

WESTSIDE NEWS

Volume 2, Number 5

May 2011

Official Newsletter of the Westside at Buttercup Creek HOA

THE POOLS ARE OPEN!



WARNING: Pools are always SWIM AT YOUR OWN RISK! Lifeguards are not on duty all hours that the pools are open. Parents are always responsible for the safety of their own children. Please refer to pool rules at www.westsidehoa.org for additional information. Pool Access: The pools are open to all members (in good standing) of the Westside at Buttercup Creek Homeowners Association. You must have an electronic key tag to gain access to this facility. If you do not have a key tag, or your key tag is inoperable, please contact Goodwin Management, Inc. at 852-7998.

LAKELINE POOL
Pool Operating Hours
Open April 30 - September 30

Hours5am – 10pm

- Closed Mondays for cleaning
- EXCEPTIONS:
- Open Monday May 30 (Memorial Day),
- July 4 (Independence Day) and September 5 (Labor Day)
- Closed Tuesday May 31, July 5 and September 6 for cleaning

Lifeguard Hours
April 30-June 3

Tuesday-Friday 4pm-9pm
Saturday-Sunday 10am-9pm
Monday May 30 10am-9pm

June 4-August 21

Tuesday-Sunday 10am-9pm
Monday July 4 10am-9pm

August 22-September 30

Tuesday-Friday 4pm-9pm
Saturday-Sunday 10am-9pm
Monday September 5 10am-9pm

KAY REDDEN POOL
Pool Operating Hours
Open April 30 - September 30

Hours 5am-9pm

- Closed Wednesdays for cleaning

Lifeguard Hours
April 30-June 3

M,T,TH,F 4pm-9pm
Saturday-Sunday 10am-9pm

June 4-August 21

S,M,T,TH,ES 10am-9pm

August 22-September 30

M,T,TH,F 4pm-9pm
Saturday-Sunday 10am-9pm

*Have a Fun and Safe
Summer Westside!*



Westside at Buttercup Creek

BOARD OF DIRECTORS

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HOA Website.....www.westsidehoa.org

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ADVERTISING INFO

Please support the businesses that advertise in the Westside News. Their advertising dollars make it possible for all Westside at Buttercup Creek residents to receive the monthly 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 our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

THE NEW HOA WEBSITE

If you ever wanted to see something again from an old HOA newsletter, you can just go to the HOA website, www.westsidehoa.org, and click on the "Newsletter" link in the left column. That will take you to a page with links to all the past digitized newsletters. There is also a link that will take you to our HOA page on Peel's website. This will give you even more newsletter options, like how to submit articles, how to receive newsletters electronically via email and also how to advertise in the newsletter. ————— **Go check it out!**

COMMITTEES

Do you want to help out in the community but don't have a lot of time? Join one of the following Committees and help out as much or as little as you want.

Cave Preserve..... Darrell Park..... darrelljpark@yahoo.com
Communications..... Darrell Park..... darrelljpark@yahoo.com
Fence Ross Burns..... rburns@texas.net
Landscaping..... Tab Fowler roadrunner.10@sbcglobal.net
Lighting..... Rand Zumwalt
..... zumwalt@zumwaltlawgroup.com
ModificationsTorsten Weirich torsten@weirich.com
Neighborhood Watch..... Paul Blor
Pool..... Jay Cloverjay.clover@yahoo.com
Social..... Terra Thomas terrac13@yahoo.com



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Wade Phillips - Owner & Westside Resident

Westside at Buttercup Creek

OVERCOMING BARRIERS TO EXERCISE

Enjoyment, Time, & Know How

By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

1st Barrier - I don't enjoy exercise.

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

2nd Barrier - I just can't find the time.

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy

(Continued on Page 4)



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Westside at Buttercup Creek

Overcoming Barriers - (Continued from Page 3)

day kicks off ensures that they happen, and the entire day will be so much better because of it!

- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding

what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at www.acefitness.org.
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.



CEDAR PARK SPORTS & SOCIAL CLUB

Are you looking for sports to play in the Cedar Park/Leander area? Look no further!

We are a group of adults getting together to play organized, competitive sports like flag football, softball and more. You can join us and receive more info at either of the links below.

[www.meetup.com/
Cedar-Park-Sports-and-Social-Club](http://www.meetup.com/Cedar-Park-Sports-and-Social-Club)

[www.facebook.com/#!/pages/
Cedar-Park-Sports-and-Social-Club/
188127884553986](http://www.facebook.com/#!/pages/Cedar-Park-Sports-and-Social-Club/188127884553986)



Westside at Buttercup Creek

WESTSIDE AT BUTTERCUP CREEK HOA POOL RULES

EMERGENCIES: *In case of emergency make two telephone calls:*

- 911 for emergency medical assistance.
- Contact Goodwin Management, Inc. at
- 852-7998 and report the incident.
- **Fecal contamination** is a health emergency. Notify a lifeguard immediately. If a lifeguard is not present, call Goodwin Management, Inc. immediately at **852-7998** and report the incident. Everyone should leave the water until instructed to return.

FOR NON-EMERGENCY POLICE

Call: 259-3600 Ext 0

ENTRY

- Swim at your own risk. Management and members are not responsible for accidents.
- Members must use their own key tags to enter the pool enclosure.
- Children under the age of 14 must be accompanied by someone age 16 or older.
- Pool gate is to be kept closed at all times. Alarm will sound if gate is left open.
- All guests (non-members of the HOA) must be accompanied at all times by a member of the HOA

CONSEQUENCES

- A lifeguard or board member may order a swimmer to take a time out for an infraction of the rules.
- If the infraction of the pool rules is serious, a lifeguard or board member may order a person to leave the pool enclosure.
- If a lifeguard or board member's order to leave the pool enclosure is disobeyed, lifeguards and board members have instructions to call the Cedar Park Police. If police are required to remove an offender, an official complaint will be signed.

NOTICE

- After extended rain, lifeguards may not be present for the entire standard lifeguard hours.
- The lock and security system has the capacity to perform audit traces of which key tags have tagged in and tagged out of pool gates. The system also provides security camera surveillance.

REGULATIONS

- Lifeguards and board members shall enforce pool rules.
- Swimmers must obey the commands of the lifeguards and board members.
- No smoking in the pool area.
- No alcohol in the pool area.
- No running within the pool enclosure.
- No diving or somersaults allowed from the edge of the pool.
- Dangerous, unreasonable, threatening, or offensive behavior is prohibited.
- No pets, bicycles, skateboard, or motorized cycles allowed in the pool enclosure.
- No glass containers in the pool area.
- Lifesaving equipment is to be used for emergencies only.
- Lifeguard stands are for lifeguards only.
- Children not completely toilet trained must wear a swim diaper.
- Children who require a floatation device must stay within arm's reach of someone at least 16 years of age.
- The baby pool at Lakeline Pool is for babies and caregivers and not intended for school age children.
- Loud music is not allowed.
- Members are responsible for cleaning up after themselves.
- HOA pools are intended for resident enjoyment, and may not be used by any resident for commercial gain (i.e. private swim lessons, vending, etc).
- Pool furniture is not to be removed or placed in pool.

Lakeline and Kay Redden Pools are NON-SMOKING Facilities.

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Way Off Broadway

Community Players

Presents the Sixth Show of our 14th Season



Directed by Suzan Show

**JUNE 3, 4; 10, 11; 17, 18; 24, 25, 2011 AT 8PM
MATINEE, JUNE 12, 2011 AT 3PM**

For Information and Reservations:

(512) 259-5878 or www.wobcp.org

11880 West FM 2243, Bldg 4 * Leander, Texas 78641
1 mile west of 183 North & 0.1 miles east of Bagdad Rd

COME SEE US IN OUR NEW HOME!!!!

Westside at Buttercup Creek

-ARTICLE X- of the Declaration of Covenants, Conditions and Restrictions for Westside at Buttercup Creek

Each month a section of this Article will be reviewed to help homeowners be better informed. The complete set of Bylaws and CCR's were given to you when you closed on your house, but can also be found at the HOA website which is www.westsidehoa.org.

SECTION 10. STORAGE OF BOATS, TRAILERS AND OTHER VEHICLES AND EQUIPMENT.

No boat, trailer, recreational, vehicle, camping unit, bus, commercial use truck, or self-propelled or towable equipment or machinery of any sort or any item deemed offensive by Declarant or the Association shall be stored on any street in the Property or on any Lot except in an enclosed structure or behind a solid fence, the design of which has been approved by The New Construction Committee or the Modifications Committee, except that during the construction of improvements on a Lot, necessary construction vehicles may be parked thereon from and during the time of necessity therefor. A fence enclosing a boat, trailer, recreational vehicle or the like shall be a solid wood fence at least six feet (6') tall and the side

of such fence exposed to public view shall be the smooth side. This restriction shall not apply to automobiles or small non-commercial passenger trucks in good repair, attractive condition and having current registration status, provided that any such vehicles are parked on an improved driveway which has been approved by the New Construction Committee. Storage of approved vehicles on the driveway or street right-of- ways is defined as parking without movement for a period or forty eight (48) hours or more during a period of seven (7) consecutive days. No vehicle shall ever be permitted to be stored on the front or side lawn within view of the public. Removal of a boat, trailer, camper, recreational vehicle or other item restricted by this paragraph for short periods, so as to avoid the intent of this provision, shall not affect the running of the time periods set out herein. No vehicle shall ever be permitted to park on a driveway at a point where the vehicle obstructs pedestrians from use of a sidewalk.

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What's on your to-do list this month?




Change Your World - sundays @ 10 am

**THE RADIANT CHURCH | WATCH LIVE services Sunday mornings
or view any time at www.ghbc.org**

Sunday Morning Schedule
10:00 - Worship
8:30 & 11:30 - Bible Life Groups (all ages)

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*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. **Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may vary. Rates and terms are subject to change without notice. Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration.

WWW.ATFCU.ORG



Westside at Buttercup Creek

Article X - (Continued from Page 6)

COMMENT

Your car should be parked in your garage or in your driveway. Cars should only be parked in the street temporarily, and then put back in the garage or in the driveway. The only cars that should be parked in the street are those belonging to a visitor, or someone who doesn't live in the HOA. Even those cars should not be there for more than a total of 48 hours in a 7 day period. Commercial vehicles should never be parked in the HOA overnight. This is a rule that everyone agreed to when moving into this HOA. It's safer and makes the neighborhood look less cluttered.

To report a parking violation, simply go to the new HOA website, www.westsidehoa.org, and click on "Report a Violation". Please include details like what the situation is, the address and the dates of the violations or how long it has been going on.

Do You Have Reason to Celebrate?

We want to hear from you! Email westsidenewseditor@yahoo.com to let the community know!

CALL FOR ARTICLES

Did you know that you can submit an article to be in the newsletter on just about any topic (it should have something to do with the HOA). You can submit an article once, or even every month if you would like. Now is your chance to be famous. Now is your chance to make the newsletter more interesting.

You can write about a current event, local politics, the weather, landscaping or anything else that applies to the HOA. Write about things that you do professionally that might be interesting or even help other people. Remember though that this is not for advertising. However, your area of expertise could be very helpful. If you are a painter, you could write a little article on painting tips. If you are a computer expert, an article on how to fix simple problems would be great. A doctor could write a monthly health article that we could all use.

Articles must be emailed to westsidenewseditor@yahoo.com by the 8th of the month to be published in the following month's newsletter. So, if you would like to have an article in the May newsletter, it must be submitted by April 8th.

Let's see some articles!



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MULTIPLE BARRIERS ON ALL POOLS & SPAS



KEEP BACKYARDS & BATHROOMS SAFE



ALWAYS CHECK POOL/SPA FIRST FOR MISSING CHILD



LEARN CPR



COLIN'S HOPE

Increasing water safety awareness and standards



Drowning is a leading cause of unintentional injury-related death for children ages 1-14.

May is National Water Safety Month.

NO ONE is "drownproof", but drowning is PREVENTABLE.

Join us in getting ready for a safe summer in the water!

Colin's Hope Night at Eastside Movies in the Park
Tuesday, May 3rd, Doors open at 6PM, Movie at sundown
 Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

Colin's Hope Day at Schlitterbahn-New Braunfels
Saturday, May 21st
 Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email alissa.magrum@colinshope.org for more information.

For more information, visit our website at www.colinshope.org

**BE SAFE IN THE WATER
 & HAVE THE
 BEST SUMMER EVER!**