

SENDERA

Volume 9, Number 10

October 2014
Sendera Homeowner's Association

Official Community Newsletter

SENDERA SOUTH WET POND REPAIR PROJECT

City of Austin CIP Project ID# 10856.004

The City of Austin is seeking to restore and enhance the existing wet pond located near the intersection of Slaughter Lane and Norman Trail in southwest Austin. The project will remove sediment, replace the existing pond liner system, and restore a sinkhole and wetland located between the pond and Norman Trail.

The preliminary engineering work for this repair project will begin in early Fall 2014 and is expected to be completed Spring of 2015. Field work associated with this preliminary engineering phase will include surveying, gathering of soil borings, and an on-site geophysical analysis of the existing pond.

Wet pond repair construction is scheduled to occur during Summer 2016.

Any questions regarding the current status of the project should be directed to the project management team:

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Public Works Department
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Robyn Smith, Project Manager
Public Works Department
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Sendera Recreation Committee News

Submitted by Suzann Vera, October 2014

All are welcome to attend Recreation Committee meetings and events. Any help is most appreciated- whatever your schedule allows. For the latest information and event updates, check the Sendera website www.senderahoa.org, join the Sendera Nextdoor.com group, or view Sendera's Facebook page.

The Sendera Neighborhood Garage Sale will be held Friday October 3rd and Saturday October 4th from 8:00-1:00. An ad will be placed in the Austin American Statesman and on Craig's List. If you plan to participate on one or both days, simply be set up by 8am. Participants are asked to hang at least one poster somewhere in the neighborhood to help advertise.



31st Annual National Night Out is Tuesday October 7, 2014 when neighborhoods throughout Austin are invited to join thousands of communities nationwide to heighten crime and drug prevention awareness, support crime prevention, & strengthen neighborhood spirit and police community relations. Get your block organized for a pot luck, ice cream social, or happy hour! Post your party on Nextdoor.com or put flyers on your block neighbors' doors. There is no neighborhood-wide event planned as NNO is meant for blocks. See <http://natw.org/> for ideas and more details.

The Cowan Elementary Carnival is Saturday October 25th! Enjoy games, food booths, train rides, slides, petting zoo and more! Proceeds go to the school for enrichment programs! See <http://www.cowancoyotes.org/> for more details.

The Halloween Decorating Contest is Friday October 31. Fifteen small prizes will be awarded to the top best decorated homes by volunteer judges. Winning addresses and family names will appear in the December newsletter. Judges are needed and are asked to drive the neighborhood at dusk to award the prizes. If you would like your house judged that evening- please have your decorations up and lights lit!

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Water Restrictions Reminder

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 Treegator®, 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.

					
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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

STAGE 2 WATER RESTRICTIONS

- 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 Dynamic Duo That Can Help Your Lawn Weather The Drought

By Brett Briant, LCRA Water Conservation Coordinator

Some things just go together, and mulch and compost are two of them. When used together, this formidable pair not only improves your garden and lawn, but they also use water more efficiently.

The combo is important as many of us move to maximum once-a-week watering during this time of severe drought. The pair can help your landscaping survive the drought because plants will be more disease tolerant and water efficient, thereby better able to defend themselves against the drought.

Using a hardwood mulch/compost blend is the best choice for retaining water and improving your soil. The mix will hold its color longer, and the compost will help break down the mulch, which will become a beneficial nutrient for your soil.

However, if you choose to go with one or the other, keep in mind that you can use compost as mulch, but you can't do the opposite. You can't use straight mulch as compost – it's too hard on its own and takes too long to break down and become a beneficial micro-organism to your soil.

Mulch should smell like a fresh forest floor. A mulch/compost blend should have a carbon-to-nitrogen ratio of about 20-to-1. That's



20 percent carbon to 1 percent nitrogen. When applying this to your existing soil, a soil depth of at least six inches is highly recommended. You can build your soil with the mulch and compost through either

(Continued on Page 5)

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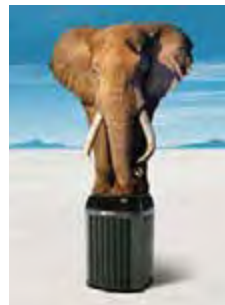
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(Continued from Page 4)

core aeration, where you remove approximately 1 inch by 2 inch cores of soil from the ground to improve the infiltration of water/nutrients, or through light scarifying with a rototiller to remove any debris from the lawn.

A good layer of mulch of about two to four inches in your garden will help suppress weeds. It will also hold in moisture in the heat, and help keep the soil warmer in the winter and cooler in the summer. If you are using it as a top dressing to improve the soil on your lawn, you will want to apply a layer of compost that is one-fourth of an inch to one-half of an inch deep.

Another benefit of adding compost to most types of soil, including clay, sandy, alkaline or acidic, is that compost has natural pH buffers. That's the microbiology or bacteria in the soil that creates a healthy environment for your plants. The pH level should be close to neutral, which is a pH of 7. If you add compost to your lawn and compost/mulch to your beds, you will build the soil profile to be much more water efficient and increase its capacity to hold water. The soil will be able to drain and breathe.

Using mulch and compost together is a cost-efficient way to build your soil. They're relatively inexpensive and will help cut down on your water bill.

It's a pair you want on your team.

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Fit and Fun: Health Tips for You and Your Children

By Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids

moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

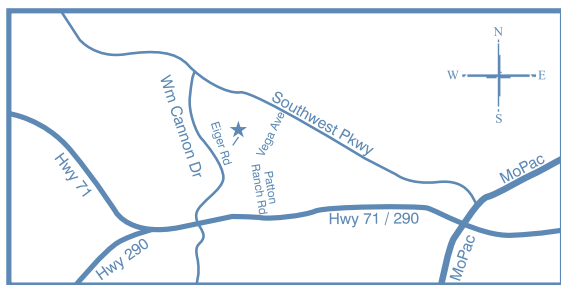
For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



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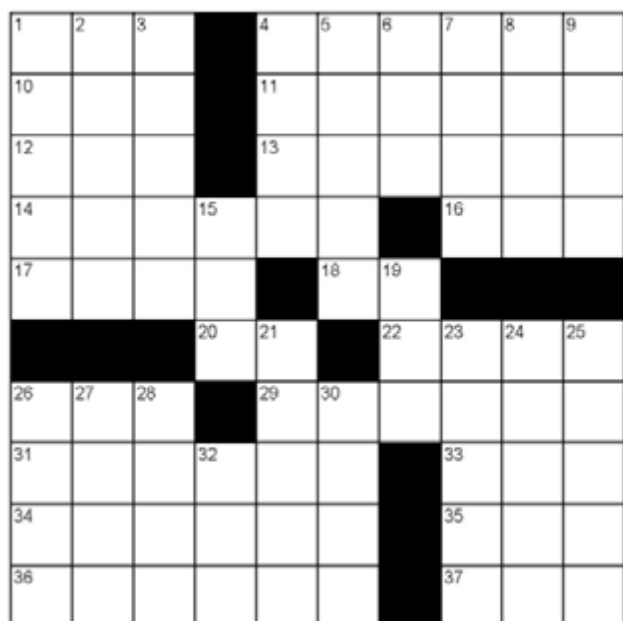
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10. Christmas month
11. Like some clothing
12. Wing
13. Eye part
14. Mucus
16. Admiral (abbr.)
17. Level
18. Yard (abbr.)
20. Spielberg's alien
22. Adjoin
26. Wield
29. Lubricators
31. Seizes
33. Mouser
34. Cover Girl's competitor
35. Snacked
36. Aflame
37. Distant

DOWN

1. Adjust
2. Headquarters of British India
3. Balancer
4. Small town
5. Opposite of ally
6. Clash
7. East
8. Sell
9. Student's dread
15. Before, poetically
19. Eastern state
21. Transparent gem
23. Coffee shop order
24. Non ____
25. Organic compound
26. Ca. University
27. Pig
28. Royalty
30. Island
32. Body of water

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