

SENDERA

Volume 8, Number 8

August 2013
Sendera Homeowner's Association

Official Community Newsletter

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 512-291-0714 or Sharon at Sharon.boatwright@amd.com 512-653-5554.

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.

Sendera Family Fun Run information coming soon.....



MESSAGE from the PRESIDENT *by Todd Moore*

Greeting fellow Sendera residents,

When you purchase a home in a community managed by an HOA, you agree to pay dues to maintain and improve common areas and amenities. Owners who are delinquent in paying those dues create additional expenses for the HOA when collection action is required. One of the important reasons we selected Pioneer to manage our HOA is their ability to collect past due accounts via small claims court, a process that is less expensive than using an attorney to collect. Pioneer began collecting Sendera dues in March 2013.

Here is a summary of the status of our current delinquent accounts:

Delinquent from 0-30 days	\$25,772
Delinquent from 30-60 days	\$17,938
Delinquent from 61-90 days	\$19,751
Total	\$63,461

Six accounts are with our attorney for collection

Twenty-three accounts are with Pioneer for collection

Three suits have been filed

One lien has been filed

Three accounts are in various pre-suit stages of collection

Year-to-date dues collected \$171,611

Year-to-date fines collected \$1200

BOARD OF DIRECTORS 2012-2013

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HOA WEB SITE

Sendera HOA Web Site: www.senderahoa.com

NEWSLETTER INFO

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Trim Your Trees Please

Submitted by Ron Urias

Like many other residents in Sendera, our dogs love to take my wife and me for a walk every evening about 8 PM. I can't help but notice that other residents enjoy running or walking throughout the neighborhood and many folks are just out and about on our sidewalks.

Last week, a good friend stopped by for a visit just as the dogs and I were about to embark on another adventure in Sendera. By-the-way, my friend is rather tall at 6'6". Halfway through our walk I could see that he was frustrated that he had to duck and push tree limbs out of his way. At 5'8" I only had to duck under a few tree limbs over the sidewalk myself.

If you haven't walked in front of your own home in quite some time please do so and make sure your tree limbs are cut up at least 8 feet from the sidewalk. The City Of Austin has written code for sidewalks so feel free to call 311 and file a complaint.

While you're at it, might I also suggest you cut back any and all shrubs, cactus or any vegetation that encroaches on the sidewalk. This includes the blooms for your cactus or the shrub that's been allowed to go wild around your utility box. Sendera has instructed our landscaping contractor to do the same in our common areas and cut up all tree limbs and branches along sidewalks and walkways. We want to make sure you enjoy our amenities and one of those includes walking our sidewalks unencumbered.



Update on Sendera's Web and Facebook Pages

Submitted by Sally Iwanski, Sendera Webmaster

The Sendera Home Owners Association (HOA) Board of Directors would like to invite you to join our website if you have not already. The website is interactive (meaning you can build your own personal page, add photos and interact with others in the Forums on the site). To do this: go to Senderahoa.org and click on SIGN UP NOW. This request will go to our webmaster to approve your account.

We currently have 391 residents on our Sendera HOA site. We have 813 homes. Please join today and see what your community is up to!



We also have a Facebook page. You must have a Facebook personal page to reach it. Facebook can be tweaked so it is very private and you can invite others to connect only if you want to. Please visit our Facebook page and LIKE <https://www.facebook.com/SenderaHOA>



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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A resident of Sendera since 2002, Jim Gilbert has been partnering with buyers and sellers in Sendera and other Austin-area neighborhoods since 2005.

Thinking about selling your home in Sendera? I would love the opportunity to prepare a no-obligation estimate of what your home is worth in today's "hot" Sendera market. Call Jim at 512.913.1557.



Find us on
Facebook



Visit our **Sendera Austin Homes** Facebook page. Posts include Sendera market updates, neighborhood photos, real estate information, and more. **LIKE** our page and keep up with what is happening in your neighborhood!

Jim Gilbert, e-Pro, REALTOR®

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SKYREALTY

A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

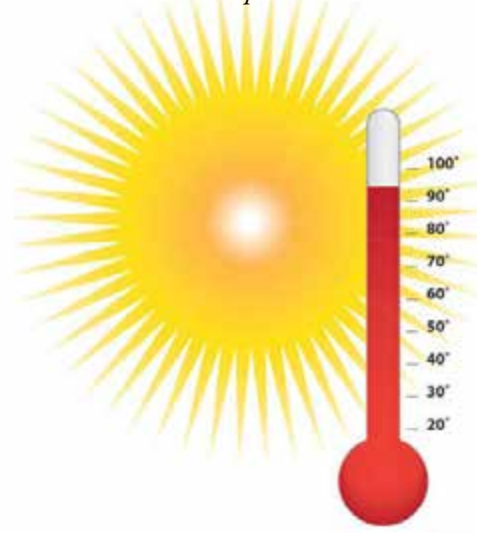
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

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DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The High Volley Approach Shot

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, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Kathy Smith, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position and Split Step: When Kathy realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

Step 4: The Follow Through: Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One Hand Backhand Volley Approach Shot

DROWNING IS PREVENTABLE



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 WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



- Ongoing:** Volunteers needed to distribute water safety packets, info@colinshope.org
- August 19:** Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center
- August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>
- September 8:** 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>
- October 19:** Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com

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ALERT: 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

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