

THE PLAZA PULSE

SHEPHERD PARK PLAZA CIVIC CLUB

January 2020

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SPP

Wants to Welcome You

New to the neighborhood?
Contact Shannon Zierau at
szierau@yahoo.com so we
can welcome you officially.

CHRISTMAS DECORATING AWARDS

Another year has flown by and Shepherd Park Plaza was noted by the Houston Chronicle as being one of the top neighborhoods to drive through to see Christmas lights. 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! The list below recognizes some of the judges choices as winners.

Best Overall:

1st- 4725 Apollo; 2nd- 943 Chamboard

Best Lighting:

1st- 1051 Cheshire; 2nd- 4729 Brian Haven

Best Original:

1st- 1018 Richelieu; 2nd- 1005 Richelieu

Best Traditional:

1st- 1049 Martin; 2nd- 1102 Martin

Best Novelty:

1st- 1147 Chamboard; 2nd- 1122 Cheshire

Best Religious:

1st- 1139 Thornton; 2nd- 1058 Chantilly

Best Door:

1st- 1178 Curtin; 2nd- 1062 Richelieu

Best Window:

1st- 1111 Cheshire; 2nd- 1111 Richelieu

Best Cul-de-sac:

1st- Chantilly Circle "Christmas Tree Farm"
2nd- West Candlelight - "Christmas Movies"

Plaza Mom's Award

1st-1056 Richelieu ; 2nd-1026 Thornton

Citizen's Patrol Award

1st- 1071 Thornton; 2nd- 1043 Martin

President's Award

1st - 4439 Apollo; 2nd - 1179 Chamboard

Section Favorites:

Section I: 1st 979 Curtin; 2nd - 4507 Apollo
Section II: 1st- 4707 Apollo; 2nd- 939 Chantilly Lane
Section III: 1st - 4727 Apollo; 2nd - 1105 Martin
Section IV: 1st - East Candlelight Cul-de-sac ; 2nd - 1135 Richelieu

Children's Favorite:

Section I: 1st—950 Curtin; 2nd -983 Chamboard
Section II: 1st - 1047 Thornton; 2nd - 4603 Chantilly Circle
Section III: 1st - 1002 Cheshire; 2nd - 1002 Martin
Section IV: 1st - 1028 Candlelight Ln; 2nd - 1118 Richelieu



HEALTHY NEW YEAR'S RESOLUTIONS

Getting healthy is so much more than going on a diet, which is so often associated with New Year's Resolutions! Instead of focusing on a broad idea at all once, why not tackle one new healthy habit per 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 and to keep your organs functioning properly.

Get More Sleep - Skipping sleep can speed up aging and slow down weight loss. Get a minimum of 7 hours each night to keep your body running right. Try a new pillow or a weighted blanket or maybe shut down electronics 30 minutes before bed.

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 and try starting with protein to set the pace for the day.

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. Processed foods have tons of "hidden" salt and sugar.

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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around the neighborhood



SHEPHERD PARK PLAZA CONSTABLE PATROL PROGRAM

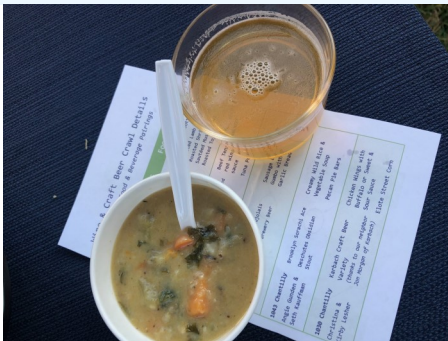
The SPP Civic Club Board initiated the Constable Patrol Program in 1999. Since that time, crime has gone down. It is a rare thing to receive the coverage that we do for only **\$290 per year**. Our current participation rate is just over 43%, so we need to have more residents participate in the coming 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.

I hope you caught the Facebook posts about our Constable nabbing some suspected Christmas decoration thieves and getting the owner's items back! It's this kind of work and much more that make this program worthwhile to maintain.

WINE & CRAFT BEER CRAWL

Speaking of the Constable Program, thanks to the hosts and hostesses of the neighborhood Wine & Craft Beer Crawl in December. The event had great attendance and all of the proceeds go to the Constable Program.



**Wine &
CRAFT BEER
CRAWL**



Condolences to the Family of Louie Pali. Mr. Pali lived in SPP, on Chamboard, for many years.

Apologies to Mayela & John Barrow for the error in failing to correctly identify them as Yard of the Month winners for November. Their home at 1036 Thornton was the Section II winner.

December Yards of the Month

Section 1:

990 Chamboard
Karen and Rusty Klasen

Section 3:

1042 Cheshire
Pam & Joe Bunker

Section 2:

1014 Chantilly Lane
Marcia Kyanka

Section 4:

1013 Candlelight
Sammye Jo Rich

Dear SPP Residents:

*Wishing all of you a Merry Christmas !!
Thank you—*

Darrence, your US Mail Carrier

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*FIGURES ARE FOR ENTIRE CONTRACT INCLUDING SPP AND CANDLELIGHT PLAZA

NOVEMBER 2018

BURGLARY OTHER... 1	CONTRACT CHECKS...204	DISTURBANCE/LOUD NOISE... 1
K-9 DEPLOYMENT... 1	MILES PATROLLED...2,930	DWI... 1
WRT... 1	MEET THE CITIZEN...42	THEFT OTHER...2
SUSPICIOUS VEHICLE...4	SUSPICIOUS PERSONS...5	TRAFFIC STOPS...5
ALARM...3	TRAFFIC CITATION... 1	TRAFFIC INITIATIVES... 1
INFORMATION CALL...3	PARK CHECKS...3	WARRANT SERVICE... 1
VACATION WATCH... 18	SCHOOL CHECK... 1	SOLICITORS... 1

VACATION WATCH REGISTRY (1 WEEK IN ADVANCE)...[HTTP://PCT1CONSTABLE.NET/SIGN-UP/VACATION-WATCH/](http://PCT1CONSTABLE.NET/SIGN-UP/VACATION-WATCH/)

SIGN UP FOR THE CONSTABLE OFFICE'S NEWSLETTER...[HTTP://PCT1CONSTABLE.NET/SIGN-UP](http://PCT1CONSTABLE.NET/SIGN-UP) THEN CLICK NEWSLETTER



Durham Elementary News

Happy New Year, neighbors! We hope you all had a restful and fulfilling holiday and are ready for 2020!

The students enjoyed celebrating holiday traditions of many cultures in December, highlighted with Polar Express Day and a holiday program filled with singing, dancing and lots of smiling faces!

Durham's International Festival is quickly approaching! It will take place on January 25 from 11am - 2pm and everyone is welcome. Grab your passport and get ready to travel to Belize, Venezuela, China, Egypt, Italy, and Somoa. Hallways will be transformed into these countries and cultures will be showcased through food, drinks, music and crafts. This is a great opportunity to experience an aspect of Durham's International Baccalaureate program. No tickets or registration required - just come join the fun!

Looking for ways to make a positive impact on your community in the New Year? There are many possibilities at Durham, including mentoring, classroom help, and reading to students to name a few. Regardless of your area of interest or availability, there's something for you! Contact the PTA volunteer coordinator at DurhamPTAvolunteers@gmail.com.

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CITIZENS PATROL STATS

December 2018 Patrol Hours

Prepared by Deborah DeBram & Katherine Peale

WEEK	Driving
1	11
2	11
3	8
4	17
TOTAL	47

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 Katherine Peale. 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.**

On Saturday, December 14th our members traveled to the Cafe at The Brookwood Community in Brookshire for our members-only Christmas luncheon. We enjoyed some unique gift shopping just in time for the holidays. In addition to plants and gourmet foods for gift giving, Brookwood had unusual ornaments, decor, jewelry, accessories and toys including some made by the residents.

Mark your calendars for our upcoming meetings in the new year! On Monday, January 13th we will meet at 7 PM for a program on Bonsai and socializing. And our evening program on February 10th will include a pine cone craft and decoupage pots.

As always, we welcome newcomers and visitors, so come and join us on the second Monday of the month. Please contact Club President Susan Fitzpatrick, susanfitz1@att.net, for the address of the home where the meeting will be held. We would love to have you.

*Through the Grace of God,
The Brookwood Community provides
an education environment that creates
meaningful work, a sense of belonging, and
awakens a genuine purpose in the lives of adults with disabilities.*



Editor's Correction:

In the PIP article in November, Commander J. Stevens was referred to as the new Division Commander of Vehicular Crimes Division. Commander J. Stevens is the new Commander of the Houston Police Department North Division at 9455 West Montgomery Road. The Vehicular Crimes Division is an investigative operation within HPD.

CALLING VOLUNTEERS! We need someone to coordinate this year's Spring Neighborhood Garage Sale (date to be determined). If you want to lead this project, please email the Pulse editor from the SPP website. Duties involve tracking the homes that are participating, putting out signs the morning of the sale, and getting an ad in The Leader.



January Social -Pamper yourself!

Tuesday, January 21st, Courtney Siegmund's Home, 1035 Martin

Phew, we made it through the holidays! Now it is time for us to pamper ourselves. Join us for some socializing, massages and more!

Save the Date! February Social -Couples Mixer

Saturday February 15th, 7:00pm-10:30pm

Kenny Eldridge's Home, 1003 Cheshire

Call the sitter! It's time for the Annual Plaza Moms and Shepherd Park Plaza Beer Club Couple's Mixer. Drinks and Dinner will be provided. The cost is \$10 per couple. Drop off check or cash (reference your last name) at 4711 Golf or pay via Group Spaces. Space is limited so please RSVP today!

We had another successful Breakfast with Santa! Thank you to everyone who joined us and to all of our volunteers. Also, a big THANK YOU to **IndyQuest Properties** for a delicious breakfast and **Bouchet Images** for the fantastic pictures!

Join/Renew Your Plaza Moms Membership Today!

Interested in joining? Please e-mail plaza.moms.houston@gmail.com for more info or with questions you might have about membership, events, or anything else! Find us on Facebook: www.facebook.com/groups/plazamoms

Please Note: All Plaza Moms events (except for Movie in the Park and Fourth of July Parade) as well as our FB page are for Plaza Moms members only. We wouldn't want you to miss out on all of the fun, so join/renew your membership today!

"Your Shepherd Park Plaza Neighbor & Realtor!"

Contact me with all your Real Estate needs.

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Citizens Patrol 713-812-7626	Deed Restrictions 713-316-5255	Plaza Moms 713-858-9201	New Neighbor/Greeter 713-775-0307	Garden Club 713-956-2638
Architectural Guidelines 713-316-5255	Plaza Pulse News 713-303-6436	SPP Historian 713-851-3000	Traffic & Safety 713-681-7479	Constable Dispatch 713-755-7628
SPP Membership 713-338-2989	City Liaison 713-688-7979	Pulse Advertising 832-477-7871	Durham Elementary 713-613-2527	HPD 713-884-3131

SPP CALENDAR

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 29	30	31 	JAN 1 	2	3	4
5	6	7  	8 	9	10	11
12	13	14  	15	16 	17	18
19 <i>Garden Club Meeting</i> Martin Luther King, Jr. Day	20	21  	22	23	24	25
26	27	28 	29	30	31	FEB 1

At the time of publication, the City of Houston's Solid Waste and Recycling calendar for 2019 was not available. Please check their website to verify pickup dates.



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  = Trash and Yard Waste  = Curbside Recycling (no glass!)

Reminder about Heavy Trash: Our heavy trash pickup is the 3rd Thursday of each month. Tree waste is picked up in ODD months, and Junk waste in the EVEN months.



THE PLAZA PULSE

SHEPHERD PARK PLAZA CIVIC CLUB

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