

SENDERA

Volume 8, Number 2

February 2013
Sendera Homeowner's Association

Official Community Newsletter

Acts of the Board

The Sendera HOA Board of Directors has changed their monthly meeting to the fourth Thursday of the month. Information from the January meeting will be included in the March newsletter.

Requests have been received for additional information on some of the actions reported in the January newsletter. The best way to be informed is to attend board meetings. All meetings are open to members except for the Executive Session. Watch the marquees, website and Facebook page for dates, times and locations of the meetings

A change was made to the management company effective January 1, 2013. The change was based on several factors. Primarily, the board was not satisfied that responses from Goodwin to both board members and residents were being made timely and completely. There were also instances of failure to follow-up or follow through on some important issues. When the board began to investigate alternative companies, they also found that the systems used by Goodwin were not the most modern or effective available. Even though Goodwin offered to assign a new manager and had plans to modernize their systems, the board determined that another company, Pioneer Real Estate Services, was a better fit for Sendera at this time.

In September, the HOA was sent a notice by the City of Austin that a water quality pond on HOA property whose maintenance was the responsibility of the HOA was out of compliance with City codes. The board requested that the HOA manager provide us with a minimum of three bids from local companies who were licensed to make the required repairs. Aquatic Features was chosen based on their plan to address the problems, the fees they were proposing and feedback on the effectiveness of their work. The work was completed quickly and the City inspector is waiting to verify the re-vegetation of the area before determining final approval of the repairs.

Plans are being made for the Annual Members Meeting. The proposed date is April 2, 2013. We hope to hold it at Bethany Lutheran Church but that hasn't been confirmed at the time this newsletter went to the publisher. At this meeting reports will be made by officers and committee chairs on actions from the past year, new board members will be elected and members have the opportunity to ask questions and bring up issues that need to be addressed. There are 813 homes in Sendera. Each owner has a voice and a vote at the annual meeting. Usually, fewer than 100 homes are represented. Don't miss the opportunity to participate in how Sendera HOA deals with the challenges ahead.

BE MY
VALENTINE!

February 14th 2013



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Position Currently Vacant

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Sendera HOA Web Site: www.senderahoa.com

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Recreation Committee News

Submitted by Suzann Vera

Sendera looked festive this Holiday Season. The Thursday before Christmas, despite the freezing cold, carolers strolled down Ramies Run, Copano, and around Whiteworth Loop singing popular Christmas tunes like Jingle Bells, We Wish you a Merry Christmas, Silent Night, and Rudolph the Red Nosed Reindeer with hot chocolate in hand. The group sounded really great this year thanks to our regulars and a few new neighbors! Before the caroling began, a number of cyclists set out on the annual bike ride through the neighborhood to see the lights. A big thanks goes out to Glenn Whipple for leading the annual ride. In addition to caroling and the bike ride, many homes were awarded medals and a cookie tray for their fabulous decorations. Thank you to Kelly Rettig, Ginger Averitt and their families for organizing the judging! The winners are:

4500 Steed Willis family - music & all!
 4820 Norman Shinault family
 4828 Chesney Ridge
 4824 Chesney Ridge
 4817 Chesney Ridge
 4415 Tello Prewitt family
 9508 Zuniga Friend family
 8704 Puckett Court Gene Ann Patterson
 8620 Barrow Glen Loop Tony and Ritta Holmes
 4400 Walsall Loop Greg Fortman
 9105 Contessa Ct Erin & Dave Norton
 4608 Ramies Run Fred & Sherri Maag
 8905 Copano Martha Quintero
 8901 Copano Jamie & Eddie Fik
 8716 Puckett Courts Rudy Alvarez
 8651 Barrow Glen Loop Tom Allen & Family
 8925 Corran Ferry Drive Nancy & Bill Perkins
 9112 Torran The Gottlieb Family
 8829 Whiteworth Loop The Gomez Family

Mark your calendars for Spring Happenings! See the website and future newsletters for more details to come.

- February 14 St. Valentine's Day
- March 11-15 AISD Spring Break
- March 17 St. Patrick's Day
- March 22 Easter Egg Nighttime Hunt for Teens ages 9+
- March 23 Easter Egg Hunt for ages 0-8
- April 19 & 20 Spring Garage Sale
- May Memorial Day Weekend Cook Off, parade, square dance

It's not too early to start thinking about Easter Egg Hunt. This year Easter falls on Mar 31, 2013. We tentatively have chosen the weekend before Easter – on Saturday, Mar 23, 2013 and Friday, Mar 22, 2013 for the Easter Egg Hunt this year. In order for

the Recreation Committee to host the Easter Egg Hunt, Sharon Boatwright needs to have at least 3 individuals to sign up to be the Age Group Coordinators. The Age Divisions for the Easter Egg Hunt are: 3 and Under, 4 -8 yrs old, and 9+ yrs old. There is a lot of preparation work that goes into pulling off the Easter Egg Hunt each year. I would like the volunteer names before Feb. 28, 2013. Please send email to sharon.boatwright@amd.com or call her at 512-653-5554. I can send you a .doc describing the details of the coordinator. The earlier you sign up the more say you will have in the prizes and dates of the hunt. I will be separating the 9+ years old hunt into a separate date – Friday night Mar 22, 2013 and there will be pizza + glow stick hunt. **This year it will not be possible for Sharon to complete this event without Coordinators.** If no one volunteers before the end of Feb 2013, the Recreation Committee will consider cancelling the annual event or limiting the age divisions. As of January 4, 2013, no one has volunteered. :(I probably can rope someone I know into doing the 4-8 year olds. And more than likely I would host the 9+ on the Friday night. However, that means if we do not get anyone for the 3 and under, we will be cancelling that hunt. Please volunteer. Thanks (Sharon)

(Continued on Page 4)



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

All kids deserve the opportunity to discover who they are & what they can achieve. That's why YMCA of Austin Youth Sports programs focus on skills, healthy competition, values & teamwork. Records may fade, but kids who play sports hold onto the memories and benefits for a lifetime. Spring co-ed sports include:

- Soccer • Kickball
- Volleyball



**Summer Camp Registration
 Opens on February 4**

Southwest Family YMCA
 6219 Oakclaire Dr. & Hwy. 290
 AustinYMCA.org • 891-9622

Sendera

(Continued from Page 3)

Sendera's 8th Annual Run Into Summer Family Run will be pushed out this year and called **RUN Back to School**. Look for details in later newsletters and expect the date to be chosen right before you head back to school. If you are really disappointed, we can keep the date as the last day of AISD School in June 2013, if someone volunteers to organize the event.

NEXT MEETING TO PLAN SPRING EVENTS

Help is needed in planning all of these events! Please contact Suzann 512.291.0714 if you can help or join us at our next meeting Thursday February 21, 2013 at 8817 Whitworth Loop 6:30pm.



YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to pkgardensong@austin.rr.com.



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- Aaron and Amy Grabein

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Sendera HOA 2013 Budget

Below is the budget approved by the Board of Directors. This budget was compiled prior to the change in management companies. Some figures may be altered as the result of this change.

INCOME

Owner Dues	\$321 948	Based on \$33/month * 813 homes
Misc. Income	3180	Cell tower lease payments
Interest	600	

Total Income **\$325728**

EXPENSES

Dues/Licenses/Permits	\$500	Pool permit/Alarm permit/OHAN membership
Office Supplies/Copies	3000	
Postage/Delivery	800	
Coupon Books	2100	
Meeting Expense	960	
Legal	6000	
Accounting	2235	Income tax prep/audit
Management Fees	36059	
Social Events	6000	Recreation Committee expenses for events
Professional Fees	3900	Reserve Study
Misc. General Expenses	813	Texas Community Association Advocacy, Inc.
Electricity	15441	
Telephone	4252	Includes line for pool entry system, modems, 911 pool phone
Water & Sewer	18000	
Maint/Repair	18000	
Irrigation Repair	4000	
Fence Maint/Repair	6000	
Security/Safety	1240	Pool security system monitoring
Custodian Svcs/Supplies	4800	
Electrical Repair	2500	
Lighting	2500	
Grounds/Yard Maint	84000	
Pool Maint & Supplies	18000	
Signage/Install/Maint	1500	
Pool Mgmt-Lifeguards	26000	
Insurance F&EC	4000	
Insurance D&O	2700	
Taxes – Federal Income	300	

Transfer from Cking
to Reserve **40800**

Net Fund Change **9328**

\$20

"All you can
eat" St. Louis
Ribs

3rd Annual Tuesday February 26th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.



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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

Austin Newcomers Club February ANC Publicity Input

Austin Newcomers Club is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.



This month our luncheon program will feature James L. Haley, a noted Texas author of nearly twenty books. He'll speak about his newest book, *THE TEXAS SUPREME COURT: A Narrative History, 1836-1986*. One tale from the book:

LAW & ORDER COMESTO TEXAS

During the first court session in East Texas, one feudist who had been hauled in for trial thumped his Bowie knife into the judicial bench and declared, "This, sir, is the law in Shelby County!" Unfazed, Judge Robert M. Williamson leaned back, cocked his pistol, and said, "Well this, sir, is the constitution that overrules your law. Sit down."

What with feudists, Indian raids, Mexican invasions, high water, yellow fever, illiterate clerks, drunken juries, and people who thought they had a God-given right to do whatever they liked, it took a while for law to come to Texas. Come hear how it happened!

The monthly luncheon will be held on Wednesday, February 20 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, February 14.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



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Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

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