



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

July 2006

Volume 5, Number 7

## Message From Your President and Board

Due to the positive support from Courtyard residents, the DRIVE SLOWLY IN THE COURTYARD campaign really seems to be working. The Board has received many calls from members saying they've noticed people driving slower in the Courtyard and are happy with the efforts of their fellow residents to reduce driving speeds on Courtyard streets. Your Board of Directors are committed to the DRIVE SLOWLY IN THE COURTYARD campaign, and appreciate members' cooperation to date with this important safety-related neighborhood project. We urge everyone's continued efforts in this regard and will provide further feedback as this campaign continues. THANKS FOR DRIVING SLOWLY IN THE COURTYARD.

## Book Club Meeting July 11 - Tuesday

The Courtyard Book Club will meet on Tuesday, July 11, 2006, at 11:30 a.m. to review this month's selection, "TRUE WOMEN" by Janice Woods Windle. Come join us at the Courtyard Tennis Club for lunch (salad & drink \$6.00) and an enjoyable discussion with your neighbors. We look forward to seeing you!

Looking ahead: August selection is "MARLEY AND ME" by John Grogan.

## Good Things Are Happening

Good things are happening here in the Courtyard. Of that, I am sure. However, I haven't seen or heard of anything extra good happening lately that hasn't already been discussed in past issues of the newsletter such as our beautiful flowers, new roads, dogs, kids, and the marvelous facilities that are here and available at our beck and call. For this reason, I'm asking the good people of the Courtyard to let us know what is going on that is note worthy - those things that make our community special. Simply email or call the number shown in the newsletter for the Communications Committee and let us know about events that people would love to hear about. Two heads are better than one so please give us a hand so that we can keep the good news coming.

## DON'T MISS THE FOURTH OF JULY PARADE AND PICNIC

**Start: 10:15am @ Parade Ridge  
& Courtyard Drive.**

**Route: Proceed from the starting point to Scout  
Island Circle South. From SICS, turn left onto  
Tom Wooten Drive, then right onto Scout Island  
Circle North, and on to the park.**

**Finish: Bull Creek Park for Picnic Celebration!**



## Still Time To Send In Updates For New Courtyard Homeowners' Directory

As many of you are aware by now, work is currently underway to publish an updated neighborhood directory. Letters from our management company were sent out in early June asking homeowners to provide any updates and/or corrections they wanted made to the directory information shown on their residence. If nothing needed to be changed, the homeowner didn't need do anything further.

First, thank you to everyone who's already sent their response in. Second, if you have changes that you want to make, but haven't yet sent in your updated or corrected information, please do so as soon as possible. There is still time to get those changes into the 2006 version before it goes to the publisher. BUT HURRY!

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# COURTYARD CALLER

## CHA Board of Directors

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Michael Castanon .....	231-9789
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Communications	
Betty Marshall .....	343-8299

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502-7509

## The “Eyes” Have It

One of the best defenses against criminal activity in your home or neighborhood is a tightly banded community that looks out for one another. Close neighbors that are alert to the activity patterns of those who live around them and who can recognize who does and does not belong in an area can be the best aids in stopping neighborhood crimes. Along these same lines, if you know a family is going to be out of town, offer to help with trash container placement, and possibly mail and newspaper pick-up. Consider parking a car in the driveway so that it appears someone is home. While these activities do not require much effort on your part, it has been shown that a good neighborhood awareness program that includes this type of assistance is a very effective security measure. Not only that, but it’s truly a “neighborly” thing to do.

## But They’re so Cute . . .

Remember the park signs asking us to “please don’t feed the bears.” Well, this warning also applies to the wild four-legged creatures that share the Courtyard with us.

Such familiarity with humans can lead to them becoming a nuisance as it breaks down their natural and healthy sense of caution about close contact with humans and things related to us humans such as garages, porches, vehicles, and domestic pets. On a more serious note, while most of our wild friends are non-aggressive, close interaction with them can also result in bites or scratches that may transfer diseases such as rabies to both humans and domestic pets. If you want to help an injured wild animal, call Austin Wildlife Rescue at 472-9453. If a problem develops with a young animal who has become a nuisance, note that Havaheart traps are both effective and humane.

-Security Committee

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

## Play Group Time

Tuesdays, Thursdays, Saturdays  
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At the Park





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# COURTYARD CALLER

## Bull Creek Park – Much to Enjoy

It is so good to see people out and about using our neighborhood park. In addition to the regular everyday activities by individual residents, Bull Creek Park has been a great place to hold Courtyard “events” such as our annual Easter egg hunt last April, which was enjoyed by all who attended. This year, our Fourth of July parade ends at the park where we will have games, a clown, face painting, balloon animals, a Moonwalk – and a feast of hot dogs with all the trimmings, lemonade, and watermelon. Hope to see everyone there!

In case parents weren’t aware of it, this spring the Bull Creek Park Committee began sponsoring play group times at the park for all the youngsters in the neighborhood. We are fortunate to have such a nice playscape and surrounding park area available to provide a fun place and opportunity for our children to get together with other playmates and make new friends. Play group times are currently scheduled every TUESDAY, THURSDAY, and SATURDAY from 9 to 11 A.M. at the park playscape. By getting together at the

park with their children, we hope that parents will be encouraged to network and revise the play group times as needed and add other times in the afternoon and/or early evening.

**Note also that residents can reserve any or all of the tables at the park, and that the Courtyard owns facilities next to the County Line restaurant for storing a limited number of boats or watercraft trailers. There is currently a waiting list for these facilities. To reserve any of the above call our property manager, Marilyn Childress (502-7509).**

The Bull Creek Park Committee welcomes questions and/or suggestions concerning the park. Please feel free to contact any Committee member with your comments: Bob May (345-1516), Bob Ueckert (345-6137), Fred Wakefield, (343-7103), Larry Gonda (342-1675), Michael Castanon (231-9789) or Eddie Zamora, Chairman (502-9501).



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## Fit Facts™ FROM THE AMERICAN COUNCIL ON EXERCISE®

## SUMMER SKIN

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

### Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics,

antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

### Creating a Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

### Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going

*(Continued on page 7)*

## Pets bring a lot more than love into your home.



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# COURTYARD CALLER

## Fit Facts - (Continued from page 6)

outdoors, and reapplied every two hours or after swimming or sweating.

- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years. *-Source: American Academy of Dermatology*

## Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and

after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

## Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

## What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).



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## Texas Events - July

8—AUSTIN: Kalinka — Kids Series Sergey and Vladimir explore their native country of Russia through vivacious, invigorating folk and popular music. One World Theatre. 512/329-6753

8—CASTROVILLE: Market Trail Day Features craft, food and plant booths. Houston Square on Angelo Street. 830/741-2313

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

8—KERRVILLE: Second Saturday Art Trail Features art galleries in Kerrville and Ingram. Includes special exhibits and receptions. [www.artinthehills.com](http://www.artinthehills.com) 830/895-5184

8—LAMPASAS: Toughest 10K in Texas E-mail: [lampasaschamber@thegateway.net](mailto:lampasaschamber@thegateway.net) • [www.lampasaschamber.org](http://www.lampasaschamber.org) 512/556-5172

8-9—AUSTIN: 37th National Insulator Association Annual Convention & Sale Offers 120 dealer tables and 28 educational exhibits. Includes seminars and on-site appraisals planned throughout the show. Hours are 9 a.m. to 4 p.m. Saturday and 9 a.m. to 1:30 p.m. Sunday. Doubletree Hotel, 6505 I-35 N. E-mail: [batesjimjr@aol.com](mailto:batesjimjr@aol.com) • [www.nia.org/shows/national](http://www.nia.org/shows/national) 512/255-2006

8-9—BOERNE: Market Days Shop arts & crafts, antiques, collectibles, unusual items and food booths. Main Plaza. [www.mainstreetboerne.com](http://www.mainstreetboerne.com) 830/249-5530 or 210/844-8193

9—AUSTIN: Noche Flamenca Presents a sizzling show that embodies the unadulterated fire of traditional flamenco. One World Theatre. 512/329-6753

9—BURNET: Bluegrass in the Park Wayne Brooks and the Piney Grove Ramblers play toe-tapping, finger-snapping bluegrass music from 7:30 to 8:30 p.m. Inks Lake State Park. 512/793-2223

9—KERRVILLE: Second Sunday Summer Serenade The Air Force Band of the West performs at this free concert. Louise Hays Park. [www.bankofthehills.com](http://www.bankofthehills.com) 830/895-2265

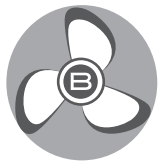
12—NEW BRAUNFELS: Comal Country Music Show House band and featured artists perform country music. Doors open at 6 p.m. Civic Center. 830/629-4547

13-15, 20-23, 27-30—BULVERDE: Crossroads It is 1914 and life is humdrum until a train carrying Buffalo Bill's Wild West Show derails outside of town. S.T.A.G.E., 1300 Bulverde Road. 830/438-2339

13-23—KERRVILLE: The Goodbye Girl —Playhouse 2000 A Broadway dancer, her witty daughter and a neurotic actor are forced to share an apartment. Kathleen C. Cailloux Theater, 910 Main St. [www.caillouxtheater.com](http://www.caillouxtheater.com) 830/896-9393

13-Aug. 27—AUSTIN: Bad Dates It's a bumpy ride of Mr. Wrongs for

*(Continued on page 9)*

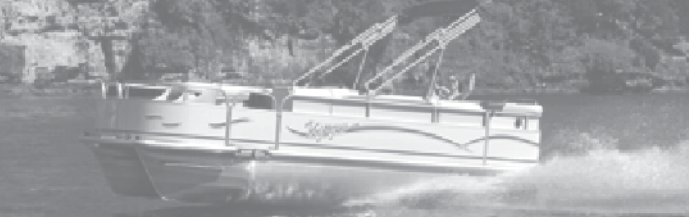


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## Texas Events - (Continued from page 8)

a 40-year-old single mom from Austin who is re-entering the dating scene. Zachary Scott Theatre. [www.zachscott.com](http://www.zachscott.com) 512/476-0541

14—AUSTIN: Bossacucanova This is a Rio-based trio whose music is both freshly modern and deeply, traditionally Brazilian. One World Theatre. 512/329-6753

14-15—FREDERICKSBURG: Night in Old Fredericksburg Features German food and drink, music, arts & crafts, kids area and historical exhibits. Enjoy German pioneer historical demonstrations, clowns, games and more. Performers include The Sauerkrauts and Dujka Brothers on Friday and Shiner Hobo Band, Jodie Mikula Orchestra, Seven Dutchman and Bobby Jones Czech Band on Saturday. Marktplatz Fredericksburg. [www.tex-fest.com](http://www.tex-fest.com) 866/839-3378

14-15—TAYLOR: 55th Annual Taylor Rodeo Includes full action from bull riding to mutton busting. A dance is held after the rodeo. East Williamson County Event Center. 512/365-4357

14-16—FREDERICKSBURG: Trade Days Includes more than 300 vendors, five barns, acres of antiques and more, biergarten and music. Hours are 9 a.m. to 6 p.m. Friday and Saturday and 9 a.m. to 4 p.m. Sunday. Hwy. 290 E. across from Wildseed Farms. [www.fbgtradedays.com](http://www.fbgtradedays.com) 830/990-4900 or 210/846-4094

15—BLANCO: Market Day [www.historicblanco.org](http://www.historicblanco.org) 830/833-2211

15-16—AUSTIN: 12th Annual Pond Tour Pond owners open their properties to the public to demonstrate how luscious a backyard can

become with a splash of water, flash of bright fish and aroma of many plants and herbs. Hours are 9 a.m. to 5 p.m. [www.austinpondsociety.org](http://www.austinpondsociety.org) 512/627-3483

15-16—AUSTIN: Citywide Garage Sale Palmer Events Center. [www.cwgs.com](http://www.cwgs.com) 512/441-2828

15-16—GRUENE: Old Gruene Market Days Nearly 100 vendors offer uniquely crafted items, collectibles and packaged Texas foods. Hours are 10 a.m. to 5 p.m. [www.gruenemarketdays.com](http://www.gruenemarketdays.com) 830/832-1721

16—AUSTIN: Eliot Fisk & the Miro String Quartet Prepare to be dazzled when one of the premiere string quartets in the world meets one of the greatest guitar virtuosos for an afternoon of Spanish music — both new and old. Begins at 2:30 p.m. Northwest Hills United Methodist Church, 5070 Village Center Drive. [www.austinclassicalguitar.org](http://www.austinclassicalguitar.org) 512/300-ACGS

21-23—AUSTIN: Custom Sounds Texas Heat Wave Features the hottest cars, trucks, bikes and anything else with wheels. One of the largest custom truck and car shows in the nation. Travis County Expo Center. [www.heatwaveinc.com](http://www.heatwaveinc.com) 512/252-0283

21-23—NEW BRAUNFELS: Quiltfest "Stitchin' in the Garden" Judged show includes a raffle quilt, vendors, silent auction, quilt appraisals, Quilter's Emporium and more. Hours are 10 a.m. to 5 p.m. Friday and Saturday and 11 a.m. to 4 p.m. Sunday. E-mail: [hempen@gvtc.com](mailto:hempen@gvtc.com) • [www.geocities.com/nbaq](http://www.geocities.com/nbaq) 830/625-0424

(Continued on page 10)

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## Kid's Corner



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# COURTYARD CALLER

## Texas Events - (Continued from page 9)

21-23—ROUND ROCK: 2006 Games of Texas Soccer Tournament  
www.taaf.com/gamesoftexas

22—CASTROVILLE: Annual Kid Fish Open to children age 4 to 16. Begins at 9 a.m. Reservations recommended. Call after June 1 for reservations. Landmark Inn State Historic Site. 830/931-2133

22—FREDERICKSBURG: Fredericksburg Saturday Night: American Music in the Texas This is a series of live Roots music concerts featuring bluegrass, blues, soul, jazz, gospel, Cajun, zydeco and other American music styles by emerging and established artists. Hours are 5 to 11 p.m. The Pioneer Museum. www.pioneermuseum.com 830/997-2835

23—AUSTIN: Sax Pack Consists of three all-star sax players: Jeff Kashiwa, formerly of the Rippingtons; Kim Waters, king of urban smooth jazz; and Steve Cole, sizzling soul man. One World Theatre. 512/329-6753

24-Oct. 15—KERRVILLE: Window on the West The Phelan Collection — Museum of Western Art Features paintings from artists who personally explored the West in the 1800s. 1550 Bandera Highway. www.museumofwesternart.org 830/896-2553

27—MASON: Country Opry The featured artist is Jade Cienega. Begins at 7:30 p.m. Odeon Theater on Mason Square. E-mail: masoncoc@htc.net • www.masontxcoc.com 325/347-5758

27-30—ROUND ROCK: Games of Texas This Olympic-style

event includes archery, badminton, baseball, bowling, boxing, disc golf, fencing, golf, gymnastics (youth/adult), lifeguard competition, racquetball, sand volleyball, soccer (youth), softball (youth/adult), swimming, tennis (youth), track and field, and wiffleball. www.taaf.com/gamesoftexas

28-30—FREDERICKSBURG: 29th Annual Swap Meet Lady Bird Johnson Municipal Park. www.fredericksburgcarclub.com 325/388-2223

28-Aug. 18—WIMBERLEY: The Cocktail Hour Greenhouse Theatre. www.wimberleyplayers.org 512/847-0575

29—STONEWALL: Blacksmithing at the Sauer-Beckmann Farm Hours are 10 a.m. to 3 p.m. Lyndon B. Johnson State Park & Historic Site. 830/644-2252

29-30—JOHNSON CITY: Arts Encounters 2006 Series Hours are 10 a.m. to 6 p.m. Saturday and 1 to 6 p.m. Sunday. The Benini Foundation. www.artscountersatbeninis.com

31-Aug. 12—WIMBERLEY: Shakespeare Under the Stars Two Shakespearean plays run consecutively. EmilyAnn Theatre. www.emilyann.org 512/847-6969

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