

SENDERA

Volume 8, Number 7

July 2013
Sendera Homeowner's Association

Official Community Newsletter

Violet Crown Trail Construction Begins

Butch Smith, Project Manager for the Violet Crown Trail, notified the Sendera Board of Directors that preliminary landscape clearing has begun. The initial action will include clearing of dead trees within the trail easement that runs through Sendera. The Texas Conservation Corps has been contracted to do this clearing to reduce the chance of dangerous conditions when the actual trail construction begins. It will also reduce fire hazards. The project engineers are preparing a permit application for the City of Austin which hopefully will be submitted in June. Construction on the trail is scheduled to begin this summer. For more information go to the Hill Country Conservancy's web site at <http://www.hillcountryconservancy.org/land-projects/violetcrowntrail/>.



MESSAGE *from the* PRESIDENT *by Todd Moore*

Just a couple of quick updates and reminders:

The neighborhood lawns and common areas are really starting to show color... Finally! It always surprises me how a little rain can really make a BIG difference. The only downside is with the nice rain showers comes increased maintenance. So as always, please be mindful of the need to keep your yard maintained. As a note, sometimes a deed violation is resolved before a notice letter is actually received via mail. We understand this can be frustrating. If this happens to you, please let our HOA manager, Judy, know by either calling or emailing her at 300-8147 or judy@pioneeraustin.com

DAVIS LANE PROJECTS:

The Board of Directors has approved a beautification project for Davis Lane.

Phase 1 involves planting 13 45-gallon Crepe Myrtles in the center median from the pool to Copano Lane with a temporary underground drip irrigation system. Work should begin by the 2nd or 3rd week of June.

Also, at the end of May, the City of Austin conducted another traffic study at the intersection of Davis and Copano Lanes. If you have ever tried crossing this intersection, especially during peak hours, you know how dangerous and frustrating it can be. The engineers have not yet downloaded and reviewed the data but if the conditions meet certain levels of criterion, a traffic light may be installed. Some of these factors are traffic volume, average speed, and recordable accidents during a rolling 12-month period.

COMMUNITY/ PERIMETER FENCING:

The HOA has responsibility for maintaining over 5400 linear feet of fencing that is 15-years old and it's starting to show its age. We have received 3 bids to replace all of the perimeter fencing (fences bordering on Davis and Latta Lanes, Sendera Mesa, and E. and W. Hove). These bids included 3/4, 7/8, 5/4 inch wood as well as composite material. Composite is nearly 2x the cost of traditional wood and with our relatively low HOA dues it will likely not be considered. All bids are in excess of \$125,000 but we are waiting on the results of our Reserve Study before we can approve such a large expense. If/when a decision is made to begin replacing the fencing, those residents that are immediately impacted will be notified so they can keep their pets etc. indoors.

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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, 291-0714 or Sharon at Sharon.boatwright@amd.com, 653-5554.

Movie Nights at the Pool- sponsors wanted! Remember how much fun the movie nights at the pool were last summer and in previous years? Sponsors are needed to plan and implement the events including equipment rental, obtaining rights to show the movie, and set up/break down. There is a Sendera budget for this which will cover the expenses. We just need volunteers to organize the event. 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.

Ninth Annual Sendera Memorial Day Weekend Barbecue Cook off and Grill Master Challenge results are in....

- Best Beans South Austin Smoke, Matt Wilke
- Best Dessert Bolen BBQ, Jason Bolen
- Best Hot Dog Grateful Grillers, Glenn Whipple/Devon Price
- Best Burger South Austin Smoke, Matt Wilke
- Best Fajita Bolen BBQ, Jason Bolen
- Best Kabob Acunabego, Nico Acuna
- Chef's Choice Acunabego, Nico Acuna

BBQ Cook Off

- 2nd Place Chicken South Austin Smoke, Matt Wilke
 - 1st Place Chicken Holy Smoke, JR Vera
 - 2nd Place Ribs It's Just a Tuesday Cookers, Jake Bell
 - 1st Place Ribs Nico Acuna
 - 2nd Place Brisket Holy Smoke, JR Vera
 - 1st Place Brisket 6 Pack Smokers, Randall Tomanetz
 - Grand Champion Brisket Holy Smoke, JR Vera
- Sendera Family Fun Run information coming soon.....

SURVEY FOR NEIGHBORHOOD EVENTS

We want to hear from you! Please complete the following survey online at the Sendera HOA website or complete this paper copy and email it back or put it on my front porch!

Which of the following annual neighborhood events would you like to see continue:

- Spring and Fall Neighborhood Garage Sales
- Easter Egg Hunt
- Memorial Day Weekend BBQ Cook Off, Grill Master Competition, Fair, Parade, & Square Dance
- Movie Nights at the Pool in summertime
- Veteran's Day Weekend Chili Cook Off
- Fun Run
- Halloween Decorating Contest
- Holiday Lights Decorating Contest
- Christmas Caroling
- Holiday Lights Bike Ride

Which of the following annual neighborhood events have you participated in and/or attended:

- Spring and Fall Neighborhood Garage Sales
- Easter Egg Hunt
- Memorial Day Weekend BBQ Cook Off, Grill Master Competition, Fair, Parade, & Square Dance
- Movie Nights at the Pool in summertime
- Chili Cook Off
- Fun Run
- Halloween Decorating Contest
- Holiday Lights Decorating Contest
- Christmas Caroling
- Holiday Lights Bike Ride

Which best describes your household:

- Family with young kids
- Family with teens
- Retired Couple/Single
- Working Couple/Single- no kids at home

List additional events you would like to see hosted by the Sendera Recreation Committee:

List events and/or clubs you would like to help plan and implement:

Are there events for which you would like planned at another time of year? Which ones and why?

Additional Comments:

If you would like to be on the Sendera Recreation Committee email Notification list (emails are NOT shared), please share your email address: _____.

STAYING FIT AT THE OFFICE

The CDC (Center for Disease Control) recommends that adults get 2 hours and 30 minutes of moderate exercise every week in order to live and maintain a healthy life. That equates to over 30 minutes a day for a 5-day work week. For most of us, this is a daunting task. Lack of time is cited as one of the most commonly used excuses for not exercising. Here are some activities you can do to get the recommended exercise and doesn't interfere with work.

Stretch and flex: "Light static and dynamic stretching before you sit down in front of your computer will help you loosen up that stiff back and neck that all too many of us have," says Nick Benjamin, a local South Austin personal trainer certified by the National Strength and Conditioning Association. He also stresses the importance of warming up your wrists and fingers. Several years of typing can lead to tendentious and carpal tunnel. A daily goal for stretching could be before work, during lunch and after you get out of your car from sitting in traffic.

Walk the office: Taking daily walks around the office isn't only helpful in keeping track of your employees and co-workers, but can also contribute to the recommended 30 minutes of exercise per day.

If you think going for a short walk after work is the only exercise you need, think again. Benjamin says the average person takes just over 2,000 steps or 20 minutes to walk a complete mile. If this is all you do, you will fall well short of the CDC's recommendation. Try scheduling more walk breaks during the day, in addition to walking before or after work. Wearing a pedometer is an easy way to track your daily steps to ensure that your body is getting enough exercise.

If your office isn't conducive to walking, you may need to be a little more creative. Parking farther away from the office, walking for a portion of your lunch break and taking the stairs are all activities that add to your daily requirement. You could also use the restroom on a different floor than the one your office is on and take the stairs both ways. Also, if practical, choose to walk over to someone's office to talk to them instead of writing an e-mail or calling them. You'll burn more calories and get your point across more effectively.

Creating a healthier lifestyle starts with making a conscious decision every day to become fit. If the thought of exercising for 30 minutes every day is overwhelming, break it in to pieces. Even a couple minutes here and there are better than nothing at all.



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Jim Gilbert, e-Pro, REALTOR®
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WATER RESTRICTIONS REMINDER

RESIDENTIAL		COMMERCIAL		PUBLIC SCHOOLS	
Hose-End Sprinklers BEFORE 10 AM or AFTER 7 PM	Automatic Irrigation BEFORE 5 AM or AFTER 7 PM	Hose-End Sprinklers BEFORE 10 AM or AFTER 7 PM	Automatic Irrigation BEFORE 5 AM or AFTER 7 PM	Hose-End Sprinklers BEFORE 10 AM or AFTER 7 PM	Automatic Irrigation BEFORE 5 AM or AFTER 7 PM
Even Address Sunday	Even Address Thursday	Even Address Tuesday		Monday	
Odd Address Saturday	Odd Address Wednesday	Odd Address Friday			

STAGE 2 WATER RESTRICTIONS

Austin is still under Stage 2 water restrictions. In addition to limiting landscape watering to once a week (see schedule above), there are a few other items covered under Stage 2.

- Hose-end irrigation may take place between midnight and 10 a.m. and between 7 p.m. and midnight on your assigned watering day.
- Automatic irrigation systems may operate between midnight and 5 a.m. and between 7 p.m. and midnight on your assigned watering day.
- Please reduce system run times to fit within this schedule.
- Please ensure that your system has a working rain sensor, or operate the system manually when rain is forecasted.
- Watering with a hand-held hose or a refillable watering vessel, such as a bucket or a Tregator®, is allowed at any time on any day of the week.
- Drip irrigation is exempt from the schedule, due to increased efficiency.
- To water trees, soaker hoses may be used under the drip-line of the tree canopy or you may use your automatic tree bubblers. Irrigating trees in this manner is exempt from the watering schedule.
- Watering a vegetable garden with a soaker hose is exempt from the watering schedule.
- Washing vehicles at home is prohibited. If you need to wash a vehicle, you may do so at a commercial carwash facility.
- Charity car washes are prohibited.
- Fountains with either a fall or spray of water greater than four inches are prohibited; unless necessary to preserve aquatic life.
- Restaurants may not serve water unless requested by a customer.

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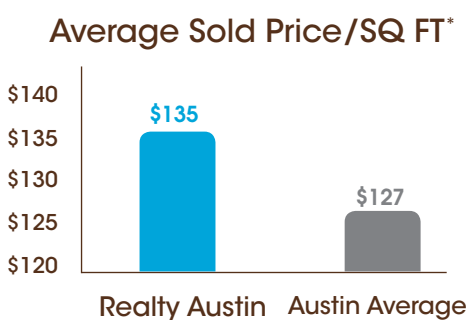
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Tammy & Alicia's Sendera Market Activity

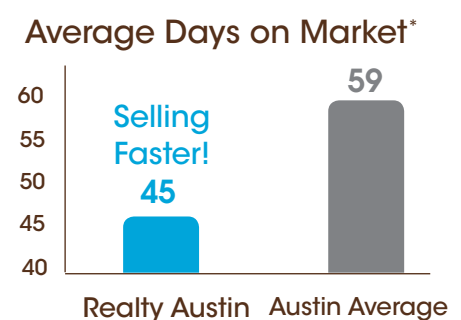
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