



# Community Connections

Your HOA Community News Source for FCIII

Volume 1, Issue 6

July 2014

## BOARD OF DIRECTORS MESSAGE

A common theme of our messages from residents to the board is how the neighborhood is finally built out and finding its identity. As the HOA and neighborhood works to adjust into the new normal, we'd like to remind everyone about creating an environment of safety and mutual respect. The summer months bring the neighborhood to life with families out and about at all times of the day. Driving safely in our neighborhood goes a long way in providing a safe and secure environment for our families with kiddos out of school. The speed limit through our entire neighborhood is 25 mph aside from being 30 mph on Links. While it is important to drive carefully and cautiously through the neighborhood at all times, we ask that everyone be extra vigilant in these summer months.

Additionally, as the built out neighborhood and the summer months draw more and more people out of their houses, we receive an increase in reports of dogs roaming loose in the neighborhood. We'd like to direct you to the February 2014 newsletter (on [www.fc3hoa.org](http://www.fc3hoa.org)) for a refresher on the regulations regarding pets in the neighborhood. Please be respectful of others as it relates to the care or control of your pets in addition to picking up after your pets as needed.

Let's work together to keep our neighborhood safe and fun this summer!

## SUMMER HEAT AND YOUR LAWN

*What you can do to get prepared...*

The summer heat is upon us and unavoidable. But, if you can survive the next few months, climatologists are predicting a wetter than normal fall and winter. Until then, here are a few things you can do:

- Hand water new plants two to three times per week to saturate the soil deeply.
- Check your irrigation. To avoid water runoff, unclog nozzles, fix leaks, adjust heads, and set timers correctly.
- Mulch! Mulch! Mulch! This is the number one water and plant conservation tool that can be done. Mulch not only insulates the soil from the heat, it holds in moisture, defines the bed and prevents weeds. Keep a 2-inch layer on beds and tree rings through the heat. This could be the difference between success and failure of your plants.

### SAVE YOUR LAWN

*Planning ahead for drought conditions...*

Prepare your turf for the heat by using core aeration and topdressing with compost. Aeration will allow air flow to the roots, enable the compost to penetrate, prevent water runoff and make your grass roots grow deeper so they are more drought tolerant.

During the heat of summer, you generally need 1 inch of water per week to keep things alive. This of course depends on your plant selections. Many of the Xeriscape plants in the Texas A&M Water Wise booklets, need little to no water once they are established; especially trees. Use the run-soak-run technique for best results with your irrigation system.

*(Continued on page 2)*

# COMMUNITY CONNECTIONS

## NEWSLETTER INFO

### NEWSLETTER

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### ADVERTISING INFORMATION

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## UPCOMING 2014 FOREST CREEK III EVENTS

### END OF SUMMER CELEBRATION

August 16, Amenity Center

### CHILI COOK-OFF

November 1, Amenity Center

### TURKEY TROT/WALK 5K

November 27, FC3

### MULTI-CULTURAL HOLIDAY CELEBRATION

December 6, Amenity Center

Get details and the full schedule at [www.fc3hoa.org](http://www.fc3hoa.org), on  
Nextdoor or email [events@fc3hoa.org](mailto:events@fc3hoa.org).

FCIII

YARD OF THE MONTH

JUNE



*Congratulations to Michael and Kimberly Weimman at 213 Nick Faldo for being chosen June's Yard of the Month! Committee Chair Vicky Lockwood also thanks the Yard of the Month committee members, Shannon Black, Glenn and Anna Swaffield, and Christine and Jamie Holcomb.*

YEA! YEA!

swim and play

hip, hip HOORAY

YEA! YEA!

MAKE A SPLASH  
and a DASH to the FCIII

BACK TO SCHOOL  
POOL BASH

SAT., AUG. 16 \* NOON-4 P.M.  
AMENITY CENTER

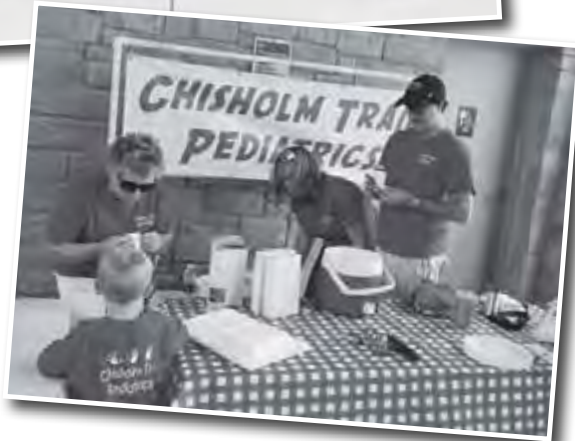
\* GIANT WATER SLIDE  
\* LALA'S SHAVED ICE  
\* SWIMMING  
\* AND A BUNCH OF FUN!

SPONSORED BY FCIII HOA  
FOR INFORMATION: [WWW.NEXTDOOR.COM](http://WWW.NEXTDOOR.COM)

# COMMUNITY CONNECTIONS

## ICE CREAM SOCIAL A DELICIOUS SUCCESS

Thanks to all who came out to the pool on June 2 to bounce, swim and enjoy tasty frozen treats from our sponsor Chisholm Trail Pediatrics at Forest Creek. We had fun meeting neighbors and are looking forward to the next event on the social event calendar. For more information or to volunteer for an upcoming event visit us on [www.nextdoor.com](http://www.nextdoor.com).



*Summer Heat (Continued from Cover)*

### PLANTS OF THE MONTH

*These just love the hot Texas sun...*

Mexican Bush Sage (*Salvia leucantha*) - Incredible purple flower spikes during the heat of the summer. (2 to 4 feet tall)

Perennial Hibiscus (*Hibiscus* spp.) - Flowers last one day but new ones replace it immediately. Not to be confused with the Tropical variety. Sometimes these are hard to find. But, it flowers all summer, so it's worth the effort. (3 to 5 feet tall)

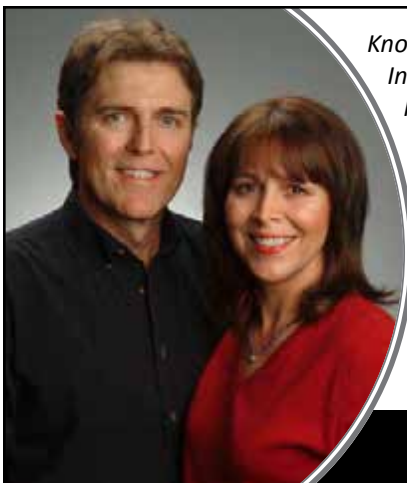
## Advertise Your Group Information Here

If you would like to start a new club or group or advertise an existing one, the FCIII Community Connections newsletter is an excellent source of communication and reaches over 400 households in our community. Requests must be submitted by the 10th of the month to either [shirleyrrobinson@gmail.com](mailto:shirleyrrobinson@gmail.com) or [gaspies@sbcglobal.net](mailto:gaspies@sbcglobal.net).

GO GREEN  
GO PAPERLESS



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## REMINDERS FROM THE ASSOCIATION MANAGER

**POOL/AMENITY CENTER ACCESS:** The pool is now open for the season. If you are new to the community and have not received a pool access fob (tag) please contact Plateau at [requests@plateaupropertymgmt.com](mailto:requests@plateaupropertymgmt.com). The charge for replacement fobs (tags) is \$25.00. You must have a fob to access the pool area and tennis courts. If your assessment account is delinquent, your pool fob (tag) will be deactivated.

**WEEDS, WEEDS, WEEDS:** Summer is here and the weeds are emerging and invading our common areas and yards. The Association is working with our landscape maintenance crew to address the common areas. We ask that all residents apply a weed treatment to your yards as well. You can purchase products from home improvements stores and garden centers or you may prefer to hire a professional. Please do your part to help control the weeds in your community.

**ASSESSMENTS:** Assessments are due quarterly in the amount of \$105.00. Statements for the third quarter of 2014 will be mailed soon to all property owners. Non-payment of assessments can cause a lien to be filed against your property and lead to foreclosure. Legal and late fees are the responsibility of the property owner. If your account is referred to the association you will be responsible for the legal fees. Owners with delinquent assessment accounts will not be allowed access to the facilities. The association needs your assessments to be paid in a timely manner in order for the association facilities to be maintained. If you have any questions about your account

please contact Plateau Property Management at [requests@plateaupropertymgmt.com](mailto:requests@plateaupropertymgmt.com) (512) 441-1041.

**PARKING:** Please park vehicles on your driveway or in your garage. On street parking clutters the streets. Vehicles parked too close to the intersections can create site issues.

**PLEASE REPORT ANY COMMON AREA MAINTENANCE ISSUES OR PROPERTY DAMAGE TO PLATEAU.** This includes pool or amenity center maintenance/repairs, landscape light outages, flag (entrance) damage, etc. ([requests@plateaupropertymgmt.com](mailto:requests@plateaupropertymgmt.com))

**ARCHITECTURAL MODIFICATIONS:** Please note that the Covenants, Conditions and Restrictions for FCIII require that all improvements be submitted to the Architectural Review Committee prior to commencement of such improvements. Your request should include the type of improvement along with a sketch/photo, materials/colors, location (plot plan) and any other pertinent information. An Architectural Modification form can be obtained from the FC III web site ([www.fc3hoa.org](http://www.fc3hoa.org)) or the Plateau website ([www.plateaupropertymgmt.com](http://www.plateaupropertymgmt.com)).

**TRASH CANS & RECYCLE CONTAINERS:** Please remember that trash cans and recycle containers should be stored out of sight except on trash/recycling collection days.

The Covenants, Conditions & Restrictions for FC III require that all properties be maintained in a neat and orderly fashion. Please do your part to keep FC III Beautiful! Thanks so much!



## New Business Profile

Buy an ad today in Community Connections through Peel Inc. and receive a complementary business profile article in an upcoming edition. The FCIII newsletter committee is currently seeking individuals in our community that manage their own business for articles to be included in our monthly newsletter when you purchase an ad through Peel Inc. The New Business Profile article will focus on how your business got started, a profile of you and your key employees, location, why and how you started the business, your expertise, education, etc. All requests must be accompanied by a photo with you as the focus in your business (no photos of buildings please). Contact Glory Spies at [gloryspies@gmail.com](mailto:gloryspies@gmail.com). For rates and ad information contact Peel, Inc. Printing and Publishing at 512.263.9181 or visit [peelinc.com](http://peelinc.com). Final content is up to the discretion of newsletter editors.

## ROUND ROCK NEW NEIGHBORS

WOMEN WELCOMING WOMEN FOR FUN & FRIENDSHIP SINCE 1978

Join RRNN members at our next Summer Coffee on Wednesday, July 9th 10am-Noon where Women from Round Rock and surrounding communities will come together to enjoy snacks and socializing.

Members Also Enjoy: Book Discussion, Lunch Bunch, Canasta, Movies, Volunteering, Scrabble, Day Trips, Walk & Talk, Mah Jongg, Wine Tasting, Bridge, Bunco, Mexican Train Dominoes, Girlfriends' Happy Hours & more!

***Whether you are new to our area or lived here for years, WE WELCOME YOU!***

Visit our website [www.RRNewNeighbors.org](http://www.RRNewNeighbors.org).

For general information call Pam at 512-487-8249 or Maureen at 512-520-8023.

For Summer Coffee information, Tamie 512-218-1116 or [Tamie@rrnewneighbors.org](mailto:Tamie@rrnewneighbors.org)

## DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)

**At least 18 Texas children have fatally drowned this year.\***  
Keep your children and families safer in, near and around all bodies of water.

**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

**Aug. 28th:** Got2Swim 11k Lake Austin. View event details. [www.tinych.org/Got2Swim](http://www.tinych.org/Got2Swim)

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

\*Source: Texas DFPS, Watch Kids Around Water



## LAYERS OF PROTECTION CAN PREVENT DROWNING



CONSTANT  
VISUAL  
SUPERVISION



LEARN  
TO  
SWIM



WEAR  
LIFE  
JACKETS



MULTIPLE  
BARRIERS  
TO WATER



KEEP BACKYARDS  
& BATHROOMS  
SAFER



CHECK POOL  
& HOT TUB  
FIRST



STAY AWAY  
FROM  
DRAINS



BE SAFER  
AT THE  
BEACH



LEARN CPR  
& REFRESH  
SKILLS YEARLY

# ARound Rock

MONTHLY RESTAURANT REVIEWS BY LARRY BROOME

After taking the leap into BBQ for June, a controversial subject in Texas, we may as well go Mexican this month. Also a matter of taste, background and label (Tex-Mex, traditional Mex, new Mex, areas of Mexico, etc).

A traditional American view of Mexican food is flavorful, spicy, in a tortilla, garnished with the traditional rice and beans. For a change of pace and a little new Mex spin on the usual, try Tortuga Flats in the Third Base/ Five Guys/ Target shopping center off I-35. If you are lucky enough to get a patio seat on Friday nights in the summer, you will get the feel and hear the sounds of Latin music, with dancers holding tightly to their (excellent) margaritas.

Oh yes, the food... The appetizers are highlighted with a guacamole mixed with seafood, some spicy habanero wings and

many more yet to try. Excellent fish, steak and more traditional fare lead the entrees. My favorite is shrimp fajitas, beautiful fresh large gulf shrimp with hints of many background spices, perfectly cooked accompanying onions and peppers. All excellent and so many shrimp; this is a real deal for two at \$26.00.

I have never had room for dessert so cannot comment. They offer Mexican brunch on Saturday and Sunday, which is really good and serve barbacoa and other traditional dishes all with a twist. This place gets really crowded on weekend nights and Friday night we are told people arrive for patio seating (and margaritas) at 5pm for the music start at 7pm.

Tortuga Flats is gaining a local following from the entire community and rightly so. See you there!

**ARound the Rock will be an entertaining look at restaurants close to our community, providing information for you to answer the all-important question "where do we eat tonight?" Of course the important things in life; food, wine and music, are subject to our own individual taste and opinion, and this is but one man's opinion. The locations will all be within a 10 minute drive from FCIII. I look forward to your input as I decide my next stop.**

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## NOT AVAILABLE ONLINE

## Meatless MONDAYS

By Jen Bush



### LOW SUGAR BREAKFAST COOKIE BARS

Up until now, I've been focusing on dinner recipes for Meatless Monday, but we all know breakfast is the most important meal of our day. So, you guessed it, I decided to devote this month to breakfast! Specifically, I wanted to share a quick and easy low sugar recipe to really kick start your family's morning. The best part about this recipe is if you can motivate yourself to make it the night before, the cookie bars are ready to grab and go the next morning, helping to make your morning routine (at least the eating part) a snap! I will give a heads up that due to the low sugar content, this recipe is not as sweet as your typical breakfast bar recipe; however, it is still addictively delicious!!

#### What you'll need:

- ¾ cup whole wheat pastry flour
- 2 tbsp hemp seeds, chia seeds or ground flaxseeds
- ½ tsp baking soda
- pinch of salt
- 2/3 cups unsweetened applesauce
- 1 tbsp peanut butter
- ½ cup quick oats
- ¼ cup chopped pecans
- ½ cup raisins
- ¼ cup chocolate chips
- coconut oil (enough to lightly grease a 9x9 inch pan)

#### Directions:

Preheat your oven to 350 degrees F. Combine the pastry flour, seeds, baking soda and salt. Once the first four ingredients are mixed together, make a well in the center of your dry mix and add the applesauce and peanut butter. Stir the wet and dry ingredients together until thoroughly combined. Your batter should be a bit stiff at this point. Pour the batter into a 9x9 inch baking pan lightly greased with coconut oil. Bake for approximately 20-25 minutes or until a toothpick inserted in the center comes out clean. Once the pan has cooled, cut into eight bars.

## FIT AND FUN

### Health Tips for You and Your Children

By Concentra Urgent Care

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](http://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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