

Courtyard Homeowners Association, Inc.

September 2012

Volume 8, Number 9

BOARD MESSAGE

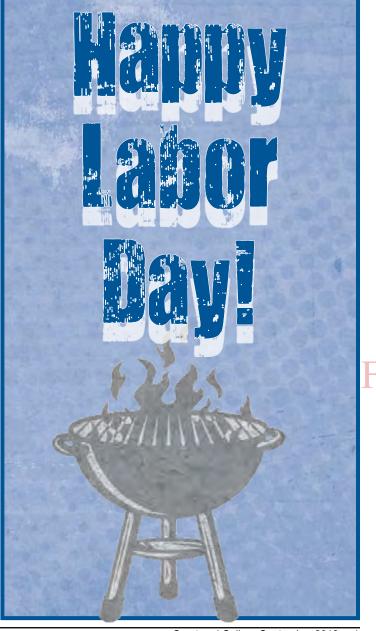
By now, everyone who has provided us with an email address should have received the new Park gate code, which was effective on August 25, 2012.

Recall that this code also opens the Park bathroom, boat storage area next to County Line, and is the passcode needed to access the Photo Gallery and Directory on the Courtyard's website. As we explained in the August *Caller*, to save on mailing costs, we decided to send it via our broadcast message system.

If you do not have email or have not given us your address and want to know the gate code, then you need to contact any Board member or our property manager, Marilyn Childress c/o Goodwin Management. Please remember that this code is only for the use of the homeowner(s) and their immediate family and should not be given out to non-residents of the Courtyard.

Finally, a word of caution now that Fall is here, children are back in school, and our days are growing shorter. Please be extra careful when driving through the neighborhood in the early morning and late afternoon/evening hours. Watch out for children, runners, cyclists, and walkers – both the two and four legged kind.

Drive Safely in the Courtyard



Courtyard Caller - September 2012

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SUB-HOA CONTACTS

)1-3105
oo.com
6-8432
link.net
31-1270
ale.com
6-3146
n.rr.com



Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to <u>cathleenbarrett@</u> <u>hotmail.com</u>. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www. PEELinc.com.





Come learn why we're saying HOA is not a four letter word! Admission is FREE UT Alumni Center September 21st

Join other Austin area community association leaders to learn industry best practices that work.

- The 7 Deadly Sins of HOA Boards
- Cyber Theft Who Has The Keys to Your Account?
- Board Member Survival Best Practices for New and Seasoned Directors
- Four People You Should Know
- Becoming Firewise Make Your Community Safe
- Money Saving, Water Saving Tools for Your Community

Visit any of over 65 industry exhibitors there to help you govern your neighborhood responsibly

Full details and online registration at: http://www.caiaustinevents.org/2012conf&expo 512-858-5228 caidunst@live.com

Come visit your PEEL, Inc. team at booth #R3 in the Rotunda!

AUSTIN CHAPTER COMMUNICATIONS INSTITUTE

WILDFIRE SAFETY How to Reduce Your Risks

The Courtyard Neighborhood wishes to thank Shawn Hohnstreiter and Vince Devine, members of Texas Search and Rescue (TEXSAR), for presenting an excellent talk and slide show about the risks of wildfires for our residents on July 17. TEXSAR is an official, all volunteer, first responder organization based in Austin that serves Central Texas and is also able to deploy statewide when warranted. In addition to the many types of hands-on water and land search and rescue work they perform, TEXSAR's volunteers give their time and share their expertise with communities to help them learn how best to avoid and/or lessen the devastating personal and property losses that can occur from wildfires.

We truly appreciate the time given by the TEXSAR volunteers and our own Courtyard resident, Jim Gattis, who first raised the idea of inviting them to speak and then made all the arrangements for this important presentation. If you missed this event, please take some time to do your own investigating on this subject. Although no one wants to think it could happen here, no one can deny that the threat of wildfires is very real in our area and, as we learned in the talk, there are many fairly simple things a homeowner can do to improve the chance of their home withstanding a wildfire.

BUT WE LIVE IN THE CITY, WHY SHOULD WE BE CONCERNED WITH A WILDFIRE?

It was interesting to learn that the area we live in has developed into what is called a "wildland/urban interface" – an area where wildland fires easily reach beyond trees, brush, and other natural fuels to ignite homes and immediate surrounding structures. Urban densities directly affect the number of homes lost in a wildfire as firefighters simply do not have the resources to defend every home. As such, it is you, the homeowner, who must take proactive steps to reduce your home's vulnerability to wildfires. To assist homeowners, federal and state land management agencies and local fire departments have joined together to help develop local solutions through the National Firewise Communities Program. **BUTTHE COURTYARD HAS WATER ONTHREE SIDES, WON'TTHIS KEEP A FIRE FROM MOVING INTO OUR NEIGHBORHOOD**?

To further understand the risks facing us here in the Courtyard, the TEXSAR first responders discussed how fires spread and homes ignite with the key elements being: "terrain" (fire moves faster uphill), "weather" (dry, hot, & windy), and available "fuel": surface fuel (dry grasses, shrubs, pine needles, dead branches and twigs), ladder fuel (dense and/or tall brush, low branches, anything that can carry a fire from the ground up to the tree top "canopies" or "crowns"), and crown fuel (think flammable tree tops). Needless to say, the Courtyard has an abundance of all three types of fuel necessary to support a high intensity crown fire.

On a positive note, research has shown that homes must generally be within 100 feet of the flames to be directly ignited by these high intensity flames, and that breaks in the tree canopies, such as what might be caused by roads and utilities, often keep this type of intense fire from moving into communities. Nevertheless, in a high intensity fire, the far greater threat is more likely to come from "firebrands" or burning embers that can be carried more than a mile by strong winds. In this situation, even when you think that you and your home are far enough away from the fire to be "safe," it is these flying embers that most often come in to start separate fires close to or in your home – unless you are prepared. Just ask the people in Steiner Ranch.

WHAT CAN WE DO TO REDUCE THE RISKS OF A FIRE?

There isn't enough space or time here to discuss all the information available on this subject so we encourage you to check out the websites below for more details. Below are a few of the highlights from the talk.

BE PREPARED - Have a disaster plan. Develop, discuss and practice an emergency action plan with everyone living in your home. Include details for pets. Program cell phones with emergency numbers. Know two ways out of the neighborhood and have a prearranged meeting place if you are separated from others in your family. If you are trapped and cannot escape, the best place to be in the Courtyard is at the tennis court/pool area. This a large paved treeless area with water and the least amount of combustible material.

Get out early, if possible. You'll probably lose power so you might as well be gone and safe. The winds driving a wildfire are not the breezes you might have felt earlier in the day. A high intensity wildfire creates its own very high sustained winds as it draws wind in to feed the fire, and it can come at you with alarming speed. By the time you hear a fireman in the street outside your home warning people with a bullhorn to evacuate, you may only have 5 - 10 minutes before the fire is at your door.

If you have time during evacuation, leave behind a note for first responders. Tell them you have evacuated the home and provide a contact #. Tell them the location your attic, take curtains down and pull any rugs or carpets away from entry ways. Run the sprinkler early if you have time, but turn it off if you leave.

Shut gas off at the meter and shut off your AC and heat. Shut your doors and windows but do not lock them. It's easier for responders who might need to enter and you won't have to replace a splintered door or broken window.

For additional tips on what to do when wildfire is approaching and how to safely evacuate, visit the Ready, Set, Go! Website sponsored by the International Association of Fire Chiefs at **www. wildlandfirersg.org.**

LANDSCAPING & CONSTRUCTION - Check out www. firewise.org/usa for details. Firewise provides information to help a homeowner create a landscape around the home that serves as a fire break by reducing the fuel available -- limit the level of flammable vegetation and materials surrounding your home and increase the moisture content of the remaining vegetation.

If, despite your best landscaping efforts, flying embers bring the fire to your home, you need to have fire resistant roofing, wall and window materials.

COURTYARD BOOK CLUB

Tuesday, October 2nd 1 P.M. IN THE COURTYARD CLUB

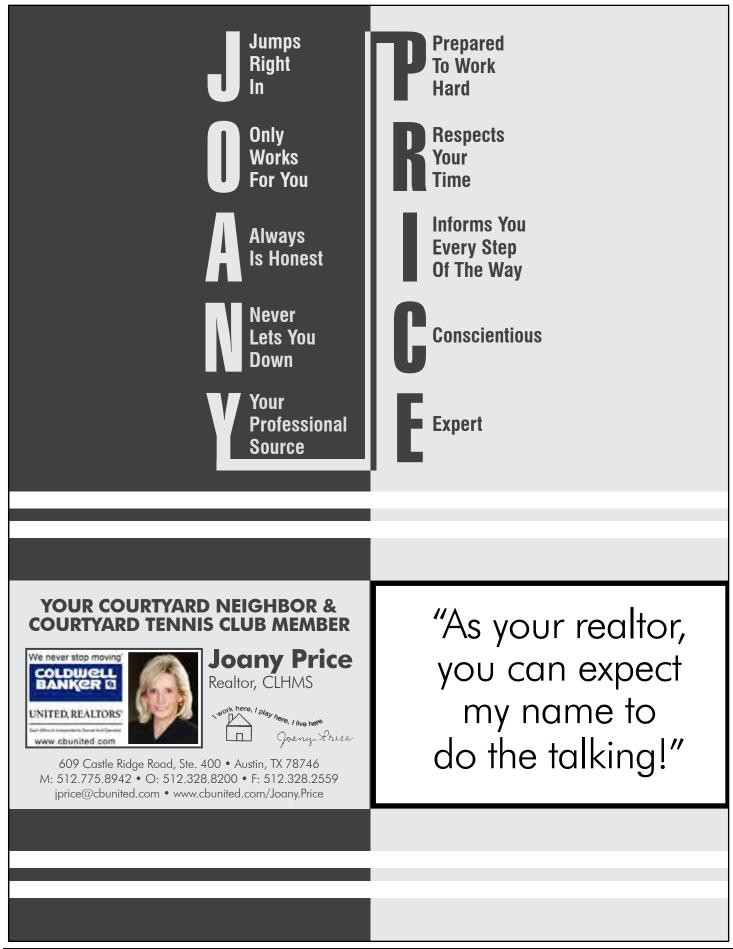
In October the book club will read In the Garden of Beasts: Love, Terror & an American Family in Hitler's Berlin. The author, Erik Larson, is best known for his books Devil in the White City and Isaac's Storm in which he writes of historical events in the style of a fictional thriller. In this months' book, Larson explores a pivotal time and place, pre-World War II Germany. The narrative is told through the experiences of the American Ambassador, William E. Dodd who arrives in Berlin with his family in 1933. After arriving in Germany, Dodd's flamboyant daughter, Martha, is swept up in the elegant social scene, attending parties and soliciting the attention of the handsome young men of the Third Reich. Slowly, a naïve Dodd becomes alarmed at the actions of the Nazi government and alerts his superiors in Washington. Regrettably, officials find it easy to dismiss warnings from this ambassador for whom they have little respect." By the end of 1934, the "Night of the Long Knives" left no doubt as to Hitler's dark motives and his power.

Reviewers are effusive in their praise of *In the Garden* of Beasts. "Larson's strengths as a storyteller have never been stronger than they are here, and this story is far more important than either *The Devil in the White City* or *Thunderstruck*. How the United States dithered as Hitler rose to power is a cautionary tale that bears repeating, and Larson has told it masterfully." --Cleveland Plain Dealer.

In November the group will be reading *One Hundred Years of Marriage* by Louise Farmer Smith. Why do two people spend their lives together raising a family? Smith uses her keen skills of observation to explore the passion, calculation, humor, devotion and tragedy to marriage over generations of twentieth century families. This title is not on the library shelves but can be ordered through bookstores. Several book club regulars have copies and are willing to share. Check with Jean using the phone or email below if you would like to borrow a copy.

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





COURTYARD CALLER THE "BUSY" TRAP

By Tim Kreider

If you live in America in the 21st century you've probably had to listen to a lot of people tell you how busy they are. It's become the default response when you ask anyone how they're doing: "Busy!" "So busy." "Crazy busy." It is, pretty obviously, a boast disguised as a complaint. And the stock response is a kind of congratulation: "That's a good problem to have," or "Better than the opposite."

It's not as if any of us wants to live like this; it's something we collectively force one another to do.

Notice it isn't generally people pulling back-to-back shifts in the I.C.U. or commuting by bus to three minimum-wage jobs who tell you how busy they are; what those people are is not busy but tired. Exhausted. Dead on their feet. It's almost always people whose lamented busyness is purely self-imposed: work and obligations they've taken on voluntarily, classes and activities they've "encouraged" their kids to participate in. They're busy because of their own ambition or drive or anxiety, because they're addicted to busyness and dread what they might have to face in its absence.

Almost everyone I know is busy. They feel anxious and guilty when they aren't either working or doing something to promote their work. They schedule in time with friends the way students with 4.0 G.P.A.'s make sure to sign up for community service because it looks good on their college applications. I recently wrote a friend to ask if he wanted to do something this week, and he answered that he didn't have a lot of time but if something was going on to let him know and maybe he could ditch work for a few hours. I wanted to clarify that my question had not been a preliminary heads-up to some future invitation; this was the invitation. But his busyness was like some vast churning noise through which he was shouting out at me, and I gave up trying to shout back over it.

Even children are busy now, scheduled down to the half-hour with classes and extracurricular activities. They come home at the end of the day as tired as grown-ups. I was a member of the latchkey generation and had three hours of totally unstructured, largely unsupervised time every afternoon, time I used to do everything from surfing the World Book Encyclopedia to making animated films to getting together with friends in the woods to chuck dirt clods directly into one another's eyes, all of which provided me with important skills and insights that remain valuable to this day. Those free hours became the model for how I wanted to live the rest of my life.

The present hysteria is not a necessary or inevitable condition of life; it's something we've chosen, if only by our acquiescence to it. Not long ago I Skyped with a friend who was driven out of the city by high rent and now has an artist's residency in a small town in the south of France. She described herself as happy and relaxed for the first time in years. She still gets her work done, but it doesn't consume her entire day and brain. She says it feels like college - she has a big circle of friends who all go out to the cafe together every night. She has a boyfriend again. (She once ruefully summarized dating in New York: "Everyone's too busy and everyone thinks they can do

driven, cranky, anxious and sad - turned out to be a deformative effect of her environment. It's not as if any of us wants to live like this, any more than any one person wants to be part of a traffic jam or stadium trampling or the hierarchy of cruelty in high school — it's something we collectively force one another to do.

Our frantic days are really just a hedge against emptiness.

Busyness serves as a kind of existential reassurance, a hedge against emptiness; obviously your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day. I once knew a woman who interned at a magazine where she wasn't allowed to take lunch hours out, lest she be urgently needed for some reason. This was an entertainment magazine whose raison d'être was obviated when "menu" buttons appeared on remotes, so it's hard to see this pretense of indispensability as anything other than a form of institutional self-delusion. More and more people in this country no longer make or do anything tangible; if your job wasn't performed by a cat or a boa constrictor in a Richard Scarry book I'm not sure I believe it's necessary. I can't help but wonder whether all this histrionic exhaustion isn't a way of covering up the fact that most of what we do doesn't matter.

I am not busy. I am the laziest ambitious person I know. Like most writers, I feel like a reprobate who does not deserve to live on any day that I do not write, but I also feel that four or five hours is enough to earn my stay on the planet for one more day. On the best ordinary days of my life, I write in the morning, go for a long bike ride and run errands in the afternoon, and in the evening I see friends, read or watch a movie. This, it seems to me, is a sane and pleasant pace for a day. And if you call me up and ask whether I won't maybe blow off work and check out the new American Wing at the Met or ogle girls in Central Park or just drink chilled pink minty cocktails all day long, I will say, what time?

But just in the last few months, I've insidiously started, because of professional obligations, to become busy. For the first time I was able to tell people, with a straight face, that I was "too busy" to do this or that thing they wanted me to do. I could see why people enjoy this complaint; it makes you feel important, sought-after and put-upon. Except that I hate actually being busy. Every morning my in-box was full of e-mails asking me to do things I did not want to do or presenting me with problems that I now had to solve. It got more and more intolerable until finally I fled town to the Undisclosed Location from which I'm writing this.

Here I am largely unmolested by obligations. There is no TV. To check e-mail I have to drive to the library. I go a week at a time without seeing anyone I know. I've remembered about buttercups, stink bugs and the stars. I read. And I'm finally getting some real writing done for the first time in months. It's hard to find anything to say about life without immersing yourself in the world, but it's also just about impossible to figure out what it might be, or how best to say it, without getting the hell out of it again.

COURTYARD CALLER

Wisdom of the Ages

- Birds of a feather flock together . . . and then usually poop on your car.
- A penny saved is obviously a government oversight.
- The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.
- The easiest way to find something lost around the house is to just go out and buy a replacement.
- He who hesitates is probably right.
- Did you ever notice: The Roman Numerals for forty (40) are XL.
- If you can smile when things go wrong, then you probably already have someone in mind to blame.
- The sole purpose of a child's middle name is so he can tell when he's really in trouble..
- Did you ever notice that if you put the 2 words "The" and "IRS"

together it spells "Theirs?"

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- Some people try to turn back their odometers. Not me, I want people to know why I look this way. I've traveled a long and winding way and some of the roads weren't paved.
- When you are dissatisfied and think that you would like to go back to your youth, remember Algebra classes.
- You know you are getting old when everything either dries up or leaks.
- One of the many things no one tells you about aging is that it is such a nice change from being young. Ahhh yes ... being young is delightful, but being old is comfortable.
- And finally, what I should pray daily Lord, please keep your arms around my shoulder and your hand over my mouth. AMEN!





Home Athletics Schedule August/September

Date	Sport	Opponent	Time
8/31	VB	Concordia Ann Arbor%	5 p.m.
9/1 VB VB WS MS	VB	Concordia Wisconsin%	10 a.m.
	VB	Concordia Chicago%	2 p.m.
	WS	Dallas!	5 p.m.
	MS	Dallas!	7 p.m.
9/9	WS	Huston-Tillotson!	5 p.m.
	MS	Huston-Tillotson!	7 p.m.
9/19	WS	Trinity!	7 p.m.
9/21	VB	Mary Hardin-Baylor\$	7:30 p.m.
9/22 VB WS MS VB	VB	Mississippi College\$	12:30 p.m.
	WS	East Texas Baptist^	2 p.m.
	MS	East Texas Baptist^	4 p.m.
	VB	Texas-Tyler\$	5:30 p.m.
9/23	WS	Austin College^	2 p.m.
	MS	Austin College^	4 p.m.
9/28	VB	Sul Ross State	7 p.m.

VB (Volleyball) MS (M. Soccer) WS (W. Soccer) % Concordia Invitational \$ ASC Dig Pink Crossover Challenge ! at St. Stephen's ^ at Vandegrift High School

CTX Athletics Is Now Accepting Tornado Club Applications!!!

For up-to-date information about CTX Athletics and to register online for the ticket pass, please check out our website at:

athletics.concordia.edu

Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol



Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a family practitioner with The Austin Diagnostic Clinic (ADC), says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.

David Joseph, M.D., is a family practitioner for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21medical specialties at more than six locations throughout Austin and Central Texas. Dr. Joseph sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4076. To download an electronic version of this release, please visit www.delaune.com/ADC

September is National Cholesterol Awareness Month

COURTYARD CALLER

SUDOKU 3 7 1 View answers online at www.peelinc.com 6 5 2 1 2006. Feature Exchange 5 7 8 6 7 8 3 5 4 2 8

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Did you forget the y Handy **Date of that...** Plastic **Date of that...** Plance altor Doctor Daycare Plumber Clinic Photograp Learning Center Maid Service Chiropractor yman Moving Company Lawyer Summer (c Surgeon Gym Restaurant Bank Tutor



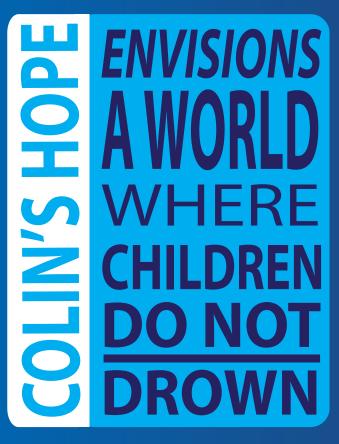
Visit here to find YOUR local businesses: www.peelinc.com/businessDirectory

COURTYARD CALLER



DROWNING IS PREVENTABLE

COLIN'S HOPE water safety tips at www.colinshope.org



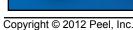


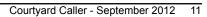
Colin's Hope would like to thank **Peel, Inc.** for their continued support in helping prevent childhood drowning. Summer may be over but **WE** can prevent drownings all year long.

Train - Raise Pledges Prevent Drownings Become a Colin's Hope

MBASSADOR

LEARN MORE AT WWW.COLINSHOPE.ORG







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CY

Listing & Selling Austin



5804 Lakeview Cir • \$529,000 3 Bdrm | 3.5 Bath | 2 Lvg



5731 Sam Houston Cir • SOLD



5752 N Scout Island Cir • \$285,000 3 Bdrm | 2 Bath | 1 Lvg

K

3825 Lake Austin Blvd., Austin, TX 78703



6301 Sprucewood Cv • \$530,000 3 Bdrm | 3 Bath | Pool



5605 Courtyard Cv • \$379,000 3 Bdrm | 2.5 Bath | 1 Lvg



5804 Harrington Cv • SOLD



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