



Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

January 2009

Volume 8, Number 1

Message to Members



We hope everyone had a happy and safe holiday. Welcome to 2009!! Please don't forget to mark your calendars to attend the Courtyard Homeowners' Association 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. Information

about this meeting will be coming by mail to you soon.

Although you may be tired of reading about it by now, it is very important that we have a quorum present at this meeting so that we can conduct necessary business as required by our Declaration. We understand that it is not always possible to attend in person and, 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. 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. More information about the annual meeting and voting by proxy may be found on the Courtyard's website: www.courtyardhoa.org. If you have any questions, please contact any Board member.

Two directors are retiring at the end of their terms this January. Our best wishes and deep appreciation go to Michael Castanon and Reese McCrea for their years of service to the Community. Fortunately, other members of our Community have stepped up to offer their time to serve on the Board. If you want to learn a little about these nominees see "Meet the Candidates" in this edition of the newsletter or on the website.

Finally, please note that our "blue trash" collections are now every other Friday – that's January 9 and 23 this month. For more information, contact the City's Solid Waste Services Department.

Drive Safely in the Courtyard

Your Courtyard Homeowner's Association Board of Directors

Meet the Candidates !!!

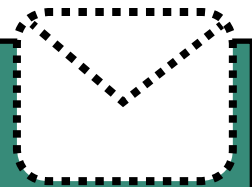
Two director positions are open for election at the Homeowners' Association Annual Meeting at 6:00 p.m., Sunday evening, January 25. As of the date that articles had to be submitted for publication in the January newsletter, the following two residents have expressed an interest in serving on the Board. Please take a minute to learn a little bit about them before the election. Maybe even give them a call. We are fortunate to have residents willing to offer their time to help run the business of the community.

Karen Johnson has been a member of the Courtyard community since August 2003 and except, for a five-year stint in Dallas as a visiting professor at the UT Arlington and Dallas, she has been in the Austin area since 1976. Ms. Johnson has practiced education law for over thirty-five years in both the private and public sectors, and is currently Assistant General Counsel at the Texas Higher Education Agency (TEA). Citing her enthusiasm, dedication, and commitment to the neighborhood, her Courtyard Cove neighbors believe Karen would be a wonderful addition to the Board.

Waneen Spirduso has lived on Tom Wooten Cove for over twenty years. Born and raised in Austin, Professor Spirduso was gone only briefly while teaching at Boston University and the University of North Texas. Returning in 1968, she joined the University of Texas faculty and remains there today. Over the years, Waneen has served on the Courtyard's Park and Environmental Control committees. She is currently chairperson of the Compliance and Kayak/Canoe committees.

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COURTYARD CALLER

CHA Board of Directors

President , Frank Apgar	794-8346, 415-9412 cell
Vice President , Michael Castanon	231-9789
Secretary , Reese McCrea.....	231-1336
Treasurer , David Tait.....	795-9017
Leslie Craven	502-1124
Ed Ueckert	345-6137
Jim Lloyd.....	231-0855

Committees

Environmental Control (ECC)	
Diana Apgar.....	415-9412
Community Park	
Jim Reed.....	502-8511
Welcome	
Alice Randolph.....	394-7218
Social	
Michael Castanon.....	231-9789
Landscape & Decorating	
Ed Ueckert.....	345-6137
Security	
Jim Lloyd.....	231-0855
Communications	
Leslie Craven.....	502-1124
Compliance	
Waneen Spirduso	345-5078
Kayak Committee	
Waneen Spirduso	345-5078

Area Development and Zoning Liaison

Bill Meredith 345-0593
 Goodwin Management: Marilyn Childress
 11149 Research Blvd. Austin, TX 78759-5227 • 512-502-7509

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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. Please note that the next scheduled event is a brown bag lunch and visit with school staf, 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 kboenig@yahoo.com. See also the Courtyard's website for additional information about these and future orientations.

Business Classifieds

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Book Club

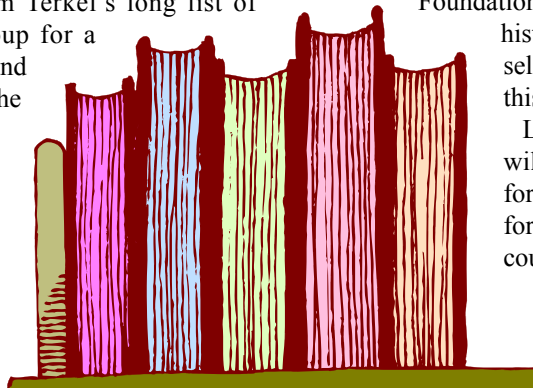
Begin the New Year with this pair of great resolutions – *read more and take time for friends and neighbors*. Easy to do if you are in the Courtyard Book Club. The group meets regularly on the second Tuesday of the month at 1 p.m. in the clubhouse of the Courtyard Tennis & Swim Club. Members can order lunch from the grill, discuss the book of the month, and visit for about an hour. For more information, call or email Jean Heath, 231-9412 or heathcjb@yahoo.com.



In January, we will be remembering and reading the work of Studs Terkel. Choose a book from Terkel's long list of well-regarded books and join the group for a discussion of Terkel, his body of work, and his influence on American thinking. The Studs Terkel website maintained by the Chicago Historical Society, <http://www.studsterkel.org> is a comprehensive resource about the man and his work. Terkel died earlier this year at the age of 96. Over his lifetime, beginning

from the vantage point of a Chicago Rooming House his family operated and the nearby Bughouse Square, a meeting place for workers, organizers, dissidents and the unemployed, he was a keen observer of people. With his law degree from the University of Chicago, he worked briefly as a civil servant but found his life work interviewing the influential and famous as well as the common and regular for radio in his beloved Chicago. His book on World War II, *The Good War* won the Pulitzer Prize for nonfiction. In recognition for his body of work, he received the National Book

Foundation Medal. His influence on the use of oral history as a literary form is embodied in his self-chosen epitaph, "Curiosity did not kill this cat."

Looking ahead, in February the Book Club will begin reading from the books selected for 2009 at the December meeting. Check for that list on the Courtyard's website, www.courtyardhoa.org.



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3.14% ^{APY} <small>\$175,000 and ABOVE</small>	3.65% ^{APY} <small>36 Months</small>	3.85% ^{APY} <small>36 Months</small>
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COURTYARD CALLER

Bowl for Kids' Sake

Submitted by *Connie Anderson*

It's almost time to lace up your bowling shoes, don your Mardi Gras attire, and roll a strike to benefit Big Brothers Big Sisters of Central Texas (BBBS). For more than 25 years, Bowl For Kids' Sake (BFKS) has been Big Brothers Big Sisters' largest annual fundraiser. To thank participants for their contributions, BBBS hosts a free, fun-filled bowling party with team prizes! The 2009 Mardi Gras themed celebration (PG rated) will be held at Highland Lanes on February 27th, 28th, and March 1st.

Big Brothers Big Sisters mission is "to help children reach their potential through professionally supported, one-to-one relationships." This year BBBS of Central Texas has served more than 1,500 children and has been "ranked among the top five [agencies] in the country!" This success wouldn't be possible without community support, especially that of BFKS participants. "One hundred percent of the proceeds support the recruitment and screening

of volunteers, and the professional support staff that check in with each child, parent, and volunteer on a regular basis."

Come learn more about BFKS at the official Kick-Off Party Monday, January 19th at Trudy's North Star, 8820 Burnet Rd, from 6:30 to 8:30 pm. There will be door prizes, games, trivia, fundraising tips, and team registration. Be sure to brush up on your bowling and Mardi Gras knowledge!

If you're unable to attend the kick-off party, there are several ways to be a part of Bowl For Kids' Sake. Gather your friends, family, neighbors, and coworkers to form a team of five (maximum) or register individually at <http://austinbown.kintera.org>. The registration deadline is February 19th. There are also corporate sponsorship opportunities and group/industry bowling sessions listed on the website. For more information about BFKS or the Kick-Off Party, contact Meghan Jones by phone at 512-472-5437 or email at meghan@bbbscentraltx.org.

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 mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office, 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

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.

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January Events at the Wildflower Center

Free Admission entire month of January

Rainwater Collection Weekend

Make the most of winter rain with the book and DVD, "Rainwater Collection for the Mechanically Challenged." Free bottle of fresh-from-the-clouds drinking water with each purchase of a rainwater collection product. *Saturday and Sunday, January 10 and 11.*

Keith Steber and Barbara Irwin Exhibits

Mixed media and oil paintings by Steber and found object flower art by Irwin in the store. *January 17 through March 15*

Tree Talk & Winter Walk

Find the trees and shrubs you need at the sale and learn all about Texas tree species with walks and talks led by Wildflower Center staff and local tree experts. Book signing at the store and 20 percent off tree books. *9 a.m. to 5:30 p.m. Saturday, January 24*

Winter Clearance at the Store

Final reductions on seasonal goods. *Saturday, January 31*

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



9AM to 11AM
At the Park

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Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



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