



Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

December 2008

Volume 7, Number 12

Message to Members

Annual Meeting - January 25, 2009!

Please take a moment to mark down a very important upcoming event on your calendars – the Courtyard’s annual meeting starting at 6:00 p.m. on Sunday, January 25, 2009 in the lobby of the office building located at the intersection of Courtyard Drive and Scout Island Circle North. Although we would like very much for every resident to attend this meeting, we know, as a practical matter, that it is just not always possible. As we have noted earlier, however, our Declaration mandates that a quorum be present at this meeting so that important homeowner association business can be conducted. For this reason, we urge you to read the written materials, sign, and mail in your voting proxy as soon as possible to help us avoid the costs of rescheduling a second annual meeting. We recognize that it is often difficult to know this far ahead whether your schedule will permit your attendance. Please note that sending in your proxy early in case you cannot attend the annual meeting in person will not prevent you from showing up at the meeting and voting directly yourself. Further reminders and more information about the annual meeting and voting by proxy will appear in the January newsletter and on the Courtyard’s website: www.courtyardhoa.org. If you have any questions, please contact any Board member.

Now that our new big blue recycling containers have arrived from the City of Austin (City), please note that collections are now every other Friday – that’s December 12 and 26 this month. Since the December 26 is “on or after” the holiday that week, collection day will slide to Saturday, December 27. For more information, contact the City’s Solid Waste Services Department.

During this holiday season, please keep an eye out for anything suspicious on or around your neighbor(s)’ homes and property. If it looks like the homeowners forgot to cancel the newspaper or mail begins to pile up, simply collect them and let your neighbor(s) know when they return.

Best wishes to you all for a Merry Christmas and a safe and happy Holiday season !!!

Drive Safely in the Courtyard

Your Courtyard Homeowner’s Association Board of Directors

Book Club

In December, the Book Club takes a break to celebrate the season and exchange books that members have enjoyed outside the group setting. Instead of meeting at the Courtyard Tennis Club, this month’s meeting will be held at Jean Heath’s home, 5909 Tom Wooten Drive (corner of Tom Wooten and Scout Island Circle North), at 1 p.m., Tuesday, December 9. A light lunch will be served.

Bring a wrapped book to this meeting. It should be a book that you have enjoyed and may be new or used, hardcover or paper – just a book you would like to share. We will have a lively exchange where members can choose from the wrapped books or elect to “steal” a book that another member has already unwrapped. At the end of the day, everyone will go home with a book.

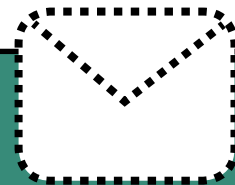
At this last meeting of the year, the group will also make our selections for the year ahead. At the November meeting, members suggested a large number of books for our 2009 reading list. At this December meeting, we will narrow that list down to a selected set of monthly favorites for the year ahead. We are always looking of interesting, thoughtful, engaging books to read so don’t be shy about putting forth your favorites.

Please send your reading recommendations to Jean Heath at heathcjb@yahoo.com and to let her know if you plan to attend.

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Paddles Up

Late fall brings beautiful evenings and crisp mornings for paddling on Bull Creek and Lake Austin. We hope you will take advantage of the cooler weather for boating and family cookouts in the Community Park. Any homeowners interested in joining the wait list for kayak or canoe storage in the park, please contact me. The committee is planning several key events over the winter to enhance water access and support the boating community.

Safe Boating!

Kayak Committee
Waneen Spirduso, Chair



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Oak Tree Trimming Season Is Now To Avoid Oak Wilt

As many of you may recall from the frequent yard signs around NW Austin earlier this year, oak trees should not be trimmed from February through June as this is when the oak wilt carrier beetle is most active. The season to trim oak trees runs from July through January and if your oak trees don't get trimmed between now and the end of January, they should not be trimmed until July, 2009. See tips on trimming and tree care below.

By way of reminder, our neighborhood Declaration requires that no tree, shrub or planting of any kind be allowed to overhang or otherwise encroach upon any sidewalk or other pedestrian way from ground level to a height of seven (7) feet, and the City of Austin requires that all trees overhanging streets have a minimum clearance of fourteen (14) feet above street level.

Proper pruning

- Do not prune oaks February through June as this is peak carrier beetle activity season
- Sterilize tools with bleach or alcohol (Lysol is also a solution) before pruning
- Employ certified arborists and their firms (avoid scam artists)

Proper wound treatment

- Immediately paint wounds with pruning paint or latex paint within 15 minutes as carrier beetles may be attracted to untreated cuts or wounds

Proper firewood usage

- Select well seasoned firewood as unseasoned wood might be contaminated
- Select Oak Wilt free firewood that has no fungal mat contamination

Monitor utility easement clearing activities

- Review project with city project manager
- Inspect actual work for equipment sterilization and wound treatment

Resources

- Texas Oak Wilt Information Partnership: <http://www.texasoakwilt.org/>
- Northwest Austin Civic Association: <http://www.nwaca.org/oakwilt/>
- City of Austin: <http://www.ci.austin.tx.us/oakwilt/>
- Texas Forest Service: <http://texasforestservice.tamu.edu/main/article.aspx?ctrl=6>
- U.S. Forest Service: <http://www.na.fs.fed.us/fhp/ow/states/tx/tx.shtm>

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Courtyard residents, limit 30 words, please e-mail LouBetty@aol.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales at 512-263-9181 or advertising@PEELinc.com.

Prospective Parent Orientations at Highland Park Elementary School

Highland Park Elementary School is hosting a series of orientations for prospective parents who might wish to learn more about the school. If you missed the November meeting, please note that the next scheduled event is a brown bag lunch and visit with school staff, PTA representatives, and Highland Park parents:

Time: 12:00-1:00pm

Date: Tuesday, January 13th, 2009

Place: Highland Park Elementary School,
4900 Fairview Drive, 78731

Name: School staff contact: 414-2090

If you have any questions, please feel free to contact, Kalin Boenig, head of the welcoming committee for Highland Park Elementary: (512) 343-333 and/or kkboenig@yahoo.com. See also the Courtyard's website for additional information about these and future orientations.

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Davenport Village: 306-0557
West Anderson Lane: 459-9424
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Keeping Central Texas Kids Warm for 22 Years

Submitted by Amber Brabham with The Junior League of Austin

For 22 years, Coats for Kids has provided for hundreds of thousands of Central Texas children in need of a warm winter coat. Coats for Kids is an annual Junior League of Austin community project that collects and distributes warm winter coats to eligible children and teenagers in the Central Texas area.

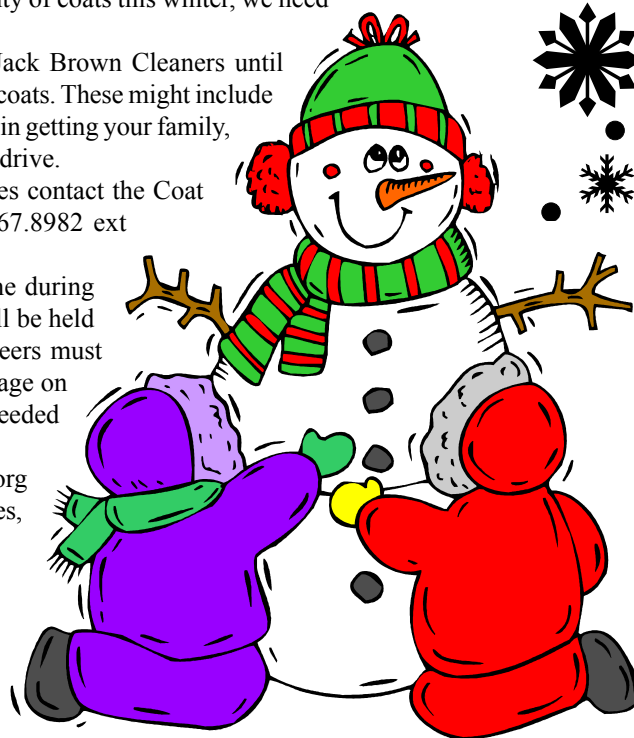
Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner to organize and facilitate the details of the project in an effort to bring the community together to ensure that the children of Central Texas stay warm. Last year approximately 28,000 coats were donated by the community and distributed to children in Central Texas. In order to make sure we have plenty of coats this winter, we need your help in collecting and donating.

Coat donations may be dropped off at your neighborhood Jack Brown Cleaners until December 3. There is a need this year to collect "warmer" winter coats. These might include ski coats, wool coats, heavy down or parkas. If you are interested in getting your family, neighbors and co-workers involved, consider organizing a coat drive.

For more information on School and Community Coats Drives contact the Coat Drive Coordinator at cfkcoatdrive@jlaustin.org or call 512.467.8982 ext 294.

Coats for Kids also urges the community to donate their time during sorting week (December 1 – 5) or on distribution day which will be held at the Palmer Events Center on Saturday, December 6. Volunteers must be at least 15 years of age during sorting week and 18 years of age on distribution day. Spanish speaking volunteers are especially needed and are encouraged to sign up for distribution day!

Contact the Volunteer Coordinator at cfkvolunteers@jlaustin.org for more information. For a complete list of volunteer opportunities, dates and more information log on to www.jlaustin.org.



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The Miracle Cure....

Submitted by Dr. Tenesha Weine

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract

supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____ Weight / 2 = _____ ounces per day



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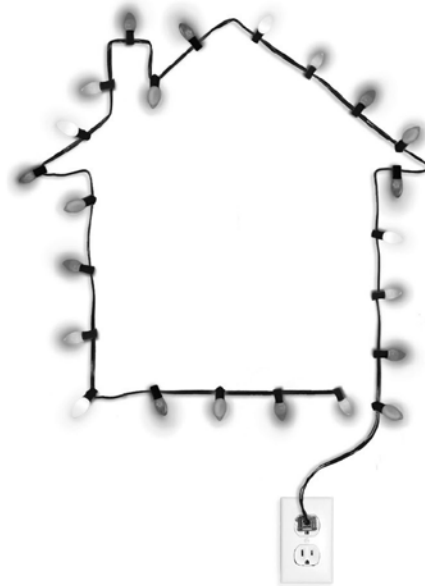
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