

SENDERA

Volume 6, Number 11

November 2011
Sendera Homeowner's Association

Official Community Newsletter

MESSAGE FROM THE PRESIDENT

Hi Neighbors,

Many of you know me because I have lived in Sendera since 1999. I was on the very first Board when the developer, Millburn Homes, turned over the administration of the Sendera Homeowners Association to residents. Since then I have served on many Sendera Boards and on every committee.

Over the past several months, the Board completed renovation of the playgrounds to make them safer. We also replaced the 10 year old pool furniture in time for Sendera Movie Nights. Our next major project is improving the look of our entryways. The landscaping at our main entrances has run its course and is in need of a major upgrade. We have a plan to improve the looks of common areas and have recently approved and funded an upgrade on landscaping, irrigation and lighting.

Many of our residents have voiced concerns over the tired look of Sendera. Dead yards, trees and bushes will devalue the neighborhood that attracted us to this particular development. Yes, it has been a long hot summer and now with the mandatory stage 2 water restrictions, it will be harder to perk-up your yard.

Early in the year, too many residents gave up watering and taking care of their front lawns. Under the contractual agreement all home owners signed, by owning property in a homeowners association we agreed to maintain our yards. We have approximately 170 yards out of 813 where there is a landscaping issue. A small percentage of

these poorly maintained yards are rental properties and the rest are owner-residents. We still have a big majority of the residents that have continued to maintain their yards. Your Board has a duty to respond to complaints and to assure the resident property owners that we will take action on these out-of-compliance yards, including all rental properties.

The Board will continue to work with residents on non-compliant front yards. If you get a letter from our management company, don't ignore it. Goodwin Management has been directed by the Board to send letters on this issue. Failure to respond to Goodwin and failure to repair your front yard will only increase potential fines and eventually could require the Board to issue a forced repair. The Board does have the authority to replace grass, trees and bushes at the owner's expense. I highly recommend that all property owners take action to make repairs and avoid this process.

One of the other issues your Board has been working on is the problem of vehicles parked in the street overnight (between the hours of 11:00 pm and 6:00 am). Some overnight street parking has gotten so bad that it has become a traffic hazard for emergency vehicles trying to get through congested areas. Over the past several years, Sendera has had approximately 80 new home owners per year. Some of these owners may not be aware of the neighborhood restriction on overnight parking. The purpose of this restriction is to make your area safer for

emergency vehicles to respond and to reduce vehicle vandalism.

Sendera is a registered, certified HOA and is recognized as a neighborhood by the City of Austin. We have authority to restrict street parking under our covenants and have filed with our attorney the proper documents to govern this issue. For the past several months, I have been providing an information sheet advising the owners of the non-compliant vehicles about this Sendera restriction. Now that the information is out there, I hope that all of the property owners will comply. Volunteers throughout Sendera will be posting official warning tags (see photo). These volunteers are providing documented evidence of parking violations. After two such warning tags, the Board will be issuing fines to the property owner/resident. If there continues to be an overnight parking violation, we are authorized to tow the vehicle. Please don't let it get to that level.

Your elected Board members are volunteers and we are your neighbors. We all want a safe, clean and attractive community to live in. Please help us improve Sendera.

Submitted by Rick Perkins



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Sendera Recreation Committee News - Mark your Calendars

Submitted by Suzann Vera

ALL ARE WELCOME TO ATTEND RECREATION COMMITTEE MEETINGS

Any help is most appreciated- whatever your schedule allows. If you are unable to attend meetings, but would like to be placed on the Recreation Committee e-mail list for updates about neighborhood events, please e-mail suzannchili@sbcglobal.net.

Next Meeting:

November 3rd 6:30pm 8817 Whitworth Loop

BASTROP WILDFIRE DONATIONS

Thank you to all who donated items for the Bastrop Wildfire Victims. The Thursday night e-mail "call for help" generated a Friday afternoon into late evening stream of donations the weekend after Labor Day. Neighbors on Whitworth Loop sorted and labeled the donations throughout the night. What we thought could be delivered with a pick-up and a few SUVs required a UHAUL truck, thanks to the generosity of our neighbors. On Saturday morning, we helped 3 families directly set up a temporary home complete with a functional kitchen, clean towels/toiletries, and bedding. All donations that were duplicates, extra, and/or not needed by those three families were taken to a Bastrop drop-off location to be distributed to those in need. I know we didn't get the names of all donors, but a heartfelt thank you to ALL!

Thank you: Ronda and Tony Smith, Kathy Hassel of Norman Trail, Rachel & Nick Lopez of Hoffman, Heather Bertani of Whitworth Loop, Tyra Peterson of Whitworth Loop, Jesse Maldonado of Whitworth Loop, Therese James and Family of Copano, The McClearys of Whitworth Loop, The Johnsons of Lana Bluff, The Ligon Family, The Watsons of Hoffman Drive, The Gottliebs of Torran Cove, The Ansell Family of Hoffman Dr., Frank Grygier of Coran Ferry Lp, The Ericksons of Campo Verde Ct., June Porras of Norman Trail, The Saules of Chesney Ridge, The Acunas of Whitworth Loop, The Moores of Ramies Run, Kori Johns of Ramies Run.

7TH ANNUAL SENDERA CHILI COOK OFF & FAIR

Sunday November 13th the Sendera Recreation Committee will host the seventh Sendera Chili Cook Off and Fair in the parking lot by the pool from 1:00-3:00pm (The Cowboys play at 12:00pm- and we'll have the game on at the event). Judging will take place at 1:30 PM at which time residents not participating as cooks can join in the fun with a "bottomless" cup to be filled at the chili booths (while it lasts), check out the vendors, enjoy entertainment and get to know your neighbors. Cash Prizes and trophies will be awarded for several categories of chili including: best red, best green, best booth, and fan favorite. If interested in entering the chili cook off or renting a vendor space please complete the entry forms.

CHRISTMAS DECORATING CONTEST

The annual Christmas Decorating Contest will take place on Saturday December 17th at dusk. Twenty special awards will be given to the best decorated homes and the winners will be featured in an upcoming newsletter and on the website. To enter the contest, please have your lights on!

JOIN US FOR CHRISTMAS CAROLING ON SATURDAY DECEMBER 17TH.

Practice starts at 6pm with caroling beginning at 7pm. Meet at the corner of Whitworth Loop and Raimies Run. All welcome.

Check future newsletters for the date of the 3rd annual Bike Ride through Sendera to see the Holiday Lights- all levels of cyclists are welcome and we finish the event with Hot Chocolate and cookies!





Sendera Chili Cook Off & Fair NOVEMBER 13, 2011 - CHILI COOK-OFF REGISTRATION

*All interested parties are required to complete and submit a signed copy of
Rules and Regulations form by November 10, 2011.
Mail or drop off completed form to:*

Sendera Chili Cook Off and Fair | Attn.: Suzann Vera | 8817 Whiteworth Loop | Austin, TX 78749

Team Name:	Team Captain:
<hr/>	
Names of other team members:	
<hr/>	
Captain contact information: Address:	
<hr/>	
Phone #:	e-mail address:

RULES & REGULATIONS

- Official signed chili cook-off registration forms must be received by November 10, 2011. There will be no on-site registration the day of the cook-off. Judging is at 2:00PM. Cooks can begin set up at any time that day.
- A chili entrant team may have no more than 4 people.
- Chili must be cooked from scratch on site the day of the cook off. It must be prepared in the open at the entrant's booth site.
- Chili must be cooked using equipment provided by the cook: propane or gas stove or grill. There will be no electricity furnished and generators are not allowed.
- A listing of ingredients used to make the chili must be displayed. Quantities do not need to be included.
- Cooks are to prepare and cook chili in as sanitary a manner as possible. Cooking conditions are subject to inspection by the head judge. The cooked chili temperature must remain at a temperature of 140 degrees or higher at all times. All food, equipment, and utensils must be stored at least 6 inches off the floor on pallets, tables, or shelving at all times.
- **Appropriate "themed" decoration of your area and related costuming is encouraged!**
- Cooking will take place at the designated booth area only. Cooks must provide their own booth materials to include, table, chairs, cooking utensils, & ingredients.
- Each team is responsible for preparing one pot of red or green chili (at least 3-5 quarts) to be judged. **About beans- chili will be judged without beans, but teams may add beans before serving to the neighbors.**
- At the discretion of the head judge, cooks may be required to taste their own chili in front of a judge at any time during the event.
- 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.
- Firearms, explosives or other pyrotechnics will not be allowed on the premises. (Hey, it's Texas- we had to say it).

VENDOR REGISTRATION

If you would like to rent a space for a booth at the Sendera Chili Cook-off and Fair on November 13, 2011 from 1-3 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/chairs.

***Mail or drop off completed form to:
Sendera Chili Cook Off and Fair
Attn.: Suzann Vera
8817 Whiteworth Loop
Austin, TX 78749***

Name: _____

Address: _____

Phone #: _____

Email address: _____

Explanation of booth:

I, _____
*have read the above listed rules and regulations for the 2011 Sendera Chili
Cook Off and agree to abide by them. Date:* _____

NEIGHBOR 2 NEIGHBOR

Ever sit down to dinner at a nice restaurant (I'm not talking about Chuck E. Cheese) only to be treated to the wailings of an unhappy baby whose parents seem oblivious to the disruption their child is creating for other customers? You probably weren't happy about the situation. Some of our residents are experiencing similar problems without even leaving their homes. I'm talking about dogs left in the back yard who bark continuously.


With the weather cooling off, it is tempting to let your pup stay out more. However, some of us also want to get the windows open and let in some fresh air. This is a less than enjoyable experience when there is a constant canine symphony. So, please, if you leave your dog outside be sure and monitor the noise level. There is a City of Austin ordinance (Section 3-2-2) on this topic but don't let it get to the point of forcing a neighbor to file a complaint. We also have a noise prohibition in our Declaration of Covenants, Restrictions and Conditions (Article 3.06) which the HOA enforces. But the bottom line is it just isn't neighborly.

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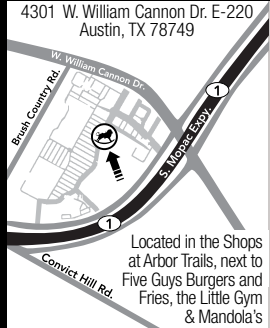


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TAKING CONTROL OF YOUR DIABETES

IMPROVING SELF-MANAGEMENT

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- **Monitor your blood sugar and take your prescribed medications:** By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- **Watch your diet carefully:** By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.
- **Lose weight:** The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.
- **Increase physical activity:** A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- **Sleep well and reduce stress:** Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org.

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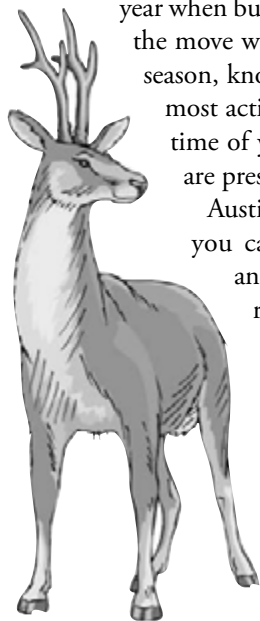
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DEER SEASON IS HERE

Submitted by Robin Abbott



November through December is deer season in Texas. It is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the “rut.” During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer. Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer’s charismatic presence and quiet beauty. Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin’s urban deer herds. Visit us at www.DeerAustin.org. We are providing the following information that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit.
- Be extra cautious when deer or deer crossing signs are present and when driving from dusk to dawn.

To report an injured deer, call the Game Warden at 389-4848 or Austin 311. To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, “Loop 360 just north of Spicewood” or “the intersection of Mesa and Greystone”). If you need additional help – email admin@DeerAustin.org.

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. Please take care, enjoy the wildlife, and Keep Austin Deered!

Thank you!

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The Live Oak Network of BNI

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Austin Kindergarten Student Picked National Poster Child!

By Connie Ripley

Five year old Max Whitney, kindergarten student at Rutledge Elementary, is named the 2012 National Poster Child for Autism Speaks. Max's picture was chosen from hundreds of entries by a New York advertising firm hired by Autism Speaks.

The announcement comes just as the Greater Austin Walk broke all goals and records for the local walk on the 24th with about 4,000 participants. The local Walk has thus far raised over \$140,000 in support of Autism Speaks' work, both locally and nationally, to increase awareness about the growing autism health crisis and fund innovative autism research and family services.

More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined, yet only 0.5% of the budget of the National Institute of Health goes to autism research. The research falls to private funding—like Autism Speaks, North America's largest autism science and advocacy organization. Children with autism are normally fixated on one or two things. Max loves car washes and tornados (after watching *The Wizard of Oz*). He has his own "Favorites" on the computer where he goes and "studies" car washes and tornados for as long as his parents will allow. (A timer is always set.)

Many children with autism have food allergies and extreme food preferences. Max has both. He is allergic to milk products and eggs. He is on a casein-free, egg-free diet with a big accent on organics. He will only eat foods that are tan. He loves chicken nuggets and breads that are egg and casein-free with an occasional bite of broccoli or avocado. Peanut butter, applesauce and banana are also high on his list. (His mother, Traci Whitney, purees carrots and spreads them under the peanut butter. She also purees tofu and white beans with casein-free butter to pour over pasta.)

Recent research has shown that the bodies of many children with autism are not able to rid their body of toxins and metabolize some of the vitamins and minerals they consume. Max has shown improvement with Glutathione, Methyl B12 and Folate cream rubs and DMG orally, plus a super multi-vitamin.

Max is totally integrated into a normal kindergarten classroom with the help of an aide provided by the school district, Andrea Sour. His favorite time at school is "eating". He eats almost the same thing every day. His least favorite is writing in his journal. He has great difficulty with fine motor skills and holding a pencil.



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Recipe of the Month
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- 2 Tbs. vegetable oil

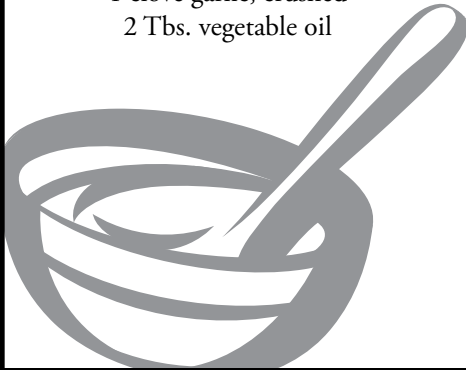
ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestshire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

Serve with tortilla chips & Enjoy!



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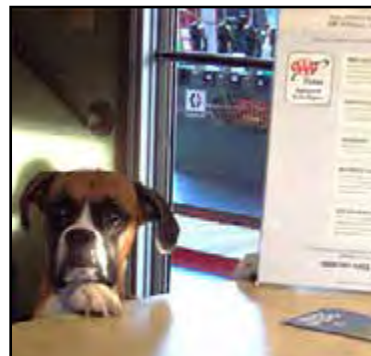
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Nature Watch - The Fungus Among Us

by Jim and Lynne Weber

Frequently upstaged by the brightly colored autumn leaves and hidden among the leaf litter on the forest floor are several types of interesting fungi. Separated from the plant kingdom because they do not contain chlorophyll, fungi also do not make their own food through photosynthesis but obtain it by breaking down other organic matter and sometimes other plants. Mycology, from the Greek meaning 'fungus', is the branch of biology dedicated to the study of these organisms, and is most often associated with mushrooms.

While mushrooms are the most common form of fungi, some of the more interesting forms that occur in the fall after sufficient rains include puffballs, earthstars, earthballs, and bird's nests. These forms are grouped based on the shape of their fruiting body, or structure that produces the spores needed for reproduction.

Puffballs (*Lycoperdon pyriforme* and *perlatum*) and earthstars (*Geastrum saccatum*) are characterized by fruiting bodies that look like a small ball, unlike a mushroom have no stalk, and are normally found growing on wood or directly on the ground. They can range in size from small marbles to baseballs, with the spores produced inside. Once mature, the spongy inside darkens and dries to a fine powder, and the spores are emitted out of a hole on top of the ball.

Often found around the drip line of trees, this strategic placement serves the dual purpose of providing sufficient moisture until they are grown as well as sufficient force from the water droplets to act as a dispersal agent for the spores. When one translates the genus from Greek to English, 'lyco' meaning wolf and 'perdon' meaning to break wind, it isn't hard to guess that a common name for a puffball is wolf-fart!



With a somewhat less flamboyant name but a more elaborate display, earthstars get their common name from their thicker outer membrane, which when fully developed splits into rays that curve backward to form a distinctly star-like structure.

Earthballs (*Astraeus hygrometricus*) are often found wholly or partly underground, and have a fruiting body that simulates a ball with a thick, rind-like skin. Their spores are produced in the center of the ball, but unlike earthstars, they are extruded not via a pore at the top but when the entire inner spore sac splits open. Often called a 'false earthstar' the outer rind of this fungus splits into seven to fifteen pointed rays that open when it rains or when humidity is high, and close again during drier periods. This repeated action relates to its species name, as if it were nature's hygrometer, measuring the changes in humidity.

Bird's nests fungi (*Cyathus stercoreus*) have fruiting bodies that resemble clusters of very small cup-shaped structures filled with tiny eggs. *Stercoreus* literally means 'growing on dung', and that is where you are most likely to find this fungi. Also commonly found on woody mulch, each cup is only large enough to hold a drop of water, and the egg-like structures which contain the spores, are delicately attached to the cup by a finely coiled thread. When splashed out of the cup by raindrops, this thread-like structure uncoils, catches on to a chip of wood, blade of grass, or other organic matter, and the 'egg' splits open to release the spores inside.

The next time you take a walk in the woods to admire the colors and changes that define the fall, don't forget to look down at your feet, where you can discover the smaller mysteries of the forest, and appreciate its beauty from the ground up!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

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