



Steeplechase

NEWSLETTER



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

Safety Corner

TIP OF THE MONTH

Educate Your Kids!

**Kids should know to call
911 for EMERGENCIES or
713.221.6000 for NON-EMERGENCIES.**

Be sure emergency numbers—police, fire, poison control and emergency medical—are by all phones and listed as contacts in cellphones. Kids should know their parents' contact information (Home, Work, Cell) as well as contact information to reach a parent approved back-up in case of emergency.

- They should learn to walk with confidence and stay alert to what's going on around them.
- They should walk and play with friends, not alone.
- They should refuse rides or gifts from anyone, unless it's someone both you and your child know and trust.
- They should recognize suspicious people and immediately go home or go to a family agreed upon 'safe' house.
- They should never open the front door, whether an adult is home or not.
- They should not give out personal information to strangers.
- They should learn the importance of being neighborly.

*Lynn Cirillo,
Steeplechase Security Coordinator*

Save The Date

MARK YOUR CALENDAR'S FOR THE FOLLOWING

Steeplechase Events

03 06 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
04 03 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
05 08 12.....	Open Resident's Meeting @ 7pm Steeplechase Clubhouse
06 05 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
07 03 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
08 07 12.....	Open Resident's Meeting @ 7pm Steeplechase Clubhouse
08 07 12.....	National Night Out
09 04 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
10 02 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse
10 02 12.....	Texas Night Out
11 06 12.....	Open Resident's Meeting @ 7pm Steeplechase Clubhouse
12 04 12.....	SCIA Board Meeting Open to Resident's @ 7pm Steeplechase Clubhouse

ARE YOU RECEIVING NEIGHBORHOOD SECURITY ALERTS?

Interested in receiving neighborhood security alerts? If so, please send an email request to steeplechasesecurity@gmail.com. Remember, for your safety, emails are sent using 'blind copy' (BCC) so you will need to add 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 so you don't miss-out on important notifications.



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	SteeplechaseSecurity@gmail.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-469-CLUB
Deed Restriction Issues (CMC)	281-586-1700
Water/Sewer	713-405-1750
Architectural Control (CMC).....	281-586-1700
Trash Pick-up (Best Trash, LLC) (Wed. & Sat.)	281-313-BEST
Harris Co. Pct. 4 Road Maintenance	281-353-8424
Harris Co. MUD #168.....	hcmud168board@gmail.com
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).....	kelly@PEELinc.com, 888-687-6444
Articles.....	newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns

Chaparral Management Company	281-586-1700
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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
.....	www.texasaquaticenterprises.com

Board Member Contact

Chaparral Management Company	281-586-1700
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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. 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 Information Line:

For all non-security issues email:
cmc@chaparralmanagement.com

Steeplechase Community Improvement Association Board of Directors

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

If you need to contact a Director, please contact Chaparral Management Company at 281-586-1700 and they will forward your request.

Steeplechase Sanctioned Committees

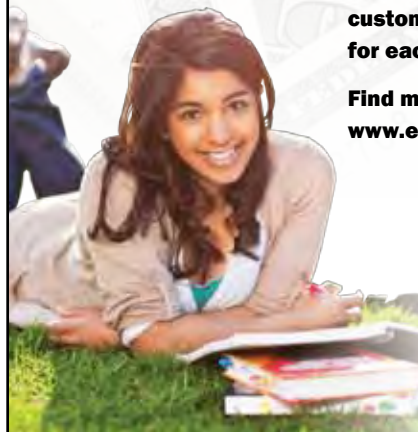
Architectural	Playground	Communications
Security	Welcome	Tennis
Pool	Landscape	Clubhouse

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Neighbor to Neighbor

You can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following is a new article that will appear monthly to publish friendly neighborhood notes and reminders submitted by readers. Your own Neighbor to Neighbor note can be emailed to Newsletter@SteeplechaseTX.com.

(Note: Editor reserves the right to edit notes for length and to maintain tone of friendliness. No names or addresses will be published.)

Dear Neighbor,

There are a lot of tall palm trees in our neighborhood, with dead fronds, that looks very unsightly, and harbor a lot of pests, like rats and roaches. The dead fronds are also a "magnet" for lightening strikes during thunder storms, and have been known to cause house fires. While you are doing your spring yard maintenance, don't forget to include pruning your tropical palm trees. *Thank you!*

Dear Neighbor,

Could you please stop mass feeding the wildlife in your backyard? I know you don't mean any harm by feeding the birds and the squirrels, but now there are so many creatures hanging out on my rooftop, in my trees, and on my fence that it has made life for my dog unbearable. The birds dive at him, eat his food, and play in his water. There are bird droppings appearing daily on my fence, my porches, roof, patio, swings and car. The increased amount of squirrels in our area has resulted in damage to my garden and fence. Also, the excess bird feed attracts rats and mice. Please limit your feedings, and allow nature to take care of the creatures as nature intended. - *Thank you!*

Dear Neighbor,

Please SLOW DOWN and observe the speed limits as you drive through the neighborhood. And, please talk with your teenager about their speeding through our streets too. Yorkshire Oaks Drive has become a raceway on school mornings with people trying to bypass the Emmott traffic. Let's not forget our children are walking to school all through the neighborhood. *Please drive safely, and be friendly. Thank you!*

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- Lakes of Rosehill
- Lakes of Savannah
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- Normandy Forest
- North Lake Forest
- Riata Ranch
- Riverpark on the Brazos
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- Silverlake
- Southage
- Steeplechase
- Stone Forest
- Stone Gate
- Summerwood
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If You SEE Something... SAY Something!

IWATCH HARRIS COUNTY

A simple observation, a single report can help solve or prevent a crime. The Harris County Sheriff's Office is committed to serving the citizens of Harris County through a cooperative working relationship between the police and the people we serve. The success of solving crime lies in the actions of the citizens who have knowledge of, or view these criminal acts.

With your help, we can all strive to make Harris County, Texas a safer place to live and play. iWatchHarrisCounty.com is a community awareness program that educates the community about suspicious activities & criminal behaviors. iWatchHarrisCounty focuses on criminal behavior and criminal enterprises that could also indicate a nexus to terrorist activities. Citizens are provided a convenient reporting method to provide tips and leads to police concerning crime that is affecting their community.

iWatchHarrisCounty allows our citizens to harness the communication capabilities of the internet/social networking sites to report crime tips and leads. This site is a new and innovative tool to increase our community wide effort to reduce crime. This app is available for iPhone, Blackberry and Android mobile phones. Visit <http://iwatchharriscounty.com/> for more information and to download the app.

What is iWatchHarrisCounty?

iWatchHarrisCounty is a mobile crime watch tool that you and your neighbors can use to report suspicious or criminal activity. It's a proactive, hands-on, partnership between you, the citizens of Harris County, and the Harris County Sheriff's Office (HCSO).

Why should I report these behaviors and activities?

You are the eyes and ears of your community. Your awareness of suspicious behaviors and activities and reporting it to the police can help solve crimes or prevent crimes.

What should I report?

Give as many details as possible, for example:

- Time of day
- Where it happened
- What you witnessed
- A description of individual(s) involved
- Was there a vehicle?
- Color and license plate number?
- Have you seen this activity before?

There are four ways to report:

- Report online at iWatchHarrisCounty.com
- Text a tip to 1-855-HCSO-iWatch (1-855-427-6492)
- Use the downloadable app found on iWatchHarrisCounty.com
- Call 1-855-HCSO-iWatch (1-855-427-6492)

If you have an emergency and need the police immediately do not use iWatchHarrisCounty, call 911.

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

- 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.***

At no time will any source be allowed to use the Steeplechase Community Association Newsletter 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 the Steeplechase Homeowners Association and Peel Inc. The information in the Steeplechase Newsletter is exclusively for the private use of Steeplechase residents only.

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NORTHWEST FLYERS YOUTH TRACK CLUB BEGINS 25TH SEASON

Houston, TX, January 5, 2012 - The Northwest Flyers Youth Track Club will begin the 2012 season with its first practice during the week of February 13th. The team consists of boys and girls, ages 6 -18, provides a full program of track and field events, and is affiliated with USA Track & Field (USATF). The club was founded 25 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

For additional information on how to register, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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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:
<http://gis.centerpointenergy.com/sloreporting/>

The process is easy, simple and will take no more than five minutes.



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Heart Healthy Lifestyles

By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy? The AHA recommends:

• EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

• EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

• AVOIDING TOBACCO PRODUCTS & TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

• ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

• MAJOR ILLNESSES

• CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF ANY DECEASED RELATIVES

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.





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- The Schwalbach Family -



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*According to information taken from the HARMLS Computer
**Realtor Teams per Remax 9/2/08, 3/2009