



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

March 2006

Volume 5, Number 3

## Good Things about March

So you are waiting for summer to do outdoor chores and barbecues, walks in the park and kite flying. This is all well and good until you remember just how hot summer is. I love the fact that every spring we believe that we are going to sit under the umbrella and enjoy the warmth from the sun. No breeze, 102 in the shade, but we are dreaming of going there.

My suggestion in the month of March is to sit a moment and remember what real heat is and plant now, walk now, sit on your patio now and whatever you do don't shop for summer clothes now. Those darling outfits with sleeves and matching cotton sweaters are not going to cut it when the sun rises over head and we are running for shelter.

I love the summer but I always forget the above mentioned fact. This is not Florida it is the great state of Texas and we pay every summer for the privilege of living here. Hurray for spring enjoy it and remember the dog days of summer are not far behind.

*Happy St. Patrick's Day !!!*

## Upcoming Attractions

Watch for details on the ANNUAL EASTER EGG HUNT - Saturday April 15th at Courtyard Park. Our chief HUNTER is again the incomparable Michael Castanon. As usual, he would appreciate some help. To volunteer please call him @ 231-9789.

## Greetings Members

This month I want to thank you all for your great response to our request to attend the annual meeting or send in your proxy to obtain a quorum and elect Board officers. We also want to thank all the members that offered their time and services to serve on the Board of Directors. You elected Reese McCrea and Michael Castanon. We look forward to a great 2006.

As we have stated in past newsletters our 2006 campaign to promote driving slowly in the Courtyard is making progress. Members are making positive comments about the promotion. So we will continue our slogan, when your driving in the Courtyard go slow. Remember it only takes an extra 15 seconds to get to the Highway from your home, when you drive slowly in the Courtyard.

We also want to thank all the members that signed up for committee's. The community needs your help and we look forward to working with you to keep the Courtyard a safe and beautiful place to live.

All the best,  
Your CHA Board of Directors  
Frank Apgar, Pres.

## New Courtyard Residents

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

NAME	ADDRESS	PHONE
Linda Oliver	6002 Little Bull Cove	343-1640

St. Patrick's Day  
March 17th

View the Courtyard  
Homeowners Association Newsletter  
each month online at [www.PEELinc.com](http://www.PEELinc.com)

# COURTYARD CALLER

## CHA Board of Directors

Frank Apgar .....	President
Bill Meredith .....	Vice President
Rusty Pepper .....	Secretary
Mansoor Ghorri .....	Treasurer
Michael Castanon .....	Member-at-Large
Reese McCrea .....	Member-at-Large
Betty Marshall .....	Member-at-Large

## Committees

Environmental Control	
Diana Apgar .....	415-9412
Bull Creek	
Bill Meredith .....	345-0593
Welcome	
Alys Honey .....	346-7791
Social	
Michael Castanon .....	231-9789
Landscape & Decorating	
Ed Ueckert .....	345-6137
Security	
.....	
Communications	
Betty Marshall .....	343-8299
Managed by:	
Marilyn Childress	
Goodwin Management	
11149 Research Blvd.	
Austin, TX 78759-5227	
502-7509	

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## Book Club

March 14<sup>th</sup> is the date. The Courtyard Tennis Club is the location a-n-d the book is-----**Nine Parts Of Desire** by Geraldine Brooks. Come join us at 12:00 noon for a salad (and drink all for \$6:00 plus tip) and some wonderful discussion with your neighbors. We look forward to seeing you! Please call Betty Marshall@343-81299 to reserve



## Hints For Recycling

We will be giving you some re-cycling hints each month that we hope are helpful. This month's hint is about what can go in the blue recycling bins. In addition to newspapers, magazines, corrugated cardboard, home office paper, glass jars, aluminum and steel cans, plastic bottles coded #1 and #2 are acceptable.

## THREE QUESTIONS TO ASK -- if you suspect a stroke

1. Ask the individual to SMILE
2. Ask the individual to RAISE BOTH ARMS
3. Ask the individual to SPEAK A SIMPLE SENTENCE

If the individual has trouble with any of the above tasks, call 9-1-1 IMMEDIATELY.

PROMPT action is most important!

**REMEMBER, PLEASE:** Austin leash laws require all dogs to be on a leash when off the owner's premises.

## Advertising Information

- Please support the businesses that advertise in the Courtyard
- Neighborhood Association Newsletter. Their advertising dollars
- make it possible for all residents to receive a newsletter at no
- charge. No homeowners association funds are used to produce or
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# COURTYARD CALLER

## *Texas Events - March*

1-12—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. Zachary Scott Theatre. [www.zachscott.com](http://www.zachscott.com)

1-Apr. 16—AUSTIN: A Slave Ship Speaks: The Wreck of the Henrietta Marie This poignant and powerful exhibit brings to the surface artifacts recovered from the wreck of the British merchant slave ship, the Henrietta Marie. The Bob Bullock Texas State

1-May 29—AUSTIN: Exhibit: The Vietnam Experience Often braving the same dangers as the soldiers they followed, Navy combat artists captured on canvas the battles, aftermath, landscape, people and the visual sense of combat. LBJ Library and Museum. [www.lbjlib.utexas.edu](http://www.lbjlib.utexas.edu) 512/721-0200

2-3—AUSTIN: UIL Girls Basketball State Championships Frank Erwin Center. [www.uil.utexas.edu](http://www.uil.utexas.edu) 512/477-6060

3—AUSTIN: Maria Schneider Orchestra Armed with her powerful jazz orchestra, Schneider's fresh, commanding compositions sweep you up to the next wave of orchestra jazz, echoing the rise of Duke Ellington. Begins at 8 p.m. Hogg Auditorium. [www.utpac.org](http://www.utpac.org) 512/471-1444 or 800/687-6010

3—AUSTIN: R. Carlos Nakai & Nawang Khechog Nakai, the world's premier Native American flutist, and Khechog, a master Tibetan flutist who studied with the Dalai Lama, meld the music of their cultures. One World Theatre. 512/329-6753

4-5, 18-19—PFLUGERVILLE: "Another Man's Treasure" Flea Market Offers a variety of collectibles, vintage items, furniture, antiques and uncommon objects. Hours are 9 a.m. to 5 p.m. U-Haul Facility, 1617 Three Points Road & Vision. 512/636-2466

5—AUSTIN: Estonian Philharmonic Choir These impassioned virtuosos spin 500 years of music history into a night of unforgettable originality. Begins at 7 p.m. Hogg Auditorium. [www.utpac.org](http://www.utpac.org) 512/471-1444 or 800/687-6010

5—AUSTIN: Zilker Park Kite Festival Offers old-fashioned fun with contests that include the steadiest, smallest and most unusual kites. Kite flying demonstrations are held all day. Rain date is March 12. Zilker Park, 2100 Barton Springs Road. [www.zilkerkitefestival.com](http://www.zilkerkitefestival.com) 512/448-5483 or 512/647-7488

9-11—AUSTIN: UIL Boys Basketball State Championships Frank Erwin Center. [www.uil.utexas.edu](http://www.uil.utexas.edu) 512/477-6060

10-19—AUSTIN: South by Southwest Conferences & Festivals Participants from the music, film and Internet industries converge on Austin for 10 days to take part in three distinct — yet related — festivals, conferences and trade shows. Austin Convention Center, along with multiple theaters and music venues. E-mail: [sxsw@sxsw.com](mailto:sxsw@sxsw.com) • [www.sxsw.com](http://www.sxsw.com) 512/467-7979

11—GEORGETOWN: Market Day Features arts & crafts, antiques, collectibles and festive foods from 10 a.m. to 5 p.m. Historic Downtown Georgetown. [www.downtowngeorgetownassociation.org](http://www.downtowngeorgetownassociation.org) 512/868-8675

11—ROUND ROCK: National Alliance for Autism Research Walk Dell Diamond. 972/960-6227

11-25—AUSTIN: Star of Texas Fair & Rodeo Come out for a hoof-pounding, show-stopping, toe-tapping good time. Offers 13 rodeo performances, 14 concerts, a carnival, fairground acts, commercial exhibits, livestock show and more. Travis County Expo Center. [www.rodeoatx.com](http://www.rodeoatx.com) 512/919-3000

17—AUSTIN: Judy Collins Thrills audiences with a unique blend of  
(Continued on Page 5)

## Make this summer memorable with **Camp on the Move!**

The advertisement features a collage of four black and white photographs showing children engaged in outdoor activities: a child zip-lining, a child on a water slide, a child in a life preserver, and a group of children in go-karts. In the center is a large, stylized logo that reads "CAMP ON THE MOVE!". To the right of the logo is a white rectangular box with a torn-edge effect containing the text: "The Ultimate Summer Day Camp. Ages 7 to 14". At the bottom of the collage, the website address "www.camponthemove.com" is displayed in a bold, sans-serif font.

# COURTYARD CALLER

## Texas Events - (Continued from Page 4)

interpretive folk songs and contemporary themes. One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

17-19—FREDERICKSBURG: Trade Days Includes more than 300 vendors, acres of antiques and more, biergarten and music. Hwy. 290 E. across from Wildseed Farms. [www.fbgtradedays.com](http://www.fbgtradedays.com) 830/990-4900 or 210/846-4094

18-19—AUSTIN: African Violet Show Austin Area Garden Center, Zilker Botanical Garden. 512/243-2289

18-19—AUSTIN: Citywide Garage Sale Offers an antique, collectible and vintage flea market. Palmer Events Center. [www.cwgs.com](http://www.cwgs.com) 512/441-2828

21—ROUND ROCK: Taste of Round Rock Enjoy offerings from local area restaurants and caterers, plus silent/live auction. Dell Diamond. 512/255-5805

22—AUSTIN: Rosa y Joe Perez, Rumbo Al' Anacua School teachers, self-taught musicians and creators of the NPR Mexican roots music program North of the Border, this duo truly embodies the heroic folk spirit. Begins at 8 p.m. McCullough Theatre. [www.utpac.org](http://www.utpac.org) 512/471-1444 or 800/687-6010

24—AUSTIN: Spyro Gyra Presents a unique mix of jazz, rhythm-and-blues, Latin and Brazilian music. One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

24—AUSTIN: Ying Quartet Made up of four siblings, the quintet plays with a unified voice, precise, elegant, emotionally brilliant chamber music. Begins at 8 p.m. Hogg Auditorium. [www.utpac.org](http://www.utpac.org) 512/471-1444 or 800/687-6010

25—AUSTIN: The Gypsy Trail Featuring Rajamani Travel to India, the Middle East and into Europe. Children are invited to participate through movement, dance, voice, clapping and stillness. One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

25—FREDERICKSBURG: Classic Car Auction Custom vehicles are

auctioned followed by a '50s and '60s style sock hop and barbecue. Begins at 10 a.m. Hanger Hotel Conference Center. [www.classicautomobileauktion.com](http://www.classicautomobileauktion.com) 866/495-8111

25—GEORGETOWN: Tour of Historic Antique Rail Cars & Exhibit of Texas Crushed Stone Equipment Hours are 10 a.m. to 3 p.m. Texas Crushed Stone Quarry. 512/869-1786

26—ROUND ROCK: Texas Road Rash Inline Skate Marathon & 16-K Includes a youth 1-K speed skate. Participants enjoy a pasta dinner on Saturday. Includes vendors related to inline skating. Old Settlers Park, 3300 E. Palm Valley Blvd. [www.ci.round-rock.tx.us](http://www.ci.round-rock.tx.us) 512/341-3362

30-May 7—AUSTIN: The Exonerated Drama features true stories of six Death Row inmates, wrongly convicted of murder, who are freed. Zachary Scott Theatre. [www.zachscott.com](http://www.zachscott.com) 512/476-0541

31—AUSTIN: Assad Duo (Brazil) This guitar duo — Brazilian brothers Sergio and Odair Assad — play as though they are one person. Begins at 8 p.m. Northwest Hills United Methodist Church. [www.austinclassicalguitar.org](http://www.austinclassicalguitar.org) 512/300-ACGS

31-Apr. 2—AUSTIN: Ballet Austin UT's Bass Concert Hall. [www.balletaustin.org](http://www.balletaustin.org) 512/476-2163

31-Apr. 2—AUSTIN: Jerry Jeff Walker's Birthday Bash Jerry Jeff Walker celebrates the Texas way with three shows in three days. Broken Spoke, Paramount Theatre and Gruene Hall. [www.jerryjeff.com/BirthdayBash2006.htm](http://www.jerryjeff.com/BirthdayBash2006.htm)

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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE\*

## Flexible Benefits

We take part in aerobic activity to improve our cardiovascular endurance and burn fat. We weight-train to maintain lean muscle tissue and build strength. Those are the two most important elements of a fitness program, right?

Actually, there are three important elements. Often neglected is flexibility training. That neglect is regrettable, because flexibility training:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces risk of injury

Some people are naturally more flexible.

Flexibility is primarily due to one's genetics, gender, age and level of physical activity. As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than

the aging process itself.

The less active we are, the less flexible we are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.



### Stretch for success

Before stretching, take a few minutes to warm up as stretching cold muscles can cause injury. Begin with a simple, low-intensity

warm-up, such as easy walking while swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.

When performing any stretch:

- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Try to hold each stretch for at least 10 to 30 seconds.

Avoid these stretching mistakes:

- Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.
- Don't stretch a muscle that is not warmed up.
- Don't strain or push a muscle too far. If a stretch hurts, ease up.
- Don't hold your breath.

(Continued on Page 7)

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## Fit Facts - (Continued from Page 6)

### Fitting stretching into a compressed schedule

Time constraints keep many people from stretching. Some complain they just don't have time to stretch; others hurry out of their fitness classes before the cool-down exercises are completed.

Ideally, at least 30 minutes, three times per week, should be spent on flexibility training. But even a mere five minutes of stretching at the end of an exercise session is better than nothing. And all aerobic activity should be followed by at least a few minutes of stretching.

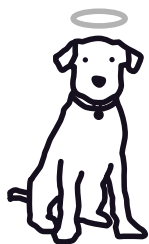
Here are some tips for fitting stretching into an overstuffed schedule:

1. If you don't have time to sufficiently warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a hot tub. The hot water elevates muscle temperature enough to make them more pliable and receptive to stretching.
2. Try a few simple stretches before getting out of bed in the morning. Wake yourself up with a few full-body stretches by pointing the toes and reaching the arms above your head. This can clear your mind and help jump-start your morning.
3. Take a stretching class such as yoga or tai chi. Scheduling a class will help you to stick with a regular stretching program.



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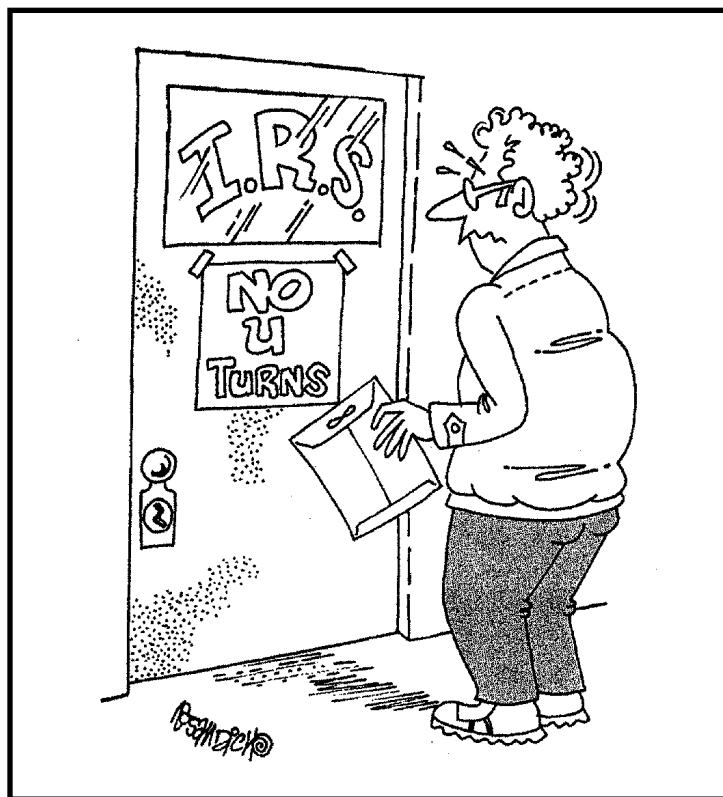
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*I started working with a Personal Trainer and now I see muscles in places I didn't even know muscles existed! Plus I went from a size 10 to a size 2!*

*Body Business has helped me stay inspired about my long-term health goals and my new way of life."*

*Christine Freeman*

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