

# SENDERA

Volume 5, Number 4

April 2010  
Sendera Homeowner's Association

## Official Community Newsletter

### SENDERA RECREATION COMMITTEE NEWS

*Submitted by Suzann Vera*

Be informed- get on the Recreation Committee e-mail distribution list to receive monthly updates by contacting Suzann at [suzannchili@sbcglobal.net](mailto:suzannchili@sbcglobal.net) 291-0714 or Sharon at [Sharon.boatwright@amd.com](mailto:Sharon.boatwright@amd.com) 653-5554.

Friday April 9 and Saturday April 10 The Spring Sendera Neighborhood Garage Sale will be held from 8:00-1:00. An ad will be placed in the Austin American Statesman and on Craig's list. If you choose to participate on either/both day(s) have your items out by 8:00 A.M. All participants are encouraged to hang at least 1 sign.

Don't miss the Fifth Annual Sendera Memorial Day Weekend Barbecue Cook off and Fair to be held by the pool/playscape area. Wait 'till you see what Sendera's got cooking on Sunday May 30, 2010.

11:00am Patriotic Parade which starts at the pool- bring your decorated bikes, strollers, pets, and wagons to march and wave your flags. Barbecue Cook-Off teams will be well underway preparing for judging by local firefighters. Parade participants will go a ¼ mile up Sendera Mesa and around the Cook-off/Fair grounds.

2:00-5:00pm Vendor booths and activities for children are on site. Judging is by local firefighters with separate turn-in times. Shortly after, residents will receive tasting plates to check out all the great food.

The event is free for residents. If residents would like to bring guests, the cost is a mere \$3 per non-resident payable at time of event. Be sure to bring your own drinks and lawn chairs.

Do you like to barbecue and hang out with like minded neighbors? Do you have a great recipe or technique? See registration forms in this issue and sign up now. The first 15 teams to sign up will be reimbursed for supplies/materials up to \$100- after all you're doing all of the work to feed the neighborhood! Cash prizes and trophies are awarded to winners. We're also seeking vendors and entertainment for the event -. see registration forms in this issue or contact Suzann 291-0714 or [suzannchili@sbcglobal.net](mailto:suzannchili@sbcglobal.net).

This year along with entertainers we would like to include a variety show- if you have an act, demonstration, or performance you would like to do, contact Suzann. The Sendera Cook-Offs are well attended events, so please stop by, have some fun, and get to know your neighbors.

God Bless America!

Family Fun Run "Run Into Summer" will be held on Wednesday June 2nd- last day of school! Check future newsletter for details and registration forms.



Hope you hopped to the Sendera Easter Egg hunt. Watch the web site and the May newsletter for pictures of this annual rite of Spring.

### HOMEOWNERS ASSOCIATION MEETING

The 2010 annual Sendera Owners Association meeting was held March 23rd. If you didn't attend, you'll find information in the May newsletter.

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## HOA WEB SITE

Sendera HOA Web Site: [www.senderahoa.com](http://www.senderahoa.com)

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# SENDERA MEMORIAL DAY WEEKEND BARBECUE COOK OFF AND FAIR

*Sunday May 30, 2010 2:00-5:00 P.M.*

## BARBECUE COOK-OFF CONTESTANT REGISTRATION FORM

All interested teams are required to complete and submit a signed copy of Rules and Regulations form along with this Registration form by May 20, 2010.

Teams will have a budget and will be reimbursed for materials/supplies with original itemized receipts by the Sendera HOA. Upon registration, team captains will receive more information.

Mail or drop off completed Registration and Rules & Regulations forms to: Sendera Barbecue Cook Off and Fair

Attn.: Suzann Vera, 8817 Whiteworth Loop  
Austin, TX 78749

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Names of other Team members: \_\_\_\_\_

Team Captain Contact Information:

Address: \_\_\_\_\_

Phone # \_\_\_\_\_

e-mail address: \_\_\_\_\_

Categories in which your team will compete: (check all that apply).

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> CHICKEN                            | <input type="checkbox"/> BEEF BRISKET |
| <input type="checkbox"/> RIBS                               | <input type="checkbox"/> PORK         |
| <input type="checkbox"/> BBQ SAUCE                          | <input type="checkbox"/> WILD GAME    |
| <input type="checkbox"/> SIDE (BEANS, POTATOES, VEGETABLES) |                                       |
| <input type="checkbox"/> DESSERT                            |                                       |

## RULES AND REGULATIONS FORM

1. Official signed Sendera Barbecue Cook-Off registration and rules and regulations forms must be signed and received by May 20, 2010. There will be no on-site registration the day of the cook-off. Judging starts at 2pm with turn-ins at separate times. Cooks may begin set-up anytime the evening before starting at 6pm.
2. A barbecue entrant team may have no more than 4 people.
3. Barbecue must be cooked from scratch on site the day (night before) of the cook-off. It must be prepared in the open at the entrants booth site.
4. Cooks are to prepare and cook food in as sanitary a manner as possible. Cooking conditions are subject to inspection by the head judge. All food, equipment, and utensils must be stored at least 6 inches off the floor on pallets, shelving, or tables at all times.
5. Appropriate themed decoration of your area and related costuming is encouraged!
6. Cooking will take place at the designated booth area only. Cooks must provide their own booth materials to include: table, chairs, cooking utensils, & ingredients.
7. At the discretion of the head judge, cooks may be required to taste their own barbecue in front of a judge at any time during the event.
8. No deliberate sabotage to another contestant or their entry will be tolerated and such an act would lead to automatic disqualification. So, don't even think about it!
9. Firearms, explosives or other pyrotechnics will not be allowed on the premises.
10. Have a good time!

I, (print) \_\_\_\_\_ have read the above listed rules and regulations for the Sendera 2010 Barbecue Cook Off and Fair and agree to abide by them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Continued on Page 4)*

# Sendera

**BBQ Registration-** (Continued from page 3)

## VENDOR REGISTRATION FORM

If you would like to run a booth at the Sendera Barbecue Cook-Off and Fair on May 30, 2010 from 2:00-5:00 p.m. to sell crafts, merchandise, jewelry, services, etc. please complete the following form:

- Sendera residents will be considered for booths first with remaining booth rentals available to non residents.
- Vendors are responsible for set-up and equipment of booth including tables and chairs.
- Rental space is \$10.

Mail or drop off completed vendor registration form to:  
Sendera Barbecue Cook Off and Fair

Attn.: Suzann Vera  
8817 Whiteworth Loop  
Austin, TX 78749

\*\*Checks are to be made payable to the Sendera HOA.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Explanation of booth:

\_\_\_\_\_ Booth space rental fee of \$10 enclosed

## HELP!

The Sendera Newsletter is for the people BY the people! We really need entries and articles submitted. Consider being a one time or feature writer. Suggestions include but are not limited to:

- A kudos page,
- What's going on around town
- Kids' Korner
- Gardening tips for the season
- Technology tips
- Pets' Page
- Seasonal horoscopes, jumbles, crosswords
- Jokes/cartoons
- Dear Abbey type column
- Ask Miss. Manners

If interested please submit for the next newsletter. The information for submission is inside this edition.



**Lee Ann LaBorde, Agent**  
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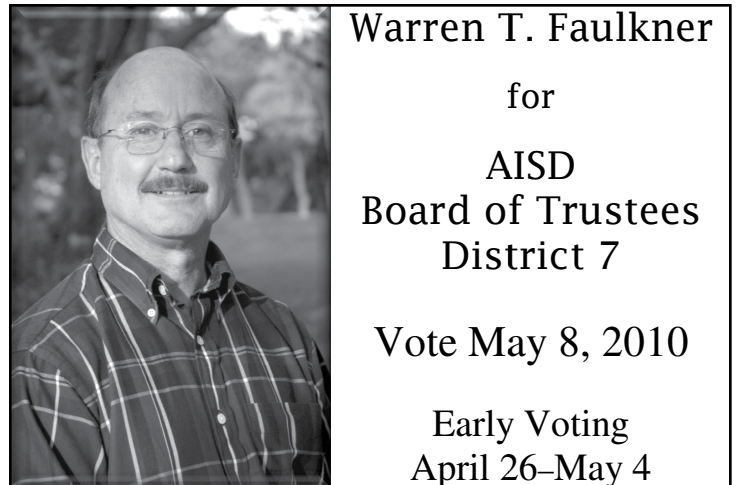
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# DIAPHRAGMATIC BREATHING AS SELF CARE

David L. Tinney L.M.T. / C.D.T.

If you were to breathe fourteen times a minute or somewhere around 20,000 times a day, you would be considered average. Breathing is an involuntary mechanism controlled by the autonomic nervous system. Taking in new oxygen and expelling carbon dioxide and other waste gases.

The main muscle that we use for respiration is the diaphragm and which is innervated by the phrenic nerve. This muscle separates the thoracic cavity from the abdominal cavity. When the diaphragm is contracted it is pulled down allowing air to fill the lungs by way of a vacuum effect. This is called inhalation. When the diaphragm relaxes, it rises, causing the lungs to deflate, expelling air. This is called expiration.

Surely, this is a simplified version of how we breathe as we must remember that there are quite a few other muscles that help with respiration i.e. quadratus lumborum, external intercostals, scalenes and how can we forget the sternocleidomastoids.


The diaphragm creates a rhythmical action as it contracts and

relaxes and because it is located above the viscera, it gently massages the organs in the abdomen. One of the most important aspects of diaphragmatic breathing is that of facilitating the return of lymphatic fluid and venous blood from the lower torso and legs to the heart. It is also the most efficient way of inhaling oxygen and exhaling carbon dioxide.

There is a certain type of breathing pattern called apical breathing where a person will use mainly the upper chest or apex to breathe not allowing for the abdomen to assist. This is a very inefficient breathing pattern. Another type of breathing pattern is called paradoxical breathing. This is what figure skaters, gymnasts and dancers are trained to utilize in their technique and when performing. Simply the abdomen does not appear to rise as they inhale.

There are basically three steps to proper diaphragmatic breathing. So in the first step you will want to visualize inflating a balloon in your stomach. Using very little upper chest movement. It can be frustrating at first but keep practicing. Place your hand lightly on

*(Continued on Page 6)*




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# Sendera

*Breathing-* (Continued from page 5)

your abdomen and feel it rise as you first start to inhale. Now, the second step is where you will want to feel the sides of your ribs expand as you continue to inhale. In the third and final step of inhalation, allow the very top of your sternum to lift and rise. These three steps combined will feel like you are filling your lungs from the bottom up.

Exhalation will be in the same order. Relax diaphragm, then inter costal muscles then neck muscles. Sort of like pulling your shoulders down. Do not hyperventilate but rather breathe slow and full. As you practice this technique it may be easier for you to lay supine with a pillow under your head and shoulders and a bolster under your knees. This allows the helper muscles to relax.

Remember to slow down, drink plenty of water every day, exercise right, get a lot of fresh air and above all else practice this breathing technique. You will be glad you did.



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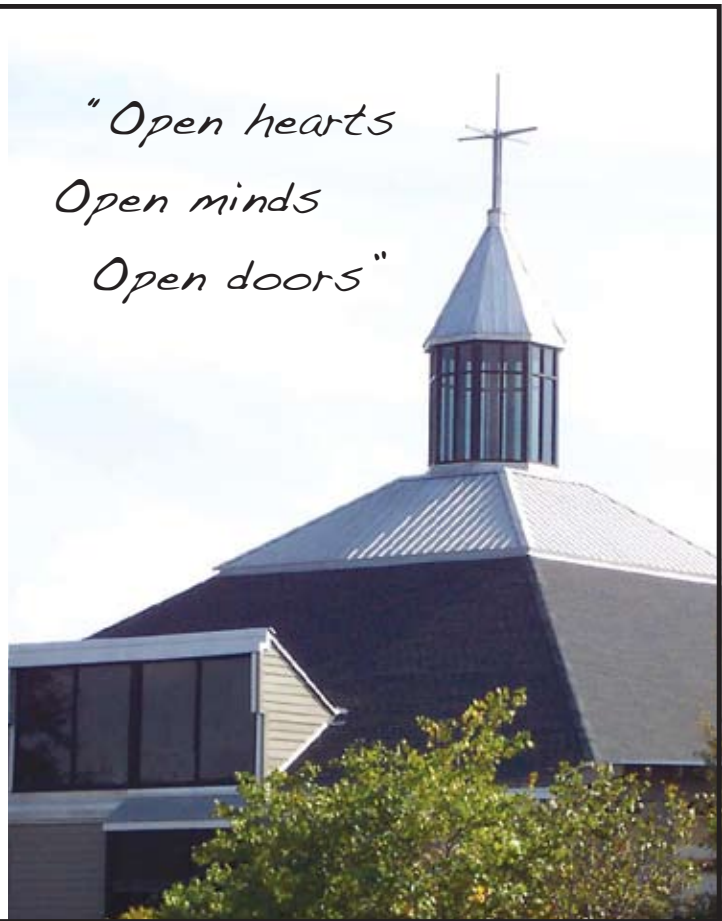
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*Oak Hill United Methodist Church is located on Hwy. 290, just west of the Hwy. 290/Hwy. 71 split ("the Y") in Oak Hill. We are directly across from the ACC Pinnacle Building.*



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- Watching TV.		<input type="checkbox"/>
- Sitting, inactive in a public place (theatre or meeting)		<input type="checkbox"/>
- As a passenger in a car for an hour without a break		<input type="checkbox"/>
- Lying down to rest in the afternoon when circumstances permit		<input type="checkbox"/>
- Sitting and talking to someone		<input type="checkbox"/>
- Sitting quietly after a lunch without alcohol		<input type="checkbox"/>
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- In a car driving		<input type="checkbox"/>

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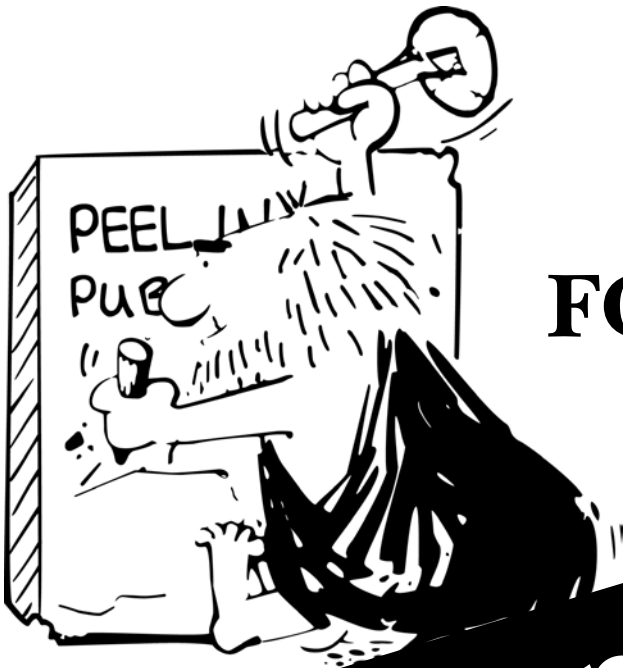
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