



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

February 2012

Volume 8, Number 2

## BOARD MESSAGE

Thank you for everyone who came to our annual meeting on January 29. As we do every year, we urge residents to please consider offering a little of their free time to serve on one of our several standing committees. In particular, we could really use help with Park clean-up this winter before the hot weather returns. If you don't want to formally sign up for this committee, please keep an eye out for notices of park clean-up Saturdays.

Please remember that beginning in January and running through June, hardwood trees, particularly any type of oak, should not be pruned due to the danger of oak wilt. All our trees suffered stress from the extreme heat and drought of last summer and these conditions are expected to continue for some time. Even one tree contracting this disease can infect and lead to the ruin of all our trees. The measures necessary to try to save a tree and protect others from infection is very costly with no guarantee of success. Please be careful – our trees are precious and contribute greatly to the beauty and value of our community.

Stay alert for news regarding the 360 highway issues that we will be dealing with this spring. TxDOT said earlier that public meetings will begin in January, but as of the January 10 deadline for this edition of the Caller, we have not received word of any specific dates from TxDOT. For more current news, check the Home page or News page of the website, contact any Board member, or TxDOT directly. **NOTE: You can contact TxDOT directly and ask to be put on their direct email contact list for these things. To do this, email [denise.guerra@txdot.gov](mailto:denise.guerra@txdot.gov) and simply ask.**

Finally, a note of thanks to everyone for their efforts to keep their speed down while driving through our neighborhood streets. Be especially vigilant this time of year when it is still fairly dark in the early morning and evening hours – times when children are still out playing and many people (and their pets) are out walking and jogging.

### Drive Safely in the Courtyard

*Your Courtyard Homeowner's Association Board of Directors*

## DESIGN TIPS AND TRENDS

What will homes look like in 2015? Knowing the answer to that question is key to fully optimizing any investments you plan to make in your home - whether you are considering remodeling, building, buying, or selling it. Here are some of the highlights of a recent study conducted by the National Association of Home Builders (NAHB) that surveyed builders across the US. The results were documented and posted on Zillow.com.

- Smaller overall house size: from an average size of 2400 sq. ft. to 2150 sq. ft. While the economy may have been the impetus in driving a decrease in square footage, many believe that this trend will stick even when the economy recovers.
- No more formal living room: great rooms will combine family, living and kitchen areas into one open space.
- Expect to see more: spacious laundry rooms, master suite walk-in closets, eat-in kitchens, two-car garages, and ceiling fans.
- Expect to see less: mudrooms, formal dining rooms, four bedrooms or more, media or hobby rooms, and skylights.

Many of these changes reflect a desire by builders and consumers to go "green." Smaller space means more efficient heating and cooling. Ceiling fans distribute heat evenly while skylights, on the other hand, release heat.

To learn more about this topic and to obtain the full article, go to [www.abernathydesign.net](http://www.abernathydesign.net) and click on "Tips and Trends." Look for future articles on recommended investments to make if you have a home that's larger than 2150 sq. ft.

*DeeAnne Abernathy, Interior Design Consultant*



## CHA BOARD OF DIRECTORS

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Vice President, Ed Ueckert.....	345-6137
Secretary, Waneen Spirduso.....	345-5078
Treasurer, Jim Lloyd.....	231-0855
Frank Apgar.....	794-8346, 415-9412 (cell)
Cathleen Barrett.....	817-371-6983
Karen Johnson.....	343-2420

## COMMITTEES

### Environmental Control (ECC)

Diana Apgar.....	415-9412
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### Community Park

Ellen Sharporn.....	524-9344
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### Welcome

Alice Randolph.....	394-7218
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### Social Committee Chairperson

Joany Price.....	775-8942
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### Landscape & Decorating

Ed Ueckert.....	345-6137
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### Security

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### Communications

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Cathleen Barrett ( <i>Editor - Courtyard Caller</i> ).....	531-9821
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### Compliance

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### Kayak Committee

Waneen Spirduso.....	345-5078
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### Area Development and Zoning Liaison

Bill Meredith.....	345-0593
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## 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
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### 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

## AUSTIN NEWCOMERS CLUB

### FEBRUARY LUNCHEON

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating its 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends.

The February luncheon speaker will be Daris Word Hale, who was a lecturer and researcher in Tanzania as a Fulbright Scholar from the United States for the 2010-2011 academic year. She taught music at Makumira University in Arusha, and collaborated with East African composers to create new music for western orchestral instruments. Just freshly repatriated, Daris teaches music at Texas State University, and is a bassoonist in the Austin Symphony Orchestra and Austin Lyric Opera Orchestra. She is a founding member of the international touring groups Wild Basin Winds and Trio 488 which have released four albums.

- **When and Where:** Wednesday, February 22, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.
- **Time:** 11 a.m. Social Hour, Luncheon begins at noon.
- For Luncheon Reservations Email: [LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com)
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Caribbean Cruise in January.
- **MARK YOUR CALENDAR** for our March Luncheon Speaker, Austin Police Chief Art Asavado

To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: [www.AustinNewcomers.com](http://www.AustinNewcomers.com).







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## American Diabetes Association

### ANNOUNCES INAUGURAL AUSTIN-BASED CENTRAL TEXAS TOUR DE CURE CYCLING EVENT IN 2012

#### *Planning committee seeks sponsors, riders and volunteers*

Now in its eleventh year, the American Diabetes Association Tour de Cure has been a fundraising cycling ride from San Antonio to Austin, Texas. For the first time, in 2012, the event's fundraising efforts will be focused on twenty-six (26) Central Texas counties, and the ride will start and end in Austin at the Travis County Expo Center on May 5, 2012.

"The ADA has decided that it needs to turn up the volume on its efforts to heighten our nation's sense of urgency about the disease, and to move beyond just awareness to encourage people to engaging with the Association in meaningful ways and become a part of the movement to Stop Diabetes®. The Tour de Cure takes place in 43 cities nationwide, and the Central Texas one has been so successful that the national organization encouraged Austin-area leaders to forge its own ride and focus on getting local word out about the cause," says Mercedes Feris, Tour Manager of the Austin-based chapter.

The new one-day, family-focused event, sponsored by lead sponsors Austin Energy and Seton Healthcare Family, will feature various cycling routes for all skill levels (from 15 to 100 miles in length). No matter which distance riders choose, they will be fully supported with route marshals, SAG vehicles, mechanical support, and rest stops stocked with hydration and a variety of snacks. At the finish, there will be an Austin-style



celebratory theme at the Travis County Expo Center with cheering volunteers, live music, great food and much more.

"Though we have made substantial progress in combating diabetes, the number of Americans burdened by this disease continues to grow at a rapid pace," says Jane Koble, Executive Director of the association's Central Texas chapter. "Approximately 8.3 percent of Americans have diabetes. In Central Texas, we're looking at 10% of our population. It's an urgent health issue that touches Texans at a much higher percentage than the general population of the United States and the number of adult Texans with diabetes is expected to quadruple over the next three decades if the current trend continues."

Diabetes can have a devastating impact on the health and well-being of those it affects. People with diabetes are more likely to suffer from complications such as heart attacks, strokes, high blood pressure, or kidney failure.

Type 1 diabetes inhibits the body's ability to produce insulin and can be managed with

insulin injections, diet, and exercise.

Type 2 diabetes accounts for 90 percent of diabetes cases in the U.S. and for those with this type, either their body does not produce enough insulin or the cells ignore the insulin. Individuals can reduce their risk of developing Type 2 by adopting a healthy diet, exercising regularly, and consulting a medical professional about their individual needs and risk factors. The increase in Type 2 diabetes among the Nation's children is linked to the rise of childhood obesity.

Traditionally, Tour de Cure has been the Central Texas chapter's largest annual fundraiser. The planning committee for the 2012 Austin Central Texas Tour de Cure hopes to attract 550 riders to the inaugural event, who will each raise a minimum of \$200 to help prevent, treat, and manage the disease.

For more information, to volunteer or to sign up, go to <http://www.diabetes.org/austintourdecure> or call 1-888-DIABETES. Ongoing updates are also available on Twitter at @DiabetesAustin or the event's Facebook page: "Austin Central Texas Tour de Cure."

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.



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## COURTYARD BOOK CLUB

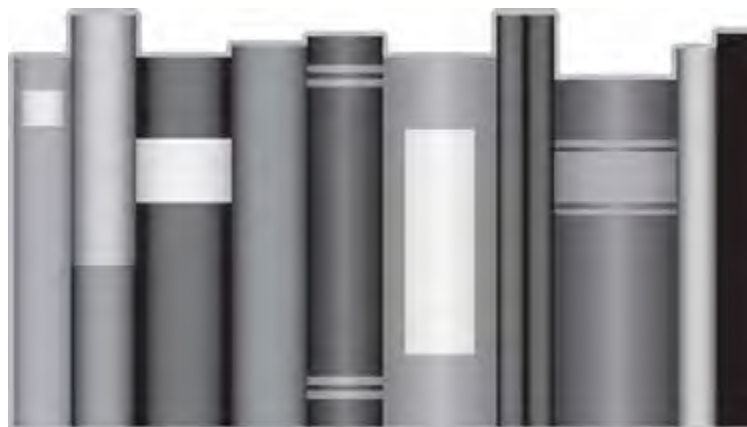
TUESDAY, FEBRUARY 7 | 1 P.M. AT THE COURTYARD TENNIS & SWIM CLUB

Tea Obreht, author of February's selection, *The Tiger's Wife*, grew up with her maternal grandparents. Obreht alludes to this close relationship in an interview, wherein she discusses the relationship and the fascination that the lives of grandparents hold for their grandchildren in explaining the central role of the grandfather in this novel. While the book is set in present day Yugoslavia, the birthplace of Obreht, it contains passages set in the past and some elements of fantasy mixed with a large dose of family drama. The narrator, Natalia, pursues a career in medicine, inspired by her grandfather who was a famous physician. There are mysteries about his death that she must unravel. In the process, she weaves the beloved stories her grandfather told her in her youth with the more realistic narrative of family and place.

*The Tiger's Wife*, Obreht's first novel, has been well received by critics and was named one of the ten best books of the year by the New York Times. Wall Street Journal's reviewer writes, "... The Tiger's Wife, in its solemn beauty and unerring execution, fully justifies the accolades..." Obreht was also awarded the 2011 Orange Prize given annually in England for excellence in writing by women.

In March, the Book Club will discuss Laura Hillenbrand's bestselling book, *Unbroken: A World War II Story of Survival, Resilience, & Redemption*.

For information about the Courtyard Book Club, contact Jean Heath, c.jeanheath@gmail.com or 512-231-9412.





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### Want to make your new year's resolution stick?

**CELEBRATE RECOVERY** Mondays @ 7:00 pm

- Codependency Group  
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- Sexual Addiction Group *(men's group)*
- Anger Open Share Group *(men's group)*
- Chemical Addiction Groups *(men's & woman's groups)*
- Women's Support Groups *(eating disorders, sexual addiction)*

**HOPE, HEALTH, HEALING** Wednesdays @ 7:00 pm

- Divorce Care
- Safe People
- Boundaries

**SUNDAY WORSHIP @ 11 AM**  
**BIBLE LIFE (all ages) @ 9:30 AM**

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## New Years and Resolutions

*By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI*

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be ridged or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule too completing your goals, in this case your resolutions.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; **1.** Firm determination. **2.** The act of resolving to do something. **3.** A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions. What are yours?

With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12

things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees. Also take time to reflect on positive changes; those that come from

our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well be blessed.



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## Breast Cancer Awareness

Breast Cancer Awareness and Tennis Event, Rally For The Cure, benefiting Susan G Komen non- profit will take place on Saturday February 4 from 9-Noon at the Barton Creek Country Club. Andy Roddick and the University of Texas Girls Tennis Team will be providing exhibition matches and teaching clinics for the whole family. Light breakfast and prizes for all who attend!! 25\$. To RSVP, please call 512/329-4008 by February 3, 2012.



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