

# SENDERA


Volume 6, Number 6

June 2011  
Sendera Homeowner's Association

## Official Community Newsletter

### MESSAGE FROM THE PRESIDENT

*By Eric Steen*



It has been a long dry spring, and many of the yards in Sendera are showing it. Keeping your lawn looking good during a drought can be a very difficult and costly endeavor; however it is the responsibility of each and every homeowner in Sendera to keep their lawn well maintained. If you are having difficulty with your lawn I recommend that you get advice from a neighbor or two who have attractive lawns on what works for them. You might also consider

implementing some xeriscaping techniques. The City of Austin prints a book listing native and adapted landscape plants for Central Texas to aid in choosing the best plants for your lawn. If you would like one of these books contact an Architectural Control Committee (ACC) member or the Sendera President. If you decide to pursue xeriscaping you can find the Sendera ACC xeriscape Standards on the Sendera website ([www.senderahoa.com](http://www.senderahoa.com)) under "Resources" -> "Document Library". You will also need to submit a proper ACC Request form and receive approval before proceeding with your landscaping project.

The lack of rain is also causing issues with the construction of Davis Lane. The city needs 4 good rains so they can measure water runoff and then submit their findings to the federal government. They hope to be back on track next year, but at this time it really all depends on us getting some good rains.

With the warm dry weather this spring we have already seen a large amount of traffic at the pool. Please help us keep the pool clean and safe for all by abiding by the pool rules which can be found in their own category in the "Document Library" on the Sendera website. Also make sure your children understand that the gate needs to remain closed at all times, and that you will be held responsible for any non-residents that you let into the pool, or that they in turn let in. Also keep in mind that ALL parties must first be approved by the pool committee to ensure the pool is available for all, and that there are not conflicting parties. Additionally no parties are allowed on the weekend in the pool. The summer is a time to build friendships and make memories, let's make them all good!

### ANNUAL SENDERA EASTER EGG HUNT AND BUNNY HOP

*By Kim Volek*

Sendera held the annual Easter Egg Hunt on Saturday, April 16th, at 11:00AM. Sunny skies and many activities contributed to the fun event! Residents enjoyed each others' company throughout the morning. Festivities included the usual activities of years past. The Easter Bunny made an appearance to pose with the younger participants for pictures, lead the bunny hop dance, and visit with guests. Thank you Easter Bunny! Children also enjoyed stopping by the tattoo table, listening and dancing to the music, drinks, and cupcakes. The spring decorations really added to the ambiance of the event. A big thanks to all of the volunteers who put up and tore down decorations. It is greatly appreciated! There were three age brackets held for piñatas and egg hunting. A hoppin' good time was had by all! Hot dogs and lemonade were served to raise money for Special Olympics. Thank you Sendera residents for your generosity in making donations to this wonderful organization.

*(Continued on Page 3)*



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## Annual Sendera Easter Egg Hunt -

*(Continued from Cover Page)*

Prior to the event, volunteers met to discuss and organize activities, stuff eggs, prepare food, decorate, shop for prizes, and get ready for the big day. Without the help of folks volunteering their time, we would not be able to host this fun event.

### **THANKS!**

The Recreation Committee would like to see a fresh take on coordinating this event. Having a new person coordinating the event will re-vitalize and bring new energy, activities and excitement to the event. If anyone is interested in organizing the 2012 Easter Egg Extravaganza please give Sharon Boatwright a call at 653-5554. It may seem early to search for a new co-coordinator but planning to host this event within budget does require minimal prep work throughout the year. The previous co-coordinator would like to hand over the reins but still be active in the event, helping out in whatever the new coordinator needs.



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## WHAT TO DO IF YOU LOSE YOUR JOB

by: Andrew Crosby

There's no doubt about it: Losing a job can be stressful. The thought of starting over can be unnerving, particularly if you've worked for the same company for a while.

### GET THE FACTS

- First, make an appointment with your company's Human Resources Department and get answers to these important questions:
- Can you negotiate a later departure date?  
This could give you more time to look for another job.
- Are you entitled to severance? If so, how much?
- Will you receive payment for unused vacation days?  
If not, you should schedule them as soon as possible.
- How long will you be entitled to health coverage?  
And at what cost?
- Likewise, can you maintain your insurance policy?  
If so, at what rate?
- What's involved in transferring, borrowing or withdrawing your 401(k) funds?
- Are you entitled to unemployment compensation?  
If so, what documentation do you need?

### LEAVE ON GOOD TERMS

When your last day comes, handling yourself with professionalism and maturity will serve you better in the end. Although these are difficult circumstances, focus on what you've accomplished for the company and the skills you'll take with you. Take any awards you may have earned, as well as non-privileged work samples — they'll be of interest to prospective employers.

### Take Constructive Actions In your search for a new job:

- Notify your references, including past employers, that you're job hunting.
- Update your resume, quantifying your accomplishments whenever possible (e.g. exceeded sales goal by 8%).
- Register with employment agencies and/or search firms. (Ask in advance if they charge for their services).
- Say yes to every interview, even if it isn't the job you want. It's good practice.
- Familiarize yourself with the companies you're interviewing with. Being prepared will go a long way with prospective employers.
- Follow up on your interviews with a thank-you e-mail or note.

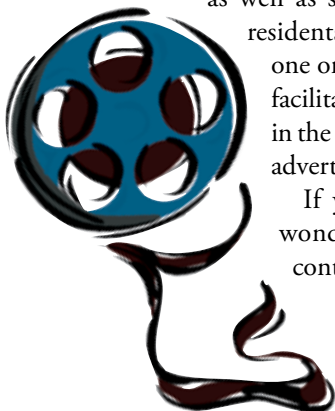
Although it is difficult, losing your job doesn't have to be an end. Indeed, it could give you a fresh start!





## SPONSORS NEEDED FOR MOVIE NIGHTS AT THE POOL

Remember how much fun the movie nights at the pool were. What could be better on a hot summer evening than to float in the pool and enjoy some family entertainment? There have been a number of requests to bring them back. Unfortunately, we can't cover the fees involved for equipment rental and rights to show the movies as well as set-up/breakdown. We need Sendera



residents/business owners to agree to sponsor one or more events. Any businesses willing to facilitate a movie night(s) would be recognized in the newsletter and welcome to pass out other advertisement materials at the event.

If you are interested in supporting this wonderful neighborhood tradition, please contact Suzann at 291-0714.

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## 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.***

- Movie Nights at the Pool- sponsors wanted! Remember how much fun the movie nights at the pool were? There have been a number of requests to bring them back. Sponsors are needed to do so as there are fees involved for equipment rental as well as rights to show the movies. Any businesses willing to sponsor a movie night(s) would be recognized in the newsletter and would be welcome to pass out other advertisement materials at the event. Contact Suzann if interested.
- Don't miss the July issue of the Sendera newsletter for the results of the Seventh Annual Sendera Memorial Day Weekend Barbecue Cook off.
- Family Fun Run "Run Into Summer" place times will be posted in the July newsletter.

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## OVERCOMING BARRIERS TO EXERCISE

### *Enjoyment, Time, & Know How*

*By Sarah S. Jordan, MS*

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

#### **1st Barrier - I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

#### **2nd Barrier - I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the

*(Continued on Page 7)*

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at [stewy@oakhillumc.org](mailto:stewy@oakhillumc.org) for more information  
or to volunteer.

## Overcoming Barriers - (Continued from Page 6)

- day kicks off ensures that they happen, and the entire day will be so much better because of it!
- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

### 3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

*We all know that it is not easy to make time to exercise.  
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future based on how much we move now.  
Sometimes all it takes is one step in the  
right direction.*



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### June 26th Open Water Swim benefits Colin's Hope

Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin's Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit [www.redlicoriceevents.com](http://www.redlicoriceevents.com) for more information.

### August 27th & 28th 3rd Annual Colin's Hope Kids Triathlon

Athletes ages 5-15, mark your calendars for August 27th & 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. Registration opens in early June and will fill up very quickly! [www.colinshope.org](http://www.colinshope.org)



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