



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

September 2005

Volume 4, Number 3

## Greetings Courtyard Homeowners Association Members

I hope your summer is going well. This month we would like to focus on a letter the Master Courtyard Association Board sent to all the Presidents of the Courtyard Sub-associations (see right). We did this to bring attention to one of our community's most valued assets: our trees. Any assistance you can provide to the associations' Presidents to help accomplish our goal would be greatly appreciated. Maintaining the longevity and beauty of our trees throughout the community will pay big dividends now and in the future.

Thank you!

Frank Apgar  
President  
Courtyard Homeowners Association

## Upcoming Events

September 5	Labor Day
September 13	Book Club Meeting Courtyard Tennis Club, 11:45 a.m. - 1:00 p.m.
September 22	Autumn Begins

July 21, 2005

TO: Courtyard Homeowners Association Presidents  
Alyson Davis, Centre Court  
Tim Sullivan, Wolfe Creek  
Alan Nielson, Backcourt  
Tom Hoy, Ash Creek

RE: Health, Safety and Beauty of Our Trees

Dear Presidents and Board Members:

Today we are writing about a subject that we think all members appreciate: the trees in the Courtyard. As you know, some of these trees are on owner lots and others are on common areas. Last spring we lost some of our most majestic trees and limbs from others. To minimize future losses, we feel it would be prudent to inspect the present condition of our trees and evaluate necessary trimming, etc. We would like to start with the common areas.

We are asking for your assistance. Will you or another volunteer from your association contact us at 794-8346 to discuss this issue as soon as possible? Perhaps we could use a joint form for trees that need attention and then meet to discuss possible action. For example, the Association's articles require 7' of clearance for trees over sidewalks and proper maintenance to prolong their life and beauty.

It is our hope that our associations' efforts to preserve our trees – big and small – in the common areas will lead our owners to evaluate their trees and take necessary steps to preserve the value and beauty these trees give to individual homes and to the community. May we hear from you by August 10<sup>th</sup>?

Sincerely,

Frank Apgar  
President  
Courtyard Homeowners Association  
Representing the CHOA Board of Directors

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Homeowners Association Newsletter  
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# COURTYARD CALLER

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TBA .....	Secretary
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## Committees

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Diana Apgar .....415-9412

### Bull Creek

Bill Meredith .....345-0593

### Welcome

Alys Honey .....346-7791

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## New Courtyard Residents

Please welcome your new neighbors and be sure to add their names to your directory.

NAME	ADDRESS	PHONE #
de la Cruz, Raymond & Anne	5802 Karankawa Cove	342-0647
Conway, Steve & Carol	5800 Courtyard Drive #7	215-9399
Dahmann, Gage & Dana	5607 Courtyard Cove	349-2344
Martin, Larry & Michele	5205 Scout Island Circle	291-6412

## Courtyard Homeowners Book Club Update

On Tuesday Sept 13 we will have our first book club organizational meeting at The Courtyard Tennis Club. We will be discussing what we want to read and how often to meet, leaders, etc.

For September, we will discuss Dessert Queen by Janet Wallback. Buffet salad, ice tea (approx \$6.00) will be available. Deadline to reserve a space is Sep. 9<sup>th</sup>, 5:00p.m. For more information and to RSVP, please call Betty Marshall (343-8299) and leave a message.

Book Club Meeting

Date: Sep. 13, 2005

Time : 11:45 a.m. - 1:00p.m.

RSVP : Betty Marshall, 343 - 8299



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## Plant of the Month - September

### Evergreen Wisteria- *Millettia reticulata*

This great semi evergreen vine produces beautiful clusters of rose-purple flowers in late summer and early fall. It will grow 12'-15' long and needs support on an arbor or a fence. It likes full sun or maybe a little bit of shade. The flowers are in clusters up to 8" long and are very fragrant. Plant it near a walk or garage to enjoy the scent as you come and go during the day. This is not invasive like common Chinese Wisteria.

• • • • •  
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• • • • •

## Garden tips for September

### Avoiding Brown Patch in St. Augustine Grass

Rumor has it that eventually we'll have cooler nights soon. We think of September as fall – kids are back in school, football season has started and the days are getting shorter. But it's still very hot and dry, so don't ignore you lawn. Continue to water. But cooler nights can bring on "brown patch". When the nights start to get cool, change your sprinkler system to water later just after sunrise. Long periods of wet grass will bring on brown patch.

### Pruning Shrubs no later than the end of September

If you have any pruning to do, do it now. Pruning encourages plant growth and you want to make sure that all new growth is completely hardened off when we have our first frost or freeze. Plants that are still growing when we have that early frost usually lose that growth and then they look horrible all winter. At times they will actually be killed because they were not prepared for winter. Pruning now should give the plants plenty of time to regrow and harden off before winter.

### Prune *Salvia greggii* Now-

If your *salvia greggii* is not blooming very well, prune it back about 6"-8" and fertilize now. Fall is when it blooms best, that's why the call it Autumn Sage.

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Sommerall  
Steeplechase  
Summerwood  
Village Creek  
Waterford Harbor  
Willowbridge  
Willowlake  
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Winchester Country  
Winchester Trails  
Wortham Village

## CHA Board Approves Guidelines for the Use of CHA Common Area

At its monthly meeting of July 12, 2005, your CHA Board approved guidelines for the use of our common area by CHA members.

Our Second Restated Declaration of Covenants, Conditions and Restrictions defines common area to mean all property owned by the Association for the common use and enjoyment of the owners.

It also gives owner's a right of enjoyment in and to the common area, which may be delegated to the members of their family, their tenants, or contract purchasers who reside on the property. Such right of enjoyment, however, is subject to certain provisions.

One of these provisions is the right of the Association to make reasonable rules and regulations regarding the use of the Common Area and facilities located thereon.

Due to several recent incidents of inappropriate usage, the Board and its Bull Creek Committee have determined it is necessary to issue guidelines for the use of our Association's common area.

These guidelines do not apply to common area where an owner has a Limited Use Easement and the area is not available for the common enjoyment of all members. If you don't know if you have a Limited Uses Easement or not, or if you don't know where your private property stops and our common area starts, please consult the copy of your property survey you received when you purchased your property.

1. The Association's common area is for the use of property owners who are members in good standing of The Courtyard Homeowners Association. Property owners may delegate their right of enjoyment to family members, tenants, or contract purchasers who reside on the property. Guests should be escorted by one of the owners or delegated persons.

2. No firearm or air gun of any kind may be used on our common area at any time. This includes, but is not limited to, rifles, pistols, shotguns, pellet guns, BB guns, and paintball guns.

Austin City Code 9-6-1 defines firearms to include air guns such as pellet guns, BB guns, and paintball guns, and Austin City Code 9-6-7 prohibits the discharge of a firearm in the City Limits of Austin. Anyone witnessing the discharge of any firearm should immediately report it to APD by dialing 311 unless it is an emergency, in which case you should dial 911.

3. Due to the risk of forest fires, no fires of any kind are allowed anywhere on our common area, except for in the BBQ grills in our Bull Creek common area park, which are provided for cooking only.

4. Similarly, no fireworks of any kind are allowed to be discharged or fall on any part of our common area. Fireworks are also governed by the Austin City Code, which prohibits their use within the City limits. Anyone witnessing the use of fireworks on or over our common land should immediately report it to APD at 311 unless it is an emergency, in which case you should report it to 911.

5. Please clean up after yourself, your guests and animals. Covered trash barrels are provided around the park as are animal waste bags. Animal waste is a public health hazard also governed by the Austin City Code, which requires that handlers or owners of animals must properly dispose of the animal's waste.

6. Do not cut down or trim any trees or other plant material that are on our common area without first obtaining the expressed written permission of the Bull Creek Committee and the Board of Directors.

7. Do not dump any trash or yard waste, including tree limbs and shrub trimmings, on our common area, as these dead materials can also cause a fire hazard. Properly bundle these materials and put them on your curb on trash pickup day for the City to take away.

8. Group usage of our Bull Creek common area park must be reserved in advance through our property manager, Marilyn Childress at 502-7509:

A. Any group activity in our park must be sponsored by an owner who is a member in good standing of the Association or their delegate as listed in number 1 above.

B. No group reservation of the park area precludes any owner or resident from access to the park.

C. Reservations must be made through Goodwin Management at least one week prior to the usage date or the reservation form and deposit must be taken directly to the Goodwin Management office to ensure the reservation.

D. A security deposit of \$200.00 must be placed with Goodwin Management at the time reservation is made. A deposit of \$300.00 is required to reserve two or more areas or for groups in excess of 100. If you want to open the gate and leave it open during the event, you can arrange to pick up a key at the Goodwin Management office on the last work day before the event, to be returned the first work day after the event. This will require an additional \$25.00 deposit.

E. The park must be left clean and free of debris.

F. All activity must comply with all applicable governmental laws.

G. The homeowner making the reservation will be responsible for any damages caused by guests to the common area and its furnishings. Any damage will be deducted from the deposit and any damages in excess of deposit will be billed to homeowner.

H. After inspection of property and cleaning, the reservation check will be destroyed. If any amount is to be deducted, the reservation check will be deposited and a check will be issued for the remaining balance, if any, and mailed to homeowner.

9. Do not give our Bull Creek park gate code to anyone outside of your own family or delegated individual as listed in number 1 above.

10. Observe the posted hours of operation for the gated park area, which are from 6 AM to 10 PM daily.

11. Any use of any part of the Association's common area is totally at the user's own risk, including usage of the playscape. Small children should be supervised by an adult when using the Bull Creek common area park.

*Thank you for helping keep the Courtyard a safe and beautiful place to live.*

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE™

## The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills.

What they don't realize is that steroids will give them a lot more than they bargained for.



### Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well. Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the levels of endogenous testosterone and other sex hormones are common.

### Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.

### All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health.

Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

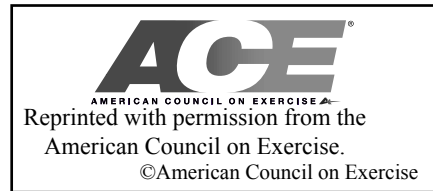
Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to

prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

### No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

The best way to improve performance and increase muscle mass is to follow a well-designed program that challenges both your body and your mind. No drug can do that for you.



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# COURTYARD CALLER

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## *Texas Events - September*

1—ROUND ROCK: Main Street Artisan Stroll Talented artists, musicians and performers fill the sidewalks displaying their wares and entertaining strollers. Downtown Round Rock. [www.mainstreetstroll.com](http://www.mainstreetstroll.com) 512/341-8788

1-4—AUSTIN: Texas Movies Exhibition looks at Texas' contributions to the filmmaking industry over the past century. The Bob Bullock Texas State History Museum. [www.thestoryoftexas.com](http://www.thestoryoftexas.com) 512/936-8746

1-4—AUSTIN: YLANo. 10: The Annual Young Latino Art Exhibition Showcases artists under age 35. Features works from emerging artists who continue to reshape and redefine Latino art. Mexic-Arte Museum, 419 Congress Ave. [www.mexic-artemuseum.org](http://www.mexic-artemuseum.org) 512/480-9373

1-Oct. 23—AUSTIN: Texas Trailblazer: The Life & Legacy of Babe Didrickson Zaharias Texas Capitol Visitors Center. [www.texascapitolvisitorscenter.com](http://www.texascapitolvisitorscenter.com) 512/305-8400

2—FREDERICKSBURG: 60th Anniversary of the End of WWII Concert Features food, 1940s music and dancing. Marktplatz, corner of North Adams and West Austin Street. [www.nimitz-museum.org](http://www.nimitz-museum.org) 830/997-4379 ext. 228

2-4—FREDERICKSBURG: The Peddler Show Gillespie County Fairgrounds. [www.peddlershow.com](http://www.peddlershow.com) 800/775-2774

3—WIMBERLEY: Market Day Includes more than 450 diverse vendors of antiques, arts & crafts, and more. FM 2325 at Lions Field. [www.visitwimberley.com/marketdays](http://www.visitwimberley.com/marketdays) 512/847-2201

3—WIMBERLEY: Scorpion Stomp Includes games, art, vendors and a Hill Country "Band Scramble." Pioneer Town. 512/847-3909

3-4—AUSTIN: Batfest 2005 Showcases arts & crafts. Includes music and special activities. Congress Avenue Bridge. [www.roadstarproductions.com](http://www.roadstarproductions.com) 512/441-9015

3-4—FREDERICKSBURG: Island Assault: 1944 Living history detachment demonstrates weapons and tactics of the Pacific War. Admiral Nimitz Museum Pacific Combat Zone. [www.nimitz-museum.org](http://www.nimitz-museum.org) 830/997-4378 ext. 228

3-5—ROUND ROCK: Triple Crown Baseball Tournament Old Settler's Park. [www.triplecrownsports.com](http://www.triplecrownsports.com) 970/674-8872

3, 10, 17, 24—BURNET: Go Fishing with a Ranger Begins at 6 p.m. Inks Lake State Park. 512/793-2223

7, 21, 28—AUSTIN: Clifford Antone's History of Blues & Rock 'n' Roll Antone provides glimpse into the real people and stories behind the music that made history. One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

9-10—AUSTIN: The Austin Symphony Anne Akiko Meyers, violinist, and Peter Bay, conductor. Bass Concert Hall [www.austinsymphony.org](http://www.austinsymphony.org) 512/476-6064 or 888/462-3787

10—FREDERICKSBURG: Saengerfest This is a German choir concert. Begins at 2 p.m. Pioneer Pavilion at Lady Bird Johnson Park, Hwy. 16 S. 830/997-3936

10—GEORGETOWN: Market Day Features arts & crafts, antiques, collectibles and festive foods. Historic Downtown Georgetown. [www.downtowngeorgetownassociation.org](http://www.downtowngeorgetownassociation.org) 512/868-8675

10-Nov. 6—AUSTIN: Bruce Tinch Art Exhibit Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/292-4200

14—AUSTIN: Earl Klugh His lighthearted, easy funk style is infused with sound of soul, calypso and rhythm-and-blues. One World Theater. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

16-18—FREDERICKSBURG: Trade Days More than 300 vendors sell antiques, collectibles, ranch furniture, crafts, unique clothing, jewelry and more. Hwy. 290 across from Wildseed Farms. [www.fbgtradedays.com](http://www.fbgtradedays.com) 830/990-4900 or 210/846-4094

17—AUSTIN: Border Radio Show Presents a variety show that will be taped in front of live audiences in Austin and around the state. Paramount Theater. E-mail: [info@texasfolklife.org](mailto:info@texasfolklife.org) • [www.texasfolklife.org](http://www.texasfolklife.org) 512/441-9255

17-18—AUSTIN: Citywide Garage Sale This is an antiques, collectibles and vintage items flea market. Palmer Events Center. E-mail: [info@cwgs.com](mailto:info@cwgs.com) • [www.cwgs.com](http://www.cwgs.com) 512/441-2828

17-18—FREDERICKSBURG: Okinawa Symposium Hours are 9 a.m. to 5 p.m. Reservations required. Admiral Nimitz State Historic Site. 830/997-8600 or 830/997-4379

18—TAYLOR: Taylor Chamber of Commerce Annual Golf Tournament [www.taylorchamber.org](http://www.taylorchamber.org) 512/352-6364

18-24—FREDERICKSBURG: Texas Woodcarvers Guild Fall Roundup & Show Includes four days of lessons and a two-day show from 8:30 a.m. to 5 p.m. Gillespie County Fairgrounds, Hwy. 16 S. E-mail: [carverbob@aol.com](mailto:carverbob@aol.com) • [www.texaswoodcarversguild.com](http://www.texaswoodcarversguild.com) 915/563-2517

22—ROUND ROCK: Annual Softball Scholarship Game Hours are noon to 4 p.m. Dell Diamond. [www.cstmhc.org](http://www.cstmhc.org) 512/386-8766

23-24—TAYLOR: SPJST Fifth Annual BBQ Cook-Off 512/864-9183

23-25—AUSTIN: Austin City Limits Music Festival Features more than 130 musical performances offering a mix of rock, roots, gospel, bluegrass, funk, hip-hop and more. Includes a vibrant art market, local food vendors and more. Zilker Park. [www.aclfestival.com](http://www.aclfestival.com) 512/475-9077

23-25—FREDERICKSBURG: Renewable Energy Roundup & Green Living Fair Includes green products for sale, exhibits, demonstrations, lectures and music. Marktplatz, corner of North Adams and West Austin Street. [www.the roundup.org](http://www.the roundup.org) 512/326-3391

23-29—ROUND ROCK: Senior Games of Texas [www.tsga.org](http://www.tsga.org) 512/345-6400

23-Oct. 16—WIMBERLEY: I Love You, You're Perfect, Now Change Shows are on weekends. Greenhouse Theatre. [www.wimberleyplayers.org](http://www.wimberleyplayers.org) 512/847-0575

24—AUSTIN: The Righteous Brothers with Bill Medley Riverbend Centre. [www.austinsymphony.org](http://www.austinsymphony.org) 512/476-6064

24—FREDERICKSBURG: Fredericksburg Saturday Night: American Music in the Texas Hill Country Pioneer Museum. [www.pioneermuseum.com](http://www.pioneermuseum.com) 830/997-2835

*(Continued on Page 7)*

## Texas Events - (Continued from Page 6)

24-25—AUSTIN: 24th Annual Old Pecan Street Fall Arts Festival Features more than 300 fine arts & crafts vendors from around the country, 40 food vendors selected for uniqueness, six stages with more than 100 bands, kids activities and more. Sixth Street. www.roadstarproductions.com 512/441-9015

24-25—NEW BRAUNFELS: Texas Ski Ranch Fall Festival Hours are 10 a.m. to midnight. Texas Ski Ranch. www.texasskiranch.com 830/627-2843

24-25—ROUND ROCK: A Sami Show This is an arts, crafts and home decor show. Dell Diamond. www.samishow.com 512/441-7133

24-Nov. 27—HONDO: South Texas Maize Includes a 7-acre maze, barrel train, mini-mazes, pumpkins, children's play area and more. East of the Hwy. 173/Hwy. 90 overpass. www.cornfieldmaze.com 830/741-3968

25—AUSTIN: Teresa Walters Considered one of the world's most uniquely gifted virtuoso pianists, Walter's mesmerizing performances inspire unanimous praise. One World Theatre. www.oneworldtheatre.org 512/329-6753

25—AUSTIN: The Drum Cafe The Drum Cafe's Kidz Drum program is a high energy, rhythm jam that gives each member of the audience a drum to play. One World Theatre. www.oneworldtheatre.org 512/329-6753

29-30—NEW BRAUNFELS: Friends of the New Braunfels Public Library Book Sale Features all kinds of used printed materials, record albums, DVDs, prints and more. New Braunfels Civic Center, Seguin Street. www.nbpl.lib.tx.us/friends.htm 830/627-7824

30—AUSTIN: Roland Dyens The Austin Classical Guitar Society presents this fabulous French artist, who is at the forefront of exciting innovation on the classical guitar. Begins at 8 p.m. Northwest Hills United Methodist Church. www.austinclassicalguitar.org 512/300-ACGS

30-Oct. 2—FREDERICKSBURG: Oktoberfest Celebrate with German music and entertainment, lots of German food and drink, artisans and kinderpark. Hours are 6 p.m. to midnight Friday, 10 a.m. to midnight Saturday and 10 a.m. to 6 p.m. Sunday. Marktplatz. www.oktoberfestinfbg.com 830/997-4810 or 866/839-3378

30-Oct. 2—MASON: Autumn Colors Ride Ride more than 3,500 acres. Rental horses available with prior arrangement by calling 830/456-6745 or 830/992-2923. www.masoncountytrailrides.homestead.com 325/347-5598

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

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