

POINT BLUFF

BULLETIN



PRESIDENT'S MESSAGE

Hello and Happy New Year Point Bluff Neighbors!

Your Board is pleased to present you with the first issue of our Point Bluff quarterly newsletter! Expect to see four issues in 2019. Our goal is to provide you with more information about what the Board is doing to serve you, our wonderful neighbors. Below are the SIX Board meeting dates we have scheduled for the year plus National Night Out, so mark them on your calendars!!! Also included are short biographies of each of our Board members to introduce ourselves to you.

We expect our January Board meeting (January 30th at 6:30 p.m. at the Swim Club) to be an exciting one. One of our first goals for 2019 is to reinvigorate our committees. We currently support the following three committees: Crime & Safety Committee, Social Committee, and Landscaping Committee. ANY Point Bluff HOA member CAN JOIN! Please try to attend and sign up for one or more of these committees! Your Board is hopeful that a reinvigoration of the committees will lead to active participation by all of us in an effort to make our neighborhood even better than it already is.

Finally, if you have not already done so, please make sure you register an email address with First Service Residential to ensure that you receive communications concerning upcoming Board meetings and other HOA activities. If you have already registered an email address but are not receiving email communications from First Service, please check your junk mail folder first and then contact Ralph with First Service (Phone: 210-582-5980 or Email: ralph.adame@fsresidential.com) to confirm your email is on file.

We hope you enjoy your first issue of the Point Bluff newsletter and look forward to seeing you at our upcoming Board meeting on January 30th at 6:30 p.m.

Warmest regards,
Rebecca Aduddell
Point Bluff HOA President

UPCOMING EVENTS

2019 Board meeting dates (all start at 6:30 p.m):

January 30 (Wednesday)

March 25th (Monday)

May 29 (Wednesday)

July 31 (Wednesday)

September 25 (tentatively set as Annual Meeting, Wednesday)

November 20 (Wednesday)

National Night Out in Texas – October 1, 2019

Crime & Safety News



Help us keep each other safe by becoming a Crime & Safety Committee (CSC) member. Anyone is welcome to join! The Committee serves as a resource for residents with concerns, meet regularly with local officials serving our area and make recommendations to the Board regarding safety and security matters in Point Bluff. The

Committee will meet this year as needed. We have some important issues to help the Board resolve.

Meetings will likely be held at the community clubhouse. There will be an open forum period at each meeting for residents to address the committee and all meetings are open to Point Bluff residents to attend. Considerable work in 2017 was accomplished to help the Board decide on a new security strategy for our gate entrance. Town halls to review the new security/gate proposal are expected early this year (dates TBD) with an HOA vote necessary to approve or reject the proposal. Please join us!

Point Bluff Women's Social Club



Started last year and now with many members, the Point Bluff Women's Social Club is an active organization with upcoming events that include field trips, brunches, shopping excursions and more. The Wine Club, part of the Social Club, is a tremendous success. The Wine Club meets monthly and is open to significant others. It's a great opportunity to get together and meet your neighbors.

The Point Bluff Women's Social Club requires membership and is open to anyone who resides in the Point Bluff Neighborhood. For information and to join, contact Sheryd Jackson via email at sherydsheryd@sbcglobal.net (that is correct...her first name, repeated is her email address.)

Point Bluff HOA Board President Rebecca Aduddell

Rebecca ("Becca") Aduddell, our Point Bluff HOA Board President, has lived with her husband, Andy, and 2 children, Brooks and Ragan, in Point Bluff since November 2016. Becca is originally from Tennessee, and Andy is originally from Texas. They made a permanent move to Texas in 2014 when Andy finished his active duty military career and transitioned part-time to the Texas Air National Guard. He is also flying full-time for United Airlines. Becca is an attorney with Gonzalez Chiscano Angulo & Kasson, PC. In her free time, Becca loves CrossFit, reading, wine, puzzles, and spending time with her family as they support Brooks' baseball obsession.



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Point Bluff HOA Board Member & Treasurer Smaran Pakala



Smaran Pakala has been a Point Bluff HOA Board of Director since 2016 and a Treasurer from 2017 to current. He and his wife, Jyothi, and their two kids have been living in the Point Bluff neighborhood since 2012. They love this neighborhood as much as their home. Smaran is a

Senior IT manager at Optum. He has been in the field of IT for the past 20 years. He earned his MS degree from Mississippi State and an MBA from Southern Methodist University, Dallas. His wife is a Physician at WellMed. They moved from upstate New York where Jyothi completed her residency. They spend their time volunteering and juggling around with their kids' activities.

Point Bluff HOA Board Member David Jackson



David Jackson is the newest member of the Point Bluff HOA Board of Directors. He moved into the neighborhood 18 months ago and decided immediately to become involved with the HOA. Dave and his wife, Sheryd, lived in Colonies North for 32 years before moving to Point

Bluff. They are an active and involved couple who are enjoying their neighborhood and the people they are meeting. Dave is a retired systems analyst who spent his last 12 years working for the Alamo Colleges and his wife is a retired Nurse Practitioner who taught nursing at San Antonio College for 28 years.

Point Bluff HOA Board Member Matthew Kemm



Hello Point Bluff! I'm Matthew Kemm and I have served on the Point Bluff board of directors since the fall of 2017. My family and I live on Stokely Hill. I'm originally from Maryland, am an outdoor enthusiast and currently serve in the US army as an endocrinologist at Brooke Army Medical Center. Apart from an amazing wife and

two fantastic kids, I've been blessed in life with living in some unique parts of the continent. I did undergrad in Ithaca, NY, volunteered in the Peace Corps in Nicaragua, completed medical school in Norfolk, VA with medical training in Tacoma, WA and Bethesda, MD. Hopefully, we're done moving for the foreseeable future. I look forward to doing my part to keeping this community safe & inviting for all residents in 2019. Happy new Year!

Point Bluff HOA Board Member Scott de la Garza



Scott de la Garza and his wife Lori and three children live on Spider Lily. Scott is a lawyer and founding partner of the law firm DLG Luce Salazar PLLC, with offices in Austin, San Antonio, and The Woodlands, Texas. Scott practices primarily in litigation and enjoys running marathons.

Point Bluff HOA Board Member Jim Barshop



Jim Barshop recently rejoined the Board and serves as its Secretary and newsletter editor. He had served on the Board from 2011 -2016. Jim and his wife Leigh moved from Ivory Creek to the Gardens two years ago, because they just couldn't get enough of our terrific neighborhood! Jim was a commercial and residential Realtor for 35 years, but recently transitioned to a new career. He is the Capital Campaign Officer for Lifetime Recovery, Inc. a non-profit offering residential and outpatient addiction recovery services for indigent men and women. Jim and Leigh have five adult children and two twin baby grandchildren.

Recipe from the Kitchen

Hello, everyone. Chef Marty here with a fantastic dressing or marinade (works best with shrimp in my opinion) recipe that many of you got to sample during last month's Grape Stomper's Wine Dinner. By popular demand, I will now share it with you all! Enjoy...

Yield: appx 2 cups

- 2 tablespoon lime zest
- ¼ cup lime juice
- ¼ cup brown sugar, packed
- ¼ cup ginger, peeled and grated
- ½ cup green onion, chopped, white parts and some green
- 1 cup cilantro leaves, packed
- 1 tsp nutmeg, fresh grated
- ¼ cup honey
- 1 teaspoon balsamic vinegar
- 1 teaspoon Tabasco
- ¼ cup olive oil
- 6 ancho chiles, seeded and cut into strips

1. Place the lime zest and juice, brown sugar, ginger, green onions, cilantro, nutmeg, honey, vinegar, and Tabasco in a food processor or blender and process until smooth.

2. With the machine still running, slowly pour in the olive oil through the feed tube in a steady stream. Turn off the machine and stir in the ancho chiles. Transfer dressing into a tightly covered container and refrigerate. Will keep for up to 5 days.



GO GREEN

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Fit and Fun: Health Tips for You & 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 or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarts.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).

- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



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Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.
9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
11. Cover your car seats to keep them clean and free of hair shed on your trip.
12. Know your travel rules and restrictions, especially if you will travel on an airplane.



The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.





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