

CASTLE HILLS FOREST

The Castle Hills Forest Newsletter is Published Quarterly by Neighborhood News, Inc.

March / April 2025

WE NEED YOUR HELP!

Pool management assistance: Kathryn is temporarily working in the background and will assist with the transition. The HOA works together all season and gets a ton of help from The SA Wave, CHF Eels, Gate Attendants, and Seven Wells Pool Management. A small committee would be extremely helpful.

Marquee: We have put together a seasonal “Marquee Team” and have March – July covered for now. If you would like to assist (teens, families with kiddos – it’s FUN!) please let us know.

Events: We ALWAYS need more help for events! Ideas are not difficult to come by, but if we do not have the help, too much can fall onto a very small group’s shoulders over and over. If you have even a small amount of time and the desire to help with planning, setup, management, takedown, donations, decorations, etc., please let us know. Our goal is to assign Team Leaders for each event date. When we have reliable help, it’s a really good time! Join us!

THE RIGHTS AND WRONGS OF RIVER ROCK

By Brad Wier and Dana Nichols, SAWS

We get it. When you’re faced with a lackluster lawn year after year, the temptation to rip it all out and replace it with gravel is fierce. But using gravel — or crushed granite or river rock — as a default ground cover won’t cure what ails your landscape. And here’s five reasons why.

1. It offers zero nutritional benefit.
2. It absorbs and reflects heat.
3. It doesn’t retain moisture.
4. It needs continual maintenance, accumulating dust, leaves, refuse and weeds.
5. It washes away in the rain and ends up clogging city storm sewers.

That’s not to say don’t use river rock ever. When it’s the right size — at least two inches in diameter — and used thoughtfully, it can create wonderful texture in a balanced landscape. Think edging for landscape beds or as a complement to flagstone or pathways. River rock can also be used to facilitate drainage, like in side yards around AC condensers or in dry streambeds.

Don’t be discouraged if you’re thinking of using river rock. Just remember to put it in its place — and not every place. And fill your landscape with hardy trees, shrubs and perennials that add beauty, balance, birds and butterflies to your landscape. River rock can be an attractive addition to your landscape when it’s the right size and used thoughtfully!

Note: Be sure to check your HOA ARC guidelines prior to making extensive landscape changes! Some HOAs require a large percentage of the yard remain grass, or have specific tree requirements! Save yourself frustration- check with your neighborhood HOA first before making ANY exterior changes!

UPCOMING EVENTS

Sat., April 12th 10 AM: EASTER IN THE PARK

Sat., May 10th at 6 PM: SPRING ADULT SOCIAL (21 and up only)

Sat., June 28th at 4 PM: 4TH OF JULY INDEPENDENCE POOL PARTY

2025 POOL SCHEDULE INSIDE



Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 5 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 to 3 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

Upcoming Events!



CASTLE HILLS FOREST



2025

SAT.
APR
12

EASTER EGG HUNT

FAMILIES COME OUT AND ENJOY OUR EASTER IN THE PARK @ 10AM

Tacos | Drinks | Goodies

SAT.
MAY
10

SPRING ADULT SOCIAL:

CHF POOL @ 6:00 PM

Chicken on a stick | Drinks | Raffle Prizes

SAT.
JUNE
28

INDEPENDENCE POOL PARTY!

CHF POOL @ 4:00PM

Pizza | Drinks

For more information:



castlehillsforesthwa.org

D8 COUNCILMEMBER
Manny Pelaez

CITY COUNCIL
DISTRICT 8

DISTRICT 8 OFFICE CONTACT:
Office: (210) 207-0943
Email: council.district8@sanantonio.gov
Social Media: [cosa_cd8](#)

EMERGENCY 911
CITY SERVICES HOTLINE 311
STATEWIDE REFERRAL SERVICE 211
SAFD NON-EMERGENCY (210) 207-7744
SAPD NON-EMERGENCY (210) 207-7273
SAPD PRUE SUBSTATION (210) 207-7425
SAPD PRUE SAFFE OFFICERS (210) 207-7169
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CPS ENERGY (210) 353-2222

BEXAR COUNTY TAX ASSESSOR-COLLECTOR (210) 335-2251
HOMELESS CONNECTIONS HOTLINE (210) 207-1799

NATIONAL DOMESTIC VIOLENCE HOTLINE
 Call 1-800-799-7233 and TTY (confidential & free)

HEALTH PSA FROM NURSE DEBBIE!



Whenever I sit down to write a newsletter, I think about upcoming health-related themes. For example, did you know April is National Facial Protection Month? Interesting! It's also Irritable Bowel Syndrome Awareness Month (I see you, high fiber!). But one theme, in particular, stands out because it relates to everything—Stress Awareness Month.

Let's talk stress. Between the news, the grocery bill, and the Spurs, I don't know about y'all, but my cortisol level is going in the wrong direction—up! Our bodies are designed to protect us, and one of their key defense mechanisms is the release of stress hormones when needed—cue the “fight or flight” response.

Two major players in this response are cortisol and epinephrine (aka adrenaline). Cortisol is an amazing hormone—it helps us react to stress (like when Bill Miller runs out of brownies), but it also regulates metabolism, the sleep-wake cycle, blood pressure, and even reduces inflammation. Meanwhile, when adrenaline kicks in, your body goes full Ninja mode (or maybe Matrix—I like to make it dramatic). Your heart rate spikes, breathing deepens as you take in more oxygen, sugar floods your bloodstream for energy, your pupils dilate, and your senses heighten—sight, hearing, and touch all go into overdrive. Wow! This incredible response is essential in moments of danger. But what about chronic stress? Long-term stress keeps these hormones firing constantly—and honestly, I'm not excited about having glucose flooding my system 24/7 or my heart rate and blood pressure running on overdrive.

So how do we fix this? Yes, we all know about eating a balanced diet, limiting caffeine, and getting enough sleep. But here's a question—how often do you get outside? The benefits of spending time in nature are incredible. Not only are you getting Vitamin D and exercise, but being outside lowers cortisol and boosts serotonin—yes, please! Research by the US Department of Agriculture shows that people who live near parks and green spaces have less mental distress, are more physically active, and even live longer. Let's go, Salado Creek Greenway!

San Antonio has tons of outdoor activities to enjoy. One of my favorites? Renting a B-Cycle! Grab one at Blue Star, ride down to the Missions, and swap out your bike battery at any B-Cycle station along the way. (Bonus: The cute front baskets are everything!)

Want more outdoor fun? Check out these events:

San Antonio Parks Foundation – Events like Jazz in the Garden, Garden Rhythms, and Disco Night (outdoors + dancing = perfection!)

San Antonio River Authority – Don't miss the Race The River series kicking off Saturday, April 12th. No kayak? No problem—let them know, and they'll provide one! Not into kayaking?

Volunteer instead!

Life comes at us from all directions, making it hard to truly relax. That's why it's important to unplug and step outside. Whether you're working in the yard, running, walking, or firing up the grill—soak up that Vitamin D, baby!

I hope to see you on the trails—or maybe even in a kayak. Either way, stay well, my friends, and let's embrace spring!

Debbie Jennings, Castle Hills Forest Resident



ADVERTISE WITH US!

For information, call (210) 558-3160 or email Sales@NeighborhoodNews.com

YARD OF THE MONTH

13918
George
Road





JOIN US FOR CHF'S

Easter in the Park

April 12th
10 a.m.

CHF PARK

HOA will have
tacos and
mimosas!



VOTE AGAINST DECRIMINALIZING **THEFT!**



PROPOSITION A decriminalizes

SHOPLIFTING

up to \$750 per incident

Thieves would be released with a “verbal warning” only!

No arrests. No jail time. **DON'T BE DUPED!**

Prop A is NOT about POT but letting criminals go free.

GET THE **FACTS at **PROTECTSA.NET****

EARLY VOTING BEGINS **APRIL 24TH • ELECTION DAY **MAY 6TH****

VOTE **AGAINST PROP A**

Paid for by the **Protect SA PAC**

2025 POOL HOURS OF OPERATION

April: (only when SA Wave permanently removes pool covers for the season. Official announcement of opening to be made by HOA)

Residents:

Monday – Friday: 9 AM – 3 PM

Saturday – Sunday: 9 AM – 9 PM

SA Wave:

Monday – Friday Only: 5:30 – 7:00 AM | 4:00 – 8:00 PM

May

Residents:

Monday – Friday: 9 AM – 3 PM

Saturday – Sunday: 9 AM – 9 PM

SA Wave:

Monday – Friday Only: 5:30 – 7:00 AM

6:45 – 8:00 PM (Dry land practice 6:30 PM)

Eels:

Monday – Friday Only: 4:15 – 6:30 PM

June

Residents:

Monday – Thursday: 2 – 9 PM

Friday: 11 AM – 9 PM | Saturday – Sunday: 9 AM – 9 PM

SA Wave:

Monday – Friday Only: 6:00 – 7:45 AM

Monday – Thursday Only: 11:00 AM – 1:30 PM

Eels:

Monday – Friday Only: 8:00 – 10:45 AM

July

Residents:

Monday – Friday: 11:00 AM – 9:00 PM

Saturday – Sunday: 9:00 AM – 9:00 PM

SA Wave:

Monday – Friday Only: 8:00 – 10:30 AM


August and on: TO BE ANNOUNCED...

- The SA Wave rents our pool year-round, and we work together to schedule the pool for their swimmers and our residents. CHF Eels Swim Team uses our pool in May and June Only. Please adhere to posted pool hours.
- Pool will close to residents 6:30 AM – 12 PM Saturday, June 7th and 21st for Eels Home Swim Meets. And will be closed 3 – 8 PM Monday, June 30th for Eels End of Season Party. Signage will be posted!


Thank you! Your Castle Hills Forest HOA

**YOU DON'T HAVE TO LIVE HERE,
TO SWIM HERE!**

**CASTLE HILLS FOREST
EELS
SWIM TEAM**



**CALLING ALL SWIMMERS
AGES 4 – 18**



REGISTER NOW AT
WWW.CHFEELS.SWIMTOPIA.COM



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\$2500 by May 31, 2025"

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ITEX in San Antonio- Barter
Community



A LOOK BACK ON 2024 CHF EASTER!



CORNER OF RIDDLES

A. I HAVE NO EYES, YET ONCE I DID SEE. I ONCE HAD THOUGHTS, BUT NOW I'M EMPTY. WHAT AM I?

B. THE MORE YOU FEED ME, THE BIGGER I GROW. BUT GIVE ME A DRINK, AND MY LIFE I FORGO. WHAT AM I?

a. a skull b. fire

PLANT SWAP



Join us to socialize with fellow gardeners and to swap plants, cuttings, and other supplies. Plants should be well-watered and pest/disease-free. Bring a plant to share and take a plant home.



UPCOMING SESSIONS:

- Saturday | April 12 | 3 - 4 p.m. | Schaefer Branch Library
- Sunday | April 13 | 10 a.m. - Noon | Cody Branch Library
- Saturday | April 19 | 2:30-4:30 p.m. | McCreless Branch Library
- Sunday | April 27 | 11 a.m. - 1 p.m. | Tobin Branch Library



APRIL
is a month of...

Celebrations!

15% off
Chemical
Peels!

\$75
off
Fillers

Semaglutide
3 months for \$700
Tirzepatide
3 months for \$900



Scan here to view our website!
☎ 210-804-0772

Castle Hills Forest Homeowners Association

P.O. Box 781645
San Antonio, TX 78278-1645

Time Dated

PRSRT STD
U.S. POSTAGE
PAID
SAN ANTONIO, TX
PERMIT NO. 1568



Castle Hills Forest Homeowners Association

Membership Application

www.CastleHillsForestHOA.org

Please mail completed form to:

P.O. Box 781645, San Antonio, TX 78278-1645
(Please Print)

Name: _____

Address: _____

Cell Phone Number: _____

Email: **Membership Details:** _____ **All New Key Fobs:** \$15

HOA Annual Membership: ☐ \$75

Pool Membership Prices:

Additional Donations: \$ _____

Tennis Membership Included

Where Needed Most

Single: \$100

Tennis Membership Only: \$50

Couple: \$150

Family: \$200

Non-Resident Family: \$275

I hereby apply to the Castle Hills Forest Homeowners Association for membership as indicated above and agree to abide by all governing rules and regulations. I understand that all dues are paid annually and cover only the current calendar year.

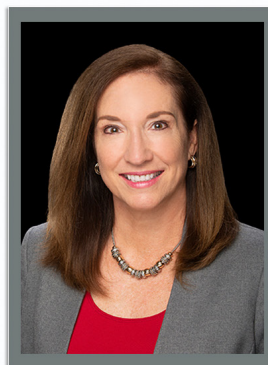
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