



# Fantastic Spring Fling Fun!



Spring was in the air during Plaza Oaks Women's Club first ever Spring Fling Family Party!

We were so pleased to have not one, but TWO generous event sponsors: **Idea Lab** and **Initials Gifts and Monogramming!**

There was splishy-splashy-hoppy fun on water slides and bounce houses. While POWC children sang along to karaoke, cooled off with snow cones and enjoyed face painting, their parents sipped free flowing margaritas!

**Idea Lab** was on site to work with kids to conduct very cool hands-on science experiments such as "mix" your own bouncy ball!

We collected cleaning supplies for our official POWC Charity, **The Mission of Yahweh**. The Mission is a homeless shelter for women and children located nearby on north Gessner. Please keep them in mind for donations throughout the year as they are always in need of handbags, closed-toe work shoes, walking shoes and women's separates.

Thanks to event hostesses **Joanna Graham, Sara Morrow, Bridget Joseph, Staci Johnson, and Audra Marye**. A special thanks to POWC husbands **Michael Morrow, Chuck Graham and Dave Marye** who all went above and beyond the day of the event!



# Making a Difference

By **Christine Mediamolle**, President

The Plaza Oaks Women's Club is composed of 146 members, and we are growing weekly! I am so proud of our accomplishments over the past 20 months, which have been driven by the dedicated and truly gifted women in our organization. I believe our hard work continues to make a positive impact in the neighborhood.

Our success is attributed to the well-attended family events, ladies nights out, guys nights out, meals delivered to deserving families, special

interest subgroups, philanthropy opportunities, and the publication of four newsletters (delivered to 700 homes!). Most importantly, our success is also measured by friendships that have been made and further established by the POWC.

Houston has become a premier destination to live and work, and our community has become an even more desirable location to live. Over the past five years, we have seen tremendous changes with new families moving in monthly. Today, we have a wonderful mix of families including both

established residents that have been here for 40+ years and new families that have moved here from the Heights or from as far away as England! With this type of change, it is imperative that we keep our neighborhood relationships strong.

Therefore, an organization that has a solid foundation with clear goals, is well-organized but malleable to change based off the needs of the members, is what we are striving to achieve. I believe this makes a strong organization to best serve our community for years to come.

In September, I will step down as President. I am excited to announce that **Joanna Graham** will assume my responsibilities. Joanna is very talented and energetic and is perfect for the job.

I plan to continue working on the biannual newsletter. Producing the newsletter has developed into a passion. I find it to be very rewarding to highlight the fun we've had, neighborhood news, local advertisers and hopefully, some interesting stories you enjoy. The more we know about our neighbors and what is happening around us, the easier it is to come together, get to know one another, find our commonalities, network, help one another and *make a positive difference* in each others lives. Plus, I couldn't disappoint my 6-year-old's integral part of counting, sorting and then delivering our block of POWC Newsletters! Have a great summer!

Thank you to all who contributed to our Spring/Summer 2014 newsletter including

Editor: **Erin Abdelnour**  
Layout Design: **Kris Burk**

A special thanks to  
**Mary Chamberlain**  
and our **Block Captains**  
in the hand delivery of our newsletter.

## WHO CAN JOIN?

The Plaza Oaks Women's Club welcomes women who live west of Beltway 8, south of I-10, east of Wilcrest Dr. and north of Memorial Dr., including Georgetown.



## HOW TO JOIN?

1. Go to [www.bigtent.com](http://www.bigtent.com).
2. Search for Plaza Oaks Women's Club, click "JOIN" and fill out the short member form. Make sure to set your e-mail notifications.
3. Pay your annual dues online during registration or by mailing a check for \$30 made out to the Plaza Oaks Women's Club to:

**Jacqueline Swilling**  
13015 Queensbury Lane  
Houston, TX 77079

## CLUB SUBGROUPS

A subgroup is a smaller special interest group within the Plaza Oaks Women's Club. To see our existing subgroups and join go to [bigtent.com](http://bigtent.com) and click on the "subgroups" tab.

Interested in starting a subgroup? The subgroup can be small or large and is easy to start and manage using [bigtent.com](http://bigtent.com). If you're interested or have an idea, contact **Erin Moss** at [emoss@boundlessnetwork.com](mailto:emoss@boundlessnetwork.com).

## LEADERSHIP TEAM

**Christine Mediamolle**, President  
[cmediamolle@me.com](mailto:cmediamolle@me.com)

**Mary Chamberlain**,  
Vice President/Secretary  
[mgchamberlain@att.net](mailto:mgchamberlain@att.net)

**Erin Moss**, Communications Chair  
[emoss@boundlessnetwork.com](mailto:emoss@boundlessnetwork.com)

**Vanessa Walton**, Social Chair  
[vcwalton@gmail.com](mailto:vcwalton@gmail.com)

**Audra Marye**, Social Co-chair  
[audramarye@hotmail.com](mailto:audramarye@hotmail.com)

**Jacqueline Swilling**, Treasurer  
[jr461@yahoo.com](mailto:jr461@yahoo.com)

**Margaret Burk**, Membership  
[margaretdurhamburk@gmail.com](mailto:margaretdurhamburk@gmail.com)

# Plaza Oaks Women's Club 2014-2015 Leadership Team

The new Leadership Team will begin September 1, 2014 and serve through August 31, 2015.

President: **Joanna Graham**

VP/Secretary: **Kristen McGee**

Treasurer: **Jacqueline Swilling** (current)

Communications Chair: **Claire Shisler**

Social Chair: **Vanessa Walton** (current)

Social Co-Chair: **Sara Morrow**

Membership: **Diane Chong**

Advertising: TBD—Are you interested?

Contact Karen Koster at:

[kosterkaren7@gmail.com](mailto:kosterkaren7@gmail.com)



Joanna Graham and Christine Mediamolle at the recent Ladies Night Out at the Paisley House. Christine will be handing over the Presidency to Joanna in September marking a two-year anniversary for the POWC!

## CONTRIBUTE!

We welcome ideas and submissions to the newsletter!

Contact Erin Abdelnour at  
[erin\\_abdelnour@yahoo.com](mailto:erin_abdelnour@yahoo.com)

## Plaza Oaks Women's Club

### Events Calendar UPCOMING EVENTS

#### Ladies Night Out

Tuesday, May 13, 2014

Bevello Boutique, 796 Town & Country Blvd.

#### Sitter Match

Sunday, May 31, 2014

Chamberlain Residence

#### Couples Summer Social

Thursday, July 24, 2014

Swilling Residence

#### POWC Kick-Off Party

August 2014

#### Health & Wellness Discussion with Aimee Taylor, Health & Wellness Coach

Wednesday, September 10, 2014, 7-8:30 p.m.

Mediamolle Residence

### PAST EVENTS

#### Boo Parade

October 2013, Rummel Creek  
Elementary, All neighborhood event

#### Guys' Night Out

November 2013, Nikki's Pub  
10885 Katy Freeway

#### Ladies' Night Out

November 2013  
Weidner and Hasou & Co.  
12649 Memorial Drive

#### Christmas Caroling

December 2013, Kimberley cul-de-sac

#### Women's Holiday Party

December 2013, Holt Residence

#### Family Rodeo Party

March 2014, Plaza Oaks Club

#### Ladies' Night Out

April 2014  
Paisley House, 12474 Memorial Drive

#### Family Spring Fling Party

April 2014, Plaza Oaks Park

#### Guys' Night Out, Crawfish & Beer

May 2014, Keller Residence

# POWC Happenings

## Rockin' Rodeo

Hosted by Jamie Culpepper, Vanessa Walton, Sally Jones, Cheryl Ormston and Audra Marye, our little POWC cowboys and cowgirls once again said "Yee Haw!" to our annual Rodeo Party—sponsored by **McDaniel Air Conditioning Service**. Thanks to **Matt and Susie Pyle** for their famous BBQ, **Dennis David's** band "Better Than Nothin" for providing live music entertainment, and **Cheryl Ormston's** family for providing hay rides.



## Holiday Party

**Jessica Holt** opened her home for our annual POWC Holiday Party sponsored by **Initials Gifts & Monogramming**. POWC collected two carloads of clothing and basic necessities for donation to the **Mission of Yahweh Thrift Shop**. The Mission was very grateful and said the donated items made a huge impact during the holiday season. Thanks to everyone who made this event possible, especially to the **Holt Family, Karen Koster and Vanessa Walton!**



## Good Ol' Fashioned Caroling

**Erin Abdelnour and Didem Finci** hosted our first Christmas Caroling event. Fueled by hot chocolate and cookies, 50 POWC children and their families sang carols throughout the community. This is sure to become a favorite POWC event tradition! Thanks to **Vanessa Walton** for the piping hot cocoa and our caroling route leaders **Tamara Gooderham, Jennifer Shirley and Erin Moss**.



# POWC Happenings

## POWC Thanks Our Firemen

In November 2013, POWC families gave thanks to our local fireman at Station 57 by providing Thanksgiving dinner. Neighborhood kids personally delivered the food and were rewarded with a venture into the fire truck and a tour of the station!

On behalf of the station, the captain said, "This is an amazing spread of food! Thank you SO much for your caring and generosity. Happy Thanksgiving to ALL of you!"

Look for another opportunity to provide a dinner this summer. Thank you **Aimee Friend** for coordinating this effort.



## Plaza Oaks Pals



Mediamolle kids, Luke, Elise and Tripp hang out with their "Plaza Pal" and neighbor, Bob Ashfield. The kids love to visit Mr. Bob, bring him treats, ride bikes up and down his fun driveway and even

play hide-and-go-seek in his backyard.

We love our short visits after school, and are trying our best to put a smile on his face. We are hopeful that his late wife, Jane, is watching all the fun from up above. As Tripp says, "We've got to go check on Mr. Bob!"



### New subgroup:

### Plaza Oaks Pages Book Club

We are excited to introduce our newest subgroup Plaza Oaks Pages! **Ashley Fryinger**, the founder of the group, shared an overview of the group with us:

#### What led you to create Plaza Oaks Pages?

I was in a book club for over five years in Dallas before we moved to Houston last summer. I have really missed the friendships I developed while discussing books. So, I thought this would be a great way to meet other ladies in the neighborhood. And of course, I love to read!

#### What is the purpose of Plaza Oaks Pages?

Meet every other month to discuss book selected by the group—and maybe drink a little wine!

#### How many members have joined the subgroup?

We have 29 members and are still growing!

#### Does the group have an upcoming event?

Our first Plaza Oaks Pages meeting will be on May 1<sup>st</sup> (open to POWC Members only). We will discuss *What Alice Forgot* by Liane Moriarty.

#### What are your hopes for Plaza Oaks Pages?

I'm excited about this subgroup because I think it's a great way for us to meet and get to know other ladies in the neighborhood. I hope the group will feel comfortable talking about their thoughts and feelings. Book discussions can be fun, exciting and thought provoking.

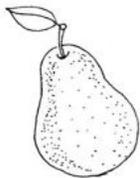
# HEALTHY LIVING

## More Whole Food

by Aimee Alley Taylor, CHC, CPT

**Making a transition to a more “whole food” diet may seem daunting, so here are some tips to make it easier:**

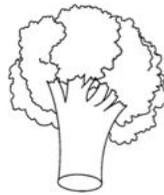
- **Shoot for the 80/20!** Purchase at least 80% whole unprocessed food and 20% or less process helper items. Using as much whole food as possible gives us the best shot at looking and feeling great and living the healthiest and longest life possible.
- **Start with snacks.** Instead of always handing your kids a snack pack, a packaged bar, or pouring a cracker type snack from box or bag, think about options like string cheese, fresh fruit, veggies with a healthy dip like hummus, a homemade trail mix or granola, and lean proteins like nut butters, chicken or turkey breast and eggs.



- **Try to fill more than half of the grocery cart and more than half of your plate with high fiber, high nutritive value foods like vegetables, fruits, whole grains, beans, nuts, and seeds.**
- **Focus on one highly processed meal that your family currently enjoys and find a way to prepare**

it with whole food. You can make a whole food version with great flavor; it just won't be the same high sodium, high sugar, possibly high fat, high preservative version that your family has grown to love.

Seem too daunting? Shoot me an e-mail and I will help you come up with a healthier less-processed version.



- **K.I.S.S. – Keep it simple sweetie... Usually the healthiest meals are simple, fresh, and don't require a whole lot of time to prepare.** In fact, if you have kids you know that simple is always the best. High quality whole ingredients require very little fuss; in fact you don't even have to cook your veggies if you don't have the time. Good raw veggies are always fantastic with a little hummus or vegetable dip.

Sometimes you really want a warm meal with a more intense flavor; that is where roasting (my favorite cooking method) comes in. Almost any vegetable or meat can be deliciously roasted with just a drizzle of healthy olive oil and salt and pepper.

- **Most importantly, do not be too rigid and move gradually, because this is a change you are making for the rest of your life.** You will have to not only be adjusting your way of thinking, but also your palate. If your family

does not take to this new way of eating right away, **DON'T GIVE UP**; they will also have to adjust to less sodium, less sugar, less preservatives, etc.

**Here are some guidelines for finding “whole food” in the grocery aisles:**

- **Read labels!** No, not the front label because that one is all about marketing and can be very deceiving. Go to the ingredient list and make sure it lists ingredients that you can recognize and can actually pronounce.

A can of diced tomatoes can be a healthy time-saving ingredient IF the only ingredient is tomatoes. If it contains lots of sodium or other ingredients that seem out of place or are hard to pronounce then move on to the next brand.



- **Think beyond the protein.** The main dish approach centering on a large piece of meat is **OUT!** Balance the meat with fresh vegetables and whole grains. Portion size:
  - Protein the size of your palm
  - Complex carbs the size of a computer mouse
  - Vegetables 1/3 to 1/2 of your plate (shoot for 2 cups)
- **Buy organic and local** as much as possible. Organic foods have more nutrients, less chemicals, are better for the environment. Ditto for local,

# HEALTHY LIVING

except for maybe the chemicals unless you can get local and organic.

- **Buy food in season.** Seasonal foods are healthier because it is what your body needs at that particular time of the year and ensure a wide variety of nutrients. Seasonal foods are more abundant and therefore less expensive.
- **Eat a rainbow of colors.** Instead of worrying about getting the right vitamins and minerals, eating a colorful diet will ensure your best exposure to a wide variety of nutrients.

For a free Health Consultation or free Trial Personal Training session contact Aimee today at [www.greenpeasandblueberries.com](http://www.greenpeasandblueberries.com) for more information.

## Tips and Tricks for Healthy Eating

by Resident Expert Becca Howard

- I always put a plug in for the **Food Rules** book by Michael Pollan. It is an eye-opener regarding how and why we should eat a certain way.
- As healthy as it would be to go vegetarian, it is just not feasible for some families. **As an alternative have one day a week that your family does "meatless."** Have a "meatless Monday" where you serve vegetarian enchiladas, or whole-grain pasta with a basil pesto sauce and vegetables.

- Be sure to have **one day a week you serve fish** to your family. There are so many great, easy fish recipes out there and fish is very beneficial to your health.
- **Make your kid's lunches healthier** by using hummus as a spread instead of mayonnaise. Choose real sliced cheese instead of processed American cheese, and lunch meats that are organic and do not contain nitrates. Provide a baggie of whole grain tortilla chips instead of potato chips, and pack lots of fruits and veggies!
- For kids and adults, cut out the added sugar you are putting into your bodies by **cutting out sodas.** Even diet sodas are full of so many artificial ingredients; it just is not good for your body.

### WHOLE LIFE WELLNESS A Wellness Discussion



with **Aimee Taylor**

Owner of **Green Peas and Blueberries**  
September 10th at 7:00 p.m.  
Mediamolle Residence  
13163 Kimberley Lane

**POWC Member Event**

## JUST THE FACTS MA'AM

### KIDS : ACTIVITY & EXERCISE

#### SCREEN TIME (TV, LAPTOP, CELL PHONE)



AVERAGE HOURS DAILY  
8 to 18 year olds

#### YOUTH

**65%**

MORE LIKELY TO JOIN ORGANIZED PHYSICAL ACTIVITY WHEN ENCOURAGED BY PARENTS

#### PHYSICAL EXERCISE

ONLY 1 IN 3 CHILDREN ARE PHYSICALLY ACTIVE EVERY DAY



#### NATIONAL GUIDELINES

MODERATE TO VIGOROUS PHYSICAL ACTIVITY MOST DAYS



#### OBESITY

PERCENTAGE OF CHILDREN WITH BMI > 25 AGED 2-19



1970s

2010

Collated & designed by:



tg research

Data sources: [www.fitness.gov](http://www.fitness.gov)  
[www.hsph.harvard.edu](http://www.hsph.harvard.edu) [www.health.gov](http://www.health.gov)

# HEALTHY LIVING

## Neighbors Getting Fit Together

by Erin Moss

**BUUUUUUUUUZZZ!!! It's Monday at 5:18 a.m. and my alarm clock is blaring! I jump out of bed, brush my teeth and throw on my work out clothes which takes all of six minutes.**



I hop in my car with my water bottle, towel and hand weights and head over to the Rummel Creek parking lot in the dark (which is crucial due to my lopsided pony tail and puffy eyes).

"I still can't believe I get up this early and actually take part in physical activity before dawn..." I think to myself.

By the urging of one of my dear friends, about three years ago, I began attending the **Rummel Creek Women's Boot Camp on Monday, Wednesday and Friday mornings from 5:30–6:30 a.m.** I told her she was absolutely nuts to think that I would rise from my slumber before 7 a.m. on a week day to go and work out in a parking lot.

After several months of bringing it up to me, I finally told her that I would go. It has been one of the greatest decisions I have made since living here in Rustling Oaks!

I have made so many friends both in and out of the neighborhood. It is a great group of women of all ages and at all exercise levels.

**Becca Howard**, our incredible leader, is a Certified Personal Trainer. She is so encouraging and she makes our workouts fun! We do something different each workout, which keeps things interesting.

And, if you choose to stay for an extra five minutes, you can hear a daily devotional that is always a great way to start the day! I encourage you to come and try it out at least once—it may just change your life! Summer

sessions will be held at Bendwood Park. For more details go to [www.rummelcreekbootcamp.com](http://www.rummelcreekbootcamp.com).

## Neighbors Motivating Neighbors

I joined the Rummel Creek Women's Boot Camp five years ago when my kids were very small. It was that time in our lives when they only went to preschool two days a week and missed half those days because they were sick!

Boot camp was a guarantee that I could get out of the house and get some exercise even if I was home with sick kids the rest of the day. It has since become a staple in my life. I've met wonderful friends there and look forward to seeing them, even if we don't recognize one another in the "daylight!"

Boot camp has been there for me during healthy times, training for long

race times, sick times, and injury recovery times. Becca does a great job of tailoring the work out if you need something a little different and is always available for nutrition and fitness advice.

Plus, our ending devotional and prayer time sets me off on the right foot for a busy day! ~Jamie Samuelson

Yes, I have slept in my workout clothes the night before to help me get to Boot Camp the next morning on time at 5:30. ~Anonymous

Before starting Rummel Creek Boot Camp, I hadn't exercised regularly since high school. Now I can't imagine more than a couple of days without a run or boot camp! Becca is so motivating, and she helped me to finally get in shape. I love starting the day exercising with such a great group of ladies! Try it!! I promise you that you'll get hooked!! ~Jennifer Grothues

## Men's Boot Camp All the Rage

**Rummel Creek Men's Boot Camp** is also offered at Rummel Creek Elementary on **Tuesday and Thursday mornings from 5:30–6:30 a.m.** Check the web site for additional days and times. [www.rummelcreekbootcamp.com](http://www.rummelcreekbootcamp.com).

60 plus men attend on a regular basis. It's free to get fit and get to know your neighbors!



# HEALTHY LIVING

## Healthy Recipes

### TORTILLA CRUSTED WHITE FISH

*from the Kitchen of Karen Ross, contributed by Becca Howard*

Here is a fish recipe that I think kids and adults alike will enjoy.

#### Ingredients

- 4 to 5 white fish fillets
- 1 1/2 C crushed tortilla chips
- 1 Tbsp. lime juice
- 2 Tbsp. cilantro
- 1/2 tsp. chili powder
- 1/4 tsp. cumin
- 1 egg

#### Directions

- Combine the crushed tortilla chips, lime juice, cilantro, chili powder, and cumin.
- In a small bowl, beat the egg.
- Gently dip the fish fillets in the egg and then in the tortilla mixture.
- Place the prepared fish fillets in a baking dish that has been sprayed with baking spray.
- Bake at 375 degrees for about 20 minutes.

### 'CHRISTMAS' KALE SALAD

*from the Kitchen of Margaret Burk*

This is a great recipe my nutritious mom gave as a Christmas gift to her neighbors... before I even knew to get embarrassed I heard first hand neighbors commenting to her on how it was one of their favorite gifts. I finally made it myself, and it checks all boxes—easy, healthy and tasty.

#### Dressing:

Whisk together and then set aside:

- 3 Tbsp. fresh lemon juice
- 2 Tbsp. extra virgin olive oil
- 1/3 tsp. Kosher salt

#### Combine:

- 1 bunch kale-washed, ribs trimmed, sliced thinly
- 1/4 C dried cranberries (or cut dates)
- 1 apple cut into fine julienne
- 1/4 C almonds, sliced & sautéed to golden brown
- 1 oz. fresh Asiago or Parmesan, grated
- Black pepper

### NO-BAKE ENERGY BITES

*from the Kitchen of Jordan Maedgen*

I totally got this from a blog, "Give Me Some Oven," but I made them recently for a park play date and they were a hit! Super easy too!

#### Ingredients

- 1 C dry oatmeal (I used old-fashioned oats)
- 2/3 C toasted coconut flakes
- 1/2 C peanut butter
- 1/2 C ground flaxseed or wheat germ
- 1/2 C chocolate chips or cacao nibs (optional)
- 1/3 C honey or maple syrup
- 1 Tbsp. chia seeds (optional)
- 1 tsp. vanilla extract

#### Directions

- Stir all ingredients together in a medium bowl until thoroughly mixed.
- Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.)
- Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

Substitution ideas abound for just about any of these ingredients! Feel free to substitute in your favorite nut butter (almond butter, sunflower seed butter, etc.) for the peanut butter. And you could also add in some wheat germ in place of some or all of the flaxseed. I would caution, though, against substituting agave nectar for the honey, as the honey's thickness helps hold things together.

# Neighborhood News

## 2014 Plaza Oaks Club Update

We, the Plaza Oaks Board, are excited to welcome you to the 2014 opening of our pool and all the fun it holds for our wonderful community. The pool will officially open on **Saturday, May 3**. We sincerely hope you will consider either renewing your membership or joining the pool for the first time! It is a great place to meet up with friends of all ages, relax in a safe fun place and make life long memories—while staying cool!

A number of initiatives are either complete or underway including removing seven tree stumps, dead tree limbs and bushes (per survey feedback), removing the barbed wire, planting flowers in pots around the pool, power-washing the facility, upgrading the plumbing and electrical in the pump house, resurfacing the baby pool, and reconditioning of the grills.

We have also launched a new website [www.plazaOakClub.com](http://www.plazaOakClub.com) thanks to Troy Cook! Here you can find all the information you need including how to join the club, how to join the swim team, pool hours, how to rent the pool and park, tennis information, social events, and more.

Lastly, we have recently posted the Plaza Oaks Club Bylaws to the website. We encourage all members to learn about how the pool operates. We look forward to seeing our returning members and getting to know our new members!

## Plaza Oaks Club Board

- Kelly Benson—President
- Ryan Cook—Vice President
- Jennifer Lamprecht—Co-Treasurer
- Ginger Messer—Co-Treasurer

- Brandy Demeris—Secretary
- Dana Machen—Membership
- Rene Hamilton—Membership
- Heather Sheffield—Communications
- Jennifer Hyland—Swim Team
- Mary Baird—Tennis Representative
- Beau Evetts—Operations Manager

## Piranhas Swim Team

Our swim team, the Piranhas, won the Memorial Spring Branch Swim Conference Meet of Champs last year thanks to our great coaches and fearless leader, **Jennifer Hyland**. The enthusiasm and talent of our kids is sure to result in another great year for our swim team!



## Serve It Up!

From Mary Baird, Plaza Oaks Club Tennis Representative

Women's League tennis is alive and well at Plaza Oaks courts! This fall our courts will host three league teams and members are encouraged to participate.

Here is the league information:

- Monday—Houston Ladies' Tennis Association—B2 Level
- Tuesday—Memorial League Tennis—A Level
- Wednesday—West Houston Ladies Tennis Association—High A Level

If you are interested in starting a tennis team at Plaza Oaks courts, or have any interest in joining the current teams, please contact me at [mrs.baird@comcast.net](mailto:mrs.baird@comcast.net)! Let's get swinging at Plaza Oaks!

## Become a Plaza Oaks Club Sponsor!

Please consider supporting our pool via an individual donation to our capital improvement fund or via a business as a sponsor. We are a nonprofit 501(c)(7) and all funds go directly to the club. We are excited about our annual swim-a-thon this June to raise funds for a new slide.

## Plaza Oaks Club Links

New Website! [plazaOakPool.com](http://plazaOakPool.com)

Facebook page! [facebook.com/plazaOakClub](http://facebook.com/plazaOakClub)

New Big Tent site! [bigtent.com/groups/piranhapool](http://bigtent.com/groups/piranhapool)

## Buy a RCE Brick!

Rummel Creek Elementary Families, Past and Present:

Create a lasting memory at the new campus by purchasing a brick



in honor of your child or family, which will be displayed along the walkway at the new school. Each 4'x8' brick is \$75 and may include up to three lines of text. For more information and to purchase your brick, visit [www.rcepta.com/fundraisers](http://www.rcepta.com/fundraisers).

## Order RCE School Supplies by June 6<sup>th</sup>

RCE has chosen School Tool Box as the supplier for prepackaged school supplies for the 2014-2015 school year. Just place your order online and it will be delivered directly to your child's classroom. Visit [schooltoolbox.com](http://schooltoolbox.com).

# Neighborhood News

## New Rummel Creek Elementary School Coming Soon!

In May 2013, Spring Branch ISD trustees approved the design schematic for the new Rummel Creek Elementary, the 13th and final school to be rebuilt as part of the 2007 bond program.

Opened in 1962, Rummel Creek has been celebrating its 50th anniversary this school year, its final year in the current building. Demolition and construction is scheduled to begin summer of 2014, when Rummel Creek will move to the district's south transition campus near Westchester Academy.

The new building will be nearly 107,000 square feet and designed for some 750 students. The school will be a two-story building with Texas limestone.

The school will feature six classrooms for each grade with a common area for students to have space outside of classrooms. The school will have lots of glass, including the walls to the Library Learning Commons.

The Library Learning Commons will feature technology, a large meeting space, a literacy library and areas for students to work together in small groups.

The new building will be colorful with "kid friendly" colors. Outside spaces will be an important learning environment as well.

Rummel Creek Elementary is scheduled to move into the new building in December of 2015, with classes beginning in January of 2016.

## Neighborhood Eats

by Kira Hellyer

Hello again fellow food lovers! I have a new local eatery to introduce you to: **Izakaya Wa**. In Japan, Izakaya restaurants are casual places where you commonly find sample-sized dishes. Izakaya Wa is true to form offering a wide variety of traditional as well as more exotic "tapas style" dishes.

Priding themselves on only serving the freshest foods available, they serve fish from Japan or LA and use Certified Angus Beef from Nebraska. Serving only Japanese sake and a wide variety of Japanese beers, they do pay homage to their home in the Lone Star State by supporting local and Texas craft beers.

I had been told by multiple people that I really needed to pop in and try this new place and I was glad I did. Hubby and I went on a pleasant spring evening and sat on

their patio. We took advantage of the sample-sized dishes and tried a variety of items from the menu. We ordered a few pieces of that evening's Toro sushi special, then a few more pieces and then just bit more ...

Besides sushi, they also have noodles, panko fried skewers and items from the grill. That evening we also dined on the eggplant, pork sausage, beef filet mignon and the pork belly. All were wonderful, especially the pork sausage and belly, which were fabulous! The wait staff was very knowledgeable and happy to offer suggestions of new things to try and the owner was very friendly. Schedule a date for "Japanese tapas" and head to Izakaya Wa. Like me and Hubby, you will be glad you did!

**Izakaya Wa**  
12665 Memorial Drive  
(713) 461-0155

## Thanks to Our Sponsors

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# Neighbor Spotlight

## Cooper Family



Katie and her husband, Ryan are moving into Memorial Valley from the Braeswood area. They have two girls, Caroline (age 3 1/2) and Natalie (age 6 months). Katie is excited to move into the neighborhood because of the strong sense of community. And, as the girls get older, she is very thrilled about the great schools for them to attend. The Coopers will be busy this spring moving into their new home on St. Francis.

.....

## Shisler Family

Claire and her husband, Aaron, had their baby boy Owen (age 6 months) just three weeks after they moved into their house in Memorial Valley. They were residing near Eldridge when they decided to head east!

Claire has enjoyed meeting new neighbors as well as the wonderful tree-lined streets of our

neighborhood. They are avid Oklahoma Football fans and they are



looking forward to a trip to Hawaii this spring. Claire will be the new POWC Communications Chair in September.

.....

## Brymer Family

We have two more Aggies in the neighborhood! Julie and her husband



Justin have moved in on Kimberley. They have two children: Jude (age 2 1/2) and Heidi (age 6 months). Coming from the Rice Military area, they are happy to have their kids at Rummel

Creek in a few years and they are looking forward meeting new families. Julie says they are grateful to live in a community where the kids can play outside with other neighbors.

.....

## Cooper Family

Maren and her husband, Jason, moved onto St. Mary's Lane in



October from Katy. They love the close proximity to Jason's work and the great shopping at CITYCENTRE and Town & Country. The Coopers have two boys, Davis (age 5) and Zach (age 2). Davis will be starting Kindergarten at Rummel Creek next year, and they are really looking forward to having a Roadrunner in the family!

Maren has recently joined the Plaza Oaks Women's Club book club, Rummel Creek Boot Camp and Davis will be joining the Plaza Oaks Pool swim team this summer!

# Births

## Welcome to the Newest Members of Plaza Oaks

### Owen Shisler

*Born September 24, 2013  
8 pounds, 2 ounces, 21 inches*



Congratulations to proud parents  
Claire and Aaron!

.....

### Lucy Joyce Frysinger

*Born January 23, 2014  
7 pounds, 15 ounces, 19 inches*



Congratulations to proud parents  
Ashley and Chris and  
older brother Karsten (age 3)  
who loves her so much!

### Blake Margaret Sloan

*Born March 25, 2014  
8 pounds, 8.5 ounces, 20.5 inches*



Congratulations to proud parents  
Leslie and Larry Sloan and siblings  
McKenzie (age 5) and Parker (age 3)!

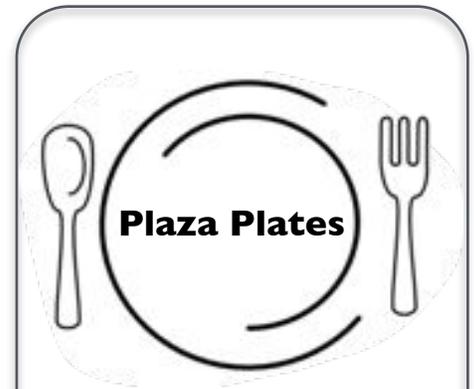
.....

### Wesley Ethan Ballenger

*Born September 27, 2013  
8 pounds, 7 ounces, 20.5 inches*



Congratulations to proud parents  
Vanessa and Erik Wesley  
and sister Heidi (3)!



Since its launch, **Plaza Plates** has provided **80** much appreciated meals to families in our community!

**Plaza Plates** is a program to provide meals for families who are welcoming new babies, dealing with loss of loved ones, recovering from surgery or are experiencing hardship and could use a helping hand.

This is a great way to support members of our club and community during their time of need. Remember, you do not have to know the family to provide a much needed, much appreciated meal—it is a great opportunity to meet someone new.

Too busy to cook but still want to help? We have created a meal fund to give gift cards or arrange for meal delivery for the family.

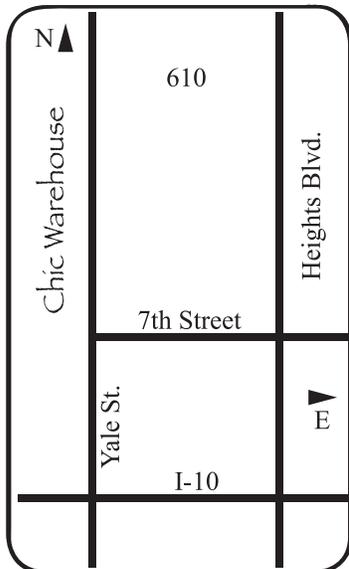
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- **Summer Camps Program** curriculums are developed with the appropriate age level in mind, and our camps are a great opportunity for your little one to find a new passion or hobby, at a great introductory level and price. Topics include Science, Technology, Engineering, Arts, and much more.
- **Birthdays.** Step out of the norm and come check out an Idea Lab Birthday Bash. With over 20 different customizable themes, we are bound to find something that excites you.
- **Friday Night Workshops.** Looking to get out and have the kids have a blast while doing so? Check out our Friday Night Workshops for Kids Night out!
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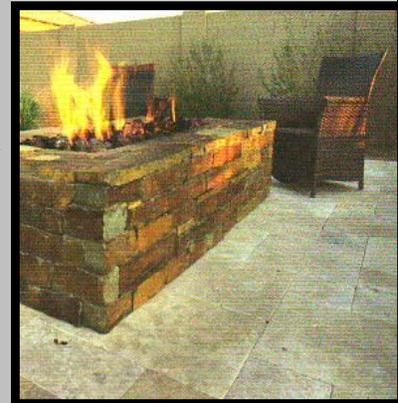
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