



Steeplechase

NEWSLETTER



The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase

NATIONAL NIGHT OUT

*Tuesday,
October 6th*

GIVE CRIME A GOING AWAY PARTY, PARTICIPATE IN NATIONAL NIGHT OUT, TUESDAY, OCTOBER 6TH, 2009 - On the evening of October 6th, step outside the confines of your home, roll your BBQ out front, grab a chair and sit on your porch - get to know your neighbors and their families.

National Night Out is one of the best opportunities to strengthen your neighborhood relationships and a positive step in preventing crime. Show your community spirit and be a part of the solution!

Next Open Residents Meeting:

*Mon., Nov. 2,
at 7 pm in the
Steeplechase
Clubhouse*

Abbie Jones Leads the Texas Terrapins To VICTORY at TAGS!!!

The Texas team is proud to of their swimmers, 11, qualified to TAGS this year University. For are unfamiliar terminology Age Group finals every year for those qualifying times in is correct folks competition.



Terrapins Swim proclaim that one Abbie Jones age participate in at Texas A&M those of us who with swimming TAGS is the Texas that takes place swimmers with each event. That this is a state level

Abbie is a very dedicated and amazing 11 year old. She is not one you see every day. Abbie is focused, down to earth, and a girl that is always willing to help anyone out anyway she can. She is a pure joy and a source of pride for our team and anyone that knows her. On Sunday, August 2, 2009 Abbie made a commitment to herself and working with our Coach Jason did the remarkable. I believe our Coach's words sum that up the best:

"Tonight at finals I do believe I had a grin on my face that was huge and would not go away. To prelude the evening let me start at the beginning. This morning Abbie did a wonderful job and dropped .3 seconds off her 50 meter free time for 30.20 seconds. In a 50 that kind of drop is very good and we were both happy and EXCITED to hear that she was seeded first going into the finals.

As we were walking down the stairs that evening at A&M to get her over to the blocks for her event we had a nice little chat. I had nothing to tell her about her strokes or how to swim her race as doing the 50 free is like blinking for that girl, it's natural and requires no thought. We talked about what she should do if she took a breath and saw people ahead of or close to her. I told her to use her breathing to find out her position in the race and to use that as fuel to push harder than she ever has before. After the start she came up not quite in first place. She took her first breath after 7 or so pulls and to the right side. She noticed that she did not have a commanding lead so her pace picked up a bit. Her next breath was to the left and that is when she saw someone out in front of her. It was right at that moment that the fire inside of Abbie lit up so brightly that everyone in the whole natatorium could not help but watch as she burned up the pool. After her second breath there was no stopping her and she stormed through that water like she owned it. She ended up finishing first place with a time of 29.25 (almost a full second faster than this morning) and

(Continued on Page 3)

STEEPLECHASE

IMPORTANT Telephone Numbers



Emergency.....	911
Sheriff's Dept.	713-221-6000
Cy-Fair Fire Dept	911
Cy-Fair Hospital.....	281-890-4285
Animal Control	281-999-3191
Center Point (Street lights)	713-207-2222
http://cnp.centerpointenergy.com/outage	
Neighborhood Crime Watch	crimewatch@steeplechasetx.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center	281-469-CLUB
Deed Restriction Issues (PCMI)	281-870-0585
Water/Sewer	713-405-1750
Architectural Control (PCMI)	281-870-0585
Trash Pick-up (WCA) (Wed. & Sat.)	281-368-8397
Harris Co. Pct. 4 Road Maintenance	281-353-8424
Community Events.....	281-469-CLUB
Clubhouse Rentals: Private Parties and Community Events (Phyllis McFarland).....	832-922-8031
Traffic Initiative	281-290-2100
Private Pool Parties	713-416-5161

NEWSLETTER PUBLISHER

Peel, Inc. (Advertising).....	kelly@PEELinc.com , 888-687-6444
Articles.....	newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns	
PCMI	281-870-0585
Clubhouse Rentals	
Private Parties and Community Events (Phyllis McFarland).....	832-922-8031
Pool Company Contact	
Texas Aquatic Enterprises, Inc.	713-416-5161
.....	www.texasaquaticenterprises.com
Board Member Contact	
PCMI	281-870-0585

Schools

Emmott Elementary.....	281-897-4500
Campbell Middle School.....	281-897-4300
Cy-Ridge High School.....	281-807-900

Want to Help Steeplechase Go Green?

Join our E-Mailing List at www.SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. Your email address will not be shared, published, or used for soliciting.

Steeplechase Board of Directors

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If you need to contact a director within your subdivision, please contact PCMI at 281-870-0585 and they will forward your request.

Steeplechase Sanctioned Committees

Security	Welcome
Communications	Landscape
Pool	Clubhouse
Playground	Tennis

Steeplechase Information Line: 281-469-CLUB - Option #3

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Abbie Jones Leads the TX Terrapins -

(Continued from Cover Page)

second place was a 29.95!!!! I am proud to say that I am Abbie's coach and it will be an honor to continue coaching her and watch her grow into a wonderful, amazing, and very talented swimmer"

In listening to Coach Jason relive the moment you can smell the chlorine, feel your heart race with adrenaline, and feel the thump in your body from the crowd roaring her to a victory. Carry that feeling with you every time you think of swimming and Abbie Jones because right here in Cypress, TX we have a bona fide State champion. I think I can say with certainty that this will not be the last time you hear the name Abbie Jones!

DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Steeplechase Newsletter on the 1st of each month at www.PEELinc.com

GOOD CLEAN FUN! OCT. 24TH 1-5 PM IS YOUR DOG OR CAR DIRTY?

The Houston Dog Park Association is working to get a safe, fenced, off leash park for dogs built in Cy Fair / NW Houston ASAP. We have several sponsors who will be providing goodies at this fundraiser including yummy home made dog cookies by our own Paula Jones of K9cakesandcookies.com, and the team at Cypress Creek Village Apartments will provide refreshments. Dr. Caballero, DVM and his great staff are hosting the Wags N Wheels Car and Dog Wash Fundraiser at his nearby Cypress Vet Hospital at 12002 Cypress North Houston Rd, 77429. We will be washing cars and dogs for a donation, having raffles every



hour, and serving up grilled hot dogs as well as few other surprises. You can get your kids face painted or your dog's paw printed, among other fun activities. Drop by between 1 and 5 pm to have fun and support Houston (NW area) Dog Parks. Visit HoustonDogPark.org for more info. To volunteer at this event (kids- bring your swim suit and wash cars!), or to become a sponsor or make a donation- call Tiffany Moore, President, 281-658-9661 or email tiffany@houstondogpark.org.



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STEEPLECHASE

Lone Star College-CyFair “Perspective”

FALL FUN IN THE GALLERY AND ON STAGE

The Bosque Gallery's Fall Invitational Exhibition features the print and mixed media work of Houston area artist Humberto Saenz Oct. 8 through Oct. 29 with a reception Oct. 8. Go to LoneStar.edu/bosquegallery for hours and information. Also coming up in October in the Main Stage Theatre are a theatre co-production with Houston Family Arts Center “Crowns” set Oct. 8 through Oct. 18 and a Jazz Ensemble event “Jazz HotNCool” set Oct. 23. For tickets and information call 281-290-5201 or go to LoneStar.edu/boxoffice. Enjoy LSC-CyFair Reader's Theatre fall production of “Oedipus” set Oct. 13 and Oct. 14. For information, go to LoneStar.edu.

FIFTH ANNUAL CY-FEST SET OCT. 10

Lone Star College-CyFair will host Cy-Fest, the fifth annual community day for all ages in the Cy-Fair community, Saturday, Oct. 10 from 10 a.m. to 2 p.m. on the Barker Cypress campus at 9191 Barker Cypress Road. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hayrides, moonwalks, a petting zoo and more. To help celebrate the five-year anniversary, Radio Disney will also be on site. For information go online to LoneStar.edu.

DON'T MISS THIS OCT. 30 TRICK-OR-TREAT ALTERNATIVE

The annual Lone Star College-Fairbanks Center Fall Festival is set at 6 p.m. Friday, Oct. 30. This event offers a safe trick-or-treat alternative for children and families as well as promotes activities that represent the diversity of different cultures in the community. Wear a tasteful costume and enjoy a free, fun family evening of games, prizes and food. For information, call 832-782-5000.

TEENS DRIVER'S EDUCATION AVAILABLE THIS FALL

Fall driver's education courses for teen's ages 15 to 18 are available at Mondays through Thursdays at 6 p.m. Oct. 12 through Nov. 5 and Nov. 9 through Dec. 7 (except Thanksgiving holiday Nov. 26). The in-classroom (permit) driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 281-290-5242 for information.



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STEEPLECHASE

RAD Class offers Basic Self-Defense Training

Kids RAD Class

Steeplechase held its first ever Kids RAD classes in August 2009. Steeplechase parents showed overwhelming interest in registering their children for the specialized self-defense training, which taught them to Resist Aggression Defensively. The classes were quickly filled and many children remained on a waiting list.

The Kids RAD provides practical and realistic life skills safety training, individually in an activity based hands-on training classroom, which means every child participates in all activities. Please watch the Steeplechase website and this newsletter for upcoming class schedules.



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RAD for Women

RAD for Women 14 and up –begins November 9, 10 & 11. Class will be held at the Steeplechase Clubhouse from 6:30 pm to 9:30 pm. This is a highly acclaimed national program taught by specially trained Harris County Constables. Women of all ages have benefited from this course sponsored by our Steeplechase Community Improvement Association.

The instructors teach women to recognize different methods of staying safe and being aware of their surroundings. Learning escape techniques is also important, and throughout the class the ladies are taught several different punches and kicks. They are then given the opportunity to try out their new techniques on a RAD officer in protective gear. "It's the most fun part of the course," Jinnie Kelley says.

YOUR HOME, YOUR ASSET DON'T BE A TARGET!

Very few people are in a position to protect their homes and property 100% of the time. Vacation, business, and shopping trips, or even an evening out will leave homes unattended and vulnerable to theft.

Neighborhood Crime Watch is a program of mutual assistance among neighbors aimed at reducing crime in the community at the grass roots level. It involves getting to know one's neighbors and introducing them to the concept of Neighborhood Crime Watch – that is good neighbors working together, alert to the potential of crime, and willing to look out for one another's interests. **Neighbors working together through Neighborhood Crime Watch can combat crime in their area the most effective way – BEFORE IT STARTS!**

Citizens offer an open invitation to criminals every day when they leave their doors unlocked, advertise their absence from home with an unlit house, piled up newspapers, or leave car keys in the ignition. Your home is your sanctuary and protecting this valuable asset is important to you, your family and your neighbors. Below is a checklist to use to determine if you have taken some of the necessary precautions to maintain a safe, secure home. An important factor in deterring crime is to not leave the door open to being a victim.

DOORS

Doors are the second highest point of entry for residential burglaries! Over 40% of home burglaries are termed by police as "no force" entries. In other words, doors or windows were left unlocked, allowing the burglar easy access to the home.

(Continued on page 10)

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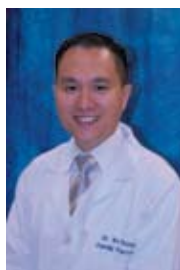
meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed, MD
Luz Marquez, MD
Jennifer Dong, MD
Asma Ahmed, MD
Vu Anh Phung, MD
Annie Hoang, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

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1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

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The physicians of 1960 Family Practice follow the recommendations of the American Cancer Society for a healthy life style.

Annual Physical - A physical is the examination of the body and its functions. During a physical you will also have your cholesterol, diabetes, and blood pressure checked. Individuals should have a physical examination once a year.

Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year.

Mammograms - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

**Don't get caught
with the flu!!**

Season starts in October and
continue well into spring!!
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STEEPLECHASE

Your Home, Your Asset - (Continued from Page 7)

- ___ All latch-strike plates on your exterior doors should be secured with at least 3" screws.
- ___ Exterior doors having glass within 3 feet of the lock should have double-cylinder deadbolts installed on them.
- ___ All your exterior doors without glass should have a wide-angle door-viewer installed for identifying visitors.
- ___ All exterior doors should be constructed of solid wood.
- ___ Change the locks when you move into your home or apartment.
- ___ Always lock all your doors when you are home for the night or when you leave your residence.

EXTERIOR ENTRIES

Most burglars spend only 30 to 60 seconds attempting to gain entry into a home. This implies that the harder it is for a burglar to get into a home, the better chance that he will move on to an easier target.

- ___ All sheds or outbuildings should be secured with a quality, weatherproof padlock.
- ___ All valuables stored outside (ladders, motorcycles, etc.) should be secured to a fixed, immovable object.
- ___ Engrave your drivers license number into valuables.

- ___ Keep ladders, tools or items that could be used to gain access to your home locked up and out of sight.

EXTERIOR LIGHTING

Main entryways to your residence should be well lit to allow for identification of visitors at your doors and to prevent loitering. 90% of all intruders will choose not to enter a residence that is well lit.

- ___ All entrances should be illuminated well.
- ___ Floodlights or some other type of area illumination should cover all exterior sections of your home and property.
- ___ Use motion sensors to control your exterior lighting.

GARAGE DOORS

10% of all illegal entries are gained through a garage door.

- ___ If your overhead garage door is not equipped with an automatic opener, have good-quality padlocks installed on both sides of the door.
- ___ Your exterior main door and the door from the garage into your home should have quality deadbolts. Always use them.
- ___ Always close your overhead garage door, even when you are home.

(Continued on Page 12)



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Rolling Fork 7th Annual Christmas & Craft Bazaar

Pre-registration -- Save \$10. before Oct. 5, 2009

(INSIDE THE CASTLE)

Cost: Booth \$40 (Incl. table and two chairs) • Place: Rolling Fork Club House (The Castle), 9110 Rodney Ray

Time: 9 a.m. to 4 p.m. • Date: Saturday, November 14, 2009

Setup time/Date: Friday November 13 - 6p.m. or Saturday November 14, 7 a.m.

(OUTSIDE THE CASTLE)

Cost: \$20 (bring your own table and chairs and cover.) *No rain checks are issued for those individuals who choose an outside venue.*

If you would like to be a part of our Christmas and Craft Bazaar, please return the form below with your check made payable to:

Rolling Fork Owners Committee, c/o Carol Bloomfield

8215 Bo Jack Drive, Houston, Texas 77040

Your check must be received no later than October 18, 2009. If you have any questions, please contact me at 713-937-8259.

Sincerely, Carol Bloomfield

NAME: _____

ADDRESS: _____

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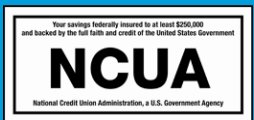


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STEEPLECHASE

Your Home, Your Asset - (Continued from Page 10)

- ___Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- ___Lock the door leading from the garage to the house.
- ___If you keep your garage door opener in your car, keep it hidden.

INTERIOR

74.3% of unsuccessful burglaries were attributed to the alarm system "scaring away" the intruder. The probability of a burglary at a residential site without an alarm system is 14.8%

- ___Have a working home alarm system.
- ___Always remember to arm the alarm before you leave.
- ___Your alarm system should be armed when you will be in your backyard for any length of time.
- ___Keep your Alarm Permit valid. Applications are found at the Harris County Sheriffs Office website: www.hcso.hctx.net. ___Discontinue mail and newspaper service when away from home on vacation or business.
- ___Arrange for a friend or neighbor to come by and check on your home when you plan on being away several days or longer.
- ___Avoid announcing, "We are not home right now." on your telephone answering machine.
- ___Engrave your drivers license number into valuables.

LANDSCAPING

Fences and shrubbery can make good hiding places for burglars.

- ___Tree limbs should be trimmed to prevent access to upper floor windows or balconies.
- ___Plant "prickly" or thorny shrubbery near windows to discourage loitering or hiding.

- ___All outdoor foliage should be trimmed to prevent obstruction of exterior lighting.

SLIDING GLASS DOORS

Sliding glass doors are usually installed at the rear of a home making them good candidates for entry by a burglar.

- ___Auxiliary locks can prevent the door from being lifted out of its track.

VACATION

- ___Notify all emergency responders, including the Sheriff's Office, of your vacation schedule.
- ___Install-timing lights, which will automatically turn on during certain times of the day.
- ___Have a neighbor pick up your mail. Or have the post office hold it for you.
- ___Stop the delivery of newspapers.

WINDOW

Over 40% of home burglaries are termed by police as "no force" entries. In other words, doors or windows were left unlocked, allowing the burglar easy access to the home. Windows are the 1st point of entry for residential burglaries! 30.9% of burglaries occur through first floor windows. 6.0% of burglaries occur through the upper-floor windows.

- ___Always have the keys or hex keys readily available in an emergency. If you do not have keyed or hex screw locks, secure your windows additionally with pins or nails.
- ___Auxiliary window locks can be installed to allow ventilation while maintaining security.

PROTECT YOUR ASSET, JOIN THE STEEPCCHASE CRIMEWATCH PROGRAM AND MAKE A DIFFERENCE!

Lynn Cirillo, Steeplechase Crime Prevention Coordinator

TO BECOME A STEEPCCHASE BLOCK CAPTAIN, PLEASE EMAIL THE INFORMATION BELOW TO: CRIMEWATCH@STEEPCCHASETX.COM OR VISIT THE STEEPCCHASE WEBSITE AT WWW.STEEPCCHASETX.COM

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HOME PHONE _____

NOT AVAILABLE ONLINE

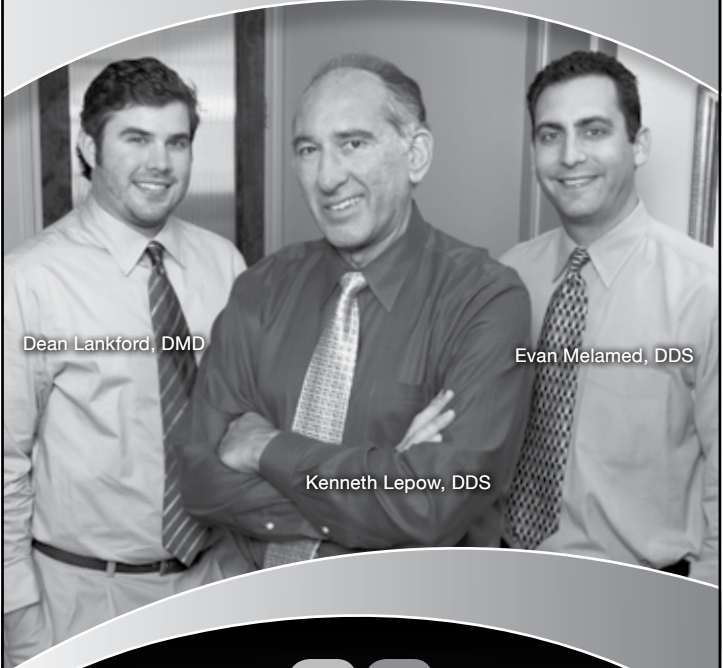
Where Can You And Your Kids Find Great Friends? **Steeplechase Moms Club**

We are a group of moms that exchange babysitting services between families. We meet monthly to plan fun activities for our children, families, and ourselves. Our play dates are scheduled on Friday mornings, we host/co-sponsor seasonal parties, plan Mom's night out to a restaurant, and scrapbooking events. For more information on our next meeting call Candace at 832-237-2773 or visit us at www.steeplechasetx.com >community events & clubs. **Next Meeting: Oct. 14th @ 7pm in the clubhouse.**

Attention All Seniors

We meet every Tuesday at 12pm at the clubhouse for fun, games and fellowship. All Seniors welcome – just come by!

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Dean Lankford, DMD

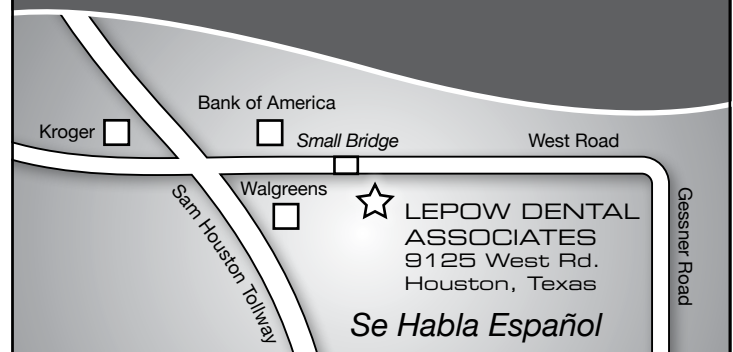
Evan Melamed, DDS

Kenneth Lepow, DDS



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STEEPLECHASE

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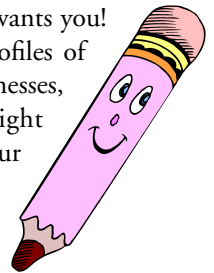
Want to Help Steeplechase Go Green?

Join our E-Mailing List at www.SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. Your email address will not be shared, published, or used for soliciting.



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Enjoy writing? The Steeplechase Newsletter wants you! We publish monthly and there's a need for profiles of interesting neighbors, nearby restaurants or businesses, and other stories of interest. Maybe you might want to write monthly column on a topic of your choosing (subject to editing, of course). Aspiring writers email newsletter@steeplechasetx.com.



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APPLICATION FOR APPROVAL TO MODIFY HOME OR PROPERTY

ARCHITECTURAL REVIEW COMMITTEE
15995 N. BARKERS LANDING, SUITE 162
HOUSTON, TEXAS 77079
Phone 281-870-0585
Fax 281-504-1381

COMMUNITY: _____

OWNERS NAME: _____ HOME PHONE: _____

ADDRESS: _____ WORK PHONE: _____

CITY: _____ ZIP: _____ CELL PHONE: _____

ALTERNATE MAILING ADDRESS: _____

In an effort to protect the homeowner's rights and property values, it is required that any homeowner considering change or addition to their home OR property which would effect the exterior appearance MUST submit their request in writing to the Architectural Review Committee PRIOR to initiating any change or addition. If any change is made that has not been approved, the committee has the right to ask the homeowner to remove the improvement from the property.

PLEASE STATE PROPOSED
CHANGE OR ADDITION(S) _____

A LOT SURVEY OF THE PROPERTY INDICATING THE LOCATION OF THE PROPOSED ADDITION, MODIFICATION OR STRUCTURE MUST BE ENCLOSED, ALONG WITH SPECIFIC DETAILS OF MATERIALS, COLOR, AND DIMENSIONS, INCLUDING HEIGHT.

YOUR LOT SURVEY SHOULD HAVE BEEN PROVIDED AT YOUR CLOSING. IF A LOT SURVEY CANNOT BE PROVIDED, PLEASE SUBMIT A DETAILED DRAWING OF THE PROPERTY SHOWING THE LOCATION OF THE HOME AND EASEMENTS. THE PLACEMENT OF THE IMPROVEMENT MUST BE SHOWN INDICATING THE DISTANCE FROM SIDE AND/OR REAR FENCING.

IF THE PROPOSED IMPROVEMENT HAS A ROOF, PLEASE SUBMIT AN ELEVATION DRAWING SHOWING HOW THE STRUCTURE WILL LOOK FROM A SIDE AND REAR VIEW.

NO LOT SURVEY IS REQUIRED FOR PAINTING, STAIN, SIDING OR ROOF REPLACEMENT.

COLOR SAMPLES ARE REQUIRED FOR PAINT, SOLAR SCREENS, ROOFING MATERIAL, BRICK OR SIDING.

MATERIALS TO BE USED: _____

DIMENSIONS: HEIGHT _____ WIDTH _____ LENGTH _____

FAILURE TO SUBMIT THE SURVEY AND ALL REQUIRED INFORMATION MAY RESULT IN A DELAY
AND/OR AUTOMATIC DISAPPROVAL OF THE APPLICATION.

I understand that the Committee will act on this request as quickly as possible and contact me in writing regarding their decision, however, the Committee is allowed from 30 to 45 days to respond. I also understand that in the event construction is not started within six (6) month from the date of approval, then a new application must be submitted. Further, I understand that it is my responsibility to ensure compliance with all applicable governmental ordinances, codes, permits, etc. affecting such improvement(s). I understand that I am not to begin any improvements until the Committee notifies me of their decision.

HOMEOWNER'S SIGNATURE

CONSTRUCTION START/COMPLETION DATE

DATE: _____

Real Estate Market Report

Steeplechase Specialist

DAVID "SUPER DAVE" FLORY



- **#1** Realtor in Steeplechase*
- **#2** Realtor in Houston & Texas**
- **#9** Realtor in United States**
- **Selling Over 500 Homes A Year**

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	20	3	35
Price Range:	88,900 175,000	87,200 149,900	65,000 164,000
Average Price	\$134,737	\$111,700	\$117,600
Avg Price/sq.ft.	\$63.71	\$61.82	\$61.12
Avg DOM	67	109	46
High Price/sq.ft.			\$75.36
Low Price/sq.ft.			\$37.53



RE/MAX

Professional Group
832-478-1205

Direct line: **281-477-0345**

WWW.SUPERDAVE.COM

*According to information taken from the HAR MLS Computer

**Realtor Teams per Remax 9/2008, 3/2009