

Courtyard Homeowners Association, Inc.

March 2012

Volume 8, Number 3

BOARD MESSAGE

Thank you to all residents that attended the Annual Meeting on January 29 and/or took the time to send in your proxies so that we could conduct necessary business. Congratulations to Waneen Spirduso and to Jamie Southerland on their elections to the Board. Waneen is beginning a second term and Jamie replaced Karen Johnson who decided not to run again at this time. We are very fortunate to have Waneen and Jamie with us as we head into 2012.

360 NEWS

Many of you should have already received word, but just in case you have not, please note that the Texas Department of Transportation (TxDOT) sent notice out on February 13 that the public meetings it promised us last November would be starting at the end of March. Two of the four meetings have been scheduled as noted below. Each will address a specific section of the total highway area affected by TxDOT's proposed changes to left turn lanes running along Highway (HW) 360 from Loop 1 South (Mopac) up to HW 183. **The second meeting, April 16, is the one that will address the entrance to our neighborhood at Courtyard Drive.** You can attend any or all of these meetings.

Whatever you do, PLEASE MAKE EVERY EFFORT TO ATTEND THE APRIL 16 MEETING. We are looking into whether TxDOT can or will make it possible for people to watch from home and call in questions, but have no answer as of the time this article has gone to print. We recommend making plans to be there. Note also that TxDOT is planning to hold smaller workshop sessions approximately two weeks after the public meeting to explore in greater detail the proposed concepts, possible alternatives, and other considerations.

TXDOT PUBLIC MEETINGS

- 6:00 p.m. in the Anderson High School cafeteria.
- March 28 Section of 360 from HW 183 south to Old Spicewood Springs Road
- April 16 -- Section of 360 from Old Spicewood Springs Road to Westlake Drive.
- Sections 3 & 4 -- TBA

We are making every effort to keep Courtyard residents posted with news updates. Please check the website and/or contact a Board member if you have questions.

Please continue to drive safely in the Courtyard Your Courtyard Homeowners' Association Board of Directors **KEEP UP TO DATE ON**

LOOP 360 CHANGES

KEEPAUSTINMOVING.ORG, IS NOW AVAILABLE!

Watch here for the latest news and information, important dates, sample letters to public officials and more. Participate in the discussion. Be an active, involved part of our community, other 360 neighborhoods, and the city of Austin. Keep informed and let your voice be heard.

Happy St. Patrick's Day to Everyone in the Courtyard!



CHA BOARD OF DIRECTORS

President, Leslie Craven	. 502-1124, 585-1153 (cell)
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
Jamie Southland	

COMMITTEES	
Environmental Control (ECC)	
Diana Apgar4	15-9412
Community Park	
Ellen Sharphorn52	24-9344
Welcome	
Alice Randolph	94-7218
Social Committee Chairperson	
Joany Price	75-8942
Landscape & Decorating	
Ed Ueckert	45-6137
Security	
Jim Lloyd2	31-0855
Communications	
Leslie Craven	02-1124
Cathleen Barrett (Editor - Courtyard Caller) 55	31-9821
Compliance	
Vacant	
Kayak Committee	
Waneen Spirduso	45-5078
Area Development and Zoning Liaison	

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	
	arnilsson@earthlink.net
Villas at Courtyard:	<u> </u>
Thomas Hoy	231-1270
	Thomas.Hoy@freescale.com
Wolf Court:	3 (
	346-3146
	tsullivan@austin.rr.com

BOARD MEETING NOTICE

If you would like to receive an email notice of the monthly board meetings, please sign up at BoardMeetingNotices. com. After signing up, you will automatically receive notice of the upcoming board meeting and Agenda.

COURTYARD BOOK CLUB

TUESDAY, MARCH 6TH I P.M. IN THE COURTYARD CLUB

Each week of 2011, Laura Hillenbrand's *Unbroken* was on the *New* York Times Best Seller List. Time Magazine chose Unbroken as the best nonfiction book of the year. Hillenbrand made her reputation as a great teller of true tales with a book about the legendary racehorse, Seabiscuit. As Hillenbrand tells it... "It was a horse--the subject of my first book, Seabiscuit: An American Legend--who led me to Louie (Zamperini). As I researched the Depression-era racehorse, I kept coming across stories about Louie, a 1930s track star who endured an amazing odyssey in World War II. I knew only a little about him then, but I couldn't shake him from my mind. After I finished Seabiscuit, I tracked Louie down, called him and asked about his life. For the next hour, he had me transfixed."

Louie's story grabs the reader's heart with what it means to be American. He was a juvenile delinquent who was saved by an amazing talent to become an Olympic athlete. His grit and determination were essential to his survival when his plane crashed over the Pacific during World War II, killing eight of the eleven on board. He and two other survivors subsisted on a life raft for 46 days using their ingenuity to endure through severe weather and strafing by a Japanese bomber, only to be captured by the Japanese Navy. And, there is much more to this captivating real life adventure story! Join the Book Club in March for what is sure to be a lively discussion.

In April, the Book Club will read The Room by Emma Donoghue described on Amazon as, "...a tale at once shocking, riveting, exhilarating--a story of unconquerable love in harrowing circumstances, and of the diamond-hard bond between a mother and her child.'

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





Courtyard Neighborhood Garage Sale

Here is your early reminder so you can start gathering up items for sale during spring cleaning. If you haven't participated before, it's simple. You collect the stuff, and the Homeowners Association provides advertising in the Austin American Statesman and will put out signs in the neighborhood.

Please contact Joany Price – 775-8942 joanyprice@hotmail.

com or Dana Ivers – 497-0642 dana.ivers1@yahoo.com) to reserve a sign or if you have any questions.

HINTS FOR A SUCCESSFUL SALE:

- You can add your own signs if you feel it will help. Home Depot and others have them. Just be sure they come down when the sale is over;
- Feel free to open earlier or later that day;
- It is advisable to have prices on every item;
- Children's items are especially popular;
- Multi-family sales tend to be more successful, so you might want to join with your neighbors to pool sale items at one location and take turns running the sale.

Please note that Settlement House will come by and pick-up any "leftovers" from the sale that day. Email annbcham@gmai.com if you want to schedule this helpful service.

Saturday, May 5TH (Rain Day - May 12TH)





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- * Enjoy \$20 "All You Can Eat" St Louis Ribs
- **★ Supporting Habitat** for Humanity
- \star Cheer on your local High School as they compete in Rib Eating Contest!"

Monday March 5th 6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- **Round Rock I-35: Round Rock High School**
- 620 Four Points: Vandegrift High School
- 360 South: Westlake High School
- 183 North: Defending Champions Anderson High School
- Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!
- High school contest 7:30-7:45 PM.

At all 4 Austin Rudy's locations

2012 COURTYARD EASTER EGG HUNT!

SATURDAY, APRIL 7TH | 11:00 - 1:00

Don't miss the fun......Plan to attend the 2012 Courtyard Easter Egg Hunt! Bunnies of all ages bring your baskets and hop on down for some Easter fun! In addition to our annual Easter Egg Hunt we will have a piñata and great prizes! Easter Bonnets Optional.

If you think you will be able to attend, please email or call to let us know how many egg hunters will be in your family/group:

Joany Price – 775-8942 joanyprice@hotmail.com Dana Ivers – 497-0642 dana.ivers1@yahoo.com

We Look Forward to Seeing You there!

WHERE ARE YOU?

On several occasions in the past it has been important to get information to Courtyard residents "ASAP" — we're talking within a day or so when the information is too critical to wait to read an article in the monthly newsletter or wait and hope someone happens to check the website. Although one of the fastest ways to connect to our neighbors is through emails, not all of us have computers or our computers screen out messages from unknown or odd senders. Because of this, many of our residents have had no way to receive time sensitive information quickly. In these instances, we have been fortunate to have some wonderful community volunteers that took their time to go door-to-door trying to hand-deliver this information and/or collect necessary information. Once again, we thank them.

One thing that made our door-to-door volunteers' work more time consuming and difficult is that the numbers for addresses on many Courtyard homes were not readily visible or were simply non-existent. **Emergency responders indicate they also encounter this same trouble when trying to locate a home under circumstances when minutes and even seconds are critical.** For this reason, we urge all our residents to take a few minutes and make sure their addresses are clearly visible from the street. It may be a matter of trimming back some bushes, touching up the numbers with paint (how about glow-in-the-dark for night time?), or adding numbers that are not there. Whatever it takes, please try to get this done — maybe as part of your spring-cleaning activities. **You do not want to delay a little maintenance that can help save your life one day.**



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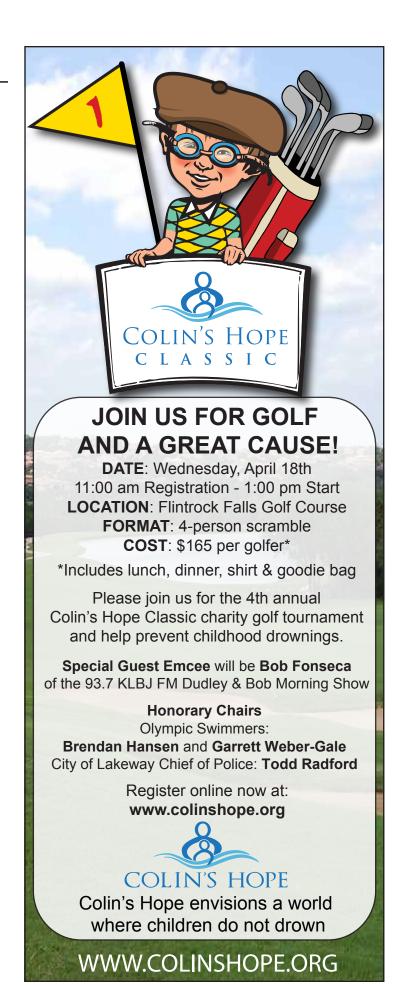
Named Luxury Specialist of the south by Unique Homes Magazine!



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SHORT & SWEET

- The nicest thing about the future is that it always starts tomorrow.
- Money will buy a fine dog, but only kindness will make him wag his tail.
- If you don't have a sense of humor, you probably don't have any sense at all.
- Seat belts are not as confining as wheelchairs.
- A good time to keep your mouth shut is when you're in deep water.
- Why does it take so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
- Business conventions are important because they demonstrate how many people a company can operate without.
- Why is it that at class reunions you feel younger than everyone else looks?
- Scratch a cat and you will have a permanent job.
- No one has more driving ambition than the teenage boy who wants to buy a car.
- There are no new sins; the old ones just get more publicity.
- There are worse things than getting a call for a wrong number at 4 a.m. -- like, it could be the right number.
- No one ever says, "It's only a game" when their team is winning.
- I've reached the age where 'happy hour' is a nap.
- Be careful about reading the fine print: there's no way you're going to like it.
- The trouble with bucket seats is that not everybody has the same size bucket.
- Do you realize that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
- Money can't buy happiness -- but somehow it's more comfortable to cry in a Cadillac than in a Yugo.
- After 70, if you don't wake up aching in every joint, you're probably dead.
- Always be yourself, because the people that matter don't mind, and the ones that mind don't matter.
- Life isn't tied with a bow, but it's still a gift.
- Politicians and diapers should be changed often -- and for the same reason.



COURTYARD CALLER

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LOCAL RESIDENTS CALLED TO PARTICIPATE IN HISTORIC CANCER RESEARCH EFFORT

COMMUNITY INVOLVEMENT CAN ANSWER CRITICAL **QUESTIONS ABOUT CANCER CAUSES, PREVENTION**

Residents of Williamson and Travis counties have an unprecedented opportunity to participate in a historic study that, with only minimal effort, has the potential to change the face of cancer diagnosis and treatment for future generations. Men and women between the ages of 30 and 65 who have never been diagnosed with cancer are needed to participate in the American Cancer Society's Cancer Prevention Study-3 (CPS-3). CPS-3 will enroll a diverse population of up to half a million people across the United States and Puerto Rico. The opportunity for local residents to enroll in CPS-3 is being made possible in the community through a partnership between the American Cancer Society (ACS) and Scott & White Healthcare.

Enrollment will be taking place at various locations throughout Williamson County from April 3-7. Community members who are interested in participating in this study can find locations and schedule an appointment to enroll by logging on to cancerstudy.sw.org or by calling 1-800-604-5888 beginning today. (Appointments are not required.) CPS-3 will help researchers better understand the lifestyle, environmental, and genetic factors that cause or prevent cancer. "My mom is a two-time cancer survivor and I'm doing all I can to make sure my children don't have to say that I really believe this (CPS-3) is part of the answer," stated one study participant.

To enroll in the study, individuals will be asked to read and sign an informed consent form; complete a comprehensive survey packet that asks for information on lifestyle, behavior, and other factors related to your health; have waist circumference measured; and provide a small blood sample. Upon completion of this process, the ACS will send periodic follow-up surveys to update participants' information and annual newsletters with study updates and results. The in-person enrollment process takes approximately one hour. Periodic follow-up surveys are expected to be sent every few years.

"Many individuals diagnosed with cancer struggle to answer the question, 'What caused my cancer?' In many cases, we don't always know the answer," said Subhakar Mutyala, M.D., Director of the Scott & White Cancer Institute. "CPS-3 will help us better understand what factors cause cancer, and once we know that, we can be better equipped to prevent cancer." Alpa V. Patel, Ph.D., principal investigator of CPS-3 added, "Our previous cancer prevention studies have been instrumental in helping us identify some of the major factors that can affect cancer risk. CPS-3 holds the best hope of identifying new and emerging cancer risks, and we can only do this if members of the community are willing to become involved."

Researchers will use the data from CPS-3 to build on evidence from a series of American Cancer Society studies that began in the 1950s that collectively have involved millions of volunteer participants. The Hammond-Horn Study and previous Cancer Prevention Studies (Continued on Page 9)

Local Residents Called...- (Continued from Page 8)

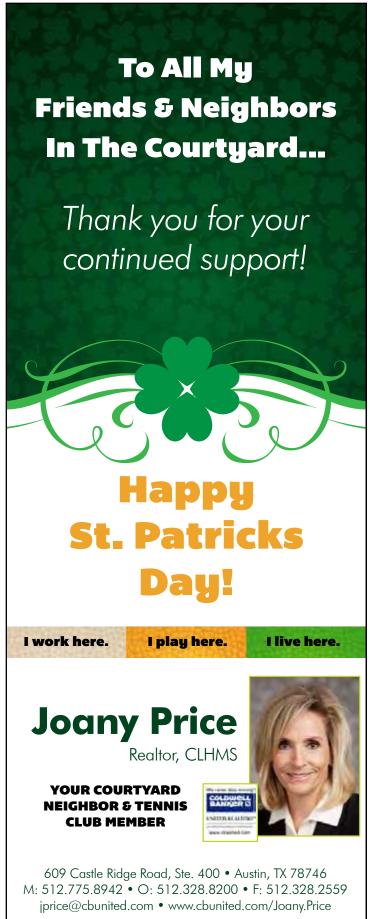
(CPS-I, and CPS-II) have played a major role in understanding cancer prevention and risk, and have contributed significantly to the scientific basis and development of public health guidelines and recommendations.

Those studies confirmed the link between cigarette smoking and lung cancer, demonstrated the link between larger waist size and increased death rates from cancer and other causes, and showed the considerable impact of air pollution on heart and lung conditions. The current study, CPS-II, began in 1982 and is still ongoing. But changes in lifestyle and in the understanding of cancer in the more than two decades since its launch make it important to begin a new study.

The voluntary, long-term commitment by participants is what will produce benefits for decades to come. "Taking an hour or so every few years to fill out a survey – and potentially save someone from being diagnosed with cancer in the future - is a commitment that thousands of volunteer participants have already made. We're looking for more like-minded individuals to join this effort that we know will save lives and improve the outlook for future generations," said Dr. Patel.

Submitted by Katherine Voss, APR Scott & White Healthcare





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15 THINGS TO DO TODAY TO SIMPLIFY YOUR LIFE

By Karin Flagg, Organize With Purpose!

Here are 15 simple things you can do immediately to take you from overwhelmed to back in control in just minutes.

I. CREATE AN 'IN-OUT' OR 'LANDING PAD' AREA BY YOUR ENTRANCE DOOR

Whether you use your front door or garage, use this area to collect the things you use every day like keys, a charging station for phones, and a bulletin or whiteboard to jot down reminders and tack papers you need the next day. You'll eliminate last-minute frantic hunting and actually start your day stress-free.

2. DECLUTTER, JUST MINUTES AT A TIME

You may not have time to thoroughly declutter a room, but you can at least start small every day. Go through a room with a laundry basket and pick up any items that don't belong there. When the basket is full, put those things back where they should go.

3. SORT YOUR INCOMING MAIL IMMEDIATELY

Instead of piling up that stack of mail, sort it over a trash can and immediately toss junk mail making sure to shred sensitive items. (If you don't have a shredder use a pair of 'shredding scissors'). Open the rest of the mail throwing away all envelopes. Now sort this small pile into bills to pay, things to read, items to keep and file.

4. LIMIT THE AMOUNT OF MAIL YOU HAVE TO SORT THROUGH EVERY DAY

Stop wasting precious time sorting through your crammed mailbox filled with unsolicited mail. Opt-out of receiving credit card offers, fliers and catalogs you don't want or need by registering at the Direct Marketing Association website: www.DMAchoice.org.

5. GO PAPERLESS

Whenever possible, opt for paperless statements. Most banks, utility and service companies offer online statements instead of having them mailed to you. That means less paper for you to sort and file – not to mention saving trees.

6. SWITCH TO ONLINE & AUTOMATIC BILL-PAY

Sign up with your bank for online bill-pay to ensure you never miss a payment again. As soon as you get a new bill enter the amount to pay and the due date in the bill-pay section. That's it! Your bank makes sure it's sent and delivered on-time so you don't have to. And think about signing up for automatic recurring payments for things like your mortgage and car payment – then won't even have to remember to remember to pay them! No more hunting for stamps and running to the post office.

7. EMBRACE THE 'ONE-IN ONE-OUT' RULE

This is a great system for almost any area of your life. Whether it's a new item of clothing or a book, decide that for every new item you bring home one will be removed. This will help keep you from being overwhelmed by all your stuff.

8. CREATE A MAGAZINE & CATALOG BASKET

Have a container, like a basket or box, to hold all your magazines and catalogs. When it gets full, that's your cue to recycle the old ones.

9. MULTI-TASKING IS A MYTH

Studies show that trying to do 2 or more things at once that require your complete attention just doesn't work. Instead, block out chunks of time to focus on one project at a time. You'll be amazed how much more you'll actually get done working this way.

10. CLEAR OUT MENTAL CLUTTER

It's exhausting trying to keep all those thoughts, ideas, projects and to-do lists in your head – instead, get them out of your head and out where you can see them. Whether you use technology or paper, it's a quick way to make lists of all those mental thoughts swirling in your head. Then divide those lists into categories like Work and Personal.

II. HAVE A WAY TO CAPTURE YOUR THOUGHTS& IDEAS

Throughout the day, have some way to capture all your 'to-do's' and 'must-

remembers'. It might be high-tech like your Smartphone or as simple as a notepad. The key is to make a note of them somewhere whenever they pop up.

12.TURN OFFYOUR EMAIL NOTIFICATIONS

Are you distracted every time you see and hear "You've got mail?" Those reminders can be a big distraction so take back control by turning off the email icon and sound. Instead either set it up so YOU have to go retrieve them when you're ready, or change the settings so that it doesn't notify you for every email but rather in batchs every 30 or 60 minutes instead.

13. BETHE RULER OF YOUR EMAILS

Did you know that programs like MS Outlook let you set up 'rules' for your emails? Instead of clogging your inbox set up a rule for things like newsletters that you want to read at a later date, when you have time. It will go into a folder and be there when you're ready. Think of 'Rules' as like having your very own personal assistant for email!

14. PLANYOUR TOMORROW - TODAY

At the end the day take a few moments to plan the key things you need to accomplish tomorrow. By following a plan you'll be productive first thing - instead of wasting time with emails or Facebook. And pull tomorrow's outfit together the night before, down to all the accessories and shoes. A few moments of planning today will make your tomorrow easier.

15. EMBRACE TECHNOLOGY

I'm not a techie but I've come to realize that many apps and features of your phone help make life easier and many are free. Use the calendar to set reminders to yourself throughout the day, or use the voice recorder app to record messages to yourself while you're running around. Or check out notes and to-do list apps. There's even a voice-to-text app that turns your message into an email. Once you start looking you'll be amazed what's available.

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REACHING YOUR NEIGHBORS and many oth

AUSTIN

Avery Ranch Barton Creek Bee Cave Bella Vista Belterra Canyon Creek Chandler Creek Cherry Creek on Brodie Lane Circle C Ranch Courtvard Crystal Falls

Davenport Ranch Forest Creek

Hidden Glen Highland Park West Balcones

Highpointe Hunter's Chase Jester Estates

Lakeline Ranch

Lakeway

Lakewood Legend Oaks II

Long Canyon Lost Creek

Mayfield Ranch

Meadows of Bushy Creek Pemberton Heights

Plum Creek

Ranch at Brushy Creek

River Place

Round Rock Ranch

Sendera

Shady Hollow

Sonoma

Steiner Ranch

Stone Canvon

Teravista

Travis Country West

Twin Creeks

Villages of Westen Oaks Westside at Buttercup Creek Wood Glen

HOUSTON

Atascocita CIA Atascocita Forest Blackhorse Ranch Bridgeland Chelsea Harbour Coles Crossing Copperfield Cypress Mill Cypress Point **Eagle Springs Enchanted Valley**

Fairfield

Fairwood Harvest Bend The Village

Kleinwood Lakemont

Lakes of Fairhaven Lakes of Rosehill

Lakes on Eldridge

Lakes on Eldridge North Lakewood Grove

Legends Ranch

Longwood

Normandy Forest North Lake Forest

Riata Ranch

Riverpark on the Brazos Shadow Creek Ranch

Silverlake

Steeplechase

Stone Forest

Stone Gate

Summerwood

Village Creek

Villages of NorthPointe

Willowbridge

Willowlake

Willow Pointe

Winchester Country

Winchester Trails Windermere Lakes

Wortham Villages

Brook Meadows Timarron Woodland Hills

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