

SENDERA

Volume 8, Number 11

November 2013
Sendera Homeowner's Association

Official Community Newsletter

SENDERA HOA RECOGNIZED BY CONSERVATION DISTRICT

Sendera HOA was nominated for the 2013 Groundwater Stewardship Water Conservation Award. The nomination, submitted by the Clean Water Fund, highlighted Sendera's progressive HOA architectural guidelines that allow and encourage homeowners to transition to more drought tolerant landscaping. Even though Sendera did not win the award this year, the nomination and our participation in informational workshops shows our dedication to the protection and conservation of water resources.

Although our guidelines may not be as open as some would like (no artificial turf or shiny rock, please), Sendera is among the first HOAs in Austin to approve something other than solid turf in front yards. The continued severe drought may make it critical for all of us to rethink our view of what is acceptable in the residential landscape. For now, be sure and follow the Stage 2 watering restrictions and consider reducing your turf with hardscapes or mulched beds (with ACC approval). And it probably wouldn't hurt to do a little rain dance.

Make a Difference to a Shelter Animal

Cleaning out your garage, shed, or pantry? Starting your holiday shopping? Would you like to help Austin's neediest animals?

The Austin Bar Association's Animal Welfare Committee is holding its Third Annual



Fall Pet Supply Donation Drive from Monday, November 11, 2013, through Friday, November 22, 2013. Our Austin-area animal welfare organizations need your help to keep shelter animals and other needy animals fed, bathed, healthy, warm, and comfortable!

Sendera resident, Susan Salch, is co-chair of the Community Outreach subcommittee, and is organizing the event. She encourages all Sendera residents to participate in this year's supply drive. "Last year's pet supply drive was a great success, and we hope that the community will come together again this fall to help Austin's needy animals," Salch said.

Beneficiaries of this year's supply drive include: Austin Animal Center, Austin Humane Society, Austin Pets Alive!, Emancipet, and the Pet Food Bank of Austin and Travis County. Donations sought include gently used towels and blankets, unopened dog and cat food, toys, kitten formula, gift cards, grooming supplies, medical supplies, and office supplies. "No donation is too small. One towel or blanket, a \$10 gift card, everything makes a difference in the life of a shelter animal," Salch said.

There will be donation drop off locations all over Austin, including at the Austin Bar Association, located at 816 Congress Avenue, Austin, Texas. For a list of donation drop off locations, e-mail Susan Salch at sesalch@cb-firm.com. To request a large item pickup or photo op for major donations, please contact Animal Welfare Committee Co-Chair Kelley Dwyer at kelly@dwyerlawaustin.com or (512) 789-7534.

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HOA WEB SITE

Sendera HOA Web Site: www.senderahoa.com

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36th ANNUAL Marketplace

November 9, 9AM-4PM

Bethany Marketplace is planned for SATURDAY, November 9 from 9AM-4PM. This craft show, featuring handcrafted items from over a hundred craftsmen is the major mission fundraiser for the Women of Bethany LWML. Lunch and baked items will be available for purchase. Admission & parking is FREE.



Bethany Lutheran Church
3701 W. Slaughter Lane, Austin, 78749
 For More Information
512-292-8778 or Blcms.Org

Secret Santa Gift Program

By Sally Campbell

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 4 – 7, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.

SENDERA RECREATION COMMITTEE NEWS

Mark Your Calendars

by Suzann Vera

All are welcome to attend Recreation Committee meetings. Any help is most appreciated, whatever your schedule allows. If you are unable to attend meetings but would like to be placed on the Recreation Committee e-mail list for updates about neighborhood events, please e-mail suzannchili@sbcglobal.net.

Judges are needed for the annual **Halloween Decorating Contest!** Judges will drive the neighborhood at dusk on **Saturday October 26th** and award a prize to some of the Best Halloween Decorated Homes. Winners will be listed in the newsletter and on the Sendera website www.senderahoa.com. If you would like your house judged that evening, please have your decorations up and lights lit!

9th Annual Sendera Chili Cook Off and Fair

Date has changed to **Saturday November 16th!** The Sendera Recreation Committee will host the ninth Sendera Chili Cook Off and Fair in the parking lot by the pool from 3-6pm. Judging will take place at 3pm at which time residents not participating as cooks can join in the fun with a "bottomless" cup to be filled at the chili booths (while it lasts), check out the vendors, enjoy entertainment and get to know your neighbors. Cash Prizes and trophies will be awarded for several categories of chili including: best red, best green, best booth, and fan favorite. If interested in entering the chili cook off or reserving a vendor space, please complete the entry forms.

We need 10 Teams signed up by October 26th to host the event!

The annual **Christmas Decorating Contest** and **4th Annual Bike Ride** will take place on **Thursday December 19th** at dusk. Special awards will be given to the best decorated homes and the winners will be featured in an upcoming newsletter and on the website. To enter the contest, please have your lights on! Fourth annual Bike Ride through Sendera to see the Holiday Lights- all levels of cyclists are welcome and we finish the event with Hot Chocolate and cookies!

Join us for **Christmas Caroling** on **Thursday December 19th**. Practice starts at 6pm with caroling beginning at 6:30pm. Meet at the corner of Whiteworth Loop and Raimes Run. All welcome.

Chili Cook-off Registration

All interested parties are required to complete and submit a signed copy of Rules and Regulations form by October 26, 2013.

Mail or drop off completed form to:

Sendera Chili Cook Off and Fair
Attn.: Suzann Vera
8817 Whiteworth Loop
Austin, TX 78749

Team Name: _____

Team Captain: _____

Names of other team members: _____

Captain contact information:

Address: _____

Phone #: _____

e-mail address: _____

Rules and Regulations

1. Official signed chili cook-off registration forms must be received by October 26, 2013. There will be no on-site registration the day of the cook-off. Judging is at 3PM. Cooks can begin set up at any time that day.

2. A chili entrant team may have no more than 4 people.

3. Chili must be cooked from scratch on site the day of the cook off. It must be prepared in the open at the entrant's booth site.

4. Chili must be cooked using equipment provided by the cook: propane or gas stove or grill. There will be no electricity furnished and generators are not allowed.

5. A listing of ingredients used to make the chili must be displayed. Quantities do not need to be included.

6. Cooks are to prepare and cook chili in as sanitary a manner as possible. Cooking conditions are subject to inspection by the head judge. The cooked chili temperature must remain at a temperature of 140 degrees or higher at all times. All food, equipment, and utensils must be stored at least 6 inches off the floor on pallets, tables, or shelving at all times.

7. Appropriate "themed" decoration of your area and related costuming is encouraged!

8. Cooking will take place at the designated booth area only. Cooks must provide their own booth materials to include, table, chairs, cooking utensils, & ingredients.

9. Each team is responsible for preparing one pot of red or green chili (at least 3-5 quarts) to be judged. About beans-chili will be judged without beans, but teams may add beans before serving to the neighbors.

10. At the discretion of the head judge, cooks may be required to taste their own chili in front of a judge at any time during the event.

11. No deliberate sabotage to another contestant or their entry will be tolerated and such an act would lead to automatic disqualification. So, don't even think about it.

12. Firearms, explosives or other pyrotechnics will not be allowed on the premises. (Hey, it's Texas- we had to say it).

I, _____ have read the above listed rules and regulations for the 2013 Sendera Chili Cook Off and agree to abide by them.

Date: _____

Sendera Chili Cook Off and Fair Vendor Registration

If you would like to rent a space for a booth to sell crafts, merchandise, jewelry, services, etc. at the Sendera Chili Cook-off and Fair on November 16, 2013 from 3:00-6:00 P.M., please complete the following form.

- Sendera residents will be considered for booths first with remaining booth rentals available to non-residents.
- Vendors are responsible for set-up and equipment of booth including tables/chairs.

Mail or drop off completed form and registration fee to:

Sendera Chili Cook Off and Fair
Attn.: Suzann Vera
8817 Whiteworth Loop
Austin, TX 78749

Name: _____

Address: _____

Email address: _____

Phone #: _____

Explanation of booth: _____

A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies

build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
 - Get plenty of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids
 - Eat nutritious food

**NOT AVAILABLE
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View answers online at www.peelinc.com

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