



The Harbour

COMMUNITY • CONNECTION • CULTURE

January 2012

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 3, Issue 1

Your Dog's Business is Your Business

Many of our homeowners walk their dogs around the community and do not clean up their poop. There have been numerous complaints about the amounts of poop left along the common areas of Morington, Auckland, Ayers Rock and in some neighbors front yards.

No one while taking a walk likes to see left- behind dog poop or step in "something". it's disgusting to walk into the house with that unmistakable smell on your shoes. Pet waste is a health risk for humans, animals and our water. These pollutants that end up in storm drains erode the beauty of our lakes and endanger our future drinking water source as well as aquatic life.

You can learn more about this at www.sugarlandtx.gov or call 281-275-2450.

When walking your dog, please take a plastic bag along and properly dispose of the waste in one of four new Pet Waste Stations that have been placed in the common areas along Morington, front and back and on Auckland, front and back.

You will be extending a courtesy to your neighbors and we'll all thank you for it.

For those residents who are diligent and walk with a plastic bag, Thanks for helping to keep Chelsea Harbour beautiful

Gloria Smith, Secretary
Chelsea Harbour HOA



Welcome 2012 - Making a Different type of Resolution

By Gloria S Smith

There's something about the beginning of each New Year that offers us Hope and endless possibilities to living and enjoying a good life. Perhaps the word "resolution", which is the act of resolving or determining upon an action or course of action, method, procedure, etc., can be put into action by Chelsea Harbour Homeowners / residents in 2012.

Many people make New Years resolutions about different things and for various reasons. There are always the ones about dieting, exercising, quitting some "bad habit", doing more for others in service or spending quality time with family members and friends. But seldom do we make any that impact the concerns of others in a collective manner. Whatever resolutions you make research states that most of them are broken within the first thirty days. Does that surprise you? Well, let's see if we can't beat the odds this year about a special kind of Resolution. As a Chelsea Harbour homeowner, you are being invited to participate in a 2012 Resolution Campaign

Here is a list of Resolutions that if committed to, will Keep Chelsea Harbour beautiful and a choice place to live:

1. Resolve to read the Chelsea Harbour Deed Restrictions and abide by them (If you don't have a copy, please contact Real Manage and request It. or go to www.chelseaharbourhoa.com).
2. Resolve to attend monthly HOA meetings which are held on the last Monday night of each month at 7:00 pm in the club house.
3. Resolve to take pride in the community by keeping your yard and shrubs well trimmed and properly maintained (You will be protecting your property value).
4. Resolve to not dump grass clippings or other materials in our lakes or throw trash at anytime onto the streets or in the common areas.
5. Resolve to place all trash and recycle material in approved receptacles.

(Continued on Page 3)

COMMUNITY CONTACTS

BOARD OF DIRECTORS

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Vice President, John Rushing vp@chelseaharbourhoa.com
Treasurer, Mark Owczarczak... treasurer@chelseaharbourhoa.com
Secretary, Gloria Smith..... secretary@chelseaharbourhoa.com
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(At-Large)

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Do You Have Reason to Celebrate?

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2012 Resolutions- (Continued from Cover)

6. Resolve to spruce up your dwelling place where needed, i.e. Power-wash roof, sidewalk or drive way if needed.
7. Resolve to remove from your lot any objects that are in violation of the "Deed Restrictions".
8. Resolve to clean up your dog's poop and use the Pet Waste Stations to properly dispose of it.
9. Resolve to get involved in community activities by participating or sharing ideas.
10. Resolve to meet your neighbors.
11. Resolve to not park any vehicle as to obstruct or block a sidewalk or upon any portion of the unpaved areas or yard.
12. Resolve to be a good neighbor by having a positive attitude, respect others and their individual differences.

Obsessive Shopper Sale

ProGrad Garage Sale - New Territory- Parkway United Methodist Church- 5801 Homeward Way, Texas- scrapbook items, clothes, furniture, kitchenware, linens, paintings, tools, toys, and much more. Saturday February 4, 2011 8:00 am-1:00pm, Snacks and drinks available. Proceeds to support the Austin High School Pro Grad 2012. For information or to donate items, please contact Kim Lincecum at 281-750-1926 or Jill Hills at 281-243-1627.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in The Harbour? Send it to us and we will publish it in the next issue. Email the picture to secretary@chelseaharbourhoa.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Chelsea Harbour Home Owners Association *Annual HOA Meeting – December 5, 2011*

Beautification Committee Report

The Beautification Committee for Chelsea Harbour has a roster of 28 members.

Goal: Keep Chelsea Harbour Beautiful and a Choice place to live

The committee has worked diligently to both improve and maintain the beauty of our community for all to enjoy.

The committee realizes that maintaining the physical appearance of our lakes and common areas is critical to improving and enhancing individual lot value.

During 2011 the following enhancements were made:

- Cleaned & painted the gazebo
- Power washed the gazebo roof, club house entrance floor and pool areas
- Cleaned the club house interior
- Planted 65 Knockout Rose bushes around the Obelisk and lake area
- Implemented two seasonal color changes at both front entrances and parkway
- Assisted with the Summer Pool Opening Ice Cream Social and National Night Out Program

- Requested, and installed four pet waste stations
- Met with vendors on a regular basis to ensure we were receiving quality services

Our major concerns for the area in 2012 are:

- Maintain our lakes in pristine conditions
- Replace the existing wooden fence along Moring ton with a brick wall
- Add trees in the common areas along both Moring ton and Auckland
- Plant a foliage wall to camouflage the utility equipment at the Moring ton entrance
- Paint the fence around the pool area
- Add additional landscape material along the parkway entrance

We wish to thank the Board for its support in implementing these projects and look forward to making greater improvements in 2012.

***Respectfully submitted,
Gloria Smith, Chairperson
Keep Chelsea Harbour Beautiful***



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HEALTH BRIEFS + JANUARY 2012

IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.



TOP TEN TIPS *for Protecting Your Enamel from Erosion*

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
 - **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
 - **3** - Rinse your mouth with water after eating or drinking.
 - **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.
- ADDRESS HEALTH ISSUES**
- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
 - **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.
- BE GENTLE WITH YOUR TEETH**
- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
 - **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.
- STAY ON TOP OF ORAL HYGIENE**
- **9** - Brush with fluoride toothpaste to strengthen your teeth.
 - **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury

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