

# SENDERA

SENDERA HOMEOWNER'S ASSOCIATION

OFFICIAL COMMUNITY NEWSLETTER

## Kairos Academy Brings a New Choice in Education

*By Alison Carpenter*

Lately I've noticed small, white signs dotted here and there on neighborhood lawns, alongside the roads, and at the public library—signs with the simple moniker “Kairos.” It sounded Greek to me, and is, in fact, Greek. Consulting the all-knowing Google, I discovered the word means “a propitious moment for decision or action.” My neighbor was able to enlighten me on the bigger picture: the Kairos signs promote a new, non-profit charter school with plans to open in southwest Austin.

Although the public schools on this side of town are exemplary, it is nice to have choices when it comes to education. As a parent of two kids in AISD, I find myself increasingly frustrated by an educational system that scrimps on creative learning in favor of a curriculum mainly focused on the STAAR test. It's a pressure-cooker environment for some kids, most notably my 4th grader who is always exhausted after school and stressed about homework that seems way above his grade level. So what are the alternatives? A casual map-search of the city reveals a startling lack. There are no free, public charter schools west of I-35 and south of the river. That is where Kairos Academy of Austin hopes to fill in the gap.

Kairos Academy is the brainchild of Rachel Green Soto, owner and lead teacher of the home-based Verona Schoolhouse. After many years of listening to families express a desire for new educational options in southwest Austin, she began to lead area residents, parents, and teachers in serious conversations about the best ways for children to learn. Those conversations helped create a schooling model upon which Kairos Academy of Austin is founded. The school's mission is based on a holistic—whole child—approach and is inspired by the most effective teaching methods from a variety of sources. Included in the curriculum plan is a Home Learning Partnership program, intended to help parents actively participate in their child's learning outside of school. Overall, the academy has an ambitious plan for its

students: to meet or exceed state academic standards with less time spent in the classroom and more time spent on interdisciplinary and extracurricular activities.

It's notable that the Kairos board of directors is comprised solely of Austin moms, educators, and businesswomen. Krista Scranton, one of the founding members and a Sendera resident, became involved because of a desire many parents feel. “I want my children to be able to thrive rather than just survive in school and for their strengths to be recognized and nurtured,” she explains. “One of Kairos Academy's main goals is to honor time, which we can all be more mindful of.”

The school is currently focused on raising the necessary funds to cover its start-up costs. In Texas, public, open-enrollment charter schools do not initially receive federal, state, or local money, so all of the start-up funds must come from private sources such as grants or individual and corporate donors. In 2015 Kairos Academy launched a Start-Up Fund Capital Campaign in order to meet its goal. Once open, the school will receive federal and state funding based on student attendance. This will make it free for anyone to attend, just like any public school.

Since late April the board has been working to build community awareness, fundraise, and create the 500+ page charter application that was submitted to the Texas Education Agency for approval in early November. Next the board will seek a suitable location for the school in or near southwest Austin, west of I-35 and east of Dripping Springs. The school will initially enroll 369 students in grades K-6, adding one a year, each year, through high school. Once the charter is awarded, Kairos will open its doors in the Fall of 2017.

To find out more details about Kairos Academy or to contribute to their startup fund, connect with them on Facebook or at [www.KairosAcademyAustin.org](http://www.KairosAcademyAustin.org). Check out the FAQ for specific answers to questions or to learn about charter schools and how they differ from traditional public schools.

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## It's In There: A look at the Declaration of Covenants, Conditions and Restrictions (DCCR) one bite at a time.

by Pamela Kurburski

Whether you were the original buyer or a more recent purchaser of a home in Sendera, you wound up with a boat-load of paper at closing. In addition to all of the places you had to sign, you should have been provided a copy of the DCCR. If you read it thoroughly before you signed anything, you are one in a million. Most of us took one look at the small print and decided that this seemed like good reading material for when we had insomnia, and never looked at it again. Unfortunately, ignorance of the DCCR requirements is no excuse for not following them. In this series of articles, a small portion of the DCCR will be printed in the newsletter in the following months so you have the opportunity to digest it. And no, there won't be a test to see how much you retain. If the dog ate your copy, not to worry, you can download the document from the Sendera website ([www.senderahoa.org](http://www.senderahoa.org)).

The DCCR is a legal document that was created when the developer (called the Declarant in the DCCR) was running the show. They established some pretty rigid restrictions, one assumes, to make sure the neighborhood maintained a certain look while they were selling lots and homes. Once they were out of the picture, the HOA was turned over to a board of directors made up of homeowners elected by the members of the HOA. There are 813 homes in Sendera and a quorum for conducting business at our annual membership meeting is only 10%. Most of the time, a quorum is reached primarily through proxies that are voted by the President or by a member who has been designated as the proxy holder. What that boils down to is decisions are being made for all of us by the few people who attend the annual meeting.

Okay, on to the good stuff. There are a lot of "whereases" and "pursuants to" in the first part of the DCCR. We aren't going there. Article 1 is where it starts to get interesting because here is where a bunch of definitions are established that will be important as we go through the rest of the articles. There are 22 definitions in the DCCR and many of them are pretty straightforward, but here are a few that are most relevant to our day-to-day life.

### Article 1 – Definitions

1.01 Architectural Committee. "Architectural Committee" shall mean the committee created pursuant to these restrictions to review and approve plans for the construction of Improvements upon the Property.

1.02 Architectural Committee Rules. "Architectural Committee Rules" shall mean the rules and regulations adopted by the Architectural Committee, as the same may be amended from time to time.

1.06 Association Rules. "Association Rules" shall mean the rules and regulations adopted by the Board, as the same may be amended from time to time.

1.12 Improvement. "Improvement" shall mean every structure and all appurtenances thereto of every type and kind, including but not limited to, buildings, outbuildings, storage sheds, patios, tennis

courts, swimming pools, garages, storage buildings, fences, screening walls, retaining walls, stairs, decks, landscaping, poles, signs, exterior air conditioning, water softener fixtures or equipment, and poles, pumps, wells, tanks, reservoirs, pipes, lines, meters, antennas, towers and other facilities used in connection with water, sewer, gas, electric, telephone, regular or cable television, or other utilities.

1.19 Plans and Specifications. "Plans and Specifications" shall mean any and all documents designed to guide or control the construction or erection of any improvement, including but not limited to those indicating location, size, shape, configuration, materials, site plans, excavation and grading plans, foundation plans, drainage plans, landscaping and fencing plans, elevation drawings, floor plans, specifications on all building products and construction techniques, samples of exterior colors, plans for utility services, and all other documentation or information relevant to such improvement.

Note that the Rules mentioned in 1.02 and 1.06 are determined by the Board and filed with Travis County. They can, however, be changed by subsequent boards, unlike the DCCR which can only be changed by a vote of the membership.

Next time: Article 3 – General Restrictions.

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## Sendera Recreation Committee News

*Submitted by Suzann Vera*

Stay informed! Get on the Recreation Committee e-mail distribution list to receive monthly updates about neighborhood events and occasional requests for volunteers. Contact Suzann at [suzannchili@sbcglobal.net](mailto:suzannchili@sbcglobal.net) or 512-291-0714. Any help is most appreciated, whatever your schedule allows.

Next meeting: Wednesday February 10, 2016 @ 6pm, 8817 Whiteworth Loop

## Drive Safe Sendera

If you are a resident concerned about the traffic speeds on Davis Lane, you aren't alone! There is a group working to get the Sendera danger zones under control and create a better situation for our neighbors.

To follow the latest developments on calming traffic speeds in our neighborhood and its adjoining streets, like our page on Facebook at [www.facebook.com/drivesafesendera](http://www.facebook.com/drivesafesendera).

## South Austin Networking Group

*by Ron Urias*

Hello Friends and Neighbors,

I'm the current membership chair of SABA, South Austin Business Association. We meet every Wednesday morning from 8:30-9:30 AM at Casa Garcia Restaurant located at Manchaca Road and William Cannon.

I think most of you would agree that referral marketing is the most effective and least expensive way to effectively convey your services, experience and passion to a group of like-minded professionals. Health and wellness and trade groups (electricians, plumbers, AC/heating) are just some of the future members we're looking for.

If you are a small business owner or are in sales/marketing and would like to grow your number of referrals, please feel free to come by and have breakfast with us.

We're a fun and lively bunch and would love to meet you personally. Reach out to me at 512-923-1988 should you have any questions, or learn more about us at <http://www.southaustinbusiness.org/>.

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# IN THE GARDEN

*Submitted by Pamela Kurburski*

In January, the garden is quiet and resting. Our lawns are dormant but don't forget about watering completely. Especially before any freeze, deep watering is still recommended. With that in mind, make sure you check out your irrigation system. You can still plant winter veggies (broccoli, cabbage, kale, spinach, onions). If you like to grow from seed, now is the time to start larkspur, alyssum, snapdragons and gayfeather. It's also a great time to put in new trees so they have a few months to get their roots into the ground before the heat returns.

If you haven't cut back your perennials, now would be a good time to do that maintenance. Making soil amendments is another task that needs to be done ahead of the spring growing season. Any job is easier with good tools so take a look at shovels, hoes, trowels and pruners to make sure they have nice sharp edges.

In November, the Sendera Garden Club did our annual craft meeting. This year, we were introduced to making hand lotion bars, bath salts and sugar scrubs using an astounding variety of essential oils. As gardeners, we could appreciate the scrubs and lotion bars to help keep our hands and feet in good shape. The bath salts were put in cute little jars to use as stocking stuffers and last minute gifts, and for our own enjoyment, too.

Sendera Garden Club meets on the third Thursday of each month. If you would like to join us, please call me at 512-940-8430 to find out when and where our next meeting will be held.



## Cowan Elementary Spirit Nights

**January - May 2016**

The restaurants below will generously donate 15-25% of sales back to Cowan during specified dates and times. Always mention you are with Cowan and drop off receipts in the box if provided.

### January:

- 7 - Bush's Chicken: 4-7 pm
- 13 - Cypress Grill: 5-8 pm
- 25 - Pot Belly: 5-7 pm
- 28 - Craigo's: 4-10 pm

### February:

- 2 - Chuck E Cheese's: 3-9 pm
- 4 - Bush's Chicken: 4-7 pm
- 10 - Cypress Grill: 5-8 pm
- 18 - Craigo's: 4-10 pm
- 22 - Pot Belly: 5-7 pm

### March:

- 3 - Bush's Chicken: 4-7 pm
- 9 - Cypress Grill: 5-8 pm
- 17 - Craigo's: 4-10 pm
- 28 - Pot Belly: 5-7 pm

### April:

- 7 - Bush's Chicken: 4-7 pm
- 4-9 Nothing Bundt Cakes
- 13 - Cypress Grill: 5-8 pm
- 21 - Craigo's: 4-10 pm
- 25 - Pot Belly: 5-7 pm

### May:

- 5 - Bush's Chicken: 4-7
- 11 - Cypress Grill: 5-8 pm
- 16 - Kona Ice: 2:30 pm
- 19 - Craigo's: 4-10 pm
- 23 - Pot Belly: 5-7 pm

## HOW CAN I GET IN SKI-SHAPE?

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

- Muscle training
- Stamina
- Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using

"interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as an autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

*By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics. Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society*

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