

SENDERA

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March 2013
Sendera Homeowner's Association

Official Community Newsletter

WATER: IT'S IRREPLACEABLE

by Sheri Hicks

Water is on every Texan's mind. In fact, it is expected to be among the top five issues at the capitol this spring as the predictions and hopes for a wet winter brought by a new la Niña faded and Texas entered its third straight year of drought conditions. It is clear that planning and conservation are more important than ever.

Urban and suburban populations are rapidly expanding, putting increasing strains on water resources. But we suburban homeowners have the power to reduce the strain by making small but manageable changes to behavior and patterns. In fact, the City of Austin calculated that if every Austinite makes a commitment to conserve just 10% of their current water use, we would save over 13 million gallons of water per day. That's a huge impact, for a small amount of effort! But there is more to conserve than water. Let's talk about cash conservation. As water becomes scarcer, municipalities like Austin charge more for its usage. Employing simple water conservation and management techniques will effectively bring your water bill back from dizzying heights to manageable levels. Saving water saves money.

LANDSCAPE WATER CONSERVATION

Keep sprinkler systems repaired, efficient and zoned properly so you aren't watering native low-water flowerbeds, sidewalks or driveways. Install rain monitors to keep sprinklers from running during or just after a rain event. Make sure movable sprinklers do not water driveways or roads where water goes right into the storm drains.

Better yet, redesign your lawn to remove high water turf grass and install low water native plants. There are plenty of resources in Austin that will teach you how to install the most effective and attractive native or xeric garden for your space. Simple resources such as the Wildflower Center provide native plant education and attractive demonstration gardens. Plant centers such as The Natural Gardener in Oak Hill, Barton Springs Nursery in Westlake and It's About Thyme all have abundant stocks of native plants and plenty of know-how for amateur gardeners. Still don't know where to turn? Sendera has a club of experienced gardeners eager

to share knowledge and pass along plants.

Rain barrels under gutter downspouts capture roof runoff when we do have a rain event. Every 100 square feet of roof can produce 62 gallons of rain runoff! That's a lot of rain to capture! One good rain is often enough to fill a barrel that can be used later to water flowerbeds. The City of Austin offers rebates to offset the cost of rain barrels, effectively reducing your costs and the city's water strain.

Amend your flowerbeds with organic matter. Over time, especially during hot and dry summers, soil becomes compacted not letting water penetrate through to the roots. Adding organic matter keeps soil loose and holds water for plant roots. You want any water you do put on your gardens to be used effectively and efficiently.

HOUSEHOLD WATER CONSERVATION

Inside the house, capture grey water in buckets to water household plants and outdoor plants and shrubs. You will be surprised at how much water you can capture waiting for the shower or sink water to heat. According to most resources, this alone saves up to 300 gallons per month – that's a lot of water (and dough!)

Only wash dishes and clothes in full loads and on the most efficient settings. Take short showers and don't run water while washing your face or brushing your teeth.

Instead of using the garbage disposal, which requires a lot of water, start a compost pile in a corner of your back yard. You can use compost to amend and fertilize flowerbeds in the spring.

Repair dripping faucets. A small drip can amount to gallons of wasted water per day.

Don't rinse vegetables and fruit under running water. Use a bowl of water that can then also be diverted to water house plants or thrown into a flower bed.

While we can't fix the entire water problem by ourselves, suburbanites have a good tool to make strides toward reducing overall water consumption to ensure Texas continues to prosper.

www.austintexas.gov/departments/water-conservation-residents | www.monolake.org/about/waterconservation
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Recreation Committee News

Submitted by Suzann Vera & Sharon Boatright

Be informed - get on the Recreation Committee e-mail distribution list to receive monthly updates by contacting Suzann at suzannchili@sbcglobal.net 291-0714 or Sharon at Sharon.boatwright@amd.com 653-5554. Mark your Calendars for Sendera Spring Events. Check future newsletters and www.senderahoa.com for event details:

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

EASTER EGG HUNT

Easter Egg Hunt is now 2 days (depending on age group). Thanks to Ginger Bolen and Lizzy Overby for volunteering for the 3 and under and 4-8 year old coordinators. The Easter Egg Hunt is officially on. Sharon will post flyers at the pool for the official times.

March 22 Easter Egg Nighttime Hunt for Teens ages 9+ meet at 9101 Hoffman Cove from 6:30-9:00 for a glow stick hunt, games, and pizza party! Participants should bring flashlights.

March 23 Easter Egg Hunt for ages 0-8 at the playscape by the

pool. Time TBD. The Easter Bunny will drop by to take pictures with the children and lead the Bunny Hop dance. Join us for games, dancing, piñatas, refreshments, prizes, and a great Easter Egg Hunt.

Help will be needed before and the day of the event. Contact Sharon at 653-5554 (cell) or 602-0136 (wk) if you are available to help. If your child will participate please drop off 1 dozen filled eggs to 9101 Hoffman Cove by Thursday March 21st.

NEIGHBORHOOD GARAGE SALE

Friday April 19 and Saturday April 20, the Spring Sendera Neighborhood Garage Sale will be held from 8:00AM - 1:00PM. 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.

RUN INTO SUMMER FAMILY RUN

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.



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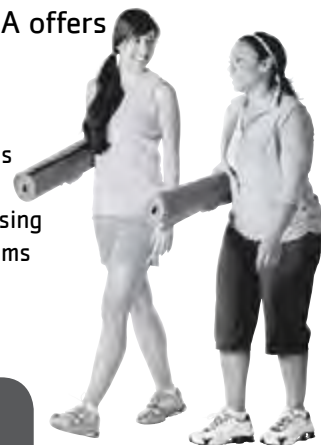
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What's a Deed Restriction?

When we bought our homes, we had a mountain of paper plopped down in front of us with multiple "Sign Here" tabs sticking out of it. Somewhere in that pile, each owner agreed to adhere to the Declaration of Covenants, Conditions, and Restrictions (DCCRs). Do we read all of this stuff? Well, some of us do but mostly not so much. So here is a sampling of some of the rules that are most often (and sometimes unknowingly) violated. Caution! Not everything is covered here. You can read them all (like that's going to happen) at www.senderahoa.org. Click on Resources and Document Library.

Section 3.05: Don't make so much noise that you disturb the neighbors.

Section 3.06: There is a limit of four (4) cats and dogs per lot and only two of them can be dogs. If your dogs bark enough or are aggressive enough to become a nuisance, it's your responsibility to make that behavior stop if you want to keep your pets on this property.

Section 3.08: Keep your landscape, home and fence in decent condition. Broken fence pickets, peeling paint and uncut weeds are not good things.

Section 3.13: This one actually says you can't have more than two (2) automobiles visible on your lot for a period in excess of seventy-two (72) hours. Also, no vehicles can be parked overnight on the roadway within Sendera. (Note: Overnight has been defined as between 11PM and 6AM.)

Section 4.05: All fences must be six (6) feet high unless a different height has been approved by the Architectural Control Committee.

Section 4.08: Keep your garbage cans out of sight until Sunday evening and put them back out of sight by Monday evening (or whatever day your pick-up is scheduled).

These rules and the other restrictions in the DCCRs were established by the developer when Sendera was first built. They are still in force. Their purpose is to keep Sendera looking good to both current and future residents. Some of them have not always been rigorously enforced but that doesn't mean they won't be in the future (Section 10.08). Most deed restriction violations are identified when the management company makes their regular inspection drives. However, when a complaint about a violation is received, the Board is required to notify the owner of the property that a potential problem exists. It is the owner's responsibility to either remedy the violation or contact the management company to dispute the notice.

Getting a notice is not a pleasant thing. When I got mine (for leaving my wheelbarrow in my driveway), I was really ticked off, but all I had to do is put that wheelbarrow in the back yard and I was back in compliance. It is when you ignore notices or repeatedly violate the same restriction that fines and fees can make things really unpleasant.

When you chose Sendera, you liked what you saw or you would have looked elsewhere. We all need to be aware of and adhere to the rules that will help keep our neighborhood a place we want to call home.



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Don't Let Spring Break Go To The Dogs!

After months of being stuck inside during the winter, millions of people will pack up their bathing suits and sunscreen to revel in the week-long tradition of Spring Break. While you're off having the time of your life, it's important to make sure your pets are having just as much fun.

Professional pet sitter, Tamara Dailey, has provided the following tips to keep your pets safe and happy this Spring Break.

HOME ALONE

It is never alright to leave your pet home alone while you are on vacation without someone to care for them. Making sure the house is at the proper temperature and leaving extra food and water out is not the only answer. There are a countless number of things that can go wrong under this scenario – all of which will make for a very stress-filled vacation.

FIND A RELIABLE SITTER

While friends and family members can certainly be trustworthy, sometimes they may not be able to put as much effort into the care as you'd like or immediately know what to do in case of an emergency. Boarding is expensive and sometimes exposes your pet to diseases or parasites. Consider looking for a professional sitter who can provide references and is fully certified and insured.

Meet-and-Greet - Before you leave on vacation, make sure to meet with the sitter so you can introduce them to your pets and see how everyone interacts. The visit also gives you a chance to familiarize the sitter with your home and personal preferences.

Establish a Procedure - It is important to familiarize the sitter with your pets' daily routines. Make sure the sitter is available to feed and walk them at their normal times and will keep to your requested schedule. This will help ensure your pets don't experience separation anxiety.

TAKE THEM ALONG

If your pets enjoy traveling, today there are a host of options for "pet friendly" airlines and hotels that make it easy to bring your pet along. Even though you have your pet with you, that doesn't mean you'll have ample free time to walk and feed them. If you find pet-friendly accommodations, look into a nationwide professional pet sitting service (National Association of Professional Pet Sitters—www.petsitters.org) that will come to your hotel while you're away – this option ensures that your four legged friend does not feel left out of all the fun.



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

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FORMAT: 4-person scramble

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Austin Newcomers Club

March 2013 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 Brigadier General Charles A. Miller, Jr., the Chief of Staff of the Texas State Guard. He'll speak to us about our own Texas State Guard, and its mission to serve Texas.

General Miller is a native Texan, born in Taylor TX but as the son of an army officer moved around the country to a series of military installations during his growth years. He is a graduate of Killeen High School, in Killeen TX in 1961, the United States Army Armor School, the Military Police and the United States Army Command and General Staff College. He holds a Masters Degree from Southwest Texas State University.

As the Chief of Staff, General Miller is the



second in command of the 2,000-plus Texas State Guard, which has Army, Air, Maritime, and Medical components. Its members, all volunteers, owe allegiance exclusively to the Governor of Texas, which is different from the National Guard. Each member is screened prior to entry and generally serves for no pay unless there is a state emergency. Their primary mission is disaster relief, especially in case of hurricane strikes.

The monthly luncheon will be held on Wednesday, March 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, March 14.

The club website is www.AustinNewcomers.com and the telephone number is 512-363-2566.

The QR code to the left takes you directly to the Austin Newcomers website.

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A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

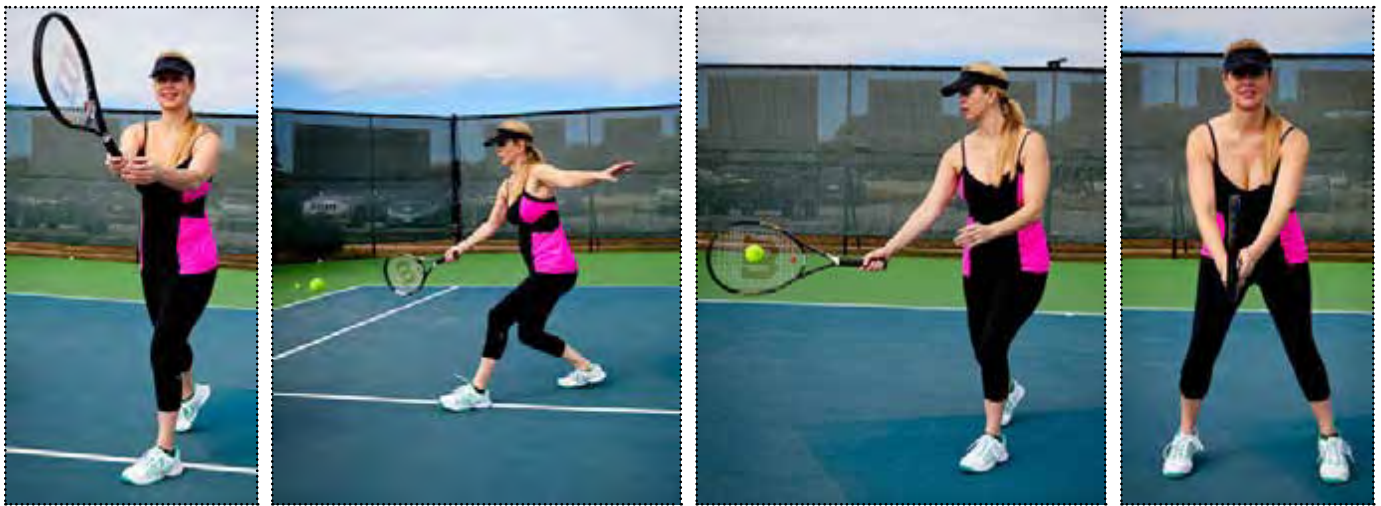
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TENNIS

TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it

is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: *The One Handed Backhand Volley*

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