



# THE PLAZA PULSE

SHEPHERD PARK PLAZA CIVIC CLUB

January 2018

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## HAPPY NEW YEAR!

### CHRISTMAS DECORATING AWARDS

Shepherd Park Plaza looked so beautiful this year and its residents continue to step it up with their colorful, cheerful and bright displays for all to enjoy. The competition was fierce and the Judges were challenged to decide on the best in each category. A special thanks to all who participated and to the Hospitality Committee who organized the judging. The neighborhood looked festive and beautiful and so many have enjoyed this long-time Houston tradition!

- 1st Place Best Overall: 943 Chamboard—Marcia & Michael Erickson
- 2nd Place Best Overall: 939 Chantilly—Jennifer & Tommy Peterson
- 1st Place Best Traditional: 1059 Cheshire—Lynda & Daniel Becka
- 2nd Place Best Traditional: 975 Curtin—Sandy & Randy Klander
- 1st Place Best Door: 4706 Thornton Circle—Susan & Melvin Clayton
- 2nd Place Best Door: 4707 Apollo—Kim & Chris Schultea
- 1st Place Religious: 1162 Curtin—Aileen & Bill Hartman
- 2nd Place Religious: 1058 Chantilly—Kelcie & Brandon Berry
- 1st Place Best Novelty: 1002 Cheshire—Matt & Angie Hoover
- 2nd Place Best Novelty: 979 Chamboard—Nancy & Richard Gaubert
- 1st Place Best Window: 1111 Cheshire—Sadie & Andrew Barcia
- 2nd Place Best Window: 1003 Chamboard—Mary & George Parnham
- 1st Place Most Original: 987 Chamboard—Kelly & Brett Jernigan
- 2nd Place Most Original: 4439 Apollo—Monica & Aaron Ross
- 1st Place Best Lighting: 4725 Apollo—Pat & Kenneth Thompson
- 2nd Place Best Lighting: 1051 Cheshire—Stacey & David Bartula
- 1st Place Best Street/Cul-de-sac: West Candlelight (Movies of the Season)
- 2nd Place Best Street/Cul-de-sac: East Candlelight (Christmas Around the World)
- Section I Favorite: 1111 Curtin—Lisa & Jim Petree
- Section II Favorite: 4603 Chantilly Circle—Kimberly & Kurt Roe
- Section III Favorite: 1049 Martin—Donna & Ron Kleist
- Section IV Favorite: 1126 Candlelight—Lynette & Ray Bartula

#### Children's Favorites (by Section)

- Section I: 1051 Curtin—Brenda & James McKee
- Section II: Chantilly Cul-de-sac
- Section III: 1039 Martin—Diane & Andy Scardino
- Section IV: 1110 Richelieu—Debbie & Chris Campos

**Mom's Award: 1003 Martin—** Heidi and Evan Campbell

**President's Award: 4702 Brian Haven—** Sylvia & Nelson Schmidt

SPP  
Wants to Welcome You

New to the neighborhood?  
Contact Shannon Zierau at  
713-775-0307 or  
[szierau@yahoo.com](mailto:szierau@yahoo.com) so we can  
welcome you officially.

## HEALTHY NEW YEAR'S RESOLUTIONS



Each New Year brings a slew of new resolutions, some are simple, but others (like getting healthy) are a bit more challenging. Take a look at the suggestions below and consider tackling one a month until you've formed a new habit or new routine for health!

**Stay Strong** – Strength helps us bounce back from illness or injury more easily. Strive for a balanced workout plan that includes strength, cardio, and flexibility training.

**Grab a Glass** - Drinking water can boost overall health, energy and weight loss. Increase your fluid intake to boost your metabolism.

**Get More Sleep** - Skipping sleep can speed up aging and slow down weight loss. Get a minimum of seven hours each night to keep your body running right.

**Start with Breakfast** - Skipping the first meal of the day can increase risk for obesity more than fourfold. Begin the day with healthy fuel for your optimum function.

**Cut Back on sugar and salt**—Each week, set a goal of cutting back on the sodas and salty snacks and see how much better you'll feel.

**Maintain a Balance** – Eating a good variety of foods is the best diet you can have. Minimize simple carbohydrates and sugars and load up on healthy fruits and vegetables.

**Focus on Nutrients not Calories** - While the amount of calories you consume is crucial for weight loss, the quality of your food is often more important. Losing weight isn't all about cutting calories. Focus on the foods most associated with shedding pounds like yogurt, nuts, whole grains, fruits, and vegetables. Avoid processed foods, chips, fries, sodas, and sweets.

**Every Step Counts** – Whether you walk, run or engage in other exercise, getting up and moving is a great way to reach your fitness goals. Think outside the box and go for a hike in a park or on a nature trail. Throw Frisbee or football with the kids or weed that flower bed or go bowling. Maybe try rock climbing. A variety of activities will keep you from getting bored. Get a partner so you can keep each other motivated.

**Prevent Problems** – Getting regular medical check-ups and knowing your hereditary risk factors can help prevent bigger health problems.

**Get Your Daily Dose of D** - New research says that vitamin D may play a crucial role in weight loss by controlling appetite and helping fat cells become more metabolically active. The sunshine vitamin also helps your body better absorb bone-boosting calcium, improves immunity, reduces inflammation, and may even protect against some forms of cancer. Nearly 75 percent of Americans are vitamin-D deficient. The best sources [of vitamin D] are salmon, tuna, and mackerel but fish liver oils, beef liver, cheese, and egg yolks also contain small amounts. And don't forget the most convenient source of all - sunlight.

**Tips at your Fingertips** – Check out the numerous phone apps that make exercise fun and provide goals and tracking tools. Some have healthy eating tips and calorie counters. You can even sync results with an exercise partner.

**Include the Kids**—Get the kids in on the act by including them in your routine or helping them make one of their own. Throwing a ball, kicking a soccer ball, tossing a Frisbee and walking the dog can all help in forming healthy habits. Bonus benefit to this is that it gives all of you a boost of Vitamin D.

**Take a Break from Electronics**—Give your eyes, your shoulders and your neck a break by taking a break from the tablet, laptop, video games and cell phone.

*Have a Healthy, Happy New Year!*

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## MEN'S GROUP NEWS!

The Officers of the Shepherd Park Plaza Civic Club are excited to announce that the Men's Group Committee Chairman vacancy has been filled! Please join us in welcoming Chris Wooldridge (1030 Cheshire) to the group!

Chris has lived in SPP since June of 2007. Chris and his wife Sally have three children; Lucas (9, Oak Forest Elementary), Julie (9, Oak Forest Elementary) and Dominic (14, Lamar High School). Chris and his family are proud parishioners of St. Rose of Lima and supporters of youth programs at Timbergrove Sports Association, The Foster Family YMCA and Houston Youth Lacrosse. They enjoy entertaining and anything that has to do with their kids and their dog, Mikey.

Chris will be working closely with Check Blesener, our former Men's Group Committee Chairman, to learn the ropes. Chris can be reached directly at 832-623-4268 or at [chris@chris-properties.com](mailto:chris@chris-properties.com).

Chris has expressed excitement about continuing the traditions that Chuck established and looking for opportunities to include the men of the many new families that have moved into our neighborhood in recent years.

Please make room in your schedule to attend an informal meeting at Chris' house on Saturday, January 6<sup>th</sup> from 4:00 p.m. -6:00 p.m. at 1030 Cheshire Lane (corner of Park Plaza & Cheshire-white, 2-story, ivy on the sides). Light refreshments will be provided. Please RSVP by January 1st, 2018, at 832-623-4268 or at [chris@chris-properties.com](mailto:chris@chris-properties.com).

## HAYRIDES ENJOYED BY MANY RESIDENTS AND THEIR GUESTS

Many residents in SPP had an opportunity to enjoy another successful year of hayrides through our neighborhood on December 16th and 23rd. The passengers enjoyed bundling up, grabbing some hot cocoa and sitting on bales of hay as the drivers took them through the neighborhood to look at all the festive decorations. I think a little impromptu caroling even took place a time or two! We can't confirm whether or not Santa was seen, but the annual event was enjoyed by young and old.



Street sign down? Traffic light blinking? Tree limb down over the street? The City of Houston has a dedicated phone line for these types of non-emergency related issues. You can dial 3-1-1 from any land or cellular line or you can download the app to your SmartPhone.



Check out the SPP Facebook page for the most recent discussions, news, alerts, ideas, recommendations and neighborhood events.

## CRIME REMINDER

If you are a victim of a crime, report it to the Constable. Even if you make a report to HPD, report it to the Constable as well since they have a history of retrieving stolen items. If you only report your incident to HPD, it could take weeks before the report gets to the Constable's office. Call 713-755-7628.

## LOST PETS

Over the last year, there have been residents of SPP that have lost pets and some who've requested that their lost pet information be put in the Pulse. Due to the frequency of lost pets and the timing of the Pulse printing, we are not able to place these notices in the Pulse. A much more timely alternative is to place a picture and details on the SPP Facebook page. Many residents will then be able to be on the lookout for your pet and post updates quickly on Facebook.



## December Yards of the Month

### Section 1:

990 Chamboard  
Karen & Rusty Klasen

### Section 3:

1006 Cheshire  
Robert & Thomas  
Whitley

### Section 2:

4703 Golf  
Angela Zuccarini &  
Kelly Kyle Eugene

### Section 4:

1034 Candlelight  
JJ Scardino

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# Call is handled by Deputy Constable

\*Figures are for entire contract including SPP and Candlight Plaza



November 2017

Burglary-Motor vehicle...2	CONTRACT CHECKS...433	STOLEN VEHICLE...1
Traffic Citations...9	Miles Patrol Led...5158	Information Call...3
Traffic Hazard...3	MEET THE CITIZEN...328	Welfare Checks...1
Suspicious Vehicle...25	Suspicious Person...11	Traffic Stops...31
Alarm...3	Theft...5	Park Checks...9
Open Door/Window...4	Drug OD/Possession...4	Meet The Officer...2
Vacation Watch...80	Writ...2	Other...8

Vacation Watch registry (1 week in advance)...<http://pct1constable.net/sign-up/vacation-watch/>  
SIGN UP FOR THE CONSTABLE OFFICE'S NEWSLETTER...<http://pct1constable.net/sign-up> then click Newsletter



## SHEPHERD PARK PLAZA CONSTABLE PATROL PROGRAM

The SPP Civic Club Board initiated the Constable Patrol Program in 1999. Since that time, crime has gone down. It is a rare thing to receive the coverage that we do for only \$290 per year. Our current participation rate is just over 47%, so we need to have more residents participate in the coming months. You have seen the reports about how stretched HPD resources are, so please consider donating to insure a quick response and help in an emergency.

If you can't give the full \$290, give what you can. Every amount goes toward a little more peace of mind for all of us in SPP. We need all of our residents to participate. You can even use a credit card to pay your Constable Program and SPP Civic Club dues. Go to <http://shepherdparkplaza.com/> and click to pay the constable and membership dues.



## Durham Elementary News

Durham Dalmatians are looking forward to a great start to 2018! Classes resume on Monday, January 8th. Please be extra cautious while driving near campus during school drop off (7:20 a.m. - 8:05 a.m.) and dismissal at 3:20 p.m. There is lots of traffic and children moving about and we want to keep everyone safe!

### Spotty Mart

**The Durham Family thanks all the parents and volunteers for helping host this year's Spotty Mart for Durham Elementary Students.** The students were able to purchase gifts for their family members and the participation was fantastic!

### Fitness Friday, January 19th

The Durham students are looking forward to this day dedicated to motivating kids to get fit and stay fit in various ways.

### International Festival, February 10th

As part of our students' International Baccalaureate education, Durham's 5th Annual International Festival is scheduled for Saturday, February 10th. This amazing event transforms the breezeways into each grade-level's country of study. It is open to the community attend and explore. In order to make these amazing displays, we're accepting donations of broken down boxes, shoe boxes, empty toilet paper rolls, paper towel rolls, and wrapping paper rolls. These can be dropped off in the office between January 9th and 31st.

Want to make a difference at your local school? You don't need to have a child that attends Durham to volunteer - just a desire to help out! Volunteers are needed to work one-on-one with students, in small groups, and to help teachers with behind-the-scenes tasks: 1 - 2 days a week, or as often as you are able. No experience is necessary! Visit the office, email Anne Baumgarten [abaumgar@houstonisd.org](mailto:abaumgar@houstonisd.org), or call 713-613-2527 for more information.

## Citizens Patrol Stats

### November 2017 Patrol Hours

Prepared by Deborah DeBram & Katherine Peale

WEEK	Walking/ Biking	Drive
1	3	10
2	2	8
3	2	8
4	7	20
<b>TOTAL</b>	<b>14</b>	<b>46</b>

### SHEPHERD PARK PLAZA CITIZENS PATROL WELCOMES VOLUNTEERS!

The Houston Police Department is concerned about crime in the neighborhoods and communities throughout the city. In response, the Citizen Patrol Program was established in an effort to bring the citizens and the police department together for a common goal, and that is to improve the quality of life by eliminating crime. You can become a volunteer by signing up today! Contact Deborah DeBram or Katherine Peale at 713-812-7626 or algebrakp@aol.com for more information.

The Citizen Patrol Program is designed to provide a means for citizens to organize into patrol groups for the purpose of reducing crime in their community. Citizen Patrollers are the additional eyes and ears the police can count on to make Houston a safe place to live and work. The value of police/citizen cooperation is well illustrated by the success of the Citizen Patrol Program.

The winner of the \$10 random drawing is Wanda Majewski. Patrollers who turn in at least 4 driving hours by the 5th of the month are eligible for this drawing.

**We need volunteers. Training is just a few hours and you can be on your way to helping us protect the neighborhood.**



For our December meeting the Garden Club members celebrated with a Christmas luncheon at the Café at Brookwood. The lunch was delicious, the shopping at the gift & garden stores was great and most of all we all enjoyed visiting with each other. Some of us did get a chance to meet one of the Brookwood founders who shared her inspirational story of this wonderful place. (see pictures right)



### YARD OF THE MONTH—

December yard of the month winner is Vicki Brandt at 979 Curtin. Despite the snow, her flower beds are full of blooming begonia and foxtail fern. All of this is enhanced with lovely green garland leading up the front walk. Lovely front yard!



The next regular monthly meeting will be on Monday, January 8, 2018, at 943 Thornton. The program will be organic gardening presented by Wabash Feed and Garden. If you are interested in attending please reach out to Colette Robichau at 713-201-3322.

The Garden Club also has an outing scheduled for Monday, January 15th to tour the Enchanted Gardens in Richmond known for their plants, garden accessories, containers, terrariums, and gift shop with fairy gardens. It's been in Richmond since 1995. The club will set up drivers during the monthly meeting. This outing is open to others so if you are interested in joining us for this tour please let us know.

Cheerfully Serving Shepherd Park Plaza



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### January Social – Back After Baby

Tuesday, January 16<sup>th</sup>, 7:30 p.m. @ Courtney Selinidis' Home @ 1057 Candlelight  
 We all have aches and pains that come with being a mom. Please join us as Ingrid Hanna and Hallie Ager introduce you to the Back After Baby online rehabilitation program. This workshop is designed to educate and guide moms through postpartum recovery and is appropriate for every mom at any stage of motherhood and fitness level. Participants should plan on wearing workout clothes or something comfortable they can move easily in.



### February Social – Couples Mixer

Saturday, February 17<sup>th</sup>, 8:00- 11:00 p.m. @ 1003 Cheshire  
 Call the sitter! It's time for the Annual Plaza Moms Society and Shepherd Park Plaza Beer Club joint Couples Mixer. Look for more details on our FB page and at <http://groupsaces.com/PlazaMoms/>

**\*\* Purchase tickets options\*\***

The cost is \$10 per couple. Drop off check or cash (reference your last name) at 1046 Candlelight or pay via Group Spaces. Space is limited so RSVP today!

### Thank you from Plaza Moms

We would like to give a big THANK YOU to all who joined us for Breakfast with Santa. We would like to give a special shout out to IndyQuest Properties for a delicious breakfast and to Bouchet Images for the fantastic pictures which can be found at <https://bouchetimages.shootproof.com/gallery/plaza-moms-santa>

### Join/Renew Your Plaza Moms Membership Today!

We are excited to announce that we have a new website for Plaza Moms Society. The website: <http://groupsaces.com/PlazaMoms/> will allow you to pay your dues online and will be another way to keep up with Plaza Moms. Please login today to create your account. 2017/18 dues are \$35/school year and can be paid online or at our next event via cash or check. Find us on Facebook: [www.facebook.com/groups/plazamoms](http://www.facebook.com/groups/plazamoms) **Please Note:** All Plaza Moms events as well as our FB page will be for members only this year. We wouldn't want you to miss out on all of the fun, so join/renew your membership today!

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# Important Numbers Police/Fire: 911 City Helpline: 311

Citizens Patrol 713-812-7626	Deed Restrictions 713-316-5255	Plaza Moms 281-216-3452	New Neighbor/Greeter 713-775-0307	Garden Club 713-201-3322
Architectural Guidelines 713-316-5255	Plaza Pulse News 713-316-9688	SPP Historian 713-851-3000	Traffic & Safety 713-681-7479	Constable Dispatch 713-755-7628
SPP Membership 832-576-1353	City Liaison 713-688-7979	Pulse Advertising 713-688-0574 or 713-681-3600	Men's Group Open	HPD 713-884-3131

## SPP CALENDAR

January 2018

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Dec 31	Jan 1 	2 	3 	4	5	6 
7	8 Garden Club Meeting	9  	10	11	12	13
14	15 Martin Luther King, Jr. Day Garden Club Special Outing	16 	17 	18	19 Durham ES Fitness Friday	20
21	22	23  	24	25	26	27
28	29	30 	31	Feb 1	2	3

Yard and Tree Waste will resume January 3, 2018. This is yard trimmings, leaves and small tree branches that can be placed curbside in the APPROVED COMPOSTABLE BAGS ONLY. This is **NOT** HEAVY TREE OR JUNK WASTE!

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# THE PLAZA PULSE

SHEPHERD PARK PLAZA CIVIC CLUB

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