



PUBLISHED MONTHLY BY NEIGHBORHOOD NEWS, INC.

January 2023

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Message from the Board

By Cara Jacobsen



As are all Januaries, this is our first month to a fresh start in life. The usual items – new exercise routine or dieting – are always top on the list. Some may decide to set aside the alcohol for a while or save money for a few months to prepare for a summer vacation. Others may go big and decide it’s time to sell their house or find a new job. Whatever it is, this is our jumping off point to make those new things happen and hopefully, by the end of 2023, we will have succeeded and will be ready to start again.

For me personally, I am praying 2023 is worlds better than 2022. 2022 was a hard year for my family and myself. The first four months of the year were awful and we spent the rest of the year trying to regroup and come back to the land of the living.

So for 2023, I plan on getting back to my old self. Luckily, the neighborhood we live in encourages being out and about. We have so many fun committees to join and each year they get more and more active. We wouldn’t have Santa at the Community Center or an Easter Egg Hunt if it wasn’t for the wonderful Women’s Group. Our July 4 pool party wouldn’t happen without the Pool Committee, and our amazing Chili Cookoff is just one of the many things the Involvement Committee brings. If you’re into games, our monthly Bunco group is super popular. Do you like eating out? Our Out to Lunch Bunch experiences so many fun, local restaurants each month.

If it’s exercise you’re into, it’s time to dust off your tennis rackets and basketballs and enjoy the amenities we offer. The courts are open year round and, if you’re a pickle baller, I am sure some teams would love for you to join. In the summer, you can swim laps in the pool during adult swim. We also have some of the best neighborhoods to run in any time of year.

This is also a great time to get your name, emails and phone number updated so we can remind you about all of these awesome activities and events. Your information is not automatically added into our Facebook or HOA email database. You have to take the initiative. You can go to our website at www.encinoparkhoa.com or our Facebook page https://www.facebook.com/encinoparkpage/. If that’s too much of a challenge, you can always call the office at 210-497-3022 or email contact@encinoparkhoa.com.

I invite all of you to join me this year and get involved with the neighborhood. Being involved is a great way to get to know our neighbors, make friends and just feel alive. And as Randy noted in the October newsletter, let’s share all of our photos of the various so we can showcase how awesome Encino Park truly is.



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 Involvement Committee - Delisa Leopold ..... 210-497-3022  
 Over 50 Club - Dalia Benzick..... 210-497-3022  
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 Ph: (210) 558-3160 • Fax: (210) 558-3163

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# ENCINO PARK WOMEN'S CLUB

By Donna Morton

**Happy New Year!** The Women's Club had a wonderful and busy December starting with the Pictures with Santa at the Community Center. We would like to thank the neighborhood for supporting Pictures with Santa. It was such a nice event, and it seemed as if the parents and grandparents as well as the children enjoyed the visit with Santa.

We should have the full details of our Christmas auction donation by the next newsletter. The fun at the Women's Club continues Monday, January 9th at 7:00pm. What can be more fun than a night of Bingo with prizes?

### Pajama Party Bingo!

Being that it will be dark by the time the meeting starts, we invite everyone to come in your PJ's or what you define as your PJ's (keep it PG). We will have a light supper and lots of fun chatter about our choice of sleepwear!! You know the best part about wearing your PJ's? 1) You are ready to turn in for the evening when you get home & 2) PJ's cover all of the body imperfections that occurred during the holidays starting with Thanksgiving!

The cry of the night will be **"Come on Caller, Make Me Holler!"** (That is Bingo talk!) The stress and busyness of the holidays are over, however, let's continue the fellowship and fun with our neighbors and friends on Monday the 9th. That is a great resolution...being at the Women's Club on the 2nd Monday of the month!!

### February Women's Club Meeting

Please make plans to attend the annual **GAentine's Night Out!** – Monday, February 13th. This year it will be held in the Community Center. A committee of Women's Club members are preparing a special meal for all. Mark your calendars!!



## Out to Lunch

**Happy New Year, everyone!**



We all may have "stuffed" ourselves over the holidays, but towards the end of the month we should be feeling the need to eat again!

Therefore, we will go to "The Bread Box" at the Alley on Bitters, 555 West Bitters Road, Suite 115, on **Tuesday, January 24th, at 11:30**. Their delightful array of soups, salads, and sandwiches, and homemade breads and desserts, make this a wonderful gathering place for "Ladies Who Lunch", which we are! Join us on our first lunch outing of the New Year. Call Janet at 210-481-9956 by Friday the 20th if you are interested in going. Carpooling from Encino Park will be available.

Our December Luncheon in the lovely home of Beverly Anderson was wonderful. Beverly's homemade lasagna and warm hospitality gave the eleven of us who were able to attend a lovely day to spend with each other as the Christmas season was in full swing. Thank you Beverly!



## OVER 50 CLUB

Submitted by Dalia Benzick

Our Over 50 group had a joyous gathering on December 6th to conclude our year. A delicious lunch was followed with games, fellowship, and shared sweet memories of family traditions sent us off with a happy heart. We will resume our meetings on January 3rd, 2023. We meet on the first and third Tuesdays of the month from 11:30-2:00 in the Community Center. Come join us; you will be glad you did.

**For 2023, from our members to you: Be kind, help others and be the person others look up to and wish to follow because of your goodness. Everyday show those around you they have a special place in your heart.**

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# CRIME & SAFETY COMMITTEE

The Committee hopes everyone ended the year safe and sound. Crime in the neighborhood was typical – minimal compared to other neighborhoods in San Antonio. We continue to be plagued with vehicle burglaries, so law enforcement continues to advise us to remove valuables from cars and lock them up. With our warm temperatures, lots of people are out walking, so wear white at night.

SAPD has a new schedule of its Citizens on Patrol classes. If you would like to know how to support our officers by learning what to observe in our neighborhood and how we can take advantage of 311 services, consider this training. It's a 3-hour training class held at the substation at 13030 Jones Maltsberger put on by Officer Cathalina Schneider. If you are interested, please call her at 210-207-5182 or email her at [Cathalina.schneider@sanantonio.gov](mailto:Cathalina.schneider@sanantonio.gov). The next few classes are scheduled for the following Mondays and Saturdays:

- January 9..... 6:00-9:00pm
- February 11.....9:00-1:00pm
- March 13 ..... 6:00-9:00pm
- April 10..... 6:00-9:00pm
- May 13 .....9:00-1:00pm

If you experience a burglary or see something illegal, don't post it to NextDoor only, email our SAFFE Officer Arturo Castellanos at [arturocastellanos@sanantonio.gov](mailto:arturocastellanos@sanantonio.gov). You can also report suspicious activity to the non-emergency numbers (210-207-7273 or 210-335-4750).

The Committee meets the first Wednesday of the month at 7 PM in the Community Center for 30-45 minutes. All residents are welcome.

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## WE'RE GLAD YOU ASKED!

### Q: What's happening with the pool house?

A: The Board of Directors is excited to announce that we have put down the deposit for a full renovation to the pool house. This will include renovating the lifeguard area, the keypad entry system, new poolside showers, and full bathroom renovation. There will even be access to a family restroom from the outside of the pool house. So, all our residents who have an activated amenity card will now have a bathroom to use! All this is set to complete before the 2023 swim season begins (around May 1st). Keep an eye out in future newsletters for updates.

## EP TEEN DIRECTORY

Name	Age	Contact	Services
Grace Bush	16	210-323-6708	Babysitting, pet sitting, dog walking, house sitting (5/22)
Faith Bush	12	210-323-6708	Babysitting & pet sitting (5/22)
Emma Cline	16	210-912-9588	Pet sitting, dog walking & house sitting (2/22)
Julia Hendrix	16	210-363-7642	Babysitting, pet sitting, dog walking (11/22)
Ryan Kruger	15	210-787-0015	Lawn maintenance (7/22)
Maggie Micklitz	16	210-410-2990	Babysitting, Pet sitting, house sitting (6/22)
Clayton Micklitz	14	210-410-2990	Babysitting, Pet sitting, house sitting (6/22)
Vincent Prusinsky	18	210-722-5545	Lawn Mowing, trim hedges, weed eating, power washing services, Pet sitting, dog walking (12/22)
Ignacio Watkins	18	626-975-0676	Soccer coach, soccer trainer, fitness/cardio trainer (7/22)

Teen Service listings are free to all Encino Park residents under nineteen (19) years of age. Ads will run for one year, unless the advertiser calls and requests renewal. To add, remove, or edit your ad, call 210-558-3160 or email [Ariel@neighborhoodnews.com](mailto:Ariel@neighborhoodnews.com). Please put "Encino Park Resident" in the subject line.



## Mitigate Damages During Freezing Weather

We have prepared the following list of actions you can take to protect your home during freezing weather. Keep reading for some important information.

### Preparing the Outside of Your Home

**Trim Trees and Remove Dead Branches.** During a freeze, ice can accumulate on branches leading them to break due to the increased weight. Fallen branches can cause serious harm to people, and potentially damage vehicles and your home.

**Seal Cracks around Windows and Doors.** Ensure cracks outside your home are caulked and sealed to prevent cold air and moisture from coming into your home, and to keep warm air from escaping your home.

**Insulate Exposed Pipes / Water Heater.** Insulate exposed pipes on the outside of your home. If your water heater is located in the garage, make sure it is insulated too. Make sure all outside water faucets are turned off and remove connected hoses. Also, turn off and drain automatic sprinkler systems. Hardware and plumbing supply stores carry insulation for outdoor faucets to help keep them from freezing.



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### Preparing the Inside of Your Home

**To Drip or Not to Drip?** Most of us know about leaving a faucet dripping when the temperature is below freezing outside. However, experts tell us that may not be necessary unless the freezing temperatures last for more than a few days. Initially, opening lower cabinets inside the home to allow the warm air to circulate may be all that is needed. Be sure to remove any toxic substances located in these cabinets to prevent accidental poisoning for children and pets. If you do need to let a faucet drip, ensure it is the one furthest away from the main cutoff valve to allow the water to flow through the entire system.

**Service Heating System.** If you haven't had your heating system serviced this year, now is the time to do it. This is important because you don't want to have it break down during a freeze.

**Added Insulation.** Adding additional insulation to crawl spaces, attics, and basements will help protect your pipes from freezing. Consider insulating any other unfinished areas of your home.

**Check pipes.** If any of your pipes are leaking, repair them immediately. Pipes that are compromised before a freeze have a greater chance of bursting during a freeze. It's important to know where your pipes are located throughout your home and learn how to shut the water off, if needed. If your pipes freeze you have a better chance of preventing costly damages by quickly shutting off the water.

**Install or Check Smoke/Carbon Monoxide Detectors.** Residential fires and carbon monoxide poisoning increase substantially in the wintertime. Check them now to ensure you are immediately alerted to any dangers.

We hope this provided some valuable information on protecting your home during a freeze. Freezing weather can leave devastating damages to your home, so make sure you are doing all you can to mitigate them.

#### Resources:

- <https://www.austintexas.gov/department/cold-weather-tips-potential-freezing-weather>
- <https://www.rooftermancan.com/blog/dripping-faucets/>
- <https://www.expressnews.com/news/weather/article/San-Antonio-cold-front-arctic-blast-17655987.php>



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## Make sure your irrigation system is hibernating

By Mark Peterson, SAWS Gardenstyle San Antonio

We are way below our annual rainfall — only 1917 was worse — and unfortunately a small percentage of plants will perish here next summer. Still, this is not our first drought. Thankfully our ecosystem is extremely resilient.



That said, your irrigation system should already be in a deep slumber. Plants are dormant so they don't need much water and you'll save money on your sewer service charge for 2023.

Follow this easy irrigation system checklist.

**Clock:** Make sure the time, date, and year are correct.

**9-volt battery:** Replace the 9-volt battery in the controller. This will keep the time, date, year, and installed schedule correct.

**One last checkup:** Do a final test of the entire system to verify there are no broken lines or heads, or stuck valves. If everything is functioning properly, turn the system off until March. Until then, run it manually once or twice during the winter in the absence of rainfall.

**Install a shut-off valve:** Speed matters when a pipe break or leak threatens to damage your home. These gadgets allow you to cut off water to your home in a flash. There's even a rebate for it!

**Holiday watering method:** If we are below normal rainfall, this winter, I suggest running the irrigation system once or twice December-March, specifically during the week of a holiday.

## Recipe Corner

### Osso Bucco (Braised Beef Shanks)

#### Ingredients:

- 2-3 pounds beef shanks cut into 3-4 inch pieces
- 1/4 cup butter
- 2 tablespoons minced garlic
- 1/2 large white onion sliced into rings
- 2 medium carrots chopped
- 1/2 cup dry white wine
- 1 can diced tomatoes (540 ml)
- 1/2 cup beef stock
- salt and pepper to taste



#### Instructions:

1. Dredge the beef shanks with flour and coat it. (Or skip it to keep it low carb).
2. Melt the butter in a large oven safe braising pan over medium to medium-high heat.
3. Fry the beef shanks in butter until browned on the outside.
4. Remove the beef shanks to a plate, and keep warm.
5. Add the onion slices to the skillet; cook and stir until onions are tender.
6. Add in the garlic and carrots and fry until fragrant.
7. Pour in the white wine and deglaze the pan.
8. Stir in the beef broth and the tomatoes.
9. Return the beef to the pan, making sure the shanks are submerged in the sauce.
10. The best way to cook is to place the lid on top and cook the shanks in a 300°F oven for 4-5 hours, until the meat is tender and falling off the bone.
  - For stove top, cover and simmer on the stove top over low heat for 2-3 hours, checking and moving the meat occasionally to ensure that the bottom is not burning.

Source: [www.thekitchenmagpie.com](http://www.thekitchenmagpie.com)

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# Natural Cold & Flu Remedies

By Sharon Reynolds,  
Neighborhood News Staff Writer

Winter is upon us and what better way to prepare for the cold and flu season than with some natural home remedies. If you are into the holistic methods or are simply interested in optional choices to make you feel better, then keep on reading and try some of these tried-and-true remedies.

**1. Humidity.** The flu virus utilizes dry environments to spread. Dry heat from indoor heaters can sometimes aggravate symptoms. Keeping a humidifier close by can add moisture to the air and may reduce your exposure to the virus as well as alleviate symptoms. Additional benefits of using a humidifier are that it makes it easier to breathe because it reduces nasal inflammation. Especially in the winter, heat indoors can aggravate symptoms. Remember to change the water in the humidifier daily to prevent mold and mildew.

**2. Warm Baths / Showers.** Sometimes the best medicine for the aches and pains that come along with the flu is a nice, warm bath. Add some baking soda or Epsom salt to really ease those body aches. Or if you are so inspired, add a few drops of your favorite essential oil. This will have a nice soothing effect to help you relax and sleep better.

**3. Salt Water.** If you have nasal congestion or sore throat pain along with other symptoms of the cold and flu virus, try gargling with a little salt water. This remedy loosens and reduces bacteria-laden mucus and may help you feel better sooner. Take a teaspoon of salt and mix it in a glass of warm water. Swish it around in your mouth and gargle with it to ease the symptoms. Additionally, this method may help to prevent upper respiratory infections, so if you feel your getting ill, try this method to help prevent a worse infection.

**4. Infection-fighting Foods.** According to WebMD.com, the following foods can assist in fighting an infection.

- Bananas and Rice (to sooth tummy)
- Bell Peppers (high in Vitamin-C)
- Blueberries (to curb diarrhea, also high in natural aspirin to lower fevers and relieve pain)

- Chili peppers (to open sinuses and help break up mucus in the lungs)
- Cranberries (to prevent bacteria in bladder)
- Mustard (to open airway passages)
- Black and green tea (to provide natural antibiotics)

**Note:** The information provided in this article is intended for your general knowledge only and is not a substitute for professional medical advice, diagnosis or treatment for specific medical conditions. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

Resource: [WebMD.com](https://www.webmd.com/cold-and-flu/12-tips-prevent-colds-flu-1) (2021). Cold and Flu. Retrieved from <https://www.webmd.com/cold-and-flu/12-tips-prevent-colds-flu-1>

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