



# Steeplechase

## NEWSLETTER



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

## SAFETY CORNER

### Tip of the Month REDUCING VIOLENCE

Look for ways to settle arguments and disagreements without violence. Remember: if you resort to violence to settle disputes, a child may well follow your example. Be a good role model.

Use good manners to help ease tensions that can lead to violence. Teach kids that showing respect for themselves and for the needs of others can prevent crime.

Report crimes and suspicious activities to police; agree to testify when necessary. If you want to live in a safe community, stand up for what you believe in.

Don't support illegal activities, like buying stolen property or using illegal drugs. It's the wrong message to send to a child, and it involves you in criminal activity. It also encourages more crime that hurts you and your neighbors.

*Lynn Cirillo*

*Steeplechase Security Coordinator*

## SAVE THE DATE

*Mark your calendar's for the following Steeplechase events*

08/02/11 ..... Open Resident's Meeting  
@ 7pm Steeplechase Clubhouse  
08/02/11 ..... National Night Out  
08/06/11 ..... Safety & Crime Cookout at the Steeplechase Community Center  
10/04/11 ..... Texas Night Out  
11/01/11 ..... Open Resident's Meeting @ 7pm Steeplechase Clubhouse

## SAFETY & CRIME PREVENTION NIGHT!

Saturday, August 6th, join your Steeplechase Board, your Crimewatch Committee and your Social Committee volunteers for Safety and Crime Prevention Night. Stop by, meet your neighbors, and enjoy the pool and these special activities for residents:

**Pool is Open 10am to 9pm | 3pm Moonwalk Opens  
5pm Pool Games Begin | 6pm Food Served**

There will be representatives present from several law enforcement and safety agencies, games, prizes, face painting, and information on the Steeplechase Crimewatch Program.

**Don't Miss It!**

## JUDY, YOU WILL BE MISSED!

Our neighbor and former Steeplechase CIA Board member, Judy Weed, died on Sunday, July 3, 2011. Judy was a homeowner and resident of Steeplechase for 23 years. Judy is survived by her husband, Ross LaFonck.

Judy truly loved her family and friends and lived life to the fullest. She was an avid gardener, and took great pride in her home and her yard. Judy served on many community projects, including the clubhouse remodel, the pool tag committee, and was involved in neighborhood watch. If you have seen any of the accessibility modifications to the clubhouse, you have seen Judy's mark and legacy in the community. Judy will be greatly missed, but we rejoice that she has eternal life and healing in Jesus. The Steeplechase Community will be planting a tree in Judy's memory at the Clubhouse.



# 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
<a href="http://cnp.centerpointenergy.com/outage">http://cnp.centerpointenergy.com/outage</a>	
Neighborhood Crime Watch .....	<a href="mailto:SteeplechaseSecurity@gmail.com">SteeplechaseSecurity@gmail.com</a>
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 (Best Trash, LLC) (Wed. & Sat.) .....	281-313-BEST
Harris Co. Pct. 4 Road Maintenance .....	281-353-8424
Harris Co. MUD #168.....	<a href="mailto:hcmud168board@gmail.com">hcmud168board@gmail.com</a>
Community Events.....	281-469-CLUB
Clubhouse Rentals: Private Parties and Community Events (Phyllis McFarland).....	832-922-8030
Traffic Initiative .....	281-290-2100
Private Pool Parties .....	713-416-5161

### NEWSLETTER PUBLISHER

Peel, Inc. (Advertising).....	<a href="mailto:kelly@PEELinc.com">kelly@PEELinc.com</a> , 888-687-6444
Articles.....	<a href="mailto:newsletter@steeplechasetx.com">newsletter@steeplechasetx.com</a>

## Community Center Contacts

### Community Maintenance Concerns

PCMI .....	281-870-0585
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### Clubhouse Rentals

Private Parties and Community Events (Phyllis McFarland).....	832-922-8030
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### Pool Company Contact

Texas Aquatic Enterprises, Inc. ....	713-416-5161
.....	<a href="http://www.texasaquaticenterprises.com">www.texasaquaticenterprises.com</a>

### Board Member Contact

PCMI .....	281-870-0585
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## Schools

Emmott Elementary.....	281-897-4500
Campbell Middle School.....	281-897-4300
Cy-Ridge High School.....	281-807-8000

## Want to Help Steeplechase Go Green?

Join our E-Mailing List at [www.SteeplechaseTX.com](http://www.SteeplechaseTX.com). Please add [webmaster@steeplechasetx.com](mailto: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 Information Line:**  
For all non-security issues email:  
[manager@steeplechasetx.com](mailto:manager@steeplechasetx.com)

## Steeplechase Community Improvement Association Board of Directors

Maurice Amidei	Robert Kaechler	Nace Peard
Michael Cirillo	Virginia Kelley	Kari Suttles
James Clarke	Bill Kuschmeider	Wade Wnuk

If you need to contact a Director, please contact PCMI/Severn Trent at 281-870-0585 and they will forward your request.

## Steeplechase Sanctioned Committees

Architectural	Playground	Communications
Security	Welcome	Tennis
Pool	Landscape	Clubhouse

## ONLINE SERVICE OPTION FOR CITIZENS REPORTING CRIMES

The Sheriff's Office has implemented an on-line service called "CopLogic" for Harris County citizens to report crimes. This is for reporting lost property, theft or vandalism ONLY and when the complaint has NO suspect information. This service is provided as an option to the citizen in lieu of waiting for a unit to respond to their location.

### Examples of incidents that can be reported via CopLogic:

- **LOST PROPERTY:** When property is missing or lost, i.e. leaving items in a restaurant or missing from home.
- **THEFT:** Property is taken without the owner's permission.
- **VANDALISM:** The act of changing, modifying or defacing public or private property, i.e. graffiti, knocking over a mailbox, throwing a rock through a window, etc.

To access this service, please visit the Sheriff's Office web site:

- [www.hcso.hctx.net](http://www.hcso.hctx.net)
- Click on "Report Crime" link at top of screen
- Click on "Report an Incident"
- Follow instructions on the screen for filing an offense report

CopLogic is an alternative method for the citizen to report the crime quickly, get a case number and print a copy of the report. It does not replace entering a call for service for a unit to respond if the citizen prefers to see a unit or does not have access to the Internet.

## SUPPORT DURING TOUGH TIMES

### DEPRESSION AND BIPOLAR SUPPORT ALLIANCE DBSA GREATER HOUSTON

713-600-1131 | [www.dbsahouston.org](http://www.dbsahouston.org)

DBSA Greater Houston is a non-profit organization that sponsors both free and confidential support groups for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of those with mood disorders are also invited to attend any one of our over 50 support groups across the Houston metropolitan area. Moreover, DBSA Greater Houston provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders and promotes related research.

### CRISIS INTERVENTION OF HOUSTON

713-HOTLINE | 713-529-TEEN | <http://crisishotline.org/>

Crisis Intervention of Houston's goal is to serve persons in crisis and overcome the barriers to help due to fear, isolation, abuse, physical disability, health, language, age, income, location, problem type or timing of the crisis. Crisis Intervention of Houston meets our mission to serve people in crisis by providing 24-hour telephone and web-based counseling, suicide prevention and intervention education, links to community resources, and community education.

## STREETLIGHT OUT? REPORT IT!

CenterPoint Energy maintains streetlights throughout our electric service territory in and around Houston. In order to report an outage, you will be asked to provide:

- **a pole number for the non-functioning light(s) you want to report**
- **contact information (in case more information is needed to locate a streetlight)**
- **an e-mail address (if you want feedback regarding your repair request)**
- **the number of streetlights you would like to report**

To report if you know the streetlight number, visit:  
<http://cnp.centerpointenergy.com/outage>

To report using Centerpoint's map system, visit:  
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# STEEPLECHASE

## MOPS at the MET Registration

If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms....then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (August -May) 9:15 – 11:45a.m. Childcare is provided upon registration. Register online at [TheMETonline.org/MOPS](http://TheMETonline.org/MOPS) or visit us at [facebook.com/METmops](http://facebook.com/METmops). If you have any questions please call (281)890-1900.

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## ARE YOU RECEIVING NEIGHBORHOOD SECURITY ALERTS?

Interested in receiving neighborhood security alerts? If so, please send an email request to [steeplechasesecurity@gmail.com](mailto:steeplechasesecurity@gmail.com). Remember, for your safety, emails are sent using 'blind copy' (BCC) so you will need to add [steeplechasesecurity@gmail.com](mailto:steeplechasesecurity@gmail.com) to your safe senders list.

Already on the security alert distribution list? Please make sure if you have changed your email address, to email [steeplechasesecurity@gmail.com](mailto:steeplechasesecurity@gmail.com) so you don't miss-out on important notifications.

## Business Classified

**PRISCILLA'S KITTY CARE** Insured. Free consultation visit. 832-257-9905 [pkdearmond@gmail.com](mailto:pkdearmond@gmail.com) \$15 One Day Visit – One to Two Kitties. \$30 Two Day Visit – One to Two Kitties. (Scoop/Clean litter box, feeding/watering) Additional \$2.50 per Kitty. References upon request. I love kitties!

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## Going 100 Percent Organic Not Feasible?

*By Melanie Dragger, M.Comm.*

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/collard greens

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying

organic products in order to limit their exposure to pesticides:

1. Onions
2. Sweet Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe (domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.





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# STEEPLECHASE

## Will My Child Be Ready for Elementary School?

*Submitted by: Brandi Muse*

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.



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## Team Tiara Tee'd Off Golf & Bunco Classic

**Monday, September 12th, 2011**  
**Hearthstone Country Club**

Registration 11:00 a.m.  
 Shotgun start 12:30 p.m.

\$175.00/golfer      \$60.00/Bunco player  
 \$650.00/foursome      \$220.00/Bunco team of four

Lunch, dinner, snacks, prizes, auction, golf cart and more!

Team Tiara is a 501(c)(3) non-profit corporation dedicated to funding breast cancer research, education and awareness. In addition to walking in the Susan G. Komen 3-Day for the Cure, we provide real-time assistance to men and women whose lives have been touched by breast cancer. So take some time out of your day and join us for a fun filled day of golf or bunco!

To register visit: [www.teamtiara.net](http://www.teamtiara.net) or contact Sherrie Webb by emailing [teamtiaragolf@gmail.com](mailto:teamtiaragolf@gmail.com)

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## COLIN'S HOPE

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**FACTS YOU NEED TO KNOW ABOUT DROWNING**

## DROWNING ALERT!!!



**TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.**

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign [www.poolsafety.gov](http://www.poolsafety.gov)

### DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Irreversible brain damage can occur in 4 minutes or less.



Most children die who are submerged for as little as 6-10 minutes.

Download a QRcode App on your phone & scan me!



**Children who drown may not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.**



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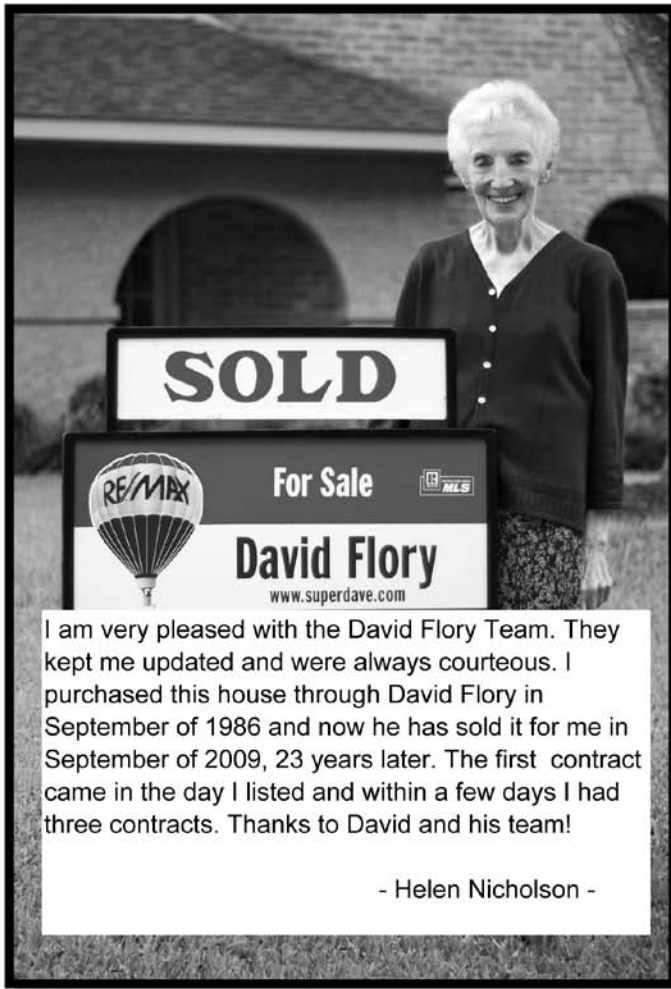
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## *Steeplechase*

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I am very pleased with the David Flory Team. They kept me updated and were always courteous. I purchased this house through David Flory in September of 1986 and now he has sold it for me in September of 2009, 23 years later. The first contract came in the day I listed and within a few days I had three contracts. Thanks to David and his team!

- Helen Nicholson -



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