



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

February 2011

Volume 7, Number 2

## Board Message

Thank you to everyone that attended the annual meeting on January 30. As we begin this new year, we would like to reurge members of our community to please consider offering a little of their time to serve on one or more of the various standing committees that make things happen in our community. Some are active throughout the year such as the Park, Landscaping & Decorating, Communications, and Security committees. Others organize and put on specific events, such as the Easter Egg Hunt, the Neighborhood Garage Sale in May, and the Fourth of July parade and party. Please contact a committee chairperson if you have any questions, time to spare or suggestions regarding the work of these committees. The more residents participate in what goes on in the neighborhood – the better for the Community. New ideas and assistance are always welcome.

If you've been by the Park in the last month, you may be aware that during the LCRA's lake drawdown, a great effort was made to clean-up the worst of the debris and soil materials that were swept into our Park waters during the September flood. Although many people helped with this work, the Board and the Community owe a special thanks to Augusto Villalon and his entire family for all the hours they spent to help restore the waters around our Park. As we can begin again to get out and enjoy walks through the wood chip trails, rebuilt picnic areas and fishing pier, and the renewed water access afforded by our Park, please keep in mind the thanks we all owe to the few that put in their time to make this happen.

Now, for a couple of "housekeeping" matters: (1) Please remember that beginning this month and running through June, hardwood trees, especially any type of oak, should not be pruned due to the danger of oak wilt from the carrier beetle; and (2) Complaints are again coming in regarding residents that do not pick up after their pets and who leave their trash containers out in plain sight when it is not trash day. We are not talking about the isolated occurrences, as most everyone is very conscientious about doing these very simple things. Rather, there are certain residents who continually ignore their obligations and act as if they are somehow special and that these rules do not apply to them. They are mistaken.

Finally, if you haven't sent in your annual Homeowners' Association dues yet, please do so as soon as possible.

*Your Courtyard Homeowners' Association Board of Directors*

## Courtyard Book Club

*Tuesday, February 8th  
1:00 p.m. at The  
Courtyard Club*

In February the Courtyard Book Club will meet to discuss a recent bestseller, *The Art of Racing in the Rain*, by Garth Stein. Enzo, a yellow Labrador retriever and the book's narrator, knows he is different from other dogs. He believes in the Mongolian legend that a dog that is prepared will come back some day as a human. Denny Swift, Enzo's owner is an amateur race car driver looking for his big break. In pursuit of that dream, Enzo is at Denny's side, on the racetrack and in life, as he meets and marries Eve and becomes a father to Zoe. Enzo and Denny's story is funny and uplifting even through the dark times. Enzo, a canine philosopher, shares with readers what he has learned from racing as well as from observing the wonders and absurdities of human life. As one reviewer noted, "it is part Lassie, part Love Story, and part Kramer vs. Kramer." The sum of these is a heart-warming story of love and hope "as only a dog could tell it."

In March, the Book Club will read *Little Bee* by Chris Cleave.

For information about the Courtyard Book Club, contact Jean Heath, [heathcjb@yahoo.com](mailto:heathcjb@yahoo.com) or 512-231-9412. See *Courtyard Book Club Books for 2011 on page 2*.

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### Community Park

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### Welcome

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### Social Committee Chairperson

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### Kayak Committee

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### 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

## Courtyard Book Club

### Books for 2011

January	<i>Zeitoun</i> by Dave Eggers
February	<i>Art of Racing in the Rain</i> by Garth Stein
March	<i>Little Bee</i> by Chris Cleave
April	<i>Bread of Angels</i> by Stephanie Saldana
May	<i>Cutting for Stone</i> by Abraham Verghese
June	(open)
July	<i>Immortal Life of Henrietta Lacks</i> by Rebecca Sloat
August	<i>Empire of the Summer Moon:</i> <i>Quanah Parker...</i> by S.C. Gwynne
September	<i>Hotel on the Corner of Bitter and</i> <i>Sweet</i> by Jamie Ford
October	<i>The Lost City of Z: A Tale of Deadly</i> <i>Obsession...</i> by David Grann
November	(open)

## February Moon Phases

New Moon.....February 2nd

First Quarter Moon.....February 11th

Full Moon.....February 18th

Last Quarter Moon.....February 24th



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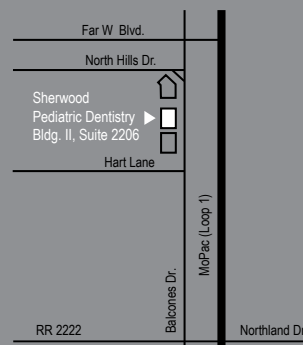
## OFFICE HOURS

Convenient office hours are

Monday 9 am - 5 pm

Tuesday – Thursday 8 am - 5 pm

Fridays are reserved for surgical procedures.



## Kid's Korner *Who Won the Contest?*

Five people, Jonathan, Justin, Debbie, Michael, and Ziggy entered a pie-throwing contest at the county fair. When Penny tried to find out who won the contest, the five decided to play it cagey. "Each of us will tell only one lie," they announced. Here's what they said.

Jonathan:	It wasn't Ziggy. It was Justin.
Justin:	It wasn't Debbie It wasn't Ziggy.
Debbie:	It was Ziggy. It wasn't Jonathan.
Michael:	It was Debbie. It was Justin.
Ziggy:	It was Michael. It wasn't Jonathan.

**Who won the contest? (answer on page 7)**

Reminder: The Courtyard Caller would like to recognize any award and/or achievement your children 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 child's school.

## 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)

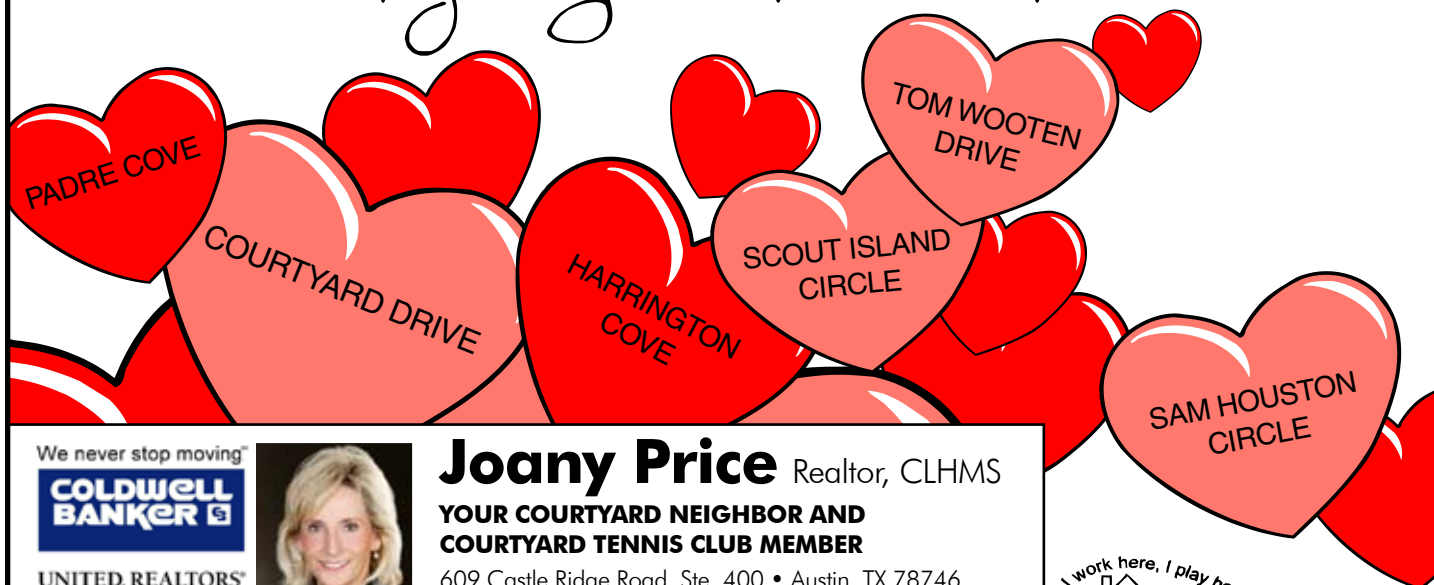


## Facts & Fancies *Odd Origins*

An old pub in Marble Arch, London, had a gallows next door where prisoners were taken to be hung. As the horse-drawn wagon approached the gallows, the armed guard would stop in front of the pub and ask the prisoner if he would like one last drink. If he say yes, it was referred to as "one for the road" and the drink went "down the hatch," an expression stemming from the fact that cargoes lowered into the hatch below deck appear to be consumed by the ship. If he declined a drink, that prisoner was "on the wagon."

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## Culinary Classics

### Southern Comfort Pie

*This quintessential southern pie is from Lucy Sharp, Crossville, Tennessee. All the ingredients say "South," from the sorghum to the mint to the pecans soaked in bourbon – and it's easy to make.*

#### INGREDIENTS

- 1 9-inch (23 cm) pie shell
- 1 Cup (237 ml) sugar
- 2 Tbsp. (30 ml) all-purpose flour
- 1 Tsp. (1.25 ml) salt
- 1 Cup (237 ml) light corn syrup
- 2 Whole eggs, plus 2 egg yolks
- ½ Cup (119 ml) sweetened condensed milk
- 1/3 Cup (78 ml) butter
- 3 Tbsp. (45 ml) maple syrup
- 3 Tbsp. (45 ml) sorghum
- 2 Tbsp. (30 ml) honey
- 2 Tbsp. (30 ml) vanilla
- 1 Cup (237 ml) pecans, soaked for 3 days in
- 1 Cup (237 ml) 80-proof bourbon
- ¾ Cup (177 ml) black walnuts
- ¼ Cup (59 ml) semi-sweet chocolate chips

#### TO COOK

Preheat oven to 350 degrees F (177 degrees C). Drain pecans. Combine sugar, flour, mint leaves, salt, corn syrup, eggs, milk, butter, maple syrup, sorghum, honey, and vanilla. Mix well. Stir in pecans, walnuts, and chocolate chips. Spoon mixture into unbaked pie shell. Bake for 50 minutes, or until center is set. Cool to room temperature before serving.

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## Hints for Your Health *The Almanac for Farmers and City Folk, 2011*

**How Hot is Too Hot?:** We are told of the beneficial health benefits of tea and coffee, and they can't be denied. But let's face it, we North Americans like it hot! Maybe too hot, according to a recent Iranian tea study at Tehran University of Medical Sciences. Researchers found that too-hot liquid could injure esophageal cells, paving the way for esophageal cancer. So, why not cool it a little?

**Save with Store-Brand OTC Drugs:** So says *Consumer Reports on Health*, which compared brand-name and store versions of three over-the-counter drugs, and found they contained the same active ingredients and were just as safe and effective – yet were often much cheaper. They checked Walmart (lowest prices), as well as CVS, RiteAid, and Target, among others.

**Cover all Wounds:** Contrary to popular advice to let a cut breathe, it's now considered advisable to cover fresh cuts and other wounds. European studies have shown that wounds heal up to 40% faster when kept clean, moist, and covered with antibacterial ointment. This treatment allows your immune system to spring into action to fight infection and rebuild tissues.

**Better Blood Testing:** Next time you need to have your blood drawn at the lab (or during a blood drive), make the procedure

easier by drinking 16 ounces (.45 liter) of water an hour beforehand, and dress in warm clothes. Hydrating your body and raising its temperature makes finding a vein easier.

**Best Brain Foods:** Researchers have found that natural chemicals in the following foods, drinks, and spices tend to combat cognitive decline: asparagus, blueberries, cinnamon, cocoa, coffee, egg yolks, flaxseed, garlic, ginger, Indian curry (turmeric), red wine, rosemary, salmon, sardines, tomato sauce, and walnuts. Eat these and enjoy your ever-expanding mind!

**Stealth Workout:** You don't need to engage in one big workout to be fit. Instead, include numerous mini-workouts in your daily routine. They'll add up! Pace while talking on the phone. Walking 5 minutes each hour is almost an hour a day! Stairs...you know, climb up and down often. Do lunges and squats while brushing your teeth, during commercials...or whenever.

**Clever Calorie Calculator:** How many calories do you need to consume each day to lose weight? It's all based on your age and activity level. If you only engage in light activity or are over 55, take your goal weight and multiply by 13, says *Prevention* magazine. If

*(Continued on Page 6)*

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## Hints for Your Health - (Continued from Page 5)

you regularly exercise for 30 minutes a day 4 days or more a week, multiple your goal weight by 15.

**Picking Probiotics:** Probiotics – yogurt (and supplements) containing so-called “friendly” intestinal bacteria – can help with diarrhea, constipation, irritable bowel syndrome, and other stomach troubles. To make sure the yogurt is made with viable bacteria, look for live cultures of lactobacillus and bifidobacterium – as evidenced by the Live & Action Cultures seal.

**Better Brushing:** If you suffer from heartburn, don't brush your teeth during an episode. Instead, rinse with water, then wait. Stomach acid enters your mouth and can damage teeth and gums as it keeps it in an acidic state. The abrasive action of brushing can exacerbate the erosion of tooth enamel. The same advice applies after you drink a soda or any other acidic drink.

## Kid's Korner - Who Won the Contest?

Debbie did. Each person told one lie. Jonathan said it was Justin. If that's true, then his saying it wasn't Ziggy is false, so it was Ziggy. But that's a contradiction, so it can't be Justin or Ziggy (because “It wasn't Ziggy” must be the true statement). Similarly, from Debbie's statement, it wasn't Jonathan either. Ziggy's statement gives us that it wasn't Michael, which leaves Debbie.

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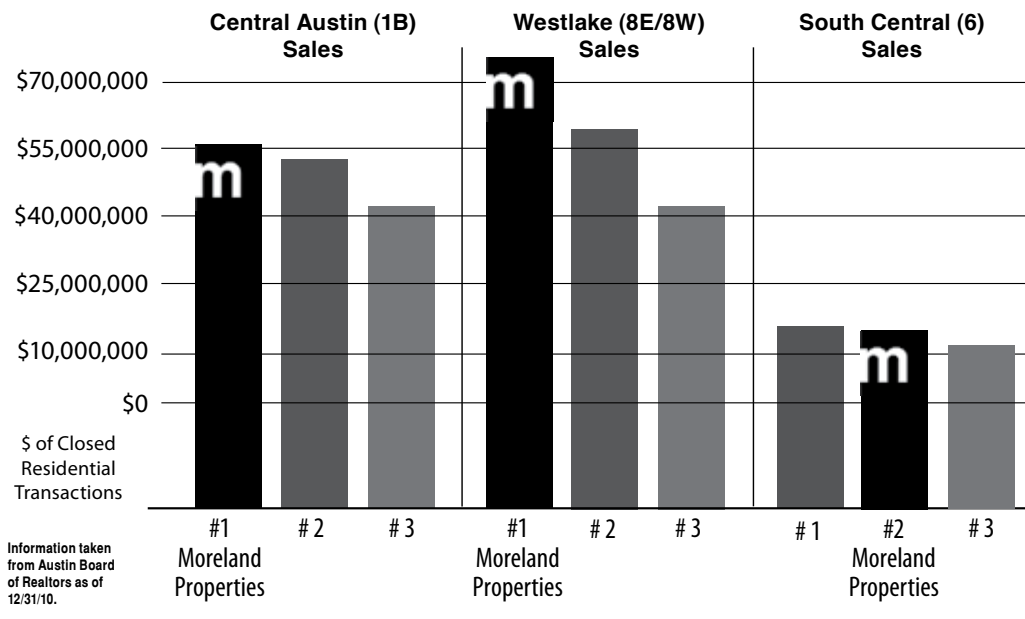
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