

Courtyard Homeowners Association, Inc.

January 2013

Volume 9, Number 1

BOARD MESSAGE

Happy 2013 to Everyone! Hope you all had a happy and safe holiday season and are ready for the year ahead. Don't forget that on Sunday, January 27 at 6:00 p.m. the Courtyard holds its annual meeting in the lobby of the office building located at the intersection of Courtyard Drive and Scout Island Circle North.

We must again stress the importance of having a quorum present at the annual meeting so that we can conduct necessary business as required by the Declaration and avoid the costs and delay of having to schedule a second meeting to complete important community business. Understandably, it is not always possible to attend in person. Therefore, when you receive the written materials by mail, please take a few minutes to read them, and then sign and mail your proxy right back in. In this way, if you cannot attend in person, your vote will count. Remember that sending in your proxy does not prevent you from attending in person and voting directly that night. If you have any questions, please contact any Board member or email Marilyn Childress at Goodwin Management Company.

Two director positions are at the end of their terms this January, and we will be voting to fill those positions at the annual meeting on January 27. Leslie Craven has chosen to run for another term. Zoli Kovacs, our current Park Committee Chairman, has been nominated to replace Frank Apgar who decided not to run again. Frank has served this community for many years -- countless hours and countless ways -- manager, diplomat, mechanic, carpenter, and Park water engineer – just to name a few. Thank you, Frank. You and Diana have contributed so much to the well-being of the Courtyard and been such good neighbors to this community.

Finally, drivers - please continue your efforts to drive slowly in the Courtyard during this darkest time of the year. Walkers and runners can help by wearing light and/or reflective clothing, carrying a flashlight, and not taking up more space than is needed to get by on our streets. Everyone benefits when we all make the effort to keep our neighborhood safe.

Drive Safely in the Courtyard



CHA BOARD OF DIRECTORS

President, Leslie Craven	. 502-1124, 585-1153 (cell)
Vice President,Ed Ueckert	
Secretary, Cathleen Barrett	
Treasurer, Jim Lloyd	
Frank Apgar	. 794-8346, 415-9412 (cell)
Jamie Southerland	
Waneen Spirduso	spirduso@utexas.edu

COMMITTEES

Environmental Control (ECC)

Diana Apgar
Community Park
Eddie Zamora 502-9501
Zoli Kovacs
Welcome
Alice Randolph 394-7218
Social Committee Chairperson
Joany Price
Landscape & Decorating
Ed Ueckert
Security
Jim Lloyd
Communications
Leslie Craven 502-1124
Cathleen Barrett (Editor - Courtyard Caller) 531-9821
Compliance
Frank Apgar 794-8346, 415-9412 (cell)
Jamie Southerland
Kayak Committee
Waneen Spirduso spirduso@utexas.edu
Area Development and Zoning Liaison
Bill Meredith

MANAGEMENT COMPANY

Goodwin Management: Marilyn Childress 11149 Research Blvd. Austin, TX 78759-5227 512-502-7509

SUB-HOA CONTACTS

gmdoucha@yahoo.com
Backcourt")
arnilsson@earthlink.net
<u> </u>
homas.Hoy@freescale.com
tsullivan@austin.rr.com

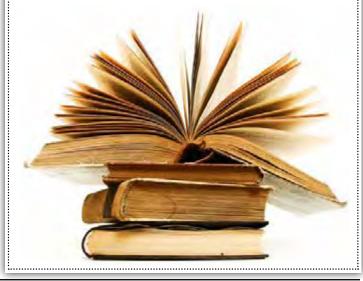
Courtyard Book Club

Tuesday, February 5 1 p.m. in the Courtyard Club

In the Book Club's February selection, Making Our Democracy Work: A Judge's View, Supreme Court Justice, Stephen Breyer, asserts the importance of the Courts in making the Constitution a workable document. In the introduction he frames the relationship of the Constitution and the Court this way: "Words on paper, however, no matter how wise, are not sufficient to preserve a nation. Benjamin Franklin made this point when, in 1787, he told a Philadelphia questioner that the Constitutional Convention had created "a republic, Madam, if you can keep it." The separate institutions that the Constitution fashioned-Congress, the executive, the judiciary—were intended to bring about a form of government that would guarantee that democracy and liberty are not empty promises. But what would enable the Constitution to work not only in theory but also in practice? How could the nation make sure that the Constitution's limits are respected, that our citizens enjoy its important protections, that our legal system resolves disputes fairly and impartially, and that our courts dispense justice?... In the framers' eyes, then, the Court would help to maintain the workable democracy that the Constitution sought to create." Breyer adeptly tells stories from history to illustrate the role the Supreme Court has played in our history. Seldom is a book so readable and yet so profound.

The Book Club's book for March is *Catherine the Great* by Robert Massie. Her life, from relatively humble beginnings to world power, becomes a page-turner is Massie's telling.

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



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Courtyard Book Club Booklist for 2013

- January: Major Pettigrew's Last Stand, Helen Simonson
- February: Making Our Democracy Work, Stephen Breyer
- March: *Catherine the Great: Portrait of a Woman* by Robert K. Massie
- April: The Elephant Whisperer, Lawrence Anthony
- May: In My Father's Country: An Afghan Woman Defies Her Fate, Saima Wahab
- June: Midnight's Children, Salman Rushdie
- July: *The First Tycoon: The Epic Life of Cornelius Vanderbilt*, T.J. Stiles
- August: Thinking, Fast and Slow, Daniel Kahneman
- September: *The Texicans*, Nina Vida
- October: *Caleb's Crossing*, Geraldine Brooks
- November: Open
- December: Holiday celebaration; no book
- January 2014: Destiny of the Republic, Candice Millard

REMINDER: LAST MONTH TO TRIM OAK TREES

January is the last opportunity for your oak trees to be trimmed until July of this year. The season **not** to trim oak trees is from February through June when the oak wilt carrier beetle is most active. Oak Wilt is a serious threat to the oak trees in central Texas.

Also, please remember that our Declaration requires that no tree, shrub or planting of any kind be allowed to overhang or otherwise encroach upon any sidewalk or other pedestrian way from ground level to a height of seven (7) feet. The City of Austin as well has a requirement that all trees overhanging streets have a minimum clearance of fourteen (14) feet above street level.



COURTYARD CALLER

REMINDER: HOA ANNUAL MEETING

The annual HOA meeting will be held on Sunday, January 27, 6:00 p.m. in the lobby of the office building located at the intersection of Courtyard Drive and Scout Island Circle North. Please read the written materials about the annual meeting when they arrive in the mail and, even if you plan to attend, promptly send in the voting proxy in order for us to establish a quorum. Without a quorum we cannot conduct important Association business and will incur additional costs for rescheduling a second annual meeting.





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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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Happy New Year to my Courtyard Family and Friends

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Wishing you all the best in 2013!



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Home Athletics Schedule January/February 2013

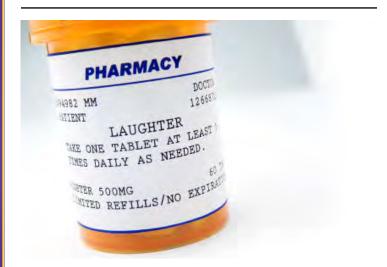
DATE	SPORT	OPPONENT	TIME
1/10	WBB	Hardin-Simmons	5:30 p.m.
	MBB	Hardin-Simmons	7:30 p.m.
1/13	MBB	Fisher College	3:00 p.m.
1/29	WBB	Mary Hardin-Baylor	5:30 p.m.
	MBB	Mary Hardin-Baylor	7:30 p.m.
2/1	BB	Lubbock Christian	4:00 p.m.
2/2	BB	Lubbock Christian	1:00 p.m.
2/7	WBB	Texas Lutheran	5:30 p.m.
	MBB	Texas Lutheran	7:30 p.m.
2/9	WBB	Schreiner	1:00 p.m.
	MBB	Schreiner	3:00 p.m.
2/14	WBB	Sul Ross State	5:30 p.m.
	BB	Texas Lutheran	7:00 p.m.
	MBB	Sul Ross State	7:30 p.m.
2/15	BB	Sul Ross State	10:00 a.m.
	SB	Trinity (DH)	4:00 p.m.
2/16	BB	Ozarks	10:00 a.m.
	WBB	Howard Payne	1:00 p.m.
	MBB	Howard Payne	3:00 p.m.
	BB	Howard Payne	4:00 p.m.
2/17	BB	Texas-Dallas	12:00 p.m.
	SB	George Fox (DH)	2:00 p.m.
2/22	BB	Louisiana College	7:00 p.m.
2/23	BB	Louisiana College (DH)	1:00 p.m.

MBB (Men's Basketball) WBB (Women's Basketball) BB (Baseball) SB (Softball)

CTX Athletics is Now Accepting Tornado Club Applications!!!

For up-to-date information about CTX Athletics, please check out our website at:

athletics.concordia.edu



Laughter is Good Medicine

Serious study of the benefits of laughter probably began with Norman Cousin's memoir of over 25 years ago, *Anatomy of an Illness*, describing how he laughed himself to health. Cousins, diagnosed with a deteriorating spine condition, Ankylosing Spondylitis, couldn't sleep because he was in extreme pain. In desperation, he checked himself out of the hospital and into a hotel, and proceeded to obtain a movie projector and a large supply of funny films – including Candid Camera tapes and old prints of Marx Brothers movies.

The first night, Cousins laughed so hard at the films he was able to stimulate chemicals in his body that allowed him several hours of pain-free sleep. Whenever the pain came back he'd turn on the projector again, and the laughter would once again allow him to sleep. He reported that ten minutes of laughter allowed him two hours of pain-free sleep!

Being that Cousins was conducting a scientific experiment with himself as subject, he kept careful track of bodily changes by measuring his blood sedimentation rate (a key indication of inflammation and infection in the blood), and found that this rate dropped by at least 5 points every time he watched one of the videos.

Now off every drug (although he was taking vitamin C), Cousins described being in a state of euphoria over the next week as he continued to laugh himself to sleep, and within a few weeks was back to work at his job at the Saturday Review.

Prevention magazine recently ran an article entitled "Your Brain on Laughter," in which the author, clinical psychologist Thomas Crook, PhD., discussed how clowning around improves memory, mood, and motivation. Humor is not just a silly diversion, he explains. As first discovered in studies using functional magnet imaging (Fmri), when your brain wrestles with the meaning of a clever punch line, for example, it's getting the same kind of workout it would from a brainteaser. (Cousins once said "Laughter is inner jogging.")

The Mayo Clinic recently conducted its own study on the effects of laughter on people. It doesn't matter where you get your laughs from, the researchers reported. It could be from a funny movie (as

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Laughter (Continued from Page 6)

Cousins did), a cartoon you read in a magazine or newspaper, a joke someone tells you, or a cute thing a child does or says.

A good laugh produces loads of positive short-term effects, both mentally and physically. According to the Mayo clinic report, laughter enhances your intake of oxygen-rich air; stimulates your heart, lungs, and muscles; and increases the body's production of its natural "feel-good," drugs, called endorphins. Laugh at a funny joke and you'll find you then experience a nice, relaxed feeling. A good chortle might also help relieve your stomachache. And by easing digestion and stimulating circulation, chuckling can help reduce some of the physical symptoms of stress.

As you can see, the short-term effects of laughter are considerable, but laughter also produces some positive long-term health benefits, including a boost to your immune system. Stressful situations bring on chemical reactions in the body which can adversely impact your immune system. Anything that helps you look o the bright side will counteract these chemical reactions by suppressing levels of epinephrine, the stress hormone, and increase production of the feel-good endorphins mentioned earlier. And these endorphins – the body's natural painkillers – can reduce or ease pain. At the same time, laughter increases the number of antibody-producing cells and enhances the effectiveness of T-cells, thereby helping to build up a stronger immune system.

So, it seems laughter could indeed be considered the best medicine. (That must be why we all love to be with someone who has a great sense of humor.) But even though laughter may not be the ultimate cure-all, it does tend to make life more pleasant – and it makes unpleasant situations more bearable. You can even get a little exercise on a visit to your local Comedy Store: a hearty laugh exercises your diaphragm, contracts your abs, and works your shoulders – and as we said, exercises your heart! – leaving your muscles more relaxed later on.

Isn't it time we had a good laugh?

New Year Humor

- Accept the fact that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully... It's not only cars that can be recalled by their Maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to make only once.
- We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

*Save the earth -- It's the only planet with chocolate! *



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Healthy Handbook 2013

Health:

- Drink plenty of water.
- Take a 10-30 minute walk daily. While you walk, smile.
- Sleep for 7 hours.
- Sit in silence for at least 10 minutes each day.
- Make time to pray.
- Play more games.
- Read more books than you did in 2012.
- Eat breakfast like a king, lunch like a prince, and dinner like a beggar.
- Eat more foods that grow on trees and plants, and fewer foods that are manufactured in plants.
- Live with the 3 E's Energy, Enthusiasm and Empathy. Personality:
- Don't compare your life to others. You have no idea what their journey is all about.
- Don't have negative thoughts over things you cannot control. Instead invest your energy in positive present moments.
- Don't over do. Keep your limits.
- Don't take yourself so seriously. No one else does.
- Don't waste your precious energy on gossip.
- Smile and laugh more.
- Dream more while you are awake.
- Envy is a waste of time. You already have all you need.
- Life is too short to waste time hating anyone.
- Make peace with your past so it won't spoil the present.
- No one is in charge of your happiness except you.
- You don't have to win every argument. Agree to disagree.
- Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lesson you learn will last a lifetime.
- Society:
- Call your family often.
- Each day give something good to others.
- Forgive everyone for everything.
- Spend time with people over the age of 70 and under the age of 6.
- Try to make at least three people smile each day.
- What other people think of you is none of your business.
- Your job won't take care of you when you are sick. Your friends will.
- Life:
- Do the right thing!
- Get rid of anything that isn't useful, beautiful or joyful.
- However good or bad a situation is, it will change.
- No matter how you feel, get up, dress up, and show up.
- God heals everything.
- When you awake alive in the morning, thank God for it.
- The best is yet to come.
- Your innermost self is always happy. So, be happy.

CROSSWORD PUZZLE

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ACROSS	DOWN
1. Syllables used in songs (2 wds.)	1. Soft white cheese
5. Dress	2. Arabian
9. Time periods	3. Mutton
10. Satan	4. Facet
11. Tap in lightly	5. Jewel
12. Adult insect	6garde
13. Prioress	7. Severity
15. Today	8. Wispy
16. Chapel	10. Render harmless
18. 10,000 squared meters	14. Soft drink brand
21. Cutting tool	17. Lacked
22. Scents	18. Hurry
26. Small herring	19. Deport
28. Two	20. Tic tac's competitor
29. Fish tank dweller	23. Pear shaped instrument
30. Volcano	24. Alley
31. Otherwise	25. Close the door hard
32. Hold	27. Be

View answers online at www.peelinc.com

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COURTYARD CALLER

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BEST ANAGRAMS

PRESBYTERIAN When you rearrange the letters: BEST IN PRAYER

ASTRONOMER When you rearrange the letters: MOON STARER

DESPERATION When you rearrange the letters: A ROPE ENDS IT

THE EYES When you rearrange the letters: THEY SEE

THE MORSE CODE When you rearrange the letters: HERE COME DOTS

DORMITORY When you rearrange the letters: DIRTY ROOM

SLOT MACHINES When you rearrange the letters: CASH LOST IN ME

ANIMOSITY When you rearrange the letters: IS NO AMITY

SNOOZE ALARMS When you rearrange the letters: ALAS! NO MORE Z'S

A DECIMAL POINT When you rearrange the letters: I'M A DOT IN PLACE

THE EARTHQUAKES When you rearrange the letters: THAT QUEER SHAKE

ELEVEN PLUS TWO When you rearrange the letters: TWELVE PLUS ONE

ELECTION RESULTS When you rearrange the letters: LIES – LET'S RECOUNT

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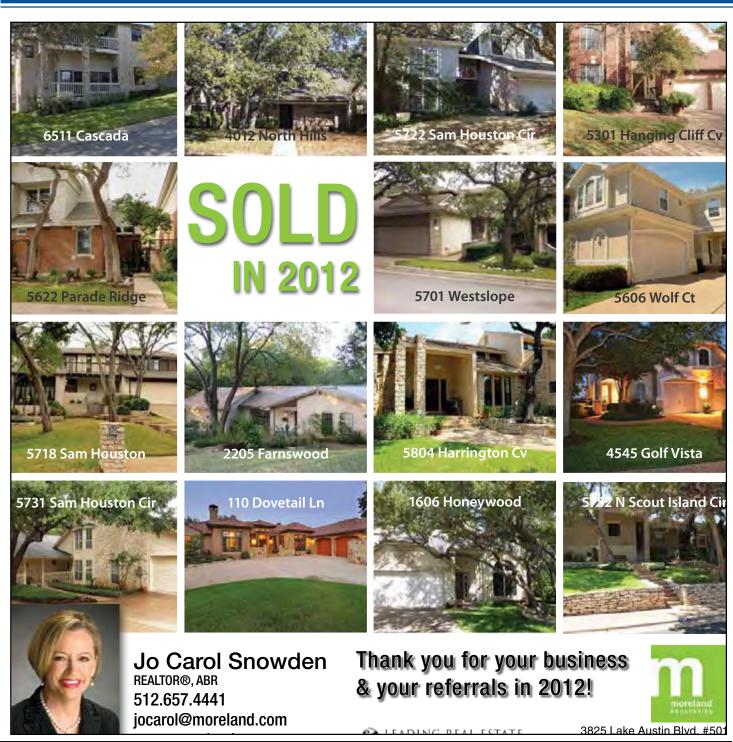
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