

SENDERA

Volume 9, Number 2

February 2014
Sendera Homeowner's Association

Official Community Newsletter



Sendera's has had offers from 2 farmers since December. Offers we have seen are available from River Bottom Farms and Austin Honey Company. Farmers rotate, and with the seasons, your offers will change, so expect different things week to week. Check the City Sprout Sendera site often and your email for new offers as they come in weekly!

City Sprout recently shared with those of us who signed up in December that the \$20 cart minimum has now been lowered to \$10. They heard from several members that the \$20 minimum was prohibitively high. The reason that they have established a minimum purchase requirement is to ensure that local food producers earn enough money on a given delivery for it to make sound business sense. At the same time, they are committed to providing our members with easy access to their local food. This is a balancing act, as well as a learning process for them and for us. We would like to thank you for your patience, and hope that the lowered minimum proves to be more convenient. You can preview Sendera's offers by visiting here: <https://www.citysprout.com/sendera>



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HOA WEB SITE

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NEWSLETTER INFO

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 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®

www.HeartofAustinHomes.com

Jim@HeartofAustinHomes.com



SENDERA RECREATION COMMITTEE NEWS FEBRUARY 2014

Submitted by Suzann Vera

Be informed- get on the Recreation Committee e-mail distribution list to receive monthly updates and occasional requests for volunteers by contacting Suzann at suzannchili@sbcglobal.net 512-291-0714. Any help is most appreciated- whatever your schedule allows.

*Next meeting:
February 12, 2014 @ 6pm 8817 Whiteworth Loop*

DECEMBER DECORATING CONTEST

Thank you to Sharon, Peggy, and Kelly & Family for judging our December Decorating Contest. Winners received tree ornaments commemorating the contest and some received an HEB gift card. We had so many festive homes this year! The 2013 winners are:

- 4500 Steed Drive
- 4820 Chesney Ridge - Ben Jones
- 4705 Cockrell Court- Rannefeld Family
- 4425 Chickasaw - Blakes Family
- 4500 Tello Path - Franco Family
- 4809 Norman Trail - Michael Herring, Butch Zitterich
- 4708 Tello Path - Silva, Sal, and Rose
- 4509 Norman Trail - Andreas Ferraro
- 4404 Chickasaw - Martinez Family
- 4801 Norman Trail - Larry and Kathy Hassel
- 4709 Tello Path - Chris Delinski
- 4609 Norman Trail - Flores Family
- 8716 Pucket Court - Rudy Alvarez
- 8651 Barrow Glen Loop - The Allens
- 8620 Barrow Glen Loop - Tony and Reeta Holmes
- 8905 Copano Dr - The Quinteros
- 4608 Ramies Run
- 8921 Launa Bluff
- 8807 Sendera Mesa Dr. - The Booths
- 4315 Bremner - Gallegos Family
- 4332 Bremner - Terry Jenkerson
- 4400 Walsall Loop - The Fortmans

SENDERA SPRING GARAGE SALE

The Sendera Spring Garage Sale will be held April 4 & 5 from 8:00-1:00. 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.

*Mark your Calendars for Sendera Spring Events.
Check future newsletters, the Sendera Facebook Page, and
www.senderaboa.com for event details:*

SENDERA SPRING EVENTS

- March 10-14 AISD Spring Break
- March 17 St. Patrick's Day
- April 4 & 5 Spring Garage Sale
- April 11 Easter Egg Nighttime Hunt for Teens ages 9+
- April 12 Easter Egg Hunt for ages 0-8
- May 24 & 25 Memorial Day Weekend BBQ Cook Off, parade, & square dance
- June 5 Run Into Summer Fun Run/ Pool Party

EASTER EGG HUNTS

The Easter Egg Hunt is now 2 days (depending on age group) and we must have volunteers to put on this event! Help will be needed both before and the day of the event! Sharon 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. Please volunteer before Feb. 15, 2014 by sending an email to sharon.boatwright@amd.com or call her at 512-653-5554. She 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 details of the hunt. This year it will not be possible for Sharon to complete this event without Coordinators. If no one volunteers before Feb 15, 2014, the Recreation Committee will consider cancelling the annual event or limiting the age divisions. Hoping to hear from at least 3 of you. Thanks!

Friday April 11 Easter Egg Nighttime Hunt for Teens ages 9+ 9101 Hoffman Cove from 6:30-9:00 p.m. for a glow stick hunt, games, and pizza party! Participants should bring flashlights.

Saturday April 12 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.

*If your child will participate please drop off 1 dozen filled
eggs to 9101 Hoffman Cove by Thursday April 10th!*

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.



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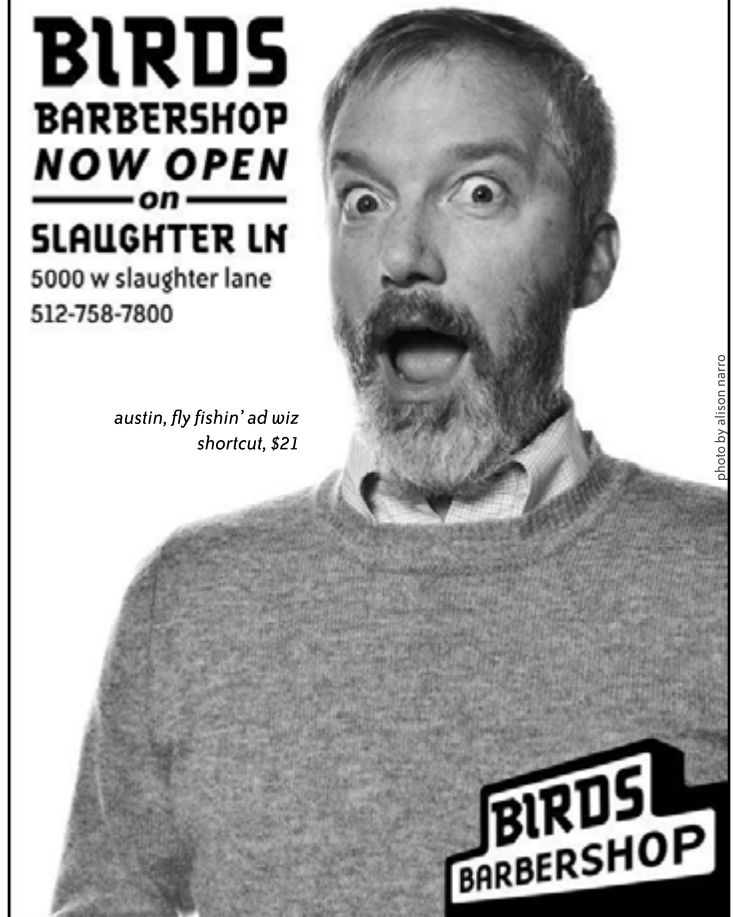


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