

Courtyard Homeowners Association, Inc.

January 2010

Volume 6, Number 1

Message to Members

Annual Meeting - January 24th!

Happy 2010 to Everyone! Hope you all had a happy and safe holiday season and are ready for the year ahead. Don't forget that on Sunday, January 24 at 6:00 p.m. the Courtyard holds its very important annual meeting. All residents are urged to attend. Please mark this event on your calendars. As in the past and for convenience, this meeting is in the lobby of the office building at the corner of Courtyard Drive and Scout Island Circle North. Additional information about this meeting will be coming to you by mail soon, so be on the lookout.

We apologize if you are getting tired of reading about this event by now. However, we must stress the importance of having a quorum present at the annual meeting so that we can conduct necessary business as required by the Declaration and avoid the costs and delay of having to schedule a second meeting to complete important community business. Understandably, it is not always possible to attend in person. For this reason, when you receive the written materials by mail, please take a few minutes to read them, and then sign and mail your proxy right back in. In this way, if you cannot attend in person, your vote will count. Remember that sending in your proxy does not prevent you from attending in person and voting directly that night. If you have any questions, please contact any Board member or Marilyn Childress at Goodwin Management Company.

Looking ahead - to help safeguard our trees from oak wilt, keep in mind that January is your last month to finish up any tree trimming projects. Get it done now. Oak trees should not be trimmed from February through June as this is when the carrier beetle is most active. Play it safe. Save your shade!!! Blue trash days this month are Fridays, January 8 and 22. Please do not leave containers out for days before or after Friday pick-ups.

Finally, drivers - please continue your good efforts to drive slowly in the Courtyard as you come and go during this darkest time of the year. Our many walkers and runners can help, too, by wearing light and/or reflective clothing, carrying a flashlight, and not taking up more space than is needed to get by on our streets. Everyone benefits when we make the effort to keep our neighborhood safe. Hope to see you at the Annual Meeting.

Your Courtyard Homeowners' Association Board of Directors

What Am I?

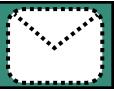
(Answers on page 2)

A. Changeless through uncounted centuries, I am still the symbol of inconsistency. I am dead and cold in death, yet I exercise irresistible power, renewed every day, over that which is thousands of miles distant from me. I cause strange sensations in dogs and lovers, and once inspired athletic ambitions in the domestic cow. I am a symbol of mania and of a formidably rising nation. Though I have a well-rounded character, nobody has ever seen more than one side of me. What am I?????

B. I am positively the worst ever. I am absolutely the best on record. I am always surpassing myself. My past is negligible, my future a matter of universal concern and infinite conjecture. Most people profess a prophetic vision of me, but birds and animals know more about me than they do. Everybody complains of me, but nobody ever does anything to correct or improve me. What am I?????

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SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in the Courtyard Caller? Send it to us and we will publish it in the next issue. Email the picture to *lcraven1@austin.rr.com*. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online

at www.PEELinc.com.

Brainteaser Answers

Answers: A. The moon. B. The weather.



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OFFICE HOURS

Convenient office hours are Monday 9 am - 5 pm

Tuesday - Thursday 8 am - 5 pm Fridays are reserved for surgical procedures.



January Meeting of Book Group

Make a New Year's resolution that is just as enjoyable as it is good for you. Read some interesting books and engage in discussion with Courtyard friends and neighbors by joining in the Book Group that meets each month on the second Tuesday at 1 p.m. at the Courtyard Club. On Januray 12, the discussion will be about The Invisible Wall, a Love Story that Broke Barriers by Harry Bernstein.

Now ninety-nine, Harry Bernstein immigrated to the United States with his family after World War I when he was a young boy. He started writing of his life experiences at the age of 94 after the death of his beloved wife, Ruby. In The Invisible Wall, he writes of his experiences in Lancashire, England, a mill town where Jews and Christians lived on the same street but are divided by a gulf of prejudice and suspicion. Speaking to what he hoped to accomplish in writing his story, Berstein says, "I hope readers will see in my book a vision of tolerance that is possible, not just between Jews and Christians, but between all peoples." A critique by writer and scholar Daniela Gioseffi makes his point as she states, "The Invisible Wall creates a microcosm of what is wrong with our larger world today. In every way, it is a lesson in the folly of religious prejudice." Bernstein's memoir, which earned a starred review in Publisher's Weekly and in the American Library Association's Booklist is written in prose that easily engages the reader's mind and heart much like that of Frank McCourt's Angela's Ashes. No matter what one's reading preferences, this book belongs in the "not to be missed" category!

In February, the Book Group will begin reading from the list of books selected by members at the December meeting. Watch your Courtyard Caller and the HOA website for the list of compelling reading for 2010.

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Did You Know

We Live in a Great Location

Although we who live in the Courtyard feel that it's a great place to live, it's nice to know others think so too. Happily, others in Central Texas do seem to recognize this as evidenced by the following comments found by a member of our community while perusing

This upscale neighborhood (Courtyard), which partially fronts Lake Austin, is also home to the Courtyard Tennis Club. The Tennis Club is private, and requires a membership to play, but offers tennis courts, a clubhouse and swimming pool. Neighborhood amenities include walking trails, a gated park which is lakeside and picnic areas. The neighborhood is close to the Davenport Village shopping and restaurants to the south and the Arboretum and Domain shopping areas to the north. The Courtyard is very conveniently located off Loop 360, north of Pennybacker Bridge. Here you are within minutes to most of north or south Austin and 15 minutes to the heart of the city."

And don't forget these great places to explore – all located within minutes of the Courtyard:

Austin Nature & Science Center: This wonderful place provides individuals, families, and groups with educational and recreational opportunities which increase each person's knowledge, awareness, and appreciation of the Central Texas natural environment and its connection to other world ecosystems. The Center is a "living museum," whose efforts are focused on the creative use of specifically planned interpretive exhibits, programs, collections, and trails.

Bull Creek Park: This is one of Austin's best off-leash dog parks! The Bull Creek Foundation calls Bull Creek the "Galapagos of Texas." The watershed provides sights and experiences that seem to contradict the fact that much of its length is shadowed by a busy highway and growing communities and businesses.

Austin Nature Preserve, Forest Ridge Preserve: This is an amazing 500 acre preserve offering breathtaking views leading north of the surrounding hill country and includes waterfalls along Bull Creek. While trails offer vigorous hiking for the adventurous, the trail system is not well defined. One exciting trail leads along the Bull Creek Greenbelt – all of which is just north of Bull Creek Park.



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JEFFREY B. MICHEL, MD FACC

Dr. Michel earned his medical degree from the UT Southwestern Medical School in Dallas. He completed his internship and residency programs in Internal Medicine at Parkland Hospital and the VA Medical Center in Dallas, respectively. Dr. Michel completed his Cardiology fellowship at Brigham and Women's Hospital, Harvard Medical School in Boston, Massachusetts.

A former Assistant Consultant Professor of Medicine at Duke University, Dr. Michel is trained in general cardiology with special training in noninvasive imaging and cardiovascular research.

"THE MOST REWARDING PART OF MY PRACTICE is getting to know my patients and working with them to achieve their maximum health. I get up every morning looking forward to meeting new patients and seeing the progress that established patients are making."

GEORGE P. RODGERS, MD FACC

Dr. Rodgers has been in practice in Austin since 1989. He was one of the founding members of Austin Heart and the Heart Hospital of Austin. He served as Austin Heart's president from 1999 to 2005 and was the medical director of the Heart Hospital of Austin in 2004.

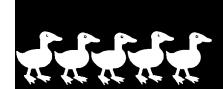
He developed a true passion for prevention. In 1999 he introduced the Heart Saver CT (the CAT scan of the heart) to evaluate patients for the earliest evidence of coronary artery disease. "I ALWAYS TREAT MY PATIENTS THE WAY I'D LIKE MY OWN family members to be treated. I approach each patient with compassion and respect. My goal is to help each patient achieve their optimal cardiovascular health."



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NATURE WATCH

Dabblers and Divers



Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beaneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.

The most distinctive dabbling duck is the Northern Shoveler (Anas clypeada). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its feathers. A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.

Another common dabbler is the American wigeon (Anas americana), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this

(Continued on Page 7)

COMMUNITY NEWSLETTERS

Avery Ranch **Barton Creek Barton Hills** Bella Vista Belterra Canyon Creek Cherry Creek on Brodie Lane Circle C Ranch Courtyard Davenport Ranch Forest Creek Granada Hills Hidden Glen Highland Park West Balcones Highpointe Jester Estates

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Long Canyon



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Nature Watch - (Continued from Page 6)

duck was known as 'baldpate' due to the white crown resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.

Among the most abundant and widespread freshwater diving ducks is the Lesser scaup (Aythya affinis). The male has a slight bump or peak on the back of the head, a bluish bill with a small black tip, grey sides (black on the ends with white in the middle), and a black head, chest, and rear end. When grasped by a predator like a grey fox, an adult Lesser scaup may play dead, rendering itself immobile with its head extended, eyes open, and wings floded close to its body. They are capable of diving underwater the day they are hatched, but are too buoyant to stay under for long, until maturity gives them the body composition and strength they need to stay underwater for longer periods of time.

Usually found on smaller, calmer bodies of water like ponds, Ring-necked ducks (Aythya collaris) are more readily identified by the bold white ring around their bill that the subtle purplish band around their necks for which they are named. A medium-sized diving duck, they also have a small bump or peak on the back of their black heads, with the male having a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. - JIM & LYNNE WEBER







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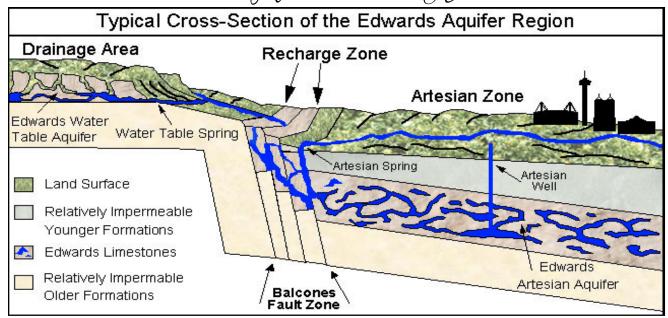
TOTAL PURCHASE



White/Sparkling Wi	ines
Veuve Clicquot Champ	
Perrier Jouet Brut	
Nicolas Feuillate Champ	.Was\$36.99 / Now\$30.99
Rombauer Chardonnay	.Was\$39.99 / Now\$30.99
The Cutrer Chard-Sonoma Cutrer	.Was\$32.99 / Now\$27.99
Miner Chardonnay	
Stags Leap Chardonnay	
Ferrari Carano Chardonnay	
Sonoma Cutrer Chard Russian River	
Cuvaison Chardonnay	
Simi Russian River Chardonnay	
Santa Margherita Pinot Grigio	
Newton Chardonnay Red labe Frei Brothers Chard	
Merryvale Chardonnay	
La Crema Chardonnay	
Kendall Jackson Grand Rsv Chard	
Kim Crawford Sauvignon Blanc	
Franciscan Chardonnay	
Murphy Goode Chardonnay	
Simi Chardonnay	
Oyster Bay Sauv Blanc	
Kendall Jackson Chardonnay	
Rodney Strong Chardonnay	
Chateau St. Jean Chardonnay	.Was\$14.99 / Now\$10.99
Toad Hollow Chardonnay	
Simi Sauvignon Blanc	.Was\$14.99 / Now\$10.99
Edna Valley Chardonnay	.Was\$13.99 / Now\$10.49
Clos du Bois Chardonnay	.Was\$12.99 / Now\$9.99
Murphy Goode Sauvignon Blanc	.Was\$12.99 / Now\$9.99
Red Wines	
	
Far Niente Cabernet Sauvignon	
Silver Oak Napa Cab Sauv	
Silver Oak Alexander Cab Sauv	
Joseph Phelps Cabernet Sauvignon.	
Flowers Pinot Noir	
Mt. Veeder Cab	
Ferrari Carano Cab Sauv	
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Franciscan Cabernet / Merlot	
	\$18.99
	.Was\$23.99 / Now\$18.99
Simi Cabernet / Merlot	
La Crema Pinot Noir	.Was\$22.99 / Now\$16.99
Markham Merlot	
Sterling Cabernet Sauvignon	.Was\$21.99 / Now\$17.99
Angeline Pinot Noir	
Wild Horse Cabernet / Merlot	.Was\$22.99 / Now\$16.99
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Liberty School Cab	
Mark West Pinot Noir	
Cline Zinfandel	
Red Truck Red Blend	
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AUSTIN CURRENTS

The Aguifer's Contributing Zone



Did you know that our Edwards Aquifer is divided into three main zones: the contributing zone, the recharge zone, and the artesian zone? The road signs tell us we are entering or leaving the Edwards Aquifer Recharge Zone. Very important to our water supply, these 1,250 square miles are where highly faulted and fractured Edwards limestones outcrop at the land surface, allowing large quantities of water to flow into the Aquifer. But the Contributing Zone is much bigger. Spread over the Edwards Plateau, also called the Texas Hill Country, the contributing zone is about 5,400 square miles, and elevations range between 1,000 and 2,300 feet above sea level. The rugged, rolling topography is covered with thick woodlands of oak and cedar. Today, the Edwards Plateau bears little resemblance to the prairies the pioneers to the area saw, but it is home to several endangered species and is itself the subject of increasing environmental concerns.

The contributing zone is also called the drainage area or the catchment area. Here the land surface "catches" water from rainfall that averages about 30" per year, and water runs off into streams or infiltrates into the water table aquifer of the plateau. Runoff from the land surface and natural springs then both feed streams that flow over relatively impermeable limestones until they reach the recharge zone.

As streams cross the recharge zone it is not uncommon for the local creeks which flow 30 feet wide and a foot deep, in the space of a quarter mile, to disappear completely into the Edwards formation. They often re-appear downhill after running underground for some distance inside the recharge zone. For more information contact Rich Keith @primerica.com (512) 266-8498. - Rich Keith

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Recipe of the Month

Cheese Ball

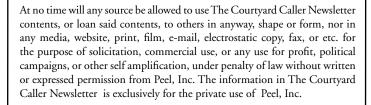
Ingredients

- 2 8 oz. pkgs. cream cheese
- 1 small can crushed pineapple, drained
- ¼ C green onion, chopped
- ¼ C green pepper, chopped
- 1½ tsp. seasoned salt
- 1 C nuts, finely chopped



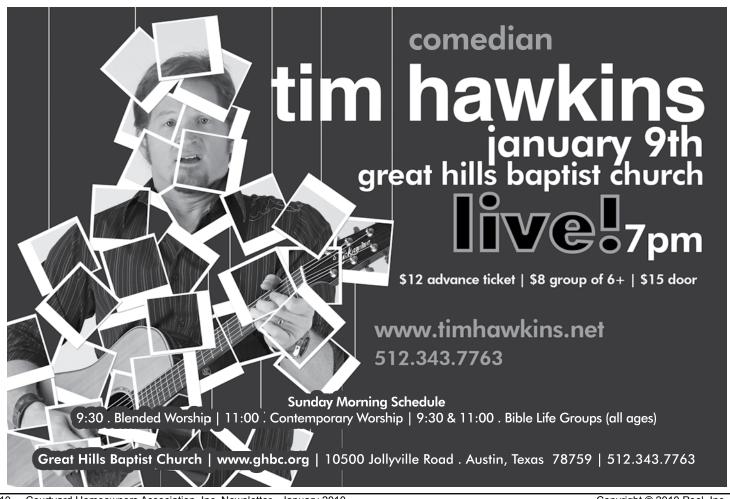
Mix well. Form a ball and roll in chopped



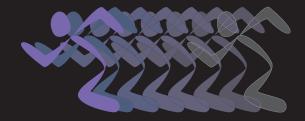


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