

Westcreek Neighborhood ASSOCIATION

December, 2002 — Published Quarterly for our Westcreek Neighbors

Log on at www.westcreekna.org

Parking on Lawns in Westcreek – It's Up To YOU

Want your neighbor parking on their lawn? No? Then it's time to vote!

YOUR VOTE is needed to determine if parking on lawns will be legal or illegal in Westcreek.

The City of Austin passed a lawn parking ban ordinance on August 29, 2002. Since that date, it has been illegal to park a vehicle on lawns in Westcreek. Provisions of the ordinance allow different sections of the City to "opt-in", that is to be included in the lawn parking ban. Westcreek was originally included in the lawn parking ban due to action taken by your Westcreek Neighborhood Association. The ordinance requires that an official vote be taken of Westcreek neighborhood residents to determine if they are in favor of the lawn parking ban. The local area covered by the lawn parking ban is represented by the Westcreek Neighborhood Association: bounded by Old Fredricksburg Road on the north, Westcreek Drive and Yellow Rose Trail

on the east, William Cannon on the south and Fair Valley Trail, Steer Trail and Honey Dew Terrace on the west.

If no action is taken by the Westcreek neighborhood or if the majority of the voting residents do not want the parking ban, Westcreek will NOT be included on the Restricted Parking Area Map. The entire ordinance (Ordinance Number 020829-58) can be viewed online at:

http://www.main.org/parking/Ordinance_Drafts/Ordinance-draftFinal.html.

If you do not have access to the internet, please call Ben Coughran at 892-5364 to have a paper copy of the ordinance delivered to your residence.

Please exercise your vote by completing and mailing the insert ballot in this newsletter to:

Ben Coughran
6206 Myra Court
Austin, TX 78749-1652

Incomplete ballots will not be counted. Deadline for receipt of the ballots is January 15, 2003.

An open discussion of the Ordinance will be conducted at the Westcreek Neighborhood Association quarterly meeting, which will be held Tuesday, December 10, 2002 at 7:00 p.m. in the Will Hampton Public Library.

WNA Quarterly Meeting

Date: Tuesday, December 10, 2002

Time: 7:00 p.m.

Place: Will Hampton Public Library, 5125 Convict Hill Road.

AGENDA:

Annual Election will be conducted (see article elsewhere in this newsletter).

Annual WNA Good Neighbor Awards will be presented.

A discussion of the **City of Austin Lawn Parking Ban Ordinance** will be conducted.

A **door prize** will be presented.

The meeting will conclude with **punch and cookies** in celebration of the Holiday Season.

If you have any questions about the meeting or need directions to the library, call Ben Coughran, phone: 892-5364.



Picnic Pictures! See inside.

It's Coming — The 2003 Westcreek Association Membership Drive

Watch your mailbox: your Westcreek Neighborhood Association membership renewal notice will be coming in early January.

In an effort to make it a bit easier on our neighbors, the WNA will be mailing all Westcreek residents an easy to fill out form and envelope to become a 2003 WNA member. The annual dues are only \$25; well worth it!

Just a reminder where your membership dues will go: your WNA Executive Committee is your liason to the City of Austin government. We speak for the neighborhood when new legislation will affect the area; watch for zoning issues, and strive to make our neighborhood a better place by keeping up to date on the latest events that may affect our neighborhood or Southwest Austin in general. We also maintain signage, publish a newsletter, and sponsor several annual events to help Westcreek residents get to know their neighbors better. If you're a renter, you are also eligible to join the WNA.

So when you receive your WNA membership renewal, please take the time to fill it out and send in your check. Your entire neighborhood will thank you for it!

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We live in Westcreek, and would like to serve everyone in our community. If you have questions or need service, feel free to call us. If we don't do it, we can refer you to someone who does!

Dressing Up for Halloween

Ben Coughran snapped a few photos of the ghosts and goblins that visited his front porch on Halloween. Enjoy!



KEEPING THE SCALE IN CHECK DURING THE HOLIDAYS

by Kim Sherman, Formerly Certified Personal Trainer

It's that time of year again. The time when Mom's home cooking sends the scale reading up, up, up. It's not the turkey; it's the GRAVY. It's not the spinach; it's the CREAMED spinach. It's not the potatoes; it's the butter we use to mash them. It's not the strawberries; it's the cheesecake we put them on top of. You know. You've been there. Maybe it's just me, but it seems like those extra pounds were MUCH easier to lose when I was say, 25...the fact is, as we age, our metabolism slows down. So, it's a much better plan to keep that weight off in the first place; or, at least limit the amount of weight gain.

Without going into too much of the science of how and why we gain weight, the basics still hold true: if you don't use up the calories you eat, your body will store them as fat. So, if I want that gravy, creamed spinach, mashed potatoes and strawberry cheesecake, I'll need to either exercise enough to offset the calorie intake or I need to eat less. A combination of these works best for most people.

Power walking, stair stepping, jogging and biking are all excellent means of aerobic exercise. In order to get the most benefit, you need to sustain the exercise for at least 20 minutes or more, three or four times a week. Adding weight-bearing exercise at least three times a week for 20-30 minutes will increase your results dramatically. In addition to toning your muscles and increasing your

metabolism, weight-bearing exercise is an important tool for fighting osteoporosis. As always, before starting any exercise program, consider seeing your physician. Also, there are many qualified personal trainers available through local gyms, such as our neighbor Gold's Gym.

In addition to exercise, your daily diet will play a major role. It is very important to eat breakfast. When you skip breakfast, your metabolism slows down by as much as 28%. A good breakfast could consist of a bowl of whole grain cereal topped with fruit or toast, fruit and cottage cheese. Eating smaller portions more often will also help you keep those pounds in check. Fresh fruit, sliced turkey and toast with peanut butter are all good choices for mid-morning and mid-afternoon snacks. For lunch, try a bowl of low fat soup and fruit or a turkey sandwich. Dinner might consist of a small salad with low fat dressing, grilled/baked/or broiled chicken and green beans. Limit your amount of fat from animal products (cheese, butter, mayo, cream, lard.) Also limit your intake of refined sugar (candy, pastries, soda), as well as most fast foods and processed foods in general (hamburgers, pizza, chips.)

Bottom line, if you develop a lifestyle of regular exercise and eating well, you should be able to reach a healthy weight. Keeping those extra pounds away during the holiday season is hard work, but well worth it!

APD Top Brass Visits Westcreek

May the Force Be With Us

Westcreek neighbors had a chance to go one-on-one with Chief Stan Knee and several Police Department supervisors and officers at the September 17th WNA Quarterly Meeting. Neighborhood crime and speeding vehicles were the main focus of the evening.

Chief Knee informed Westcreek residents that the problem of speeding drivers cutting through our neighborhood was likely to remain a way of life. "Brush Country looks like a rural street but it's in a big city," Knee said. "I'd like to have a traffic engineer here so you could beat up on him," he deadpanned, explaining that with many major thoroughfare lanes shut down for construction "it won't get better soon...and the problems are going to take some time to correct".

"City residential streets are being used because of traffic frustrations," Lt. Jim O'Leary, evening commander of District 11, said. "We're hearing this from every neighborhood association."

Cynthia Seago, a ten-year traffic patrol officer, informed us that "70 percent of the speeding tickets have been given to your fellow neighbors." She explained that putting pressure on your neighbors to follow the speed limit could help a great deal to curtail speeding.

Officer Alma Murray, our district representative, informed the audience that radar guns are available to the public and that citizens should write down speeding auto license numbers and report them to the 311 non-emergency number. Officer Murray stated, "If you call us with a license plate number and car description, we will look them up and call them. Many times, they're teenagers and their mom and dad want

to know. So, if you see this, call me. We'll talk to them."

The APD also warned of a sex pervert that has been exposing himself in our area since June 2000. Officer Alma Murray stated, "We want all of you to call in any suspicious activity you may see in the neighborhood, such as males driving slowly or

parked and looking at children around Patton Elementary and Small Middle Schools". The suspect exposes himself from inside vehicles to female victims from 4 to 10 years old, according to Officer Deek Moore of the Southwest Street Response task force. Moore said the crimes have all occurred between the hours of 2-6:30 p.m. The APD has dedicated hundreds of hours to apprehending this thug, following numerous leads that so far have not been fruitful. "I've lost sleep over this guy," Moore said. "It's gotten to be a personal thing now."

Chief Knee also urged Westcreek to help the police by maintaining vigilance of suspicious activity. "Together we can be tremendously successful in thwarting crime; but independently, criminals will be successful more of the time. When asked about crime in Westcreek, Chief Knee said, "Our expectations are extremely high of what we can do for you, but you have to keep our feet to the fire because that causes us to react

to your concerns." The Chief warned Association members that, "people not constantly under threat of crime forget that crime can occur and then become less than vigilant of suspicious persons and activities in their neighborhoods."

Westcreek residents attending this meeting went away with a greater appreciation for the role of police in our neighborhood and a better understanding of how much the police department relies on good citizens.





Watch the Flowers Grow

Wildflowers are coming! Your WNA has seeded the field surrounding the Westcreek entry sign on Brush Country Road with a native wildflower mix. Hopefully, nature will take its course and we can all enjoy the colorful display next Spring. Participant wildflower seeders pictured at left: Carolyn and Rodney Klassy and Kim and Todd Sherman.



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PICNIC FUN!

We're three for three in picking the day for the WNA picnic. A picture perfect day is the only way to describe the atmosphere for the 3rd Annual WNA Picnic. The food and company were not lacking either. Moms and Dads visited, and the kiddos explored the expanded playscape at Dick Nichols Park. Some folks even ventured onto the walking trail surrounding the park and discovered our community cave. Of course everyone ate the delightful potluck goodies that neighbors so generously contributed. A huge thank you to Mr. David Fikac and his staff at our neighborhood Randalls for furnishing the hamburgers, hot dogs and all the fixins. Oh, and by the way, UT won that day too.

We strive to have the annual picnic in late September or early to mid October. We can't tell you the 2003 exact date now, as we can't make the pavilion reservations any earlier than 6 months in advance. We will have the date in our June 2003 Newsletter.



Here are a few of your Westcreek neighbors enjoying a day of relaxation and comradery.

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IT'S ALMOST THE NEW YEAR – MAKE A DIFFERENCE IN 2003!

It's only \$25.00 for a full year to join YOUR association — the Westcreek Neighborhood Association. All of us are Westcreek neighbors who are volunteering to make our neighborhood a better place to live. When you join the WNA, you will help protect the value of your home and property and your neighbors' as well. (You will also help support all of Westcreek Neighborhood's interests and efforts if you volunteer in any capacity.) Please join today!

Mail your check for \$25.00 (make check payable to "WNA") to our WNA Treasurer :

Eric Marquez, 5508 Porsche Lane, Austin, TX 78749

Date: _____

Name(s): _____
please print

Address: _____

City, State, Zip: _____

Home & Office Phone: _____ E-mail: _____

- I (we) have access to the Internet
- I (we) are willing to serve on a committee
Any preference? _____
- I (we) want to be added to the WNA eGroup list
(you will receive updates on the WNA and can participate in neighborhood discussions with other Westcreek residents automatically via email if you check this box)

What I would like to improve in our Westcreek Neighborhood in 2003: _____

Annual Election of Executive Committee Officers

IT'S TIME TO VOTE FOR YOUR PRESIDENT!

The WNA election of Executive Committee officers to serve the calendar years 2003-2005 term will be held at the December 10th, 2002 general membership meeting. In accordance with Association bylaws we will be electing individuals to fill three positions. A brief description of the duties of the open positions follows:

President – Shall preside at all meeting of the Executive Committee and the General Membership. Shall be an ex-officio member of all committees and shall cosign all checks drawn on the account of the Association. Will represent the WNA at forums where an Association presence is needed.

At-large – Responsible for liaison with WNA Committee chairs.

ANC Liaison — Attends the monthly Austin Neighborhood Council meetings, representing the WNA position and reports back to the Executive Committee.

Candidates for these positions must be paid members of the WNA and must reside in the Westcreek subdivision. Please call or e-mail Ben Coughran if you are interested in filling one of these positions (892-5364; bcoughra@ev1.net). Nominations will be accepted from the floor during the election process.

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September Yard of the Month

The Westcreek Neighborhood Association Enhancement Committee is pleased to announce that Dennis Murphy at 5310 Summerset Trail has been selected as our September Yard of the Month winner. Dennis takes great pride in his home and yard and it shows. He will receive \$50.00 in cash from Gary Rossman, Century 21 Ripley and a \$25.00 gift card from Randalls. Congratulations, Dennis and thank you for making our neighborhood better.

***Editor's Note:** Due to computer problems, the photograph of Dennis' yard is trapped in cyberspace at the moment. We will run the photograph in our next newsletter. Our apologies.*

Some things are meant to hang around longer than your relatives for the holidays

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**Proposal to include the area represented by the
Westcreek Neighborhood Association on the
Restricted Parking Area Map,
IAW City of Austin Ordinance No. 020829-58.**

This ordinance **prohibits the parking of a motor vehicle in the front or side yard of a residential property**, except in:

- a driveway;
- a paved parking space depicted on an approved site plan, or
- an area adjacent to a driveway that when measured with the driveway is not wider than 50 percent of the minimum lot width established by the zoning district.

Please check “yes” or “no”.

A vote “yes” means that you **want Westcreek to be included on the Restricted Parking Area Map (no parking on lawns):**

YES _____

A vote “no” means that you **do not want Westcreek to be included on the Restricted Parking Area Map (sure, park on your lawn!):**

NO _____

Name: _____

Address: _____

Signature: _____

Date: _____

Please bring this ballot with you to the December 10th WNA Quarterly Meeting, or fold this page, stamp and mail to Ben Coughran, President, WNA.

Ben Coughran
6206 Myra Court
Austin, TX 78749-1652

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