



March 2019

*COURTYARD HOMEOWNERS  
ASSOCIATION, INC.*

# COURTYARD CALLER

*Official Courtyard Newsletter*

Volume 15, Number 3

## BOARD MESSAGE

Thank you to all residents that took the time to sign and send in their proxies and/or attended the Courtyard's annual meeting on Sunday, January 27. We received enough proxies to reach a quorum and were able to complete necessary business. Congratulations to Leslie Craven and Henry Mistrot on their re-elections to the Board.

### **360 Intersection News**

It was great to see such a good turnout of Courtyard residents for TxDOT's February 7 Open House held in the lobby of the Courtyard office building. TxDOT personnel brought in drawings and videos to help people understand what will change and why particular designs were adopted. They also answered questions and received input from attendees. If you missed the February meeting, note that you can attend another open house workshop planned for Thursday, March 7 from 4 – 6:30 p.m. at the Riverbend Community Center. You can also contact TxDOT directly about this and other projects along the 360 corridor. Look for their contact information elsewhere in the Caller. Thank you again to TxDOT for making the effort to come and explain these important changes coming to our community.

### **Pick Up the Poo**

Dog owners – and you know who you are – please STOP leaving your dog's poo behind – whether along our streets or in the Park. Pay attention and pick it up. It's against the law not to and is punishable by

fine. More than that, it is simply plain rude to your neighbors who have to watch out for it. The dogs are innocent in this problem. They unfortunately have bad owners. Some dog owners bring their dogs to the Park (OK), allow them to run off-leash (Not OK) and do not bother to watch to see if the dog goes to the bathroom somewhere. REALLY NOT OK. Increasing complaints are coming in along with photos of offending dogs and their owners. Please do not force us to take further action. Be a responsible dog owner and good neighbor.

### **Contact ECC regarding outside remodeling of any kind**

With the warmer weather sometimes comes the urge to remodel or tackle some long contemplated outside projects for your home and/or yard. Good for you. However, please make sure to run your plans by our ECC before starting any outside project. This is required by our Declaration rules and can save you time and trouble later. ECC Chair is Janet Wright, (469) 387-5632, mightywrights@me.com.

**Finally, please observe the 30 mph speed limit while driving in our neighborhood.** It is especially important to BE CAREFUL as the weather warms up and more residents are out for a walk, jog, or bike ride. NEVER try to drive around a stopped school bus. Whatever you were speeding off or home to do can never be worth running into a person or pet.

**Drive Safely in the Courtyard !!!**

# COURTYARD CALLER

## CHA BOARD OF DIRECTORS

President, Leslie Craven.....lcraven1@att.net  
.....585-1153 (cell)  
Vice President, Paul Siegel.....pbsiegel@gmail.com  
Treasurer, Jim Lloyd .....231-0855  
Secretary, Denise Hogan.....denise.1.hogan@gmail.com  
.....214-403-4454  
Waneen Spirduso.....spirduso@utexas.edu  
Janet Wright .....mightywrights@me.com  
.....469-387-5632  
Henry Mistrot.....459-7313

## COMMITTEES

### Environmental Control (ECC)

Janet Wright .....469-387-5632, mightywrights@me.com  
Community Park  
Terry Edwards.....214-392-4627  
Welcome

Jim Carolan .....cell (619) 559-1978  
.....jccarolan1@gmail.com

### Social Committee Chairperson

Joany Price.....775-8942

### Landscape & Decorating

Ed Ueckert .....345-6137

### Security

Jim Lloyd.....231-0855

### Communications

Leslie Craven .....585-1153 (cell)  
Jennifer Harold (*Editor - Courtyard Caller*) .....850-3346  
.....harold.jennifer@gmail.com

com

### Compliance

Bill Meredith – co-chair.....bmeredith1austin@gmail.com  
Leslie Craven – co-chair.....lcraven1@att.net,  
.....(512) 585-1153 (cell)

### Kayak Committee

Fred Wahlers.....cell 214-476-7725  
.....fjwahlers@sbcglobal.net

### Fire Safety Committee

Jim Carolan .....cell (619) 559-1978  
.....jccarolan1@gmail.com

### Area Development and Zoning Liaison

Leslie Craven .....lcraven1@att.net, 585-1153 (cell)

## MANAGEMENT COMPANY

Goodwin Management: Marilyn Childress  
11149 Research Blvd. Austin, TX 78759-5227  
512-502-7509, marilyn.childress@goodwintx.com

## SUB-HOA CONTACTS

### Center Court:

Gary Doucha.....401-3105  
.....gmdoucha@yahoo.com

### Travis County Courtyard (aka "Backcourt")

Stuart Hare .....785-1834  
.....stuarthare@me.com

### Villas at Courtyard:

Thomas Hoy.....231-1270  
.....Thomas.Hoy@freescall.com

### Wolf Court:

Tim Sullivan .....346-3146  
.....tsullivan1234@gmail.com

## Courtyard Book Club

Tuesday, April 2, 2019

1 p.m. 5612 N. Scout Island Circle



Please join the Courtyard Book Club in April as we discuss *The Girl Who Fell From the Sky*, by Heidi W. Durrow.

After a family tragedy orphans her, Rachel, the daughter of a Danish mother and a black G.I., moves into her grandmother's mostly black community in the 1980s, where she must swallow her grief and confront her identity as a biracial woman in a world that wants to see her as either black or white. -Summary courtesy of Austin Public Library bibliocommons.

Join us in May as we review *Manhattan Beach* by Jennifer Egan.

For more information about the Courtyard Book Club or for details about upcoming events, contact Lou Blemaster at 512-551-2659 or email [loublemaster@gmail.com](mailto:loublemaster@gmail.com).

## 2019 Courtyard Easter Egg Hunt



Saturday,  
April 21,  
Starting at  
11am

Plan now to attend the 2019 Courtyard Easter Egg Hunt in the Park! Bunnies of all ages bring your baskets and hop on down for some Easter fun. Hunt for eggs, play games and win prizes!

Hope to see you there!

Please call or email to let us know how many egg hunters will be in your group.

Joany Price (Social Chairperson)

512-775-8942, [joanyprice@gmail.com](mailto:joanyprice@gmail.com)

EGG STUFFERS & VOLUNTEERS NEEDED

CONTACT JOANY PRICE IF YOU HAVE ANY TIME OR IDEAS TO SHARE!

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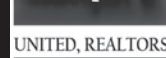
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## Joany Price

*Your Courtyard Neighbor  
& Tennis Club Member*

*Realtor, CLHMS  
Certified Previews™ Property Specialist  
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## **TxDOT Project Plans for Loop 360 Intersections**

**Questions or Comments??**

Contact TxDOT Public Information  
**Officer:** Brad Wheelis, (512) 832-  
7060 or [bradley.wheelis@txdot.gov](mailto:bradley.wheelis@txdot.gov)

Find out more at  
[www.loop360project.com](http://www.loop360project.com)

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## **REMINDER: Oak Trees Should NOT be Trimmed Until July**



Please be aware that January was the last opportunity for 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 (see Oak Wilt Disease in Central Texas article in this issue).



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*Photos of Sarah Brumgart*

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DSW is looking for volunteer drivers. It's easy, convenient, and requires no minimum time commitment. Everything is done through your smart phone or computer. Please visit DSW's website for more information and to sign-up. If you have further questions, contact Virginia Jones, volunteer and member of our recruiting committee: (512) 289-6455, virginiajones00@gmail.com; [www.driveasenior.org](http://www.driveasenior.org), [westaustin@driveasenior.org](mailto:westaustin@driveasenior.org), main office (512) 472-6339.



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## Spending Quality Time with Yourself

*By Sarah Brumgart / Whole Life Practitioner*

As social creatures, we humans are naturally impelled to care for each other. In fact, this interdependence is crucial to our survival. But sometimes we get so focused on others that we lose touch with our own selves. Often, then, an illness or sheer exhaustion forces us to stop and address the maladies caused from our being so disconnected from ourselves.

We may also be inspired to care for others because we feel it morally right to do so, or we simply want to act from a genuine feeling of love and devotion. Even then, no matter how pure and altruistic our actions towards others may be, a line must be drawn when “enough is enough” and we must return our attention back to our own well-being.

Sports games have time-outs. And so should we, not only when we’re in demand but even while in the midst of daily mundane routines. Finding a quiet place where one can be alone and undisturbed is best, but simply closing the eyes and gazing inwardly can be effective no matter where one is situated. Ultimately, achieving the ability to focus both within and without at the same time is ideal, and is the hallmark trait of a yoga master or any accomplished person who is able to tend to outer matters while maintaining a deep inner self-awareness.

One easy method for tuning back into yourself is to simply lie down and observe your breathing. It should be done gently through the nose (not the mouth) without force or exaggeration. The stomach area (just below the bottom ribs) should rise slightly with the inhale and lower with the exhale. With practice, the breathing will become quiet, smooth, and continuous, with the inhale and exhale of equal length.

A systematic relaxation for each body part could then follow. Here is a suggested sequence:

Relax top of head, face, throat, shoulders  
Relax upper arms, forearms, hands, fingers  
Relax chest, navel, front of pelvis, groin  
Relax buttocks, thighs, lower legs, feet, toes  
Relax tailbone, back of pelvis, back of waist  
Relax back of ribcage, back of neck  
Relax jaw, skull, top of head  
Relax the whole body, heart, mind, soul  
And rest deeply within your center of peace

Spending even a small amount of quality time with yourself like this will not only revive you, but will also help you serve others with greater attention, ease, and grace.

Sarah Brumgart offers private wellness sessions at her home studio in the Courtyard neighborhood. Her services include massage therapy (LMT 121277), stretching, strength, hatha yoga, energy work, life coaching, artistic advice, psychic insights, and raja yoga meditation.



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# Easter Sunday

**Celebrate Easter Sunday  
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**Sunday, April 21st**

**Youth-Led Garden Service, 9:00 AM**

**Breakfast, 9:15 AM**

**Easter Egg Hunt, 9:45 AM**

**Ressurrection Service, 10:40 AM**

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