extra-sensory perception
- 22. Group of four
- 26. Ooze
- 28. Move gently
- 29. Singing voice
- 30. Level
- 31. Sulk
- 32. Marrow

DOWN

- 1. Gets older
- 2. Type of cheese
- 3. Flower start
- 4. Ensur
- 5. Males
- 6. Not before
- 7. Slightly wet
- 8. Awry
- 10. What a gum chewer blows
- 14. Troublemaker
- 17. Believe
- 18. Vermin
- 19. Small island
- 20. Chine
- 23. Praise
- 24. Afloat
- 25. Indent
- 27. Cut grass

View answers online at www.peelinc.com

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