

SENDERA

Volume 6, Number 9

September 2011
Sendera Homeowner's Association

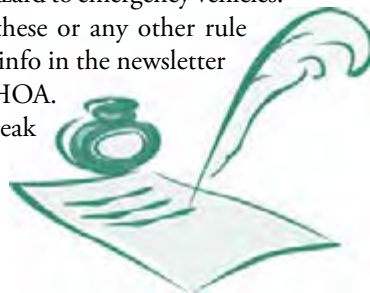
Official Community Newsletter

MESSAGE FROM THE PRESIDENT

Submitted by Eric Steen

With school back in session our thoughts and daily lives move away from summer. However, this summer has left a mark on not just the record books but also our yards. For many yards the brutal heat was just too much. The Board of Directors (BOD) in cooperation with our Property Manager, Jessica Bishop, has been working with those whose yards were devastated these past few months by suspending fines for Deed Restriction Violations (DRVs) pertaining to landscaping with submission of a plan to quickly bring the yards back into compliance when the temperatures break. If you have received fines for landscaping and have not contacted Jessica, and submitted a plan to restore your lawn, it is not too late. If you have already done this thank you, and I would like to encourage you to start making arrangements to implement your plans. With so many yards affected it is very likely that resources could become scarce.

Another tough issue that the Sendera BOD tackled this summer is that of Street Parking. Section 3.13 of Sendera Declaration of Covenants, Conditions, and Restrictions (DCCRs) prohibits overnight parking. This has not always been enforced due to conflicting legal counsel. However we have adopted new guidelines that clarify this and allow us to enforce no overnight parking. We realize this may be an inconvenience to some, but the BOD feels that the benefits will be worth it. Cars parked on the street overnight can attract criminals, and be a hazard to emergency vehicles. If you feel the BOD has implemented these or any other rule inappropriately you can find our contact info in the newsletter as well as on the website (www.SenderaHOA.com). Additionally you are welcome to speak to the BOD directly at an upcoming meeting. Sendera BOD meetings are posted on the website's calendar, as well as the bulletin board by the pool.



PREVENT SLAB BREAKAGE

Submitted by Ron Urias

For those owners who didn't have a chance to watch their homes built, the slab of your home is a modern marvel. It's designed with a cable lock system that keeps the slab together with tension and in most cases doesn't allow any part of the slab to travel. Under most circumstances you don't have much to worry about it but under our current drought conditions you should take extra precautions. Maybe you and your family are new to Texas and haven't faced this kind of weather before.

Many foundation repair professionals recommend you water around the base of the foundation to prevent any part of the slab from sinking below the rest of the yard. Depending on where a crack occurs you may also have to deal with cracked plumbing in the slab and cracked walls in the home. You may be under the assumption that this is automatically covered by your home owner's policy but MOST insurance companies require you purchase an endorsement. Many times you must pay for an official inspection before the coverage can go into place. Better to be safe than sorry so put out the sprinkler and make sure you do everything YOU can to prevent a slab break from occurring.

LOOK WHAT'S INSIDE

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LIFE'S HEALING CHOICES

SUNDAYS THIS FALL // 11 AM

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SUNDAY WORSHIP @ 11 AM // BIBLE LIFE (ALL AGES) @ 9:30 AM

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**AUSTIN AREA
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Sendera Recreation Committee News

Submitted by Suzann Vera

SUMMER 2011 MOVIE NIGHTS AT THE POOL

*A Big Thank You to the sponsors of
Summer 2011 Movie Nights:*

- July 9 Shrek Forever After Corey Roberts, ponsound
- July 23 Phillip Puzzo of Texas Cycle Werks www.texascyclewerks.com
- August 13th Megamind sponsored by Christine Rhode, Realtor Posh Properties 512-576-4564 poshpropertiesaustin.com

And a thank you for:

BACK TO SCHOOL BICYCLE SAFETY CHECK - AUGUST 20

Adults and children are invited to join us in the pool parking lot at 9am Saturday August 20th for our first Back to School Bicycle Safety Check by Texas Cycle Werks www.texascyclewerks.com. The bicycle safety check is a free event for all residents. Let's get those bicycles ready for a cool Fall with lots of riding!

MARK YOUR CALENDAR FOR UPCOMING EVENTS:

- Thursday September 15th- Sendera Recreation Committee meeting at Suzann's 8817 Whitworth Loop- all residents welcome to attend- bring a neighbor!
- Saturday October 29th Halloween Decorating Contest will be judged- to enter have your decorations up and lights lit by dusk!
- Sunday November 13th Chili Cook Off at Sendera Swim Center- details TBD. It's a long weekend- but there is school/work on Monday. Event will be early!

COMING ATTRACTIONS

*Fall Sendera
Neighborhood
Garage Sale*

OCTOBER 7TH & 8TH





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FRIENDS FUR-EVER

Sarah Streif, Austin Humane Society Shelter Manager

Our summers are wonder opportunities to get outdoors with our pets but please exercise caution.

TIPS FOR KEEPING YOUR PET COOL:

- Never leave your pet in a parked car – cracked windows will not protect your pet from overheating in the car. Even with windows down, temperatures rise quickly inside and a car can be 25 degrees hotter than the outside temperature.
- Provide plenty of clean, fresh water at all times, change water daily.
- Provide adequate shade and/or shelter from the sun and, if pets are kept in a kennel, adequate air circulation.



- Exercise your dog in the early morning or evening hours. Avoid exercise during the hottest part of the day.
- Hot pavement can mean hot or burned paws; avoid walking your dog on hot pavement, sidewalks or roads.
- Baby pools filled with cool water can be fun and cooling for most dogs (use the hard plastic pool).
 - Fill a gallon milk container with water, freeze, place it in cage or in a cool spot in the yard for a cool place to lay next to and get cool
 - Since many people treat their lawns with pesticides at this time of the year, keep your pet away from unfamiliar yards

and grassy areas.

- Grooming is a must, but do not shave off all your pets' hair - his coat will protect him from getting sunburned.
- Steer your pet clear of puddles of auto coolant in the garage or driveway. This liquid tastes sweet and is tempting to animals but is poisonous and could lead to a fatal result.
- Pets should ride inside the car, not in the back of an open vehicle where they are subject directly to the elements as well as run the risk of bouncing or falling out. Many pet stores sell safety harnesses to prevent your dog from becoming a projectile in an auto accident. If your pet must travel in the back of an open vehicle, make sure he's safely tethered to the center of the bed where he's unable to reach the sides and is able to stand or sit on a slip-

(Continued on Page 5)

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Friends Fur-Ever - (Continued from Page 4)

proof and cool surface. Remember, any pet can suffer from heat stress, although some animals are more prone or susceptible than others:

- Very young or very old animals
- Short-nosed breeds of cats and dogs
- Overweight animals
- Pets with cardiovascular or respiratory problems
- Animals with a history of heat stress
- Heavy coated breeds and 'Arctic' breeds of dogs
- Rabbits can't tolerate temperatures above 85-90 degrees very well

SIGNS OF HEAT STRESS INCLUDE:

- Vomiting and Diarrhea
- Profuse panting
- Drooling, staring,
- Anxious expression
- Warm, dry skin
- High fever
- High heart rate
- Muscle weakness
- Inability to move, non responsive
- Collapse

9th Annual Barktoberfest & PLEDGE WALK FOR HOMELESS PETS

Submitted by Elizabeth Murphy

Have a howling good time and help the Central Texas SPCA save homeless pets in our community. This year's event will be bigger and better than ever on Saturday, September 10th at Old Settler's Park in Round Rock, Texas. The morning starts with a 2K pledge walk for homeless pets and then the festival fun

begins. We'll have music, food, vendors, fun games and activities for kids, activities for dogs, low cost microchipping, a costume contest for dogs and humans, and much more. The top fundraisers in the 2K pledge walk will win great prizes! Please visit www.centraltexasspca.org for more information.



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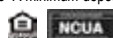
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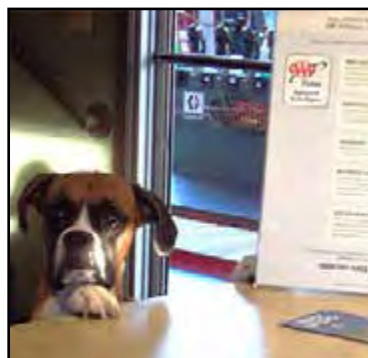
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Immunizations: Not Just for Kids

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE

| | |
|---|--|
| Influenza | Yearly, especially if at risk |
| Meningococcal | One dose, age 11-12 or 13-18 if not previously immunized |
| Tetanus-Diphtheria/Tetanus ... -Diphtheria-Pertussis | One dose, age 11-12, then booster every 10 years |
| Human Papilloma Virus | Three doses, age 11-26 (females only) |
| Measles - Mumps - Rubella | If born after 1956, one or two doses if never immunized up to age 65 |
| Pneumococcal | One dose, at or after age 65 |
| Varicella (chicken pox) | Two doses if no prior infection or immunization received |
| Zoster (shingles) | One dose, at or after age 60 |

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>. For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

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