



**COURTYARD HOMEOWNERS  
ASSOCIATION, INC.**

# **COURTYARD CALLER**

*Official Courtyard Newsletter*

January 2016

Volume 12, Number 1

## *Board Message*

Happy 2016 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 31 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. 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 31. Current Board members Leslie Craven and Henri Mistrot, who stepped in to serve out the remainder of Zoli Kovacs' term after Zoli and his family moved to Fort Worth, have volunteered to serve another term.

If you haven't been to the Park since the October 2015 Bull Creek flood, please note that we will need to do some additional clearing of debris around the pond and island this spring to maintain water flow and access to the pond. The good news is that the preliminary investigation indicates that the clean-up won't be as extensive as the last three. We hope to have this work

done before Easter so it doesn't interfere with warm weather water activities. In addition, after many years of use, the electric lines serving the bathroom, boat docks, and picnic areas of our Park must be replaced. The minimum cost estimate is around \$8000, but we're still looking into it. Unfortunately, we have been told by the City that these lines on our side of the meter are not the City's responsibility to maintain. We are an old neighborhood and such maintenance work for our aging common area infrastructure is expected. Fortunately, we are able to pay for these projects from available funds that have been saved through the years from dues collected, which helps us avoid having to ask for a special assessment.

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





**Happy New Year to my Courtyard Family and Friends**

*Wishing you all the best in 2016!*



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## Courtyard Book Club

*Tuesday, February 2, 2016, 1 p.m.  
5612 Scout Island Circle North*

The Courtyard Book Club members will gather for the monthly meeting to discuss the February book selection, *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard, a former writer and editor for National Geographic magazine. *The River of Doubt*, Millard's first book, was a New York Times bestseller and was named one of the best books of the year by the New York Times, Washington Post, Christian Science Monitor and the San Francisco Chronicle.

After his humiliating election defeat for a third term presidency in 1912, Theodore Roosevelt signed on for a very grueling exploration in 1914, the first descent of an unmapped tributary of the Amazon. He and his men faced an unbelievable series of physical challenges and hardships. They lost their canoes and supplies to whitewater rapids, faced starvation, Indian attack, disease, drowning and a murder within the group. Three men died, and Roosevelt was brought to the brink of suicide. Surviving all that Roosevelt faced was such an unbelievable feat, many of that time refused to believe it. Author Millard's treatment of the feat makes it astonishing as well as believable.

The Book Club selections for the remainder of 2016 include *Parassus on Wheels* and *The Haunted Bookshop* by Christopher Morley in March, *The Nightingale* by Kristin Hannah in April. In May the book club has two selections; *Mrs. Lincoln's Dressmaker* by Jennifer Chiserini, and if you wish *Behind the Scenes* by Elizabeth Keckley. *Holy Ghost Girl* by Donna Johnson is the June selection and *Dead Wake* by Erik Larson in July. In August the club members will read *The Orphan Train* by Christina Baker Kline, *Faceless Killers* by Henning Mankell and Steven Murphy in September and *The Age of Innocence* by Edith Wharton in October. In November the Mayor's Book Club 2016 selection will be the choice. The Courtyard Book Club will begin year 2017 by reading *Thunderstruck* by Erik Larson for the January selection.

The Courtyard Book Club meets the first Tuesday of the month. For more information about the group, call or email Lou Blemaster, 512-551-2659, [loublemaster@gmail.com](mailto:loublemaster@gmail.com).

## CHA BOARD OF DIRECTORS

President, Leslie Craven..... 502-1124, 585-1153 (cell)  
Vice President, Paul Siegel..... 512-243-5419  
..... [pbsiegel@gmail.com](mailto:pbsiegel@gmail.com)  
Secretary, Cathleen Barrett ..... 817-371-6983  
Waneen Spirduso..... [spirduso@utexas.edu](mailto:spirduso@utexas.edu)  
Treasurer, Jim Lloyd ..... 231-0855  
Doug Richards 512-527-9001, [dougrichards714@gmail.com](mailto:dougrichards714@gmail.com)  
Henry Mistrot..... 459-7313

## COMMITTEES

Environmental Control (ECC)  
Diana Apgar .....415-9412, [fd1966fd@aol.com](mailto:fd1966fd@aol.com)  
Community Park  
Terry Edwards..... 214-392-4627  
Welcome  
Joany Price..... 775-8942  
Social Committee Chairperson  
Joany Price..... 775-8942  
Landscape & Decorating  
Ed Ueckert ..... 345-6137  
Security  
Jim Lloyd..... 231-0855  
Communications  
Leslie Craven ..... 502-1124  
Jane Gibson (*Editor - Courtyard Caller*)..... 850-3346  
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..... Open  
Kayak Committee  
Waneen Spirduso ..... [spirduso@utexas.edu](mailto:spirduso@utexas.edu)  
Fire Safety Committee  
Jim Gattis ..... 512-468-2266  
..... [BubbaGattis37@gmail.com](mailto:BubbaGattis37@gmail.com)  
Area Development and Zoning Liaison  
Paul Siegel & Cathleen Barrett... 512-243-5419, [pbsiegel@gmail.com](mailto:pbsiegel@gmail.com)

## MANAGEMENT COMPANY

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

## SUB-HOA CONTACTS

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Travis County Courtyard (aka "Backcourt")  
Allan Nilsson ..... 346-8432  
..... [arnilsson@earthlink.net](mailto:arnilsson@earthlink.net)  
Villas at Courtyard:  
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..... [Thomas.Hoy@freescale.com](mailto:Thomas.Hoy@freescale.com)  
Wolf Court:  
Tim Sullivan..... 346-3146  
..... [tsullivan@gmail.com](mailto:tsullivan@gmail.com)

## Voting Proxy for the Courtyard's HOA Annual Association Meeting

When it arrives in the mail, please send in your voting proxy for the Courtyard's Homeowners Association Annual meeting to be held Sunday January 31, 2016 at 6:00 pm in the lobby of the office building at the intersection of Courtyard Dr. and S. Scout Island Cir. You will receive reminders in future issues of The Caller and on the Courtyard website. Our Association Declaration requires that a quorum be present to hold an official meeting, and we want to avoid having to hold a second annual meeting. Over the years, we have found that it really helps if homeowners sign and mail in their proxy form as soon as it arrives. This way, it does not get forgotten in the midst of all the other activities we have going on through December and January. If for some reason you can't make the meeting, your vote will be counted. If you sent in a proxy but later find that you are able to attend the annual meeting, you can simply pick-up your proxy at the meeting and vote in person.



## Welcome New Residents!

Beginning in late spring and over the summer we had lots of new residents moving into the Courtyard. Although the Welcome Committee tries to get out and greet newcomers as soon as possible, sometimes we don't learn that you are here until several months have gone by. If you haven't had a visit yet from a Welcome Committee member, please call or email Denise Hogan at 214.403.4454 or [denise.1.hogan@gmail.com](mailto:denise.1.hogan@gmail.com) and she will be glad to connect with you. Your new neighbor Welcome Packet containing lots of good information about the neighborhood is waiting for you!!



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## BULK PICK-UP SCHEDULED FOR JANUARY 18, 2016!

### Bulk Items Include:

- Doors
- Carpet
- Furniture
- Appliances (remove doors)
- Passenger car tires (remove rims; limit eight tires per household)
- Lawn mowers (remove gas/oil)
- Railroad ties (cut in half)
- Pallets
- Rolled fencing
- Nail-free lumber

### Bulk Item Collection Crews Cannot Collect:

- Brush, household trash, cardboard boxes, hazardous materials, mirrors, automotive chassis and bodies, motorcycles, trailers, boats and tires that are still mounted on rims
- Sheet glass and other construction and remodeling debris

### Collection Guidelines

- Place bulk items at the curb in front of your house by 6:30 a.m. on the first day of your scheduled collection week
- Separate items into three piles as described below
- To prevent damage to your property, keep items 5 feet away from your trash cart, mailbox, fences or walls, water meter, telephone connection box and parked cars. Do not place any items under low hanging tree limbs or power lines
- Austin Resource Recovery only collects bulk items from its residential trash and recycling customers
- Items will not be collected if they are in an alley in any area, including Hyde Park, in front of a vacant lot or in front of a business
- Do not put items in bags, boxes or other containers. Bulk collection is for items too large to fit in containers. Bags will be treated as extra trash and are subject to extra trash fees
- Separate Items into Three Piles

1. Metal items - Includes appliances (remove doors). These are taken to our Resource Recovery Center for recycling

2. Passenger car tires - Rims must be removed. Limit of eight tires per household. We cannot collect truck or tractor tires. Tires will go to a tire recycling facility

3. Non-metal items - Includes carpeting and nail-free lumber. These items go to a landfill. Austin Resource Recovery is working on plans to salvage reusable items from bulk collection to help meet the City of Austin's Zero Waste goal

Because these piles are collected by different trucks, they may be collected at different times throughout the week

## 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.



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## SEND US YOUR *Event Pictures!!*

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 [cathleenbarrett@hotmail.com](mailto:cathleenbarrett@hotmail.com). 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](http://www.PEELinc.com).



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## Hitting the slopes this ski season? Keep in mind these tips to preventing injuries on the slopes.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

Now, one of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis

safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
- ski within your limits
- stay relaxed but focused
- watch out for that last, fatigued run of the afternoon
- if you fall, fall forward and throw your hands in front of

you

And always, always, wear a helmet!

*Written by Kelly Cunningham, MD Sports Medicine specialist  
Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.*



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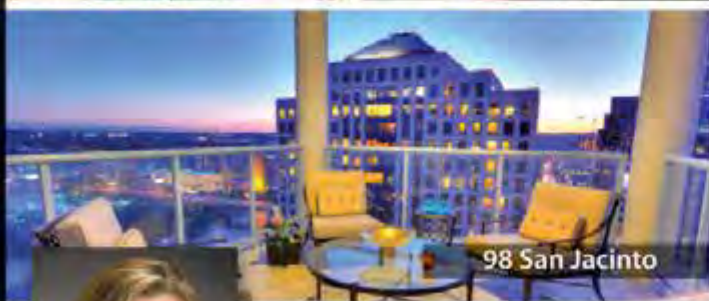






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