



Welcome to the City of St. Helena eNews

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Happy New Year!



St. Helena Library New Year's Eve Music and Dance Party

Join the New Eve's Celebration at the St. Helena Public Library at 8:00 PM.



For more information, please contact Library Director Jennifer Baker at jennifer@shpl.org.

10 Tips for Keeping New Year's Resolutions

Chances are, at some time in your life, you've made a New Year's Resolution -- and then broken it. This year, stop the cycle of resolving to make change, but then not following through. If your resolution is to take better care of yourself, you'll have a much better year if you are able to keep your resolution all year long. Here are 10 tips to help get you started.

- 1. Be Realistic**
The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite food again could be a bad choice for a New Year's resolution. Strive for a goal that is attainable, such as avoiding that food more often than you do now.
- 2. Plan Ahead**
Don't make your resolution on New Year's Eve. If you wait until the last minute, your decisions will be based on your mindset on that particular day. Instead, your New Year's resolution should be planned well before December 31 arrives. If it's already too late for planning to start January 1st, pick another date -- February 1st, your birthday, the anniversary of your diagnosis -- whatever date is meaningful for you.
- 3. Outline Your Plan**
Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and

self-talk, or reminding yourself how your bad habit affects your health.

4. **Make a "Pro" and "Con" List**

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. **Talk About It**

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.

6. **Reward Yourself**

This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.

7. **Track Your Progress**

Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a [food diary](#) or a symptom journal may help you stay on track.

8. **Don't Beat Yourself Up**

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

9. **Stick To It**

Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.

10. **Keep Trying**

If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

To view the full article as published on About.com, click [here](#).

New Year's Eve Celebrations in the Napa Valley



[Napa Valley Wine Train 2013 Blackjack Ball](#)

December 31, 2013, 4:45 PM

The Napa Valley Wine Train's New Year's Eve ball offers a fun-filled New Year's Eve celebration. From the caviar and the sparkling wine, to the gourmet meal and DJ, everything is thoughtfully planned and executed.

Spend your New Year's Eve in style and luxury with sparkling wine, gourmet dining, casino games, and the Napa Valley Wine Train. Select to ride the dinner train and be welcomed at the station with wine and hors d'oeuvres. Board the train for a twilight dinner through Napa Valley. Return to the station after the three and a half hour journey for socializing, casino tables, a photo booth, and dancing away the rest of 2013. Start the New Year off right with a sparkling wine toast at midnight.

Gourmet Express - \$240 per person Vista Dome - \$270 per person After Party Only - \$65 per person.

For more information, please visit <http://winetrain.com/holiday/new-years-eve>.



[Long Meadow Ranch Winery & Farmstead Fourth Annual New Year's Eve Celebration](#)

December 31, 2013, 5:00 PM



Long Meadow Ranch Winery & Farmstead hosts its fourth annual New Year's Eve Celebration, featuring Executive Chef Stephen Barber's four-course family-style prix-fixe dinner menu, Long Meadow Ranch wines and new Cabernet Sauvignon grappa, excellent cocktails and festive live music by the Isaac Carter Band.

Barber's prix-fixe menu, which features optional wine pairings, begins with a first course of Dungeness Crab Salad with Winter Citrus, Celery Root and Shaved Fennel, paired with Long Meadow Ranch Sauvignon Blanc 2012. Second course features Roasted Garden Beet and Sky Hill Goat Cheese Terrine with Mâche and Candied Walnuts, paired with Farmstead Pinot Noir Napa Valley 2011. The entrée course features Grilled LMR Grass-fed Filet with Matsutake Mushroom Bread Pudding, Broccolini and Sauce Bearnaise, paired with Long Meadow Ranch Cabernet Sauvignon Napa Valley 2006. The prix fixe menu ends on a sweet note with Profiteroles with Vanilla Bean Ice Cream and Hot Chocolate Sauce, paired with Husch Late Harvest Gewurztraminer Anderson Valley 2012.

In addition to the special New Year's Eve prix-fixe menu, guests have the option of selecting dinner items from Farmstead at Long Meadow Ranch's daily menu.

Guests will enjoy dessert to the rollicking sounds of the Isaac Carter Band while the countdown to 2014 begins. At the stroke of midnight, guests will ring in the New Year with a toast.

Tickets are \$65 per person for four-course menu or \$85 per person with wine pairings. Reservations are available by phone at (707) 963-9181 or online [here](#). Please note, limited seating is available.

For more information, please visit <http://www.longmeadowranch.com/Events/Consumer-Events>.

**Save the Date: Celebrate St. Helena - 2013
Community Service Award Winners**



**City of
St. Helena**

Event Calendar

Upcoming Events

January 2014

New Year Holiday

Wednesday, January 1st
City Hall Closed

Planning

Commission Meeting
Vintage Hall Board Room
Tuesday, January 7th
6:00 PM

City Council Meeting

Vintage Hall Board Room
Tuesday, January 14th
6:00 PM

Click [here](#) to access City Council Agendas

**Martin Luther King
Day Holiday**

Monday, January 20th

TICKET PRICES
 \$150 per person through Dec 31, 2013
 \$175 per person through January 2014
 VISIT STHELENA.COM TO PURCHASE TICKETS

JOIN THE ST. HELENA CHAMBER OF COMMERCE FOR A NIGHT ON THE NAPA VALLEY WINE TRAIN

TO HONOR THE 2013 COMMUNITY SERVICE AWARD WINNERS

St. Helena CHAMBER OF COMMERCE

2013 HONOREES

Citizen of the Year:
Cathy Buck, Cameo Cinema

Business of the Year:
Cindy Pawclyn Napa Valley

Employee of the Year:
Eddie Moore, Market Restaurant

Non-Profit of the Year:
St. Helena/Calistoga Boys & Girls Club

Civic Pride:
 For the St. Helena Fireworks Show
 – **Louis M. Martini Winery**
 – **Trincherro Family Estates**
 – **Prager Port Works**

[Click Here to View, Download or Print the Celebrate St Helena Invitation](#)

For more information, please visit St. Helena Chamber of Commerce at <http://www.sthelena.com/Locals/>.

Tunnel of Elms



Caltrans began the removal process of the dead or dying elms trees last week and performed some general trimming and weeding operations within the Tunnel of Elms. Once the removals are complete, including stumps, City Arborist Jim Haller along with the Parks Department crew will start replanting six trees in January when the regular rains typically begin.

For more information, please email Assistant Public Works Director Debra Hight at debrah@cityofsthelelena.org.

Recycling tips for the holidays

City Hall Closed

Planning Commission Meeting
 Vintage Hall Board Room
 Tuesday, January 21st
 6:00 PM

City Council Meeting
 Vintage Hall Board Room
 Tuesday, January 28th
 6:00 PM

City Council Special Meeting
 Friday, January 31st
 8:30 AM - 1:30 PM

Click [here](#) to "Like" us on Facebook or scan the QR code below:



City of St. Helena
 1480 Main Street
 St. Helena, CA 94574
 (707) 967-2792
www.cityofsthelelena.org

Police Corner



Don't be stopped by our Police Department.

Activity of Note and Prevention

Week ending December 20th

- 1 Drunk Driving Arrest
- 1 Possession of Illegal Substance Arrest – Napa Resident
- 2 Possession of marijuana for Sales Arrests – Napa Residents-
- Citations for Driving without a License
- 13 Parking Citations Issued
- 17 Moving Citations Issued
- 1 Solicitation Cite Issued
- 1 Collision Report, non-injury
- 18 Additional Misc. Reports Written

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Wrapping gifts, packing boxes, decorating, parties – all just some of the holiday activities that can generate lots of waste. But there are ways to recycle more this time of year. The City encourages you to use all the available recycling opportunities throughout the holiday season.

Upper Valley Disposal accepts Christmas lights and holiday trees for recycling—use the drop off center at Clover Flat Resource Recovery Park. Open Tuesday –Sunday.

For more information, please visit www.uvds.com.

City Seeks Volunteers for New Active Transportation Committee



Opportunity knocks for you to have a role in the City's active transportation development

The City of St. Helena is seeking members for the newly formed Active Transportation, an advisory committee charged with improving bicycle, walking and other active transportation modes within St. Helena.

The committee will be comprised of five St. Helena residents (the Council may approve members from outside the City limits on a case-by-case basis.) Two alternates will also be selected for

when members cannot attend. Committee members will serve two years from the date of appointment; except in establishing this new committee, the Council may initially impose staggered terms consisting of one and two year terms.

Interested residents are encouraged to fill out an application from the City's website www.cityofstheleena.org or click [here](#) to download the application. **The application deadline is open until filled.** The Council will make appointments at its January 14, 2014 meeting.

The committee's first task will be to make recommendations to the City Council on a plan for spending approximately \$79,000 in City funds budgeted for active transportation improvements.

For more information, please contact City Clerk Delia Guijosa at cityclerk@cityofstheleena.org.

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Thank you for signing up to the St. Helena Newsletter.

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City of St. Helena

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St. Helena, CA 94574

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