



CIVIC ASSOCIATION NEWSLETTER

Mother's Day

Newsletter Published Monthly September — June
Vermont Commons Civic Association
PO Box 130891, Houston, TX 77219
Issue No. 105

From The VCCA Board

VCCA had some great activities and speakers planned through June. Unfortunately, because of the Stay Home Work Safe Order, and uncertainty around when things would improve, it was necessary to cancel all of them. VCCA will begin planning for September during the summer. We will try to have the same speakers that were scheduled for May and June this fall, and maybe even a Fall Picnic.

We hope all of you are weathering the chaos. It has been great seeing so many walkers in our community. Continue to be safe, and see you in the fall.

- Jeanette Hix, Lead Director

LOCAL & NATIONAL SUPPORT RESOURCES

Texas is resuming some social and business activity this May, while many of us remain at home. For some of us it's a choice, and for some it's a necessity. Needless to say, for all of us it is a new world out there, with many neighbors, friends, family, coworkers and favorite businesses affected by the health and economic crises.

There is still a lot of uncertainty and anxiousness right now, and coupled with being stuck at home, the situation could make us feel isolated and helpless.

Please know that you are not alone. You have this community; aside from that, there are local and national resources available:



Food Resources

- Meals on Wheels Central Texas: mealsonwheelscentraltexas.org
- Meals on Wheels for Greater Houston: img.org/meals-wheels-greater-houston
- Central Texas Food Bank: centraltexasfoodbank.org
- Houston Food Bank: houstonfoodbank.org
- HISD Food Distribution: blogs.houstonisd.org

Housing Resources

- Help Paying Rent/Utilities: rentassistance.us/ci/tx-houston
- Resources for Renters: haaonline.org
- Housing & Community Development: <https://houstontx.gov/housing/contactus.html>
- Avoiding Mortgage Foreclosure: tdhca.state.tx.us/homeownership/foreclosure/index.htm

Mental Health, Substance Abuse, and Domestic Violence

- National Domestic Violence Hotline: Call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- National Suicide Prevention Lifeline: Call 800-273-TALK (8255) or log onto suicidepreventionlifeline.org
- Substance Abuse and Mental Health Services Administration COVID-19: samhsa.gov/coronavirus

VCCA Book Club



The VCCA Bookclub meets on the third Wednesday of each month from 2-3:30pm for book reviews and conversation. Our book choices vary among the genres and provide opportunities for us to read books that we might not choose on our own. Join us via virtual meeting on May 20th for a lively discussion of *Cutting for Stone*, by Abraham Verghese. For more information, please reach out to Natalie Browne at vcca.bookclub@gmail.com.

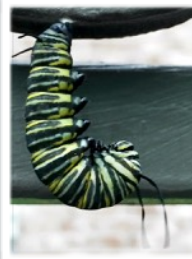
Beautiful & Extraordinary Texas Spring



In times of crisis, nature has a way of lifting our spirits. Perhaps you've noticed some delicate butterflies flitting around the neighborhood. If they had orange wings with black borders and veins, they were likely monarch butterflies. They are some of the most ephemeral, life-affirming creatures - with a life span of sometimes just a few weeks, they will ensure a new generation by breeding and laying eggs.

Did you know that Texas is a critical link to the monarch butterfly's journey along the Central Flyway from Canada to Mexico every year? You read that right: every spring, vast numbers of monarch butterflies undertake an astounding multi-generational journey of over 2,500 miles from Mexico to the U.S. for the summer, then return back south in the fall. It is one of the most impressive phenomena in the natural world, as no butterfly lives long enough to make the entire journey; those returning never traveled the migratory path before.

Unfortunately, this incredible yearly pilgrimage is under threat from habitat destruction, which has drastically reduced the population of migrants in recent decades. The



Texas Monarch Flyway Strategy Program is leading the effort to restore, increase and enhance monarch habitat across our state. However, everyday Texans are also making a great impact by planting milkweed in their gardens; its leaves attract the monarchs and serve as sanctuaries for their eggs. Vermont Common features one such hope-giving garden at the corner of Brun and Indiana.



Cay Dickson lives at that corner. She has single-handedly raised 34 monarch butterflies. Living near her house guarantees a sight of glorious butterflies floating by for a whole month. Thank you for bringing life and beauty



to our neighborhood, Cay.

Starting a butterfly haven is easy - there are many low-maintenance varieties of milkweed and nectar plants to choose from that could be a lovely fit for your garden. Watching the monarch-milkweed relationship can be great family fun.

Sources:

- Houston Wilderness: Texas Monarch Flyway Strategy Program houstonwilderness.org/mfs
- *Houston Gardeners Can Help The Declining Monarch Population*, Houston Chronicle, 4/20/20
- *Create a Garden For Monarchs*, Houston Chronicle, 3/25/14
- Photos by Cay Dickson

VCCA OFFICERS 2020 - 2021

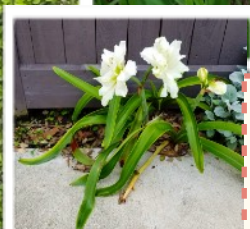
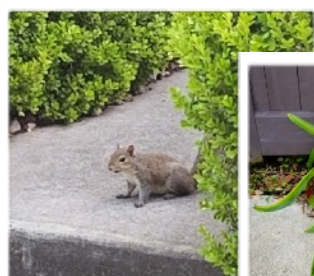
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Send news, notices, photos, editorials, advertising requests to nat.podo@gmail.com. Submissions are due the 15th of the month preceding the newsletter.



Blooming Vermont Commons



To view all the images in color, access resource links, and easily share current and historical editions of the newsletter please visit vccahouston.org. Photos by Jeanette Hix



VCCA Yard of the Month



2012 Indiana

COMMUNITY HEALTH RESOURCES

County Commissioner Ellis' office is reaching out to neighborhoods and residents; his office is ready to assist you and address your concerns, and has shared these Harris County contact numbers:

COVID-19 Screening Tool: 832.927.7575
Ask a Nurse Hotline: 713.634.1110
Mental Health Help: 833.251.7544

To reach the Commissioner's team directly, email Ken Olive at kenneth.olive@cp1.hctx.net

CITIZEN PATROL

In March, 9 volunteers completed a total of 200 hours of driving and walking patrol. That's about 7 hours per day of looking after the safety of our neighborhood! Thanks to all patrollers and let's keep up the good work. Patrolling can be done safely from your car and by keeping a distance from other people when walking. For more information or to become a volunteer, email David Hoyer at davidhoyer@sbcglobal.net.



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