



Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

January 2006

Volume 5, Number 1

President's Letter

Greetings Members: This month we would like to talk about our Courtyard Homeowners Association annual meeting. The meeting will be held Sunday January 29th at 6:00 pm in the office building on the corner of Courtyard Drive and Scout Island Circle North. In January you will receive in the mail your invitation and notice of the meeting. In the mailing will be a ballot to elect candidates for two board positions, and a proxy. As we mentioned in last month's Newsletter promptness sending in your proxy will save a \$1000 dollars. It is very important to send in your proxy right away, in case you can't make the meeting. We need your proxy to ensure we have a quorum and hold an official meeting. If you are able to make the meeting you can pickup your proxy at the meeting and vote in person. As to the two board positions that are up for election, please consider offering your services. Just call any Board member or the Management Company. All of the phone numbers are in your community directory. Our goal is to make it easy for members to serve their Community needs and continue making the Courtyard a great place to live. Thank you in advance for your help and participation. Hope you all had a merry Christmas and have a prosperous and happy New Year.

Frank Apgar

Tips for January 2006

- If the weather is calling for a freeze, water shrubs and lawn the day before. Water early enough that water is not standing and leaves are not wet. Water deep - not just the surface of the ground. The water insulates the roots and prevents serious damage.
- If you have tender perennials or tropicals you are trying to overwinter, it's best to cut them back and add about 3" of mulch. Water them well before freezing weather.
- If you are going to plant fruit trees this is the month to do it.
- Do all pruning on shrubs and trees now (mid-late January) so early spring growth is not lost. This includes roses if January is warm.
- If you are thinking of transplanting shrubs, do it now.
- Fertilize established pansies and snapdragons.

Plant of the Month- Camellias

If you are looking for something to give a little color to the winter landscape try Camellias. There are many varieties that bloom anywhere from October to April. Many varieties bloom in December and January. Some of the classic winter bloomers include Kramer's Supreme (red), Yuletide (red), Shishi Gashira (pink), and Setsugekka (white). 1. They do require shade and rich soil.

PLEASE SAVE THIS DATE !

**Annual Homeowners Meeting
January 29, 2006**

View the Courtyard
Homeowners Association Newsletter
each month online at www.PEELinc.com



COURTYARD CALLER

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11149 Research Blvd.	
Austin, TX 78759-5227	
502-7509	

Don't Forget Jan 10th At The Courtyard Tennis Club For Our Homeowners Book Club!



We will meet again Jan 10th at 11:45 a.m for discussion with a salad luncheon (\$6.00 plus tax and tip)). The book we will discuss is The Great Influenza by John Barry. Please call Betty Marshall @343-8299 for luncheon reservations. We look forward to seeing you..

Good Things Are Happening

With the cold of January bearing down upon us;, what are we to do? Well we have spent the last two months decorating our yards and enjoying the Holidays, so we are presuming the only thing left to us is the clean up.

We see people all the time picking up papers and other items that are strewn about The Courtyard. We applaud their effort and encourage us all to spend our outside time this winter with one eye on the terrain and another looking out for neighbors, new and old, that we might greet.

We have the best of all worlds here, what with the beauty of the environment and the diversity of the people. We are the ones responsible for keeping it that way. So we will see you on the street corner and until then, we wish you all a frosty and happy January. Remember, spring isn't far behind.

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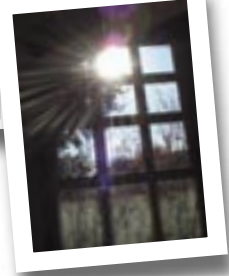
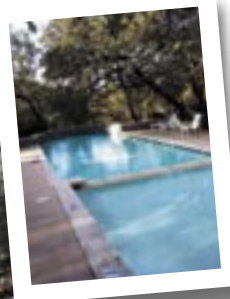
Additions To Your Directory

NAME	ADDRESS
Mark Drosos & Lucille Kallinger Smith	5509 Courtyard Dr.
Mary Ann Ross	5733 Scout Island Cr. N

Advertising Information

- Please support the businesses that advertise in the Courtyard
- Neighborhood Association Newsletter. Their advertising dollars
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Newsletters 101: Connecting with Your Customers and Prospects

By Kaylee Kolditz

A newsletter can be an amazing tool for developing relationships with existing clients and building new business. Using a newsletter, you can establish your company as the expert in your given field. The goal is to provide enough information about relevant issues to spark your readers' interest so that prospects will contact you to find out if you can assist their company. For existing clients, the newsletter serves to reinforce that you are a valuable asset to their business and to remind them of the services or products you offer.

To determine content ask yourself these questions:

1. Who is my audience?
2. What are the needs of that audience?
3. Which of these needs can my company address through our products and/or services?

Then write about issues related to the needs you identified in question 3.

Content Development

Your approach to content development is key to truly delivering value to your audience. Develop (or purchase) articles that relate to what you offer (make sure you can fill the need the article addresses) but without delivering a sales pitch. Make articles informative so that they are truly worth your readers' time, but don't make them so comprehensive that readers can effectively fulfill their needs without using your company. And, don't share information that promotes your competitors.

Content can be gathered from a variety of resources. Keep in mind that unless your articles are completely original (researched and written by

you, your staff or a contract writer/agency), you need to give credit to the source (and get permission to reprint, if required). If you are compiling information from various sources, include a list or footnote where appropriate. This sign of integrity will gain the respect of your readers.

Although information distribution is the goal, limited self-promotion is ok. In fact, you should include some self-promotion and be obvious about it. Your readers know you are doing it, so be honest with your approach. Include a section for a featured product or special offer. Make the offer available only to newsletter readers so that they have an additional incentive to get and read your newsletter.

Alternative Approaches

If you just don't have the time or money right now to create a newsletter program there are alternatives. One approach is to co-sponsor a newsletter with a business that complements (not competes with) your business.

Advertising in a newsletter can also get your business noticed and will involve less work on your end than developing your own publication. While your only responsibility will be the ad, the newsletter provides the valuable content readers are interested in.

Whichever approach you take, I believe that you'll find that newsletters are an effective tool for spreading the word about your business.

Kaylee Kolditz is a marketing coach and copywriter specializing in helping small businesses create revenue-generating marketing programs. For more information, contact her at Kaylee@kayleeskoaching.com or visit <http://www.kayleeskoaching.com>.



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How To Choose The Right Personal Trainer

Certification is the first thing to look for

A personal trainer should be certified because that's your assurance you're working with a trainer who has the knowledge to provide you with a safe and effective workout. Not just any certification will do. You want a personal trainer who has been certified by a nationally recognized certifying organization, like ACE, which happens to be the largest non-profit fitness-certifying organization in the world.

Certification is more than a piece of paper. For example, to qualify for ACE certification, a personal trainer has to pass an intensive three hour, 150-question exam and written simulation that covers exercise science and programming knowledge, including anatomy, kinesiology, health screening, basic nutrition and instructional methods.

After checking certification, there are a few other things you should take into consideration when hiring a personal trainer. Many require asking direct questions. A checklist to help you hire the right personal trainer:

- Ask for references

Ask the trainer for the names and phone numbers of other clients with goals similar to yours. Call to see if they were pleased with their workouts, if the trainer was punctual and prepared, and if they felt their

individual needs were addressed. The best personal trainer to hire is the one others give high marks to.

- Make sure the trainer has liability insurance and provides business policies in writing. Many personal trainers operate as independent contractors and are not employees of a fitness facility. You should find out if the trainer you want to hire carries professional liability insurance. A reputable personal trainer should also make sure you understand the cancellation policy and billing procedure. The best way to avoid confusion and to protect your rights is to have those policies in writing.
- Look for a trainer who is able to assist you with your special needs. A personal trainer should always have you fill out a health history questionnaire to determine your needs or limitations. If you have a medical condition or a past injury, a personal trainer should design a session that takes these into account. If you're under a doctor's care, a personal trainer should discuss any exercise concerns with your doctor, and should ask for a health screening or release from your doctor.
- Find out what the trainer charges. Rates vary, depending on the trainer's experience, and the length and location of the workout session. For example, a

personal trainer who works in a fitness club will probably charge less per hour than one who works independently and needs to come to your home or office.

- Decide if this is someone you can work with. Some people like to exercise in the morning, some in the evening. Will the personal trainer you're talking to accommodate your schedule? What about the trainer's gender? Some people do better working with a trainer of the same sex; others prefer the opposite sex.

The personal trainer you select should motivate you by positive, not negative, reinforcement. Even more important, that trainer should be someone you like.

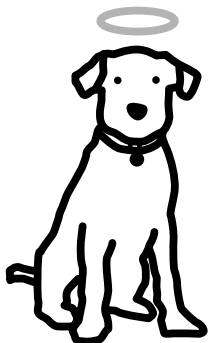
Ask yourself if you think you could get along well with the trainer. Ask yourself, too, if you think the trainer is genuinely interested in helping you.

The personal trainer who best measures up is the one to hire. Because that's the professional who will help you get the best results.



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COURTYARD CALLER

Texas Events - January

5—ROUND ROCK: Main Street Artisan Stroll Talented artists, musicians and performers fill the sidewalks each month, displaying wares and entertaining strollers. Hours are 5 to 9 p.m. Historic Downtown. www.mainstreetstroll.com 512/341-8788

6-8—ROUND ROCK: Seventh Annual Round Rock Invitational Softball Tournament This is a high school girls softball tournament. Old Settlers Park. www.eteamz.active.com/roundrocksoftball 512/826-0859

7-15—AUSTIN: Lady Macbeth of Mtsensk Austin Lyric Opera's presentation follows a young bride, Katerina, who — caught between a loveless marriage and her manipulative lover — is driven to kill. She is then betrayed by the man for whom she sacrificed everything. Bass Concert Hall. www.austinlyricopera.org 512/472-5992

13—AUSTIN: Larry Gatlin Begins at 7 and 9:30 p.m. One World Theatre. 512/329-6753

14-15—AUSTIN: Citywide Garage Sale Palmer Events Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

16—AUSTIN: Martin Luther King Jr. March & Festival More than 10,000 march to the historic campus of Huston-Tillotson University for an outdoor festival in honor of Dr. Martin Luther King Jr. on this national holiday. Festival features performances by some of the city's finest jazz, blues and gospel musicians. 900 Chicon St. www.htu.edu 512/505-3006

19-Mar. 12—AUSTIN: Urinetown the Musical Winner of three Tony Awards, this tale of greed, love and revolution is filled with surprises and laughs as the earth's water supply causes a government-enforced ban on private toilets. This musical pokes fun at and pays homage to Broadway. Zachary Scott

Theatre. www.zachscott.com 512/476-0541

20-21—AUSTIN: The Austin Symphony Includes Nadja Salerno-Sonnenberg, violinist, and Peter Bay, conductor. Part of the Shostakovich 100: Austin Celebrates festival. Begins at 8 p.m. Bass Concert Hall. www.austinsymphony.org 888/462-3787 or 512/476-6064

21—AUSTIN: Ana Vidovic Performance is presented by the Austin Classical Guitar Society. Northwest Hills United Methodist Church. www.austinclassicalguitar.org 512/300-ACGS

21—AUSTIN: Jumpin' Jive featuring the Austin Jazz Workshop This program, dedicated to the great African-American stride pianist, is fun for all ages and includes audience participation. Begins at noon. One World Theatre, 7701 Bee Caves Road. 512/329-6753

25—AUSTIN: Andrew Heller, Singer This is part of the After Five series, which showcases people who balance extraordinary professional achievement with thriving musical careers. Begins at 8 p.m. McCullough Theatre. www.utpac.org 512/471-1444 or 800/687-6010

26—AUSTIN: Delfos Contemporary Dance Through great agility and dynamic movement, a Delfos performance is a laboratory of images that convey both the intimacy of dance and the world of invention that emerges from it. Begins at 8 p.m. B. Iden Payne Theatre. www.utpac.org 512/471-1444 or 800/687-6010

27—AUSTIN: A. Mozart Fest Presents: Mozart 250th Year Lecture by Paul Badura-Skoda World-renowned Viennese pianist presents a lecture on Mozart. Gala reception follows. Begins at 7 p.m. The First Baptist Church of Austin, 901 Trinity St. www.amozartfest.org 866/468-7621

27—AUSTIN: Stanley Jordon His extensive use of tapping, playing the guitar like a piano, is a major technical breakthrough. Shows are 7 and 9:30 p.m. One World Theatre. 512/329-6753

27-29—AUSTIN: Mozart Madness Celebrates the 250th anniversary of Mozart's birth with an all-Mozart program. www.austinchambermusic.org 512/454-0026

28—AUSTIN: Family Concert Features Britten's The Young Person's Guide to the Orchestra. Begins at 2 p.m. Bass Concert Hall. www.austinsymphony.org 888/462-3787 or 512/476-6064

29—AUSTIN: 3M Half Marathon & Relay The 13.1-mile course winds north to south through an urban setting and is mostly downhill Includes a two-leg relay and a 50-yard non-competitive Kids Fun Run for children age 10 and younger. Gateway Shopping Center to House Park Field. www.3m.com/races 512/984-RACE

29—AUSTIN: A. Mozart Fest Presents: Mozart 250th Birthday Concert with Paul Badura-Skoda World-renowned Viennese pianist performs Mozart's Eine Kleine Nachtmusik and concertos K.451 and K.365 with pianist Mary Robbins. Begins at 3 p.m. The First Baptist Church of Austin, 901 Trinity St. www.amozartfest.org 866/468-7621

29—AUSTIN: Ballet Stars of North America Former principal dancers of North America's greatest companies come together for an innovative and dynamic program of contemporary ballet. Shows are 5 and 7:30 p.m. One World Theatre. 512/329-6753

29—FREDERICKSBURG: Flavors of Fredericksburg Features signature dishes and wines from local restaurants, wineries and caterers. Musical entertainment is provided. Hours are 6:30 to 9 p.m. Gillespie County Fairgrounds, Hwy. 16 S. 830/997-5651



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Name	Gayle Caraway
Age	56
Results	Lost 40 Lbs. and quit smoking



When I joined BodyBusiness, I was a 200-lb smoker with elevated cholesterol levels and knee pain. Now I am 40 pounds lighter and a non-smoker. None of this would have happened without BodyBusiness. One of my favorite programs has been Women's Weight Training. Now I feel fit! I feel young, full of life and happy with myself. The wonderful, well-trained instructors give me the encouragement I need, greet me with a big smile - and they know my name.

I feel comfortable at BodyBusiness because most of the members are not rail thin, young or body builders. We are all shapes and sizes, young and old — just ordinary people trying to get fit! I just celebrated my 58th birthday and I have muscles — the kind I can flex and see in the mirror! What could be greater than that?



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