

VOL 1

ISSUE 1

# My Post Oak

POST OAK  
ESTATES

*Tranquility you Desire, Convenience you Require*



THE OFFICIAL NEWSLETTER OF THE POST OAK ESTATES COMMUNITY ASSOCIATION

# WELCOME



We are delighted to introduce the first issue of **My Post Oak**. We intend to make this a monthly publication aimed to provide effective communication to all of our property owners.

Thank you for your attention, as well as for your participation in your community of Post Oak Estates. We are excited about 2019 and we look forward to helping to make Post Oak Estates a Safe and Fun place to live and stay connected.

## Contact Information

### POST OAK HOA

PO BOX 370, INEZ, TX 77968

hoa@postoakestates.com ..... 361-571-7099

### WELCOME COMMITTEE

**Chairman:** Dan Williams .....  
.....welcomecommittee@postoakestates.com

### SAFETY COMMITTEE

**Chairman:** Don Amador .....  
.....safetycommittee@postoakestates.com

### BEAUTIFICATION COMMITTEE

**OPEN:** .....  
.....beautificationcommittee@postoakestates.com

### RECREATION COMMITTEE

**OPEN:** .....  
.....recreationcommittee@postoakestates.com

### NEWSLETTER COMMITTEE

**OPEN:** .....  
.....newslettercommittee@postoakestates.com

**Reminder:** There are open Committee Chair Positions available. If anyone is interested in becoming a Chair or assisting with any of the committees please send an email to the corresponding email address.

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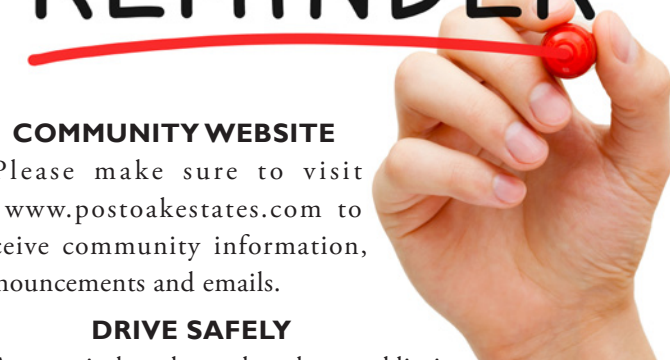
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# COMMUNITY REMiNDER



### COMMUNITY WEBSITE

Please make sure to visit at [www.postoakestates.com](http://www.postoakestates.com) to receive community information, announcements and emails.

### DRIVE SAFELY

As a reminder, please obey the speed limit signs (30-mph throughout the neighborhood). Please be patient and keep an eye out for children, pedestrians, bicyclists, pets and wildlife. On behalf of Post Oak Estates Association, we appreciate your assistance in keeping Post Oak Estates as safe as possible.



# 2019 ASSESSMENTS

Please note statements were mailed to all property owners by Goodwin Management Company. Assessments were due January 1st, 2019

## Save The Date MARK YOUR CALENDARS

**FEBRUARY 17TH ANNUAL**

**HOA MEETING**

**TIME: 3PM**

**PLACE: CCD HALL OF INEZ CATHOLIC CHURCH**

## HELPFUL INFORMATION

**Requesting Addresses** – Once your driveway is installed, call GCRPC at (361)578-1587; they will come out to record the GPS coordinate to issue your 911 address, which will be your physical mailing address.

**Mailboxes** – Contact the postmaster in Edna, Tx at (361)782-2160 to request the location where your mailbox should be installed. All mailboxes must meet the United States Postal Service guidelines. Custom mailboxes must be submitted to the HOA for approval.

**Clearing lots** – Mark all four corners of your lot to prevent clearing on neighboring lots. If you clear during the winter, post oak trees lose all their leaves and look ugly and dead, but are beautiful in full bloom in Spring and Summer. Live oak trees do not lose leaves in the winter. Mature trees should not be removed unless they interfere with your approved building plans.

**Burning brush** – Call the Inez VFD and the Victoria County Fire Dept. to give notice that you will be burning. If they drive out, they could fine you for their expense.

**Water Wells** – Submit your water well plans to the HOA

for approval. Your installer will need to obtain a permit from the county.

**Septic Systems** – Submit your septic system plans to the HOA for approval. Septic systems must be setback 160' from front property line. Your installer will need to obtain a permit from the county.

(Water Wells and Septic Systems cannot be near each other; therefore the HOA needs to make sure the location isn't interfering with any neighboring lots.)

**Driveways** – Submit your driveway location and plans to the HOA for approval. The engineer for Post Oak Estates has a driveway design that needs to be used for proper drainage and safety purposes. Please pass this information to your builder.

**Improvements** – Submit all improvement plans to the HOA for approval prior to any construction. Approvals are good for six months; once construction begins, you have one year to complete. Examples of improvements are: house, garage(s), outbuilding(s), pool, driveway(s), mailbox, water well, septic system, fences/walls, etc.

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## JANUARY THOUGHTS

January is a good month to Clear out the clutter. Organize all the new treasures received from family and friends. Tackle the closets and cupboards. However, before you throw anything away think about donating your items such as clothing and household items to local shelters, charities, crisis centers or ministries. You can search your local sites on the Search Engine by just typing in: “Donate to Victoria County Texas” (or Jackson County). You will find a variety of organizations that would love to have your gently used items.

Continue the Spirit of Giving throughout the year.



## HEADING OFF BURNOUT

Burnout is more than just stress—it’s how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that’s not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. “Just breathe!” Yes, it’s an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don’t take work home. Leave the office at the office. At home, find a time and place where you can relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle’s cousin’s best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi. These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.



## ATTRACTING WILDLIFE

By Cheryl Conley, TWRC Wildlife Center



It seems that everywhere we look we are seeing trees being torn down and grassy areas being turned into parking lots. Sadly, there's not much we can do about it. There are things you can do, however, to help replenish some of the natural resources that are destroyed. You can turn your

backyards and even small apartment balconies into areas that attract wildlife, butterflies and even bees.

You can provide food by planting wildlife-friendly plants. Choose plant species that bloom and fruit at various times of the year. Like the woodpecker, some birds will dine on insects during the summer but will eat berries in colder weather. Shrubs and trees can provide seeds and berries for mammals and birds while a flower garden will provide food for a variety of insect pollinators and hummingbirds. Bird and squirrel feeders are great to help supplement what is found in nature. If you can, leave dead trees. They can be a food source by attracting insects, lichens, mosses and fungi.

Every living thing needs water. Birds not only need water to drink but to bathe in. The easiest way to do this is to provide a birdbath or a shallow dish of water. Make sure to keep it clean and be careful to use animal-friendly cleaners! No bleach or anything toxic. If you're fortunate enough to own a little land, you can add a water garden or pond to your property.

Wildlife needs cover from the elements just like we do. In our area we don't have to worry about snow but we often get heavy rains and extreme heat. Again, dead trees work great for some species. Planting dense shrubs provide shelter for rabbits, turtles and some bird species. Don't forget about man-made shelters, too, like bathhouses and birdhouses.

There are books available to help you garden for wildlife. One of them is, *Texas Wildscapes* by Kelly Conrad Bender. It's published by Texas A&M. Texas Parks and Wildlife is also a great resource. Some organizations provide instructions and help so that your school or home can become a Certified Wildlife Habitat. One such organization is the National Wildlife Federation.

You can make this a family project and have fun with it. Get the kids involved. Plant some trees and shrubs, hang some birdhouses and squirrel boxes and decide where you want your birdbaths.

TWRC Wildlife Center is getting ready for a busy spring and we're looking for baby feeders. We'll train you to care for baby squirrels, baby opossums and baby birds so you'll be ready to start in the spring. No previous experience is needed—just a desire to help wildlife babies, a great attitude and you must be reliable! Send your resume or letter of interest to [operations@twrcwildlifecenter.org](mailto:operations@twrcwildlifecenter.org).

# 10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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## DRAIN FLIES

*By Wizzie Brown*



Drain flies are small brownish-grey insects with two wings. They have fuzzy wings and bodies and when at rest, the wings are folded over the body making them look like tiny moths. This is why they are sometimes called moth flies.

Drain flies may be seen in kitchens and bathrooms near sinks or tubs. They

tend to be more active in the evening. Female flies lay eggs in the thin film of organic matter that builds up on the inside of drain pipes. Larvae develop in the slime layer, feeding on fungi and other microorganisms.

Unfortunately, targeting adult drain flies will only temporarily solve the problem. To manage drain flies, the source should be located and treated to reduce the population of developing flies. To track down where the flies are coming from, place tape over one side (don't cover the drain completely) of drains in sinks and tubs before you go to bed. In the morning, check tape for flies that emerged during the night to find out which drain(s) is/ are infested.

Once the drain is located, take a stiff brush and scrub the inside of the drain, following up by flushing the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerging adults to die. If you have drains that you cannot access to clean, there are biogels that consume the organic matter where they larvae develop. Read and follow all label instructions.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## 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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