

# AROUND THE BEND

November, 2010 Vol. XXVII, Issue 1

## Hudson Bend Colony Neighborhood Association

*From Article II of our Bylaws: The purpose of the Association shall be to protect and promote the quality of life and the value of property in our neighborhood.*



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## President's Message

*Patricia King Sigg*

**Hello Fall!** What a relief to finally enjoy cooler temperatures!

I want to take this opportunity to once more state that the board benefits greatly from new membership and needs input from a continually varied source of neighborhood residents to be viable.

The HBCNA is unlike most neighborhood associations in that it is voluntary. Residents don't have to join, but property owners have a big stake in maintaining the quality of life and the value of property in our neighborhood.

Consider volunteering to serve on the HBCNA board. There are vacancies now, and our charter calls for 9 Board members.

YOUR participation on the board will enable the association and all residents to benefit from new ideas and perspectives. The next election is in April next year. We would like to hear from you sooner, but we do accept nominations during the annual meeting and picnic.

The regular time investment is one day a month in the evenings for an hour to attend a meeting. The day of the month and time of the meetings is adjusted to accommodate the availability of each board

member. Meetings are held in the homes of the board members on a rotational basis. This offers members a great way to get to know more about the 14 streets that make up our community.

Meetings are open. Residents not currently on the board but wishing to attend can do so. If you would like to experience an HBCNA board meeting, call any of the current board members to find out where and when the next meeting is scheduled. The HBCNA would greatly appreciate your contribution as a board member.

### The HBCNA Website

Our big accomplishment this year was the construction of the HBCNA website. We have long had this goal, and Elizabeth Brunet, with help from other Board members, made it a reality. We hope that having a web presence will make the dissemination of information to the community more practical and timely. .

Luckily, board member John Chapman registered the hbcna.com domain for the HBCNA several years ago. The information that Tom Sciance has been maintaining in the Neighborhood Directory is another source. Please see Elizabeth's article below for details. Suggestions regarding additional content for the website are needed and most welcome, as now that we have the website up and running we can add to or change the content. We will also collect suggestions at the HBCNA Annual Meeting and Picnic scheduled for April 24<sup>th</sup> next year. We hope to see you there.

## Neighborhood Feedback through the HBCNA Website

*Elizabeth Brunet*

As Patricia explained above, a new website has been created for the Hudson Bend Colony Neighborhood Association. The website is [www.hbcna.com](http://www.hbcna.com). The Association wanted to add a feature to allow neighbors to be more connected, not only with us but with each other. This is why a feedback column was added to the website.

The Association wants residents to be able to share ideas easily. When on the website, click on the contact link and add your email address, name, and message. This helps everyone to communicate their ideas, concerns, and information about our neighborhood. It is always fun and interesting to get to know your neighbors and know about what is going on within our neighborhood.

Please feel free to contact us by email to [info@hbcna.com](mailto:info@hbcna.com). We are very excited about this new feature and look forward to hearing from you.

## Annual Meeting and Picnic

*Lory Alexander, Secretary*

The annual corporate membership meeting of the HBCNA was held April 24, 2010 at the Science's home on the water. The weather was nice, the BBQ delicious, and the music and speaker were outstanding!

The local band *Eclectic Brew*, comprised of Hudson Bend residents, welcomed neighbors with their unique blend of music and distinctive sound.

Members were:

Jerry Buller, Guitar  
Karen Million, Mandolin  
Steve Schrader, Cahon  
Thomas Sigg, Stand-up Bass,  
Patricia Sigg, Mountain Dulcimer

Neighborhood residents participated in the first annual HBCNA arts and crafts show. Kurt Baty displayed some of his national award-winning Lego models. Erika Rogala and Anita Sciance showed their wonderful handmade quilts. Jeanine Baron was the lucky winner of a beautiful jade donated by Nancy Weiss. Please join us next year for the second annual show.

The following slate of officers was unanimously approved:

Patricia King Sigg	President
Tom Sciance	Vice-President
Lory Alexander	Secretary
Steve Hudson	Treasurer
Gary Barron	Director
Elizabeth Brunet	Director
John Chapman	Director
Tom Struppeck	Director

The Board has one vacant director position. Please consider volunteering as a Board member and bring your ideas for the neighborhood to fruition.

Our speaker for the evening was Gay Bonorden Gray of Big Tex Gardens. Her landscapes have been featured on HGTV and in Sunset magazine. Gay provided handouts on recommended lists on deer resistant plants, bird attracting plants, butterfly attracting plans, and more. Neighborhood residents learned how to plan for color and most importantly, mulch, mulch, mulch!

## This is a Garden Spider? WOW!

*Tom Struppeck*

I'm sure that some folks in our neighborhood are accustomed to seeing these creatures but I was not.

I don't know what it is about this year that is different but several of them have settled into our back yard.

They are formidable looking:



I consulted the internet, and was relieved to read that they are not harmful to humans.

They are a spider of the species *Argiope aurantia*, commonly known as the **Black and Yellow Garden Spider, Writing Spider, Banana Spider** or **Corn Spider**. They are common to the lower 48 states, Hawaii, southern Canada, Mexico and Central America. They have distinctive yellow and black markings on their bellies. Males range from 5 to 9 mm (0.2–0.35"); females from 19 to 28 mm (0.75–1.1").

According to Wiki: "Garden Spiders often build webs in areas adjacent to open sunny fields where they stay concealed and protected from the wind. The spider can also be found along the eaves of houses and outbuildings or in any tall vegetation where they can securely stretch a web. The circular part of the female's web may reach two feet in diameter. Webs are built at elevations from two to eight feet off the ground.

Female *Argiope aurantia* spiders tend to be somewhat local, often staying in one place throughout much of their lifetime.

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The web of the yellow garden spider is distinctive: a circular shape up to 60 cm (2 ft) in diameter, with a (dense zigzag of silk, known as a stabilimentum, in the center. The purpose of the stabilimentum is disputed. It is possible that it acts as camouflage for the spider lurking in the web's center, but it may also attract insect prey, or even warn birds of the presence of the otherwise difficult-to-see web. Only those spiders that are active during the day construct stabilimenta in their webs.

To construct the web, several radial lines are stretched among four or five anchor points that can be more than three feet apart. The radial lines meet at a central point. The spider makes a frame with several more radial lines and then fills the center with a spiral of silk, leaving an 8 to 9.5 mm (5/16" to 3/8") gap between the spiral rings, starting with the innermost ring and moving outward in a clockwise motion. To ensure that the web is taut, the spider bends the radial lines slightly together while applying the silk spiral. The female's web is substantially larger than the male's, who builds a small zig-zag web nearby. The spider occupies the center of the web, usually hanging head-down, waiting for prey to become ensnared in the web. If disturbed by a possible predator, she may drop from the web and hide on the ground nearby. The web normally remains in one location for the entire summer, but spiders can change locations usually early in the season, perhaps to find better protection or better hunting.

The Garden Spider can oscillate her web vigorously while she remains firmly attached in the center. This action might prevent predators like wasps and birds from drawing a good bead, and also

to fully entangle an insect before it cuts itself loose



Female *A. aurantia*

In a daily ritual, the spider consumes the circular interior part of the web and then rebuilds it each morning with fresh new silk. The radial framework and anchoring lines are not usually replaced when the spider rebuilds the web. The spider may be recycling the chemicals used in web building. Additionally, the fine threads that she consumes appear to have tiny particles of what may be minuscule insects and organic matter that may contain nutrition."

## A Most Attractive Heat-Loving Plant

Patricia King Sigg

The Pride of Barbados is named "one of the most attractive heat loving plants for San Antonio!", according to website <http://bexar-tx.tamu.edu/HomeHort/F1Column/2006%20Articles/JUNE11.htm>.

*"Pride of Barbados is an evergreen shrub or small tree in frost free climates, a deciduous shrub in zone 9, and a returning perennial in zone 8. In the tropics it gets 15-20' tall and its ungainly, wide spreading branches can cover about the same width. The cultivation of Pride of Barbados in San Antonio is usually a semi-dwarfed hardy perennial shrub to a typical size of 5-8' tall and growing that large even after freezing to the ground the previous winter. The stem, branches and petioles are armed with sharp spines and the leaves are fernlike and twice compound,*

*with many small, oval leaflets. Pride of Barbados flower lives up to its name with incredibly showy blossoms of orange and red. The flowers are bowl shaped, 2-3" across, with five crinkled, unequal red and orange petals, and ten prominent bright red stamens that extend way beyond the corolla. The flowers are borne in terminal clusters 8-10" tall throughout most of the year in tropical climates and in late summer and fall where frosts occur. There also are forms with yellow and forms with dark red flowers. The fruits, typical legumes, are flat, 3-4" long, and when ripe they split*



*open noisily to expose the little brown beans. Pride of Barbados is believed to be native to the West Indies and tropical America. It is widely cultivated and has escaped cultivation and become established in tropical regions throughout the world, including South Florida. The selection of Pride of Barbados that we desire here in San Antonio is a smaller dwarf compact selection named Dwarf Poinciana, Pride of Barbados. Local collaboration of regional propagation sources will provide increasingly adequate numbers of available plant material in the next two years. Once suitable numbers become available, the Pride of Barbados selection of the Dwarf Poinciana plant will be officially released . . . as a Texas SuperStar plant. It obviously meets all the criteria of a Texas SuperStar Plant."*

In our neighborhood, Anita Sciance has had good success with this plant. It dies back to the ground in the winter but has always recovered nicely in the spring. It produces a multitude of seeds, so many volunteers appear in the spring as well. It has shown no signs of disease nor insect problems.

# Ticks and Lyme Disease

Steve Hudson, Treasurer

## It is a myth that Lyme disease does not occur in Texas.

From 1994-2006, an average of 74 cases was reported annually in Texas. But many diagnosed cases are not reflected in official statistics due to restrictive reporting criteria. And Lyme disease is often misdiagnosed by doctors who are not familiar with its clinical presentation. Lyme disease is caused by the bacteria *Borrelia burgdorferi*, which was first identified in Texas in 1984, and is now known to be endemic to Texas.

The Lonestar tick, *Amblyomma americanum*, found all over Texas, carries the bacteria that cause Lyme disease. All three life stages (larva, nymph, adult) of the lone star tick will feed on humans, and may be quite aggressive. Lone star ticks will also feed readily on other animals, including dogs and cats, and may be brought into the home on pets. The saliva from lone star ticks can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection.

Look on the quarter below. The nymph is on the lower left, the female in the middle, and the male on the upper right.



Up close and far too personal—the female on the left and male on the right:



Most people think they would notice if they had been bitten by a tick, but half of patients with Lyme disease don't recall a tick bite! A rash in the shape of a bull's eye may appear after a bite from an infected tick and is diagnostic of Lyme disease. Unfortunately, only 50-60% of victims get this rash, leaving no tell-tale sign of infection.

Without a known tick bite or the characteristic rash, few people would think to consider a Lyme disease diagnosis. Lyme disease is much easier to catch than most people realize; the disease can be transmitted within minutes of a tick bite.

**Lyme disease is relatively easy to treat within the first month of exposure, but unfortunately this is when the disease is hard to detect and is too often overlooked.**

### Symptoms

Lyme disease can begin with mild flu-like symptoms which typically include extraordinary fatigue. The initial symptoms have been found to occur as many as eight weeks after a tick bite. About half of patients notice a skin rash days or even weeks later. These early symptoms usually lessen or even disappear, although they may recur on a regular basis. Left untreated, a series of multi-systemic problems can then develop and worsen over time, sometimes with periods of greater intensity every three to four weeks. When Lyme disease is missed, the infection spreads throughout the body, becoming persistent and causing

severe and disabling symptoms and a complex diagnostic puzzle that many doctors are not able to solve. Lyme disease can affect all aspects of the body's ability to function normally, including:

- Neurologic problems, including mental confusion, dizziness, insomnia, exhaustion, panic attacks, poor balance, nerve pain, numbness and hypersensitivity to light, sound, touch and smell;
- Rheumatologic problems including fibromyalgia, joint pain, body aches and plantar fasciitis;
- Cardiac problems including chest pain, shortness of breath, palpitations and fast heart rate;
- Problems with all other major body systems including gastroenterologic, urologic, dermatologic, gynecologic, ophthalmic, endocrine and psychiatric.

### Prevention

Wear light-colored clothing so that crawling ticks can easily be seen. Tuck pant legs into boots or socks so ticks do not have access to skin. Use insect repellents according to package instructions. To reduce the risk of disease transmission, inspect yourself for ticks frequently and properly remove any attached ticks promptly.

### Tick Removal

Use fine-tipped tweezers to grasp the tick at the skin surface. If tweezers are not available, use a tissue or paper towel to protect your fingers from possible exposure to the tick's body fluids. With a steady motion, gently pull the tick straight out. Do not twist, jerk or crush the tick's body. After removal, clean site and hands with soap and water.

### For More Information

- [www.txlda.org](http://www.txlda.org) Texas Lyme Disease Association
- [www.ilads.org](http://www.ilads.org) International Lyme And Associated Diseases Society
- [www.ticktexas.org](http://www.ticktexas.org) Texas Ticks
- [www.standupforlyme.org](http://www.standupforlyme.org) Stand Up for Lyme

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## Grilled Portobello Mushrooms

*Elizabeth Brunet, Director*

I found this recipe on the internet. It was easy and very tasty!



- 6 Portobello mushrooms, stemmed (reserve 1 cup minced stems)
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil, plus more for drizzling
- 12 ounces hot Italian sausage
- 12 ounces sweet Italian sausage
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/4 cup finely chopped celery
- 2 teaspoons minced garlic
- 1/2 cup plain bread crumbs
- 1/2 cup freshly grated Parmesan
- 1/4 cup plus 1 tablespoon minced fresh parsley leaves
- 2 teaspoons Essence, recipe follows
- 1 egg, lightly beaten
- Balsamic vinegar, for drizzling

Directions:

Preheat the oven to 400 degrees F. Using your hands, lightly rub each Portobello mushroom with 2 teaspoons of olive oil.

Cook the sausage in a medium skillet until browned, about 4 minutes. Add the onion, bell pepper, celery, and mushroom stems and cook until softened, about 3 minutes. Add the garlic and cook until

fragrant, about 30 seconds. Remove from heat.

Transfer sausage-vegetable mixture to the bowl of a food processor. Add, 1/4 cup of the bread crumbs, 1/4 cup of Parmesan, 1/4 cup of parsley, the Essence, and the remaining 2 teaspoons of olive oil. Pulse until mixture is finely chopped and comes together slightly, about 30 seconds. Transfer the mixture to a bowl, add the egg, and stir until well combined.

Divide the filling among the mushroom caps, about 1/2 cup for each mushroom. Place the filled mushrooms on a baking sheet. Combine remaining 1/4 cup of bread crumbs and 1/4 cup of Parmesan in a small mixing bowl. Divide the bread crumb mixture evenly among the tops of the mushrooms. Bake until golden brown on top and the mushrooms are tender, about 15 to 18 minutes. Remove from oven and let cool slightly. Garnish with remaining tablespoon of parsley, drizzle with olive oil and vinegar and serve warm or at room temperature.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly. Yield: 2/3 cup

## French's Chicken

*Elizabeth Brunet, Director*

Ingredients:

- 1 cup of flour
- 3 eggs
- 6 oz French's Fried Onions
- 1 jar Sweet Cherry Peppers
- 4 chicken breasts



Directions:

Preheat oven to 350°  
Place French's fried onions into a plastic bag and crush the onions into small pieces.  
Place onions, flour, and eggs into separate bowls.  
Beat eggs.  
Dip chicken into eggs, then into the flour, then back into the eggs, and then finally roll chicken in crushed fried onions.

Place chicken into Pyrex baking dish and bake for 40 minutes at 350°. While waiting for chicken to cook seed and wash the sweet cherry peppers and dice into small pieces.

Garnish the baked chicken with the diced sweet cherry peppers, if desired pour juice from jar over the chicken and garnish.

## Enjoyable Local Music Festivals

*Patricia King Sigg*

If you like camping and enjoy local music, there are a few music festivals every year that are close by, relatively small and therefore enjoyable.

### Austin String Band Festival

In October the Austin Friends of Traditional Music (AFTM) organize the Austin String Band Festival [http://www.aftm.us/festivals/string\\_band\\_festival\\_2010/press\\_release.shtml](http://www.aftm.us/festivals/string_band_festival_2010/press_release.shtml). This year the Austin String Band Festival took place October 15-17. It is held as always at Camp Ben McCulloch in Driftwood. The

Austin String Band Festival is an old-time and bluegrass centered event with the purpose of passing along traditional music to the next generation of enthusiastic musicians. AFTM serves as an educational and informative resource through its newsletter, web page, and local musician's registry. Check it out at <http://www.aftm.us>.

**Rice Festival**

In November the Rice Festival is held in Fischer, Texas. Excellent acoustic/bluegrass/Americana/folk/roots music will be happening at this non-profit event. All proceeds are applied towards the funding of the

Rice Harrington Art Scholarship, created to help graduating high school artists pursue fine art degrees in college. This one is a little further away but worth the trip. The on stage music takes place in an old barn. Be prepared to sit on hard metal chairs. The website is <http://www.cabin10.com/riceFestival.htm>

**Old Settlers Music Festival**

This festival has over two dozen bands to offer on four stages as well as performance workshops, arts and crafts, kids' activities, music store, and a youth talent competition. Thursday nights at Old Settler's are a

good way to start the festival, especially if you are camping. The Camp Ben stage hosts a variety of music from 4:30 to midnight. Friday afternoon features another bonus for campers — the Camp Ben Jam from noon to 4 pm at the Camp Ben Stage. Friday and Saturday, the activities are across the street from the Salt Lick Pavilion with three different stages operating from 4 pm to midnight on Friday and 11 am to midnight on Saturday. Sunday, back at Camp Ben, you will wake up to gospel music. A final show is held that begins at 10 am and closes around 5 pm. The website is <http://oldsettlersmusicfest.org>.

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## Our Neighborhood Texas Maple

*Tom Sciance*

Maple trees are especially popular for their fall color but are not widespread in Texas. The Bigtooth is the only native Texas maple, and we have an example on Forest Way.

According to the Texas A&M site:

“Bigtooth maple is one of the most attractive and interesting Texas trees. Native to the sheltered canyons of the Edwards Plateau (these are the maples of Lost Maples State Park), the Lampasas Cut Plains and the high country of the Trans-Pecos, it is a small tree up to 50 feet tall. It grows in limestone and igneous soils and is relatively drought tolerant. Mature trees have beautiful red and yellow fall color. The trees in the Edwards Plateau are found in two confusing forms: *A. grandidentatum* var. *grandidentatum* (bigtooth maple), which has three- to five-lobed, toothed leaves, and var. *sinuosum* (Uvalde bigtooth maple), whose toothless leaves are three-lobed. However, both types of leaves can sometimes be found on the same tree.”<http://aggiehorticulture.tamu.edu/ornamentals/natives/acergrandidentatum.htm>

We planted this one 10 years ago, when it was about six feet tall. It has maintained a perfect shape and appears to be thriving. This photo was made on November 12<sup>th</sup> this year



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## What's that sound?

*Tom Struppeck*

There are several creatures that make loud sounds in the evenings. Some of these, like crickets, are very common and others like the Chuck Will's Widow I have described before on these pages. This year there were two new sounds (and one old one):

First new sound (click on near nest): [http://www.allaboutbirds.org/guide/Coopers\\_Hawk/sounds](http://www.allaboutbirds.org/guide/Coopers_Hawk/sounds)

We heard this coming from down in the cove. There were several of them. It turns out that these are Cooper's Hawks. These birds are sometimes called chicken hawks, although they very seldom will actually take a chicken. They will, however, “feed off of your bird feeder” --- and they don't eat seeds. So, if you hear one or more of these, just take your bird

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feeder down for a few days and they will move on to better hunting grounds.

The second new sound was this: (click on the Southern Leopard Frog) <http://allaboutfrogs.org/weird/general/songs.html>

This sound we heard was coming from our pond, although it would stop when we approached. Eventually, we were able to find the source.

A third sound that I have heard at night in my front yard for years, comes (I think) from a tree frog, but I have yet to actually see one.

I mention frogs because they are hard to actually find, but pretty easy to hear. In fact, there is an annual frog census conducted by volunteers for the US Geological Survey. The volunteers record (and try to) identify the frogs that they hear from their calls. You can read more about it here: <http://online.wsj.com/article/SB10001424052748704791004575465980825869258.html>

I think that I might participate in it next year. Another link: <http://www.pwrc.usgs.gov/naamp/>

## Horses on the Bend

*Kurt Baty*

Maybe you once saw the movie movie *Justin Morgan Had a Horse* (1972). Loosely based on fact, it tells the story of Justin Morgan and his stallion Figure from 1792 to 1795. This early date makes the Morgan horse one of the earliest horse breeds to be developed in the United States.

*“The Morgan is easily recognized by his proud carriage, upright graceful neck, and distinctive head with expressive eyes. Deep bodied and compact, the Morgan has strongly muscled quarters. The intelligence, willingness, zest for life, and good sense of the Morgan is blended with soundness of limb, athleticism, and stamina. In addition, Morgan thriftiness and longevity have made this breed a good bargain for more than 200 years - easy to love and affordable to own.” (The American Morgan Horse Association)*

Morgans were used in the Civil War as cavalry mounts, including Sheridan’s “Rienzi” and Stonewall Jackson’s “Little Sorrel”. In the post-civil war era, Morgans were also used in the Pony Express and as mounts for the cavalry in the western United States. In fact the only survivor of Custer’s regiment from The Battle of Little Bighorn was the Morgan-Mustang mixed breed horse Comanche. The US government was breeding Morgan horses until Congress transferred U.S. Morgan Horse Farm in Middlebury, Vermont to the Vermont Agricultural College (now the University of Vermont) in 1951! The so-called “Government Bloodlines” are still highly prized by Morgan horse breeders today.

My wife, Michelle Doty, has been a horse lover all her life. Here on the bend, at her horse ranch (bounded by Doss, Hudson Bend, Rocky Ridge roads) she has been raising Morgan horses since 1998. She currently has four Morgans here, ages 1 ½ to 17 years.



**Michelle Doty and Courage**

Courage, Michelle’s 9-year-old chestnut gelding, can, as all Morgan horses can, trace his lineage back to the foundation sire, Figure. Courage’s lineage is interesting in that he is only 12 generations removed from Figure. Most Morgan horses alive today are over 30 generations removed. That makes the average age of the sires in Courage’s direct path to Figure 17 years 8 months.

Horse Age		Equivalent Human Age
0 (newborn)		2 years
1 year		8 years
2 years	=	13 years
3 years	=	17 years
4 years	=	20 years

After their 4th year, each horse year is equivalent to 2.5 human years.

Justin Morgan’s horse Figure, born in 1789, died in 1821, and is buried in Tunbridge, Vermont. He sired

- 1: [SHERMAN MORGAN](#) 1808 sired
- 2: [BLACK HAWK](#) 1833 sired
- 3: [ETHAN ALLEN](#) 1849 sired
- 4: [HONEST ALLEN](#) 1855 sired
- 5: [DENNING ALLEN](#) 1874 sired
- 6: [GENERAL GATES](#) 1894 sired
- 7: [BENNINGTON](#) 1908 sired
- 8: [MANSFIELD](#) 1920 sired
- 9: [LIPPITT MANDATE](#) 1940 sired
- 10: [THE STATESMAN](#) 1967 sired
- 11: [STATESMANS MASTERPIECE](#) 1991 sired
- 12: [POOL CANYON COURAGE](#) 2001

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