



# The Harbour

COMMUNITY • CONNECTION • CULTURE

September 2011

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 2, Issue 9

## IMMUNIZATIONS

### *Not Just for Kids*

*By- Concentra Urgent Care*

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE
<b>INFLUENZA:</b>	Yearly, especially if at risk
<b>MENINGOCOCCAL:</b>	One dose, age 11-12 or 13-18 if not previously immunized
<b>TETANUS-DIPHTHERIA/TETANUS -DIPHTHERIA-PERTUSSIS:</b>	One dose, age 11-12, then booster every 10 years
<b>HUMAN PAPILLOMA VIRUS: (FEMALES ONLY)</b>	Three doses, age 11-26
<b>MEASLES - MUMPS - RUBELLA:</b>	If born after 1956, one or two doses if never immunized up to age 65
<b>PNEUMOCOCCAL:</b>	One dose, at or after age 65
<b>VARICELLA (CHICKEN POX):</b>	Two doses if no prior infection or immunization received
<b>ZOSTER (SHINGLES):</b>	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

# COMMUNITY CONTACTS

## BOARD OF DIRECTORS

President, William Lee ..... [president@chelseaharbourhoa.com](mailto:president@chelseaharbourhoa.com)  
Vice President, Anil Nair ..... [vp@chelseaharbourhoa.com](mailto:vp@chelseaharbourhoa.com)  
Treasurer, Mark Owczarczak... [treasurer@chelseaharbourhoa.com](mailto:treasurer@chelseaharbourhoa.com)  
Secretary, John Rushing..... [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)  
Director, Don Charly ..... [at-large@chelseaharbourhoa.com](mailto:at-large@chelseaharbourhoa.com)  
(At-Large)

*To email all board members -  
[Board@ChelseaHarbourHOA.com](mailto:Board@ChelseaHarbourHOA.com)*

## MANAGEMENT COMPANY

REAL MANAGE - [www.RealManage.com](http://www.RealManage.com)  
11777 Katy Freeway, Suite 441  
Houston, TX 77079  
Phone: 1.866.473.2573 (7:30am to 7pm M-F)  
Fax: 1.866.919.5696

*Community Manager: Kelli Hernandez*

## COMMITTEE MEMBERS

### ARCHITECTURAL COMMITTEE

Chair..... Gerald Sill  
Members ..... Tracee Turner, Tim Hanzelka  
Members ..... (2) VACANT

### CONVENANTS COMMITTEE

Chair..... VACANT  
Members ..... Sheri Hanzelka, Dee Dobbins, Anil Pasupuleti

### BEAUTIFICATION COMMITTEE

Chair..... Gloria Smith  
Members ..... John Tan, Chau Bao, Tuan Huynh

*Email all members - [Beautiful@chelseaharbourhoa.com](mailto:Beautiful@chelseaharbourhoa.com)*

### LANDSCAPE AND LAKE COMMITTEE

Chair..... William Lee  
Members ..... Edward Haddad, Don Charly, Dhiren Desai  
Members ..... Jennifer Nguyen, Ann Sill

### SAFETY COMMITTEE

Chair..... VACANT  
Members ..... Sheri Hanzelka, Anil Nair, Vijay Raj  
Members ..... Dan Charly, Seun Mabadeje, Dhiren Desai

## NEWSLETTER INFO

### ARTICLE SUBMISSIONS

John Rushing ..... [secretary@chelseaharbourhoa.com](mailto:secretary@chelseaharbourhoa.com)

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444, [www.PEELinc.com](http://www.PEELinc.com)  
Advertising..... [advertising@PEELinc.com](mailto:advertising@PEELinc.com)

At no time will any source be allowed to use The Harbour's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in The Harbour is exclusively for the private use of the Chelsea Harbour HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Save on Your Energy Costs with StarTexPower.

SIGN UP online TODAY at [www.StarTexPower.com](http://www.StarTexPower.com)



SCAN THE  
QR CODE!

THEN ENTER  
"NEIGHBORHOOD  
NEWSLETTER"  
AS THE PROMO CODE.

We pride ourselves with low rates,  
award-winning customer service,  
and no surprises.

Listen to Alan "Petrodamus"  
Lammey, host of 'Energy Week',  
every Sunday on 1070 KNTH in  
Houston.

To speak to Alan Lammey about  
your electricity needs,  
call: 281-658-0395



PH: 866-917-8271  
PUCT #10089



## TEXAS EVENTS

September  
2011

**17—LAKE JACKSON:** United In Him Festival Christian festival includes food, shopping and music. MacLean Park. [www.unitedinhimfestival.com](http://www.unitedinhimfestival.com) 979/299-0148

**17—LAKE JACKSON:** Youth Fishing Event Bring sunscreen, a hat, lawn chair and fishing gear for catch-and-release fishing open to guests up to 16 years old. Bring gear and bait with barbless hooks. Volunteers and staff are on hand to help first-time anglers. Hours are 10 a.m. to noon. Sea Center Texas. 979/292-0100

**17—ROSENBERG:** Hispanic Heritage Day Enjoy mariachi bands, dance performances, cultural exhibits, children's activities, food contests, art displays and more. Downtown historic district. [www.rosenbergevents.com](http://www.rosenbergevents.com)

**17—VICTORIA:** Market Day Riverside Park. [www.victoriatx.org](http://www.victoriatx.org) 361/485-3200

**23-25—CORPUS CHRISTI:** Celebration of Flight Festival Birding festival is held during the peak of raptor migration. Volunteers will be on hand to show and identify the migrating hawks. Hazel Bazemore County Park. [www.visitcorpuschristitx.org](http://www.visitcorpuschristitx.org) 361/881-1888

**23-25—CORPUS CHRISTI:** North American Wholesale Jewelry and Gift Show American Bank Center. [www.americanbankcenter.com](http://www.americanbankcenter.com) 361/826-4700

**23-25—GALVESTON:** Galveston Island Wild Texas Shrimp Festival Saengerfest Park and other locations. [www.galveston.com/shrimpfestival](http://www.galveston.com/shrimpfestival)

**23-25—LEAGUE CITY:** Film and Video Festival Features independent films from local, regional and international artists. South Shore Harbour Resort and Conference Center. [www.gulfcoastfilmfest.com](http://www.gulfcoastfilmfest.com) 281/333-5804

**23-Oct. 2—ROSENBERG:** Fort Bend County Fair Includes a parade, headliner entertainment, midway ride, exhibits, dancing and pro rodeo. Fort Bend County Fairgrounds. [www.fbcfa.org](http://www.fbcfa.org) 281/342-6171

**24—BAYSIDE:** Fennessey Ranch Hawk Watch Site on the Mission River offers the opportunity to see more than a dozen species of hawks and watch kettles form. Reservations required. Fennessey Ranch. 361/529-6600

**24—BEAUMONT:** Symphony of Southeast Texas Performances Julie Rogers Theatre. [www.sost.org](http://www.sost.org) 409/892-2257

**24—CORPUS CHRISTI:** Conquer the Coast Cyclists race along Corpus Christi Bay. Whataburger Field. [www.conquerthecoast.org](http://www.conquerthecoast.org) 361/881-1800

**24—CORPUS CHRISTI:** Third Coast Exhibit K Space Contemporary Gallery, 415 Starr St. [www.kspacecontemporary.org](http://www.kspacecontemporary.org)

org 361/887-6834

**24—KATY:** Rice Harvest Festival Rice Cooking Contest Kenzo Sushi Bistro, 23501 Cinco Ranch Blvd. [www.katychamber.com](http://www.katychamber.com) 281/391-5289

**24—KEMAH:** Kemah Boardwalk Wine Festival Sample food and wine while learning about varietals, food pairings and more. Kemah Boardwalk, Kipp Avenue. [www.kemahboardwalk.com](http://www.kemahboardwalk.com) 281/334-9880

**24—ORANGE:** Orchidelirium: Past and Present A panel discusses the best-seller The Orchid Thief by Susan Orlean, in conjunction with the Orchid Festival. Begins at 6:30 p.m. Stark Museum of Art. [www.starkmuseum.org](http://www.starkmuseum.org) 409/886-2787

**24—PORT ARANSAS:** Conquer the Coast Bicycle Ride Ride 18-, 25- and 65-mile routes around Corpus Christi Bay. [www.conquerthecoast.org](http://www.conquerthecoast.org) 361/881-1800 ext. 224

**24-25—ORANGE:** Showdown on the Sabine Enjoy two days of speed-boat racing on the Sabine River. 700 Simmons Drive. [www.orangetexas.org](http://www.orangetexas.org) 409/883-1011

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

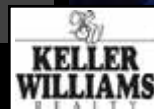
**Looking to get an edge  
on selling your home for top dollar....**

Ask about the no obligation FREE home consultation. Ready to buy a home...ask about the no obligation FREE buyer blueprint.

**Chelsea Harbour, I am**

**"Providing The Expertise Necessary To Serve You!"**

**[www.mymove2houston.com](http://www.mymove2houston.com)**



Chalmette Ray  
Keller Williams Realty  
Real Estate Consultant  
713-591-5922

## HEALTH BRIEFS - SEPTEMBER

### EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem

solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.

- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

#### BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas

Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

*(Continued on Page 5)*



### OPEN WHEN YOU NEED US THE MOST

When your family is in need of *immediate care* from injury or illness, our courteous staff and board certified doctors are *just minutes away*.

- Short Wait Times
- Staffed by Board Certified Physicians
- Treatment of Adult & Pediatric Emergencies
- Fully Equipped Private Treatment Rooms
- 24 Hour Imaging & Laboratory Testing
- In-Network with Most Major Health Insurance Plans

## Always OPEN 24/7



281.238.7897 | [www.nec24.com](http://www.nec24.com)



## Health Briefs - (Continued from Page 4)

### STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

### TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

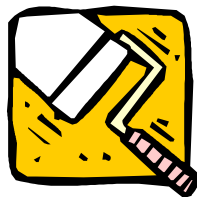
## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

**281-347-6702**



**281-731-3383 cell**



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting
- Door Refinishing
- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
bashanspainting@earthlink.net

# DID YOU SAY FREE?

**YES! YOUR NEWSLETTER IS PROVIDED  
100% FREE OF CHARGE TO YOUR HOA**

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

**PEEL, INC.**  
community newsletters





## ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org). Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email [info@adopttexas.org](mailto:info@adopttexas.org) and visit our website at <http://www.adoptioncoalitiontx.org>

**[www.adopttexas.org](http://www.adopttexas.org)**



**CONSTANT VISUAL SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE JACKETS**



**MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS**



**KEEP BACKYARDS & BATHROOMS SAFE**



**ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD**



**LEARN CPR**



### COLIN'S HOPE

*Increasing water safety awareness and standards*



**More than 68 children have drowned in Texas this year...SO FAR! Please continue to be safe in and around the water. Drowning is PREVENTABLE!**

Source: Texas Department of Family and Protective Services

For more information, check out our website at  
**[www.colinshope.org](http://www.colinshope.org)**

Download a QRcode App on your phone & scan me!



## JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



**September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!**

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit [www.westlakemedical.com](http://www.westlakemedical.com) for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

**September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!**

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit [www.ourgift.org](http://www.ourgift.org) to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>

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

## Recipe of the Month TORTILLA SOUP

Combine oleo and flour. Brown. Add broth, tomatoets, chilies, chicken, chili powderr, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

*Enjoy!*

## Ingredients

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese



**DREAMING OF  
BETTER THINGS?**

**SELL US YOUR CAR!**

There's an easier way to sell your car.  
**WE PAY MORE. WE PAY TODAY.**  
Fast. Easy. Fun. Yes! It's true. Sell Us Your Car!

 **TEXASDIRECTAUTO.COM**



**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

CH

**ADVERTISE**  
*Right on mark  
for your  
target audience*  
**Call Today 512-263-9181.**

**PEEL, INC.**  
community newsletters

[www.PEELinc.com](http://www.PEELinc.com)  
512-263-9181