



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

November 2008

Volume 7, Number 11

## Message to Members

Although it may seem a bit early, this month we would like to start our campaign to remind members of the importance of sending in their voting proxy for the Courtyard's annual meeting in January. It is a requirement of our Association Declaration that a quorum be present to hold an official meeting, and we want to avoid having to hold a second annual meeting. We have found over the years that it really helps if you sign and mail in your proxy form as soon as it arrives. This way, you won't forget, and if for some reason you can't make the meeting, your vote will be counted. If you sent in a proxy but later are able to attend the annual meeting, you can simply pick-up your proxy at the meeting and vote in person. Further reminders and more information about our next annual meeting will appear in future newsletters and on the Courtyard's website: [www.courtyardhoa.org](http://www.courtyardhoa.org). If you have any questions, please contact any Board member.

**As we begin to receive our new recycling containers from the City of Austin, please keep in mind that the same requirements exist for them as for all garbage cans and leaf bags. These items can be put out at the curb the night before and should be put away by the end of the trash pick-up day.**



Finally, in this month that focuses on recognizing the many good things in our lives, the Board thanks all our residents who, together, help make the Courtyard a great community in which to live. Special appreciation goes to those who make the effort to watch their speed as they travel through our neighborhood streets. Driving slowly helps make the Courtyard safer for children playing and for our many walkers, runners, cyclists, and animals (both domestic and wild), particularly during the shorter days of fall and winter. Keep up your good efforts.

**Best wishes to all for a happy and safe Thanksgiving!**

*Your Courtyard Homeowners Association Board of Directors*

# COURTYARD CALLER

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<b>President</b> , Frank Apgar .....	794-8346, 415-9412 cell
<b>Vice President</b> , Michael Castanon .....	231-9789
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<b>Treasurer</b> , David Tait.....	795-9017
Leslie Craven .....	502-1124
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Jim Lloyd .....	231-0855

## Committees

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<b>Welcome</b>	
Alice Randolph.....	394-7218
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Michael Castanon.....	231-9789
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<b>Communications</b>	
Leslie Craven.....	502-1124
<b>Compliance</b>	
Waneen Spirduso .....	345-5078
<b>Kayak Committee</b>	
Waneen Spirduso .....	345-5078

## Area Development and Zoning Liaison

Bill Meredith .....	345-0593
Goodwin Management: Marilyn Childress	
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## Don't want to wait for the mail?

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## Meet Jarod

I know you have seen Jarod's picture before, but since he is still waiting for a permanent home – a Forever Family – it is important to once again share his story.

Jarod will turn 18 in December. While you may think 18 is the time when kids leave home and are on their own, it sometimes doesn't work that way for children raised in the foster care system. In fact, it usually never works that way. Although these kids may be on their own, there are ill prepared to live 100% self sufficient, as most kids are.

For Jarod, we would love to have a family in the Austin area. He is in school, enjoying the work and playing football, and wants to continue with his education and eventually, go to college or in the Marines.

If you are willing to learn more about adopting a teenager, or Jarod specifically, please call Tracy Eilers at 512-301-2825 or email the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org) and put "Jarod" in the subject line.

### A little more about Jarod...

Imagine growing up in an unstable environment. Imagine having to be responsible for yourself at a very young age. Then, imagine, at 10 years old someone removing you

from the only environment you have known and putting you in foster care with strangers. While this is done for the safety and well-being of the child, it is often difficult for children to understand. Sometimes they are sad, hurt, frustrated and angry. They are angry for being in this situation in the first place, angry for being in a strange place, angry because the world has let them down, angry because they now have no control over their future. You see, kids connect to things rather easily, even if it is a bad situation...when that is all you know, that is all you know.

Fast forward seven years and several foster homes later and you are still in foster care, you are angrier than ever because of the lack of control and because you simply do not know how to handle things. You mistrust the system, have difficulty getting along with foster siblings who too come and go and you face a very uncertain future.

So, you have Jarod who is now 17. He is a good kid with a good heart who needs direction and desperately needs someone to love him. Loving him will help give him a foundation for developing self worth – you see, he figures that if no one loves him, what is there to love about himself. Jarod needs someone who is going to help him process his anger and feel stable. He needs a strong forever family with a strong male figure. He needs a family with patience who is going to allow him to work through school at his pace, learn to trust at his pace. The family needs to be okay with baby-steps. Maybe there is a family out there with the mentoring spirit – willing to adopt Jarod and give him a permanent home with no timelines...someone willing to help him finish school and develop plans for the future... most importantly, someone who will allow him to back up and grow up in the right developmental manner, instead of being forced to grow up. You see, for many kids the lack of stability and a family is the foundation on which everything else is built. If you have that mentor spirit and the willingness to take baby steps, please consider Jarod. Adopting a teenager is not easy and you cannot expect him to even resemble 17 years old, he has missed a lot and needs the opportunity to be a youth longer. And, teenagers in general are not easy to parent/mentor. This will take a special family. Did you know you can be single and adopt? Did you know there are no fees to adopt from the foster care system?

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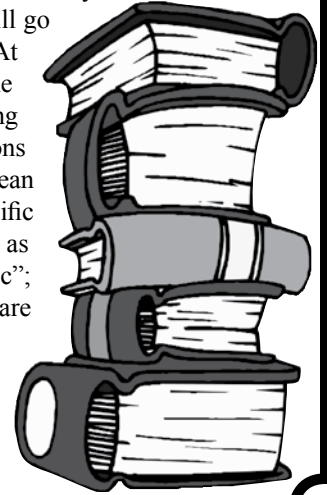


# COURTYARD CALLER

## Book Club

The Courtyard Book Group will meet on November 11 at the Courtyard Club to discuss the mystery, *Anarchy and Old Dogs*. This is the fourth of a critically acclaimed mystery series by Colin Cotterill. A British citizen, Cotterill was born in London where he trained as a teacher. With this training, he set out to see the world. He worked as a teacher in Australia and Israel, but it is in Southeast Asia where he has remained and now lives in Thailand. *Anarchy and Old Dogs* is set in Laos in 1977. The main character in the series is the national coroner, Dr. Siri who was sympathetic with the revolutionaries who overthrew the monarchy in 1975, but is disgruntled with Pathet Lao bureaucratic governance. The New York Times reviewer compares Dr. Siri with Precious Ramotswe of McCall's Smith's *No. 1 Ladies Detective Agency* series—an unlikely detective surrounded by colorful characters. In this light read for a busy month, readers can learn much from the setting and period of history while enjoying the humor and intrigue.

In December, the Book Group will take a break and enjoy our traditional holiday meeting with a book exchange. Bring a wrapped book that you have enjoyed. It may be used or new, hard or softcover, recent or classic—any book you recommend. Everyone will go home with a book to read a enjoy! At this meeting we will also make some plans for the reading list for the coming year. Please send any recommendations you have for the 2009 reading list to Jean Heath at [heathcjb@yahoo.com](mailto:heathcjb@yahoo.com). Specific recommendations for titles as well as general ones such as “include a classic”; read more fiction; more nonfiction are encouraged.





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## Stress and Aging

*Submitted by Dr. Tenesha Weine*

Many things can speed up aging including a diet high in fats and white sugar/carbohydrates, not getting enough exercise, lack of sleep and too much exposure to the sun, but stress is number one!

A little bit of stress is not always bad, it wakes us up and makes us alert. We learn better sometimes when we have a little bit of stress. The danger of aging comes when we have prolonged stress and don't know how to counteract the negative stresses.

A stress response starts in the pituitary gland and hypothalamus, which is called the mind-body connection, or where the brain and body intersect. When the hypothalamus and pituitary are stimulated, they activate the adrenal gland, which releases chemicals into the body that rev the body for a "fight or flight" action. When your body gets stressed, such as in times of emotional distress, exercise, surgery, illness, or even daily living, hormones are produced by the adrenal glands called Glucocorticoids, one of them being Cortisol. Prolonged adrenal stimulation will eventually lead to adrenal fatigue, a condition I speak more in depth about on my website.

So what can you do about Stress? Life style change is by far the best antidote to stress.

1st is to breathe correctly from your diaphragm, this powerful muscle in your stomach can calm the vagus nerve which helps aid in balancing your body. This nerve sends branches to the heart, the lungs, and the intestinal tract. And what it's saying to your system is to calm down.

2nd is through meditation or prayer. This can strip decades, literally, off your life. If you find still meditation difficult, you can also use techniques like yoga, tai chi, or chi-gong. Just spending as little as 10 minutes alone, in silence will reset your endocrine system. You may say you don't have time, or you can't afford to take ten minutes. You really can't afford not to.

3rd, as we've all been told before, eat more fruits and vegetables!!! Specifically those rich in antioxidants like tomatoes, blueberries, carrots and broccoli. They can boost your immune system and help your body fight off the negative effects of stress.

4th, add magnesium to your diet. Magnesium is a well known anti-stress mineral. Look for it in whole grains, beets and raisins. Magnesium can also be taken as a supplement monitored by a health care practitioner.

5th, let it go! Relax. Don't sweat the small stuff....and it's all small stuff. Learn to keep from letting the little things in life drive you crazy. Don't focus on the negative and stressful. Most of us need some help with this. There are many relaxation techniques out there such as guided visualization and hypno-therapy that can help. Check out the book "Don't Sweat the Small Stuff," by Richard Carlson, PH.D, highly recommended!

Lastly, and this may be needed in cases of extreme prolonged stress and exhaustion, is monitored Adrenal Gland rebuilding by a certified Doctor. Each gland in your body can be rebuilt using proper herbs and supplements. Adrenal gland testing may need to be performed to see just how stressed your body is and the rebuilding starts from there!

More to come on Adrenal Testing. In the meantime, Relax!

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## New Stress Reducer - House Plants

*Submitted by Dr. Tenesha Weine*

House plants look pretty, fill empty spaces on the floor, and reduce stress. That's right, reduce stress. Being close to house plants makes us feel good. House plants reduce heart rate, blood pressure, and help with skin conductivity. Research has shown that people in planted offices recover from stress more quickly than those in un-planted offices.

No, the nursery with the pink flamingos around the corner from my office did not pay me to write this! It's true, the effect is seen more significantly in situations where the tasks being performed are repetitive or require only low levels of concentration by improving the air quality and people's perception of the building.

Think about it, humans were made to be outside in the woods or jungle, not inside of a cubicle with florescent lighting for eight hours. So, plants in the office help remind our cells there is life outside the four walls of our office.

Plants also give employees a sense of nurturing and caring, and is a highly interactive and a satisfying experience as it relates to our innate desire to take care of something else living.

A number of studies also show plants can reduce the incidence of minor health complaints. Planted buildings have less airborne dust and increased humidity and static electricity. This is mainly because plants are slightly negatively charged compared with their surroundings. This attracts positivity charged dust particles and reduces the number in the air and on the surrounding surfaces.

**A Norwegian study, after plants were installed in the trail office, the staff complaints about:**



- \*fatigue was reduced by 30%
- \*dry throats were reduced by 30%
- \*headaches were reduced by 25%
- \*coughing was decreased by 40%
- \*skin irritations were reduced by 25%

So go out and buy a beautiful fern, a prayer plant, or a begonia today and feel better in your office!

## *The Texas Rose Of Tralee*

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The Texas Rose of Tralee is an organization that hosts the annual Texas Rose of Tralee Selection and Gala. There, a single young lady of Irish descent, (ages 18–27) is selected to be the “Texas Rose of Tralee”. This young lady goes on to represent the Texas Irish community in Tralee, Ireland at the International Rose of Tralee Festival. Interested?

Contact us at [jimnelon@tx.rr.com](mailto:jimnelon@tx.rr.com) or 972-208-1069

*Could you be our next Texas Rose?*



## **Pumpkin Pie Recipe**

### **Ingredients**

1 can pumpkin	1 cup brown sugar
2 eggs, beaten	¼ tsp. cloves
1 t. salt	½ tsp. ginger
2 t. cinnamon	½ tsp. allspice
1 can evaporated milk	

### **Directions**

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

*If you would like to submit **YOUR** recipe, email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

**Austin home cooking.**



**Happy Thanksgiving.**



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