



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

January 2011

Volume 7, Number 1

## BOARD MESSAGE ANNUAL MEETING JANUARY 30, 2011!

Welcome to 2011! Hope everyone's holidays were happy and safe – and not too fattening. Please take note and mark down on your calendars the Courtyard's annual meeting set for **Sunday, January 30, 2011 at 6:00 p.m** in the lobby of the office building located at the intersection of Courtyard Drive and Scout Island Circle North. Although we hope you can all attend, as a practical matter we know that this is just not always possible. For this reason, we urge you to read the written materials about the annual meeting when they arrive in the mail this month and sign and mail in your voting proxy as soon as possible. Your prompt action will help the Association avoid the costs of rescheduling a second annual meeting since our Declaration mandates that a quorum be present before we can conduct important association business. Sending in your proxy early does not prevent you from voting directly if you are able to attend. Simply request that your proxy be returned to you when you get to the meeting. If you have any questions, please contact any Board member or our Marilyn Childress at Goodwin Management (502-7509).

To help safeguard our trees from oak wilt, keep in mind that January is your last month to finish up any tree trimming projects. 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!!

Finally, drivers - please keep up your good efforts to drive slowly in the Courtyard as you come and go during this darkest time of the year. Our many resident 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.

*Your Courtyard Homeowners' Association Board of Directors*

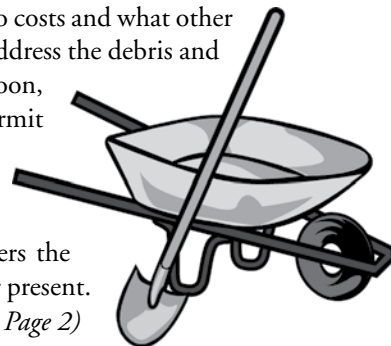
## RESTORATION WORK UPDATE WORK TO RESTORE OUR PARK AREA CONTINUES

During December, debris from the old dock that had been severely damaged by the flood was taken away and a new dock was built to replace it. In consideration of the suggestions received from residents, the new dock is just as wide but, at 60 feet, is approximately half as long as the original. Our new dock is constructed from the plastic based building material that requires little or no maintenance and, even better, does not give out splinters.

Due to everyone's general busy-ness during the holidays, no formal Park clean-ups were scheduled in December. With the new year, the Park Committee, lead by Jim Reed, will be sponsoring more Saturday work sessions to continue efforts to get rid of the trash and debris that still remain in the woods after the flood. If you haven't yet had a chance to help out at the Park, it's not too late to get in on all the "fun." Keep an eye out for the workday notice signs near our entrances, check the news section of the website, or call any Board member or the Park Committee chairman, Jim Reed. Any time you can give is most welcome. If you can't make it to the workdays, please consider donating to the restoration cause. Large brown bags are always in demand. The loan of a wheelbarrow or nice sharp clippers and/or a rake is always useful too. Put your name on anything you loan, and we will take good care of it.

After further investigation into costs and what other options were available to us to address the debris and silt that had filled in our Park lagoon, the Board decided to obtain a permit from the City of Austin (City) that will allow us to remove these materials when the lake is "dry" (when the LCRA lowers the lake level) or when there is water present.

*(Continued on Page 2)*



## CHA BOARD OF DIRECTORS

President, Leslie Craven.....	502-1124, 585-1153 (cell)
Vice President, Ed Ueckert.....	345-6137
Secretary, Mitch Ortego .....	299-2133
Treasurer, Jim Lloyd .....	231-0855
Frank Apgar .....	794-8346, 415-9412 (cell)
Karen Johnson.....	343-2420
Waneen Spirduso .....	345-5078

## COMMITTEES

Environmental Control (ECC)	
Diana Apgar .....	415-9412
Community Park	
Jim Reed.....	502-8511
Welcome	
Alice Randolph .....	394-7218
Social Committee Chairperson	
Joany Price.....	775-8942
Landscape & Decorating	
Ed Ueckert .....	345-6137
Security	
Jim Lloyd.....	231-0855
Communications	
Leslie Craven .....	502-1124
Cathleen Barrett ( <i>Editor - Courtyard Caller</i> ) .....	531-9821
Compliance	
Karen Johnson .....	343-2420
Kayak Committee	
Waneen Spirduso .....	345-5078
Area Development and Zoning Liaison	
Bill Meredith .....	345-0593

## MANAGEMENT COMPANY

Goodwin Management: Marilyn Childress  
11149 Research Blvd. Austin, TX 78759-5227  
512-502-7509

## SUB-HOA CONTACTS

Center Court:	
Ryan Duffin.....	626-5905
Travis County Courtyard (aka "Backcourt")	
Allan Nilsson .....	346-8432
.....	arnilsson@earthlink.net
Villas at Courtyard:	
Thomas Hoy.....	231-1270
.....	Thomas.Hoy@freescall.com
Wolf Court:	
Tim Sullivan.....	346-3146
.....	tsullivan@austin.rr.com

## Restoration Work Update - (Continued from Cover Page)

The permit will have a term of three (3) years, which will allow us to spread our work and the costs of that removal work out over a greater period of time. LCRA is scheduled to begin the drawdown of the lake on January 3, and we expect to obtain our permit in time to begin Phase 1 drywork clean-up in mid-January. It is our intention to do all the work we can during this "dry" period as it is far easier and more economical than removal when the lake is full. Please do not hesitate to contact any Board member if you have any questions or comments.

## Courtyard Book Club

*Tuesday, January 11th*  
*1:00 p.m. at The Courtyard Club*

The book for January discussion, *Zeitoun*, by Dave Eggers would be exceptional if it were a fictional tale set in New Orleans in the wake of Katrina. However, it is the factual account of how a couple, Kathy, a native of Louisiana reared in a South Baptist household and Abdurlahman Zeitoun, a devout Muslim, make a life for themselves, build a business, engage their community and extended family only to fall victim to the storm in ways they never imagined. Kathy said about the experience, "Katrina was a great reality slap. I was naive before – I felt I had things under control. But I've come to the conclusion that I don't control anything. I'm in control of nothing." The reader sees the devastation of Katrina through the eyes of Zeitoun and the fear and emotion of losing family and security from Kathy's perspective.

Dave Eggers has won acclaim for all his literary work from his first novel, *A Heartbreaking Work of Staggering Genius*, which was nominated for a Pulitzer Prize, to *Zeitoun*, which won the American Book Award. Eggers first book was loosely written about his experience raising his 8 year old brother after his parents both died of cancer in the same year.

The Book Club has an enticing list of books for reading in 2011. For information about the Courtyard Book Club, contact Jean Heath, [heathcjb@yahoo.com](mailto:heathcjb@yahoo.com) or 512-231-9412.

## NOTICE

*Bulk and Large Brush Scheduled  
Pickups for the Courtyard  
Bulk collection is scheduled for  
January 10, 2011*

Large brush collection is scheduled for January 17, 2011  
Guidelines are available at [www.austinrecycles.com](http://www.austinrecycles.com)

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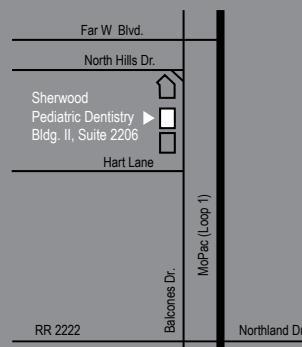
## OFFICE HOURS

Convenient office hours are

Monday 9 am - 5 pm

Tuesday – Thursday 8 am - 5 pm

Fridays are reserved for surgical procedures.



# COURTYARD CALLER



## January Moon Phases

New Moon.....January 4th  
First Quarter Moon.....January 12th  
Full Moon.....January 19th  
Last Quarter Moon.....January 26th



## Warning!!! Important Security News!

In early December there were some reported instances where open garages in our neighborhood were burglarized. Like any neighborhood, we are not immune to such incidents. Please be vigilant about keeping your garage doors, as well as other doors, closed and locked at all times when not in use. Cars parked in driveways and/or on the street are always an easy target, especially when valuables are left in plain sight. Let's keep our neighborhood as safe as possible by being aware of and quickly reporting to the police any unusual activity and/or individuals. A followup phone call to Jim Lloyd (231-0855) would also be helpful.

## REMINDER: Last Month to Trim Oak Trees

January is the last opportunity to trim oak trees until July of this year. The season not to trim oak trees is from February through June when the oak wilt carrier beetle is most active. Oak Wilt is a serious threat to the oak trees in central Texas.

Also, please remember that our 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. The City of Austin as well has a requirement that all trees overhanging streets have a minimum clearance of fourteen (14) feet above street level.

## REMINDER: Annual Meeting!!!

Annual meeting to be held on Sunday, January 30, 2011 at 6:00 p.m in the lobby of the office building located at the intersection of Courtyard Drive and Scout Island Circle North. If you are unable to attend, please read the written materials about the annual meeting when they arrive in the mail this month and sign and mail in your voting proxy as soon as possible. Thanks!

8 Weeks | Nutrition | Group Training | Results.

# weight loss CHALLENGE

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## Courtyard Parents of Babies, Toddlers, or Young Children

Would you like to be part of an on-line parents' group for courtyard parents?

On-line groups are a great way to meet other families, schedule play dates, and share tips and information.

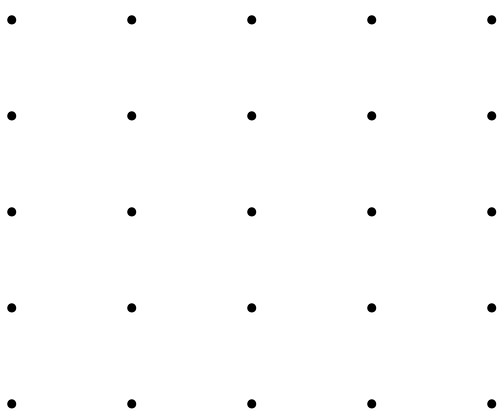
If you would be interested in joining the group, please contact Lee Zarnikau at [leezarn@austin.rr.com](mailto:leezarn@austin.rr.com)



### KID'S KORNER

*Ponder the following puzzle....*

Connect the dots using a continuous line to form a Greek cross, which has arms of the same length. When you are done, there should be 5 dots inside the cross and 8 dots outside.



Reminder: The Courtyard Caller would like to recognize any award and/or achievement you have earned by announcing it in the newsletter. Please submit these to [cathleenbarrett@hotmail.com](mailto:cathleenbarrett@hotmail.com). Additionally, any poem, essay, drawing, etc. are also welcome as well as announcements regarding your school.

***Don't want to wait for the mail?***

View the current issue of *The Caller* on the 1st day of the month at [www.PEELinc.com](http://www.PEELinc.com)

## NEED PC HELP?

*Call DSI Consulting  
Services, Inc.*

[www.dsi-consultingservices.com](http://www.dsi-consultingservices.com)

512.785.1834 - Courtyard Resident!

### Service Highlights

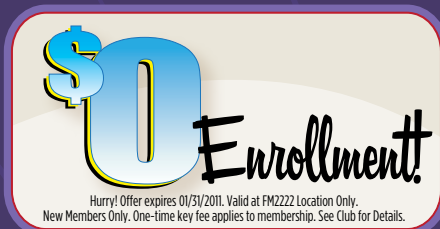
- PC or Mac Setup and Basic Instruction
- Network Infrastructure Setup - LAN & WiFi
- Web Site Development - Personal and Small Business
- Basic Application Install & Support
- iTunes and iPhoto Application Support
- Virtual Machine Install and Setup
- Home Accounting (Quicken, Quick Books, & iBank) Support
- Problem Troubleshooting
- Minor Hardware Repair



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### HURRY AND JOIN TODAY!

**ONLY 200 MEMBERSHIPS LEFT!**

#### More Americans are becoming overweight or obese and exercising less.

According to the Centers for Disease Control and Prevention, 34% of adults in the U.S. were morbidly obese in 2009. You can help prevent a heart attack, obesity, stroke, diabetes, high blood pressure, high cholesterol, and some cancers by maintaining a healthy weight and following the Physical Activity Guidelines for Adult Americans:

- 2 hours and 30 minutes of moderate intensity aerobic activity every week and
- Muscle-strengthening activities on 2 or more days a week that works all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

**YOUR HEALTH IS NOT A LUXURY!**

Be healthy for your loved ones...be healthy for yourself!



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## Laughter is Good Medicine

### *The Almanac for Farmers and City Folk, 2011*

Serious study of the benefits of laughter probably began with Norman Cousins's memoir of over 25 years ago, *Anatomy of an Illness*, describing how he laughed himself to health. Cousins, diagnosed with a deteriorating spine condition, *Ankylosing Spondylitis*, couldn't sleep because he was in extreme pain. In desperation, he checked himself out of the hospital and into a hotel, and proceeded to obtain a movie projector and a large supply of funny films – including *Candid Camera* tapes and old prints of Marx Brothers movies.

The first night, Cousins laughed so hard at the films he was able to stimulate chemicals in his body that allowed him several hours of pain-free sleep. Whenever the pain came back he'd turn on the projector again, and the laughter would once again allow him to sleep. He reported that ten minutes of laughter allowed him two hours of pain-free sleep!

Being that Cousins was conducting a scientific experiment with himself as subject, he kept careful track of bodily changes by measuring his blood sedimentation rate (a key indication of inflammation and infection in the blood), and found that this rate dropped by at least 5 points every time he watched one of the videos.

Now off every drug (although he was taking vitamin C), Cousins described being in a state of euphoria over the next week as he continued to laugh himself to sleep, and within a few weeks was back to work at his job at the *Saturday Review*.

Last spring, *Prevention* magazine ran an article entitled "Your Brain on Laughter," in which the author, clinical psychologist Thomas Crook, PhD., discussed how clowning around improves memory, mood, and motivation. Humor is not just a silly diversion, he explains. As first discovered in studies using functional magnet imaging (Fmri), when your brain wrestles with the meaning of a clever punch line, for example, it's getting the same kind of workout it would from a brainteaser. (Cousins once said "Laughter is inner jogging.")

The Mayo Clinic recently conducted its own study on the effects of laughter on people. It doesn't matter where you get your laughs from, the researchers reported. It could be from a funny movie (as

Cousins did), a cartoon you read in a magazine or newspaper, a joke someone tells you, or a cute thing a child does or says.

A good laugh produces loads of positive short-term effects, both mentally and physically. According to the Mayo clinic report, laughter enhances your intake of oxygen-rich air; stimulates your heart, lungs, and muscles; and increases the body's production of its natural "feel-good" drugs, called *endorphins*. Laugh at a funny joke and you'll find you then experience a nice, relaxed feeling. A good chortle might also help relieve your stomachache. And by easing digestion and stimulating circulation, chuckling can help reduce some of the physical symptoms of stress.

As you can see, the short-term effects of laughter are considerable, but laughter also produces some positive long-term health benefits, including a boost to your immune system. Stressful situations bring on chemical reactions in the body which can adversely impact your immune system. Anything that helps you look on the bright side will counteract these chemical reactions by suppressing levels of *epinephrine*, the stress hormone, and increase production of the feel-good endorphins mentioned earlier. And these endorphins – the body's natural painkillers – can reduce or ease pain. At the same time, laughter increases the number of antibody-producing cells and enhances the effectiveness of T-cells, thereby helping to build up a stronger immune system.

So, it seems laughter could indeed be considered the best medicine. (That must be why we all love to be with someone who has a great sense of humor.) But even though laughter may not be the ultimate cure-all, it does tend to make life more pleasant – and it makes unpleasant situations more bearable. You can even get a little exercise on a visit to your local Comedy Store: a hearty laugh exercises your diaphragm, contracts your abs, and works your shoulders – and as we said, exercises your heart! – leaving your muscles more relaxed later on.

Isn't it time we had a good laugh?

*By Tom R. Kovach, with Anne Stephens*

## Happy New Year Courtyard Family and Friends



**Joany Price** Realtor, CLHMS

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*Joany Price*

*Wishing you all  
the best in 2011!*





## TACKLE HUNGER IN TEXAS *with the Souper Bowl of Caring!*

Learn more at  
[tacklehunger.org](http://tacklehunger.org).

What would happen if every American that celebrates the Big Football Game donated one can of food or \$1 to fight hunger and poverty in their local community?

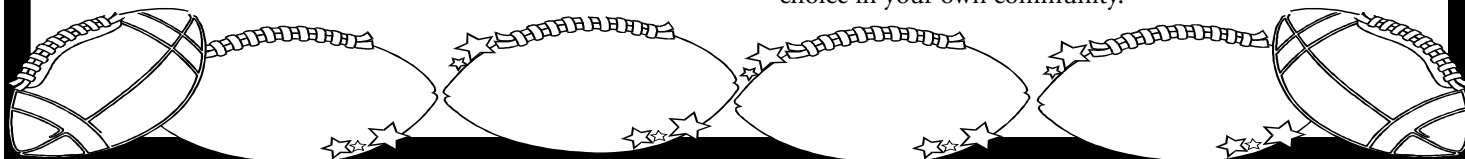
The result would be an astounding \$90 million in cash and cans to help feed the hungry, provide shelter to the homeless and help our neighbors in need.

With all eyes on North Texas this year as they host the Big Game, you can join the Souper Bowl of Caring and help make this vision a reality! For more than 20 years, groups all over the country have joined forces to demonstrate the power of caring. To date, more than \$71 million in cash and cans has been collected and 100% was donated in communities throughout the U.S. Every penny stays local and every collection matters!

Last year, 1,900 schools, churches, businesses and grocery stores in Texas collected more than \$4.5 million for local charities that fight hunger and poverty. The need is growing and we need your help!

### JOIN THE TEAM. GET STARTED TODAY!

1. REGISTER your school, church or business at [tacklehunger.org](http://tacklehunger.org) and designate an organizer for your Souper Bowl of Caring event. You'll receive a free Resource Kit!
2. COLLECT money and/or canned foods anytime January 17-February 6, 2011. Super Bowl Sunday is February 6, 2011.
3. REPORT the amount of your collection to the Souper Bowl of Caring so it can be added to the national tally.
4. DONATE 100% of your collection to the charity of your choice in your own community.



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## Culinary Classics

### Split Pea Soup

- 2 cups dried split peas (about 1 pound)
- 2 quarts water
- 1 ham bone
- 1 cup minced celery
- 1 medium onion, finely chopped (about ½ cup)
- 1 sprig parsley
- ¼ teaspoon pepper

Heat peas and water to boiling; boil gently 2 minutes. Remove from heat; cover and let stand 1 hour.

Add remaining ingredients. Heat to boiling. Reduce heat and simmer 2 ½ to 3 hours or until peas are very soft.

Remove bone; trim meat from bone and add to soup. If desired, thin with milk or water. Season to taste.

**6 servings (1 cup each)**

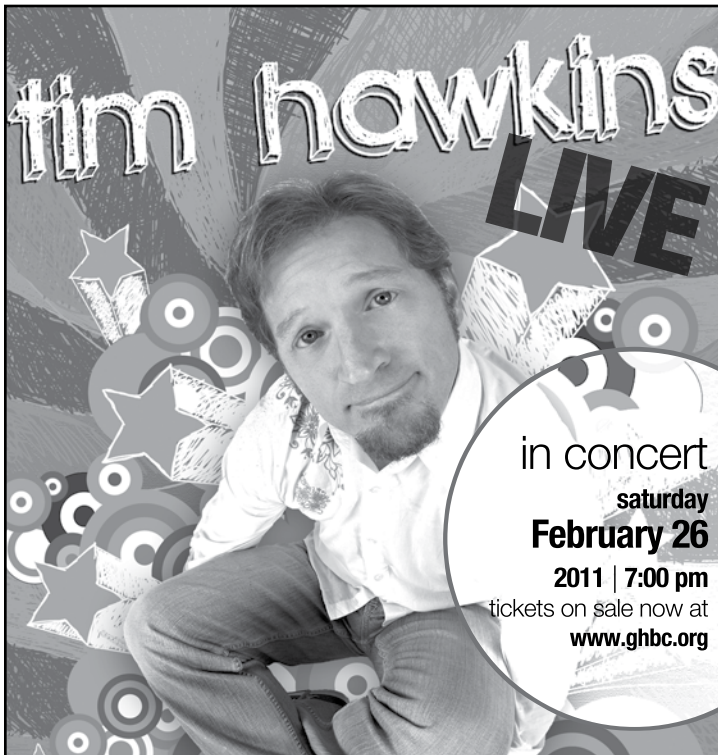
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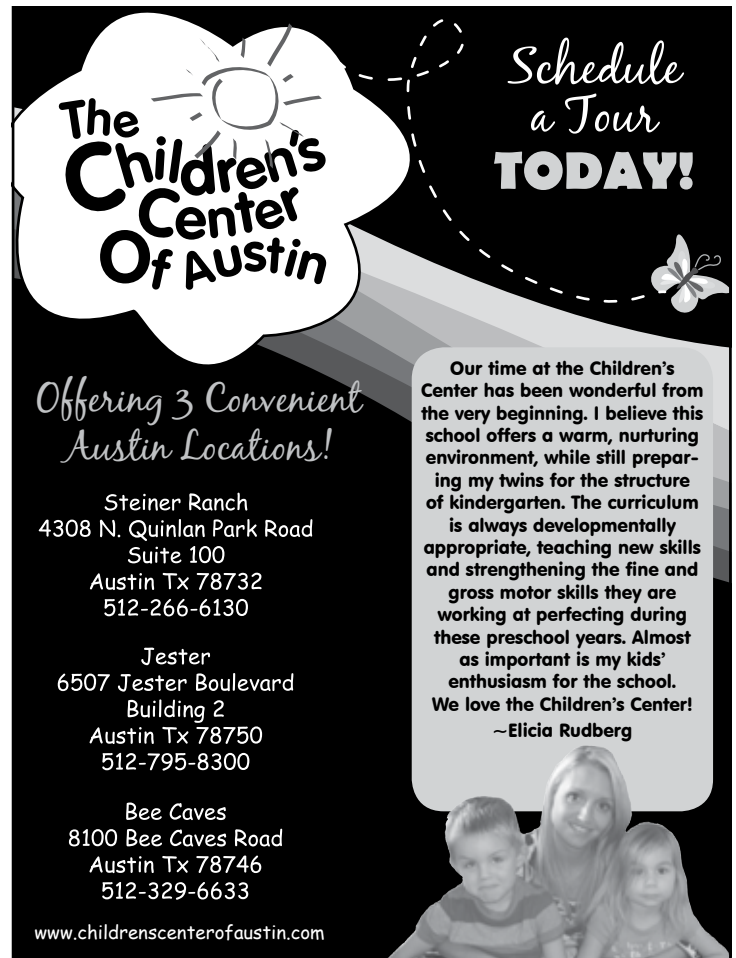
**THE RADIANT CHURCH | WATCH LIVE services Sunday mornings**  
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#### Sunday Morning Schedule

9:30 - Blended Worship | 11:00 - Contemporary Worship  
9:30 & 11:00 - Bible Life Groups (all ages)

#### Great Hills Baptist Church

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[www.childrenscenterofaustin.com](http://www.childrenscenterofaustin.com)

Our time at the Children's Center has been wonderful from the very beginning. I believe this school offers a warm, nurturing environment, while still preparing my twins for the structure of kindergarten. The curriculum is always developmentally appropriate, teaching new skills and strengthening the fine and gross motor skills they are working at perfecting during these preschool years. Almost as important is my kids' enthusiasm for the school. We love the Children's Center!  
~Elicia Rudberg

## Smart Financial Moves for New Parents

If you've just had a new baby, your life is filled with more joy (but less sleep). You're probably already aware of the time and effort you must invest in raising your child, but you may not have thought as much about another aspect — the financial one.

Consider this: The average cost of raising a child to age 17 is now \$222,360, according to a U.S. Department of Agriculture report on how much middle-income, two-parent families spend on their offspring. And this is the amount you might spend *before* your son or daughter heads to college. Clearly, you need to start making the financial moves necessary to take your child from diapers to a degree. Here are some suggestions for doing just that:

- **Purchase sufficient life insurance.** When it was just you and your spouse, it was a good idea for you to have life insurance — but now that you have a child, it's an absolute necessity. If you have any doubts about the value of life insurance, just look again at that \$222,360 figure above, and then tack on the costs of four years of college. If you or your spouse were to die unexpectedly, would the survivor earn enough to raise and educate your child? In this day and age, that isn't likely. So make sure that you have adequate life insurance in place.
- **Prepare a will.** Obviously, you hope to enjoy a long life — one in which you see your child grow to adulthood. But none of us can predict the future, so it's essential that you draw up a will to provide for the care of your child, both financially and physically. When you create a will, you can name a guardian to step in and take care of your child, if necessary, and you can make sure your child receives your financial assets. However, many people go



beyond writing a will and establish a living trust, which gives them more control over how and when they want their assets distributed. Your legal advisor can help you prepare a will and determine if a living trust is appropriate for your needs.

- **Maintain adequate cash.** To help pay for all those expenses related to child rearing, keep enough cash on hand. By having enough resources available in liquid accounts, you can avoid having to dip into your long-term investments

to pay for short-term needs.

- **Save early and often for college.** It's never too soon to start saving for the high costs of higher education. A 529 plan is a tax-advantaged vehicle and may be a great option for your college savings. Contributions to a 529 plan are made with after-tax dollars, and have the opportunity to grow tax-free. Withdrawals used for qualified higher education expenses are also tax free. Furthermore, your 529 plan contributions may be eligible for a state tax deduction or credit depending on the plan and state.
- **Stay balanced.** As we've seen, it takes a lot of money to raise a child. But even as you're meeting these expenses, think about your own future, particularly your retirement. Strive to strike a balance between the money you spend on your child and the amount you invest in your 401(k), IRA and other retirement-savings vehicles.

You can't put a price-tag on your child's future, but when it comes to taking care of that child, you'll want to know the costs involved — and be prepared for them.

*Now is the Time!*

**Save \$50!**

Remove Dead Wood or Damaged Branches to Prevent The Spread of Disease.

Call Today to Keep Your Trees Healthy, Safe and Beautiful! **512.322.0662**



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